



Fear And Its Negative Effect on Human Psychology

Kadirova Malikakhan Kahramonovna,
JDPU, senior teacher

Annotation: The article presents fear, analysis of fear by scientists, situations that cause fear, phobias, types of phobias, the impact of phobias on the human nervous system, as well as important recommendations for parents, teachers and psychologists.

Key words: fear, phobia, sthenic, asthenic, affect, emotion, heredity, self-esteem, nervous system, addiction, self-education, psychological problems, child-rearing, individual approach, problem, spiritual development.

Fear is human to himself or near to people concerned has been real or imaginary to danger relatively returning emotional is a reaction. Fear face paleness of the body shaking and another one how much involuntarily sounds, actions with is expressed. Fear from danger escape or motionless standing up to stay also manifested in the state to be can.

Fear status in person psychic to the normal course of processes big effect shows. In this process of sensitivity very increased leaving or decline of the situation essence lack of understanding, perception of reaching deterioration such as circumstances observation can. Fear thinking effect on the process showing some in humans of thinking fluency and from the situation faster out to leave aspiration with manifestation if there is, in others, on the contrary, thinking productivity decline, speech and in actions irrationality reflection is enough Too much in case voluntary field weakened, human something decision acceptance to do, the situation control to do in itself strength to find without taking remains. Fear on time most of the time speech broken, in the sound trembling appear will be Fear and anxiety attention process is also great effect shows. Usually, attention very scattered, human own attention attentions one to the ground collect without taking remains and sometimes, on the contrary attention stability increase, exactly one to the object towards see also orientation can.

Fear from danger to protection and from him escape ways to look for exclamatory normal emotional condition is counted. None when not feeling fear possible not, whereas fear and of anxiety absence is also psychic breakdown is a sign. But some in humans known one situation and to the situation relatively inadequate reactions with expressible sticky fears and phobias are also encountered stands To the phobia subject to has been a person of fear unreasonable that understand enough, but from fear get rid of be can't Sticky of fears appear to be probability har one in man there is. That's why also for phobias enough wide spread

A phobia is something situation, event to the subject relatively to the body coming somewhat steady and unreasonable is fear. Phobia with suffering smokers to their fears reason divisor subject or situation about even when they think of them panic cover takes Phobia normal life of people to their forgiveness depression so , personal , social and professional activities negative effect to show can Phobia out of fear strong and steady without manifestation to be, fear a wake-up call from the facility escape of desire high with separate stands.

Phobia to men than in women more occurs. This is the case of women to emotion their indulgences and most of the time of aggression to the object turning around stay with depends.

of the phobia too many types available: people something from animal, insect, height, alone from staying, to illness from playing, open or from a closed space they are afraid Even in humans Phobophobia, that is something phobia subject to from being fear such as type even occurs. Of people always fear feeling instigator from the situation their escapes of a phobia are a sign.

Phobias on time a person fear to the object relative vegetative nerve in the system agitations 2 types as a result method answer reaction to show can:



In case 1, sympathetic nerve system excited, heart of beating acceleration, blood pressure rise of the skin redness such as characters is observed, in the 2nd case while parasympathetic nerve of the system arousal as a result heart of beating slowing down, blood pressure decrease, skin of color paleness, cold sweat output such as circumstances manifestation will be.

In the data phobia is indicated from generation to generation passes. In parents something phobia there is has been if so, the same for the child to the situation relatively inclination pedigree road with is transmitted, but this inclination exactly that's it phobia type relatively not to be can.

