



The Problem Of Fear In Psychology

Orisheva Pokiza Ganisherovna

Teacher of Jizzakh State Pedagogical University

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.

The feeling of fear can be both sthenic and asthenic, or it can pass in a deeply depressed and anxious way or in an affective state.

Fear is an emotional reaction of a person to a real or imagined danger to himself or his loved ones. Fear is expressed by a pale face, trembling of the body and several other involuntary sounds and movements. Fear can also manifest itself in avoiding danger or standing still.

The state of fear greatly affects the normal course of mental processes in a person. In this process, it is possible to observe situations such as an extreme increase or decrease in sensitivity, not understanding the essence of the situation, and deterioration of perception. Fear also affects the thinking process, and in some people, it is manifested by the smoothness of thinking and the desire to get out of the situation as quickly as possible, while in others, on the contrary, the decrease in productivity of thinking, illogicality in speech and actions is reflected. In many cases, the volitional sphere is weakened, and a person cannot find the strength to make a decision or control the situation. At the time of fear, the speech is often distorted and there is a tremor in the voice. Fear and anxiety also greatly affect the attention process. Usually, the attention becomes very scattered, a person cannot concentrate his attention in one place, and sometimes, on the contrary, the stability of his attention increases and it can be seen that it is directed towards one object.

A. Kempinski divides the situations that cause fear into 4 groups: factors that have a direct dangerous effect on the imagination, social threats, lack of personal choice of activity and disturbances in interaction with the social environment. According to the causes of origin, fear can be divided into biological, social, psychological and disintegrative types.

Fear is a normal emotional state that prompts us to protect ourselves from danger and seek ways to avoid it. It is impossible to never feel fear, while the absence of fear and anxiety is also a sign of mental disorder. But some people also have sticky fears and phobias, which are characterized by inadequate reactions to a certain situation and situation. A person with a phobia realizes that the fear is unreasonable, but cannot get rid of the fear. The possibility of sticky fears is present in every person. That is why phobias are quite common.

A phobia is a persistent and unreasonable fear of a situation, an event, or an object. People with phobias experience panic attacks even when they think about the object or situation



that causes their fear. Phobias can interfere with people's ability to live a normal life and negatively affect their personal, social and professional activities.

Phobia is characterized by a strong and constant manifestation of fear, a high desire to avoid the object that causes fear.

According to data, 10-11% of the world's population suffers from various phobias. This condition can appear in a person unexpectedly and for an unknown reason. Especially in children, fears and phobias are more common in the processes of their adaptation to society and the world around them. It has been shown that phobias are more common in people with well-developed fantasy, anxious character, self-doubt, low self-esteem, and poorly formed communication skills. Heredity and upbringing have a great influence on this process. Phobia is more common in women than in men. This situation is related to the fact that women are emotional and often become the object of aggression.

There are many types of phobias: people are afraid of animals, insects, heights, being alone, getting sick, open or closed spaces. People even have a type of phobophobia, that is, the fear of being exposed to a phobia. A sign of a phobia is when people constantly avoid a situation that causes them to feel fear.

During phobias, a person can react in 2 different ways as a result of excitation in the autonomic nervous system related to the object of fear:

In the 1st case, the sympathetic nervous system is activated, and there are signs such as increased heart rate, blood pressure, reddening of the skin, and in the 2nd case, the parasympathetic nervous system is activated, the heart rate slows down, the blood pressure decreases. conditions such as paleness of skin color, cold sweat appear.

Evidence shows that phobias are passed down from generation to generation. If a parent has a phobia, the tendency to this condition is transmitted to the child through generation, but this tendency may not be related to this particular type of phobia.

Phobias can be found in almost all aspects of a person's imaginative activity:

- 1) Phobias related to a person's stay at home, household chores, interpersonal relationships and situations: from fire, gas poisoning, electric shock, flooding, height, dirt, detergents, drugs, fear of exploding appliances, house collapse, loneliness or the dark.
- 2) Phobias related to work (fear of relationships with colleagues and superiors, the environment, etc.): starting work, losing a job, not being suitable for a new specialty, being injured or having an accident at work, fear of retirement, not being able to understand each other with colleagues, superiors, supervisory organizations, important negotiations, taking responsibility.
- 3) Phobias related to a person's personal, sexual life: fear of pregnancy, childlessness, rape, contracting sexually transmitted diseases, contracting various diseases, difficult aging, hair loss, allergic reactions, etc.
- 4) Hidden phobias: from representatives of the opposite sex; from indulging in a vice; from the occurrence of addiction to alcohol, narcotic products, medicines and other types; from the repetition of bad luck, from taking someone's life; from being killed; fear of lonely places, buildings, suicide, loss of wealth, going crazy, meeting aliens, different colors, ghosts and ghosts.



5) Phobias experienced by parents: fear of their own sterility, of harming the fetus from pregnancy, of childbirth pains, of the spouse not loving the child, of detecting some disease in the child, of harming him.

In addition to the phobias mentioned above, there are many types of phobias that are typical for children and adolescents, boys and girls, men and women. As mentioned, it is natural for these situations to manifest as simple fear or anxiety. But such thoughts occupy the human brain, intense fear of something, even flying. Hearing the name or seeing the picture of the thing itself causes a person to be terrified, and the most important thing is that a person cannot get rid of these fears with the help of his willpower.

Phobias can be formed quickly and imperceptibly on the basis of constant worries and fears associated with certain situations, events and imaginations, and can cause torturous mental experiences that grow to the level of severe psychopathological complications.

Anxieties, fears and phobias are distinguished by the duration of the transition, tend to grow and develop, change their forms and become other fixed situations, objects. They cause constant depression, sadness, weakness or aggression. A person can have several phobias. In this case, a person's critical perception of all manifestations of his illness is fully preserved, and this fact further increases his mental suffering.

Phobias can also cause some unusual state of human behavior and lead to inappropriate reaction of others. For example, phobic fears can range from actions to full-scale ritual protection against misfortune, often in the form of common-sense behavior. can be

Based on the above, it can be said that phobia is a pathological condition of the human emotional sphere, which manifests itself in the form of unreasonable strong fear.

Based on the above conclusions and in order to prevent various negative consequences and based on the idea of educating a person, the following recommendations were made.

For parents:

- Being able to see the positive aspects of the child's behavior without paying attention to only the negative aspects;
- to give spiritual help and support to the child when he faces difficulties, and at least verbally encourage him when he achieves success;
- do not criticize the child;
- create conditions for the child to be able to freely demonstrate his capabilities;

In educational institutions:

- development of students' talents and abilities;
- to educate a person's self-confidence;
- taking into account individual and age characteristics of students when teaching them;
- not to criticize students who do not learn well, not to fight in front of other students;
- working separately with students who have difficulty in mastering and conducting additional training.

Psychologists of educational institutions:

- To study qualitative changes in mental and personal development of children in each age period, to control crises in youth period;
- regular monitoring of children's mental progress and development, taking measures to prevent negative disorders, correct and eliminate defects;



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- carrying out psycho corrective work with adolescents with a high