Phobias a person fantastic of activity almost everyone on the fronts meeting can:

- 1) Human at home to be, economy affairs, interpersonal relationships and hukous with depends phobias: fire from the output, gas with from poisoning, current from a blow, water pressing from departure, height, dirt, washing from tools, medicines, household tools explode from the departure of the house fall down from falling, from loneliness or from the dark fear.
- 2) Work activity with depends phobias (colleagues and bosses with from relationships, environment and from the hukous fear): work from the beginning, work lost from putting, new specialty suitable from not being, work in place damage or unhappy from the event, retirement exit, colleagues with mutually each other understand from not receiving, from the bosses, control - inspector from organizations, important from negotiations, responsibility own undertake from getting fear.
- 3) Human personal, sexual life with depends phobias: pregnancy, childlessness, rape, sex contagious diseases from infection, different diseases with from illness, old age difficult hair from shedding, allergic from reactions fear and others.
- 4) Hidden phobias: the opposite gender from the representatives; something to vice given from staying; alcohol, drugs products, medicine tools and another different dependency surface from arrival; of bad luck from repetition, someone's to his soul intention from doing; from being killed; alone from places, buildings, himself from killing , wealth from loss , from the mind except for less the planets with from the meeting , different from colors , zinc and from the ghost fear.
- 5) In parents passing phobias: own from infertility, from pregnancy to the fetus harm from maturity, birth from pain, marriage a friend the child because he doesn't love, he has a child some kind of vice from being determined, to him loss from delivering fear.

Above cause passed from phobias except children and teenagers, young man and girls, men and Women for special has been very a lot phobia types there is. Emphasize as passed, this of circumstances simple fear or anxiety as manifestation to be natural score. But that's it such as thoughts a person to occupy the brain , something from the thing hard fear , even flew of the thing name to hear or photo of seeing he himself is human to the horror to fall reason to be and the most the main thing this from fears man own the will power using get rid of be can't of a phobia characteristic is one of the features .

Phobias known situations, events and imaginations with depends has been constant concerns and fears based on fast and you don't notice formation and heavy psychopathological complications to the level grow up coming torturous spiritual cause of experiences to be can.

From the above come came out without that's it to say maybe phobia - people emotional field pathological status is unreasonable of the strong fear in the form of manifestation will be.

Bringing passed to conclusions based on without and different negative of consequences prevention get in order to and a person bring up to the idea relied on without the following recommendations brought.

Parents for:

- Childlike behavior only negative aspects attention maybe not positive also see the sides get Positive adjectives encourage any through phobia prevention get can.
- the child is in trouble face when he arrived to him spirit help to give, to support, to achieve when achieved while never when not oral encouragement. In this in the child to himself trust increases.
- the child hate criticism can't do it Criticism in the child around has been relationship negative towards changes and any result from the situation escape, fear happen will be



- to the child own opportunities free be able to demonstrate for conditions by creating to give. This is a child environment, people with to the relationship the entrance and information exchange provides.

Education institutions psychologists for:

- worry level high, self-price to give inadequate, aggressiveness strong has been students with psycho corrective affairs to carry out is appropriate;
- interpersonal relationships activation, conflict and controversial of circumstances prevention get and eliminate in the team healthy psychological environment Create;
- child education concerned pedagogic and of individuals psychological knowledge increase necessary;
- students for study, self-education, life the way chooses and another problem individual work on organize to do;
- worry and fear cases eliminate to do in order to training organize to do;
- in students self-understanding through to himself relatively confidence content finds;
- in students independent thought conduct qualifications content find - in students own to the person relatively conscious relationship content find it is necessary.

Summary by doing so to speak fear a person in his life psychological from problems one being, him prevention to get separately attention focus it is necessary. In this school, family, neighborhood cooperation organize is also effective is considered. Fear a person spiritual depression because release realized without wide public in the middle prevention get according to practical things to the road put is also a goal is appropriate.

References:

1. Davletshin MG, Tuychieva SM General psychology, Tashkeng, Nizami in the name of '-. TDPU publishing house, 2002.
2. Jalilova S. "Person and interpersonal relationships of learning projective methods ", Tashkent, Nizomiy TDPU, 2006, B.6-13.
3. Kamilova NG Problematic teenager: diagnosis, research methods. Study manual. Tashkent, Nizami TDPU named after, 2004.
4. Nishonova ZT Psychic development diagnostics. Tashkent. Statutory named GDPU, 2004
5. Rachmanova DR Ruhiy condition factors -// Tafkkur Tashkent -2001. - No. 4. -s 82-
6. Education of Tulaganova GK <<difficult teenagers>>, Tashkent, <<University>> publisher; 2005.B. 6-22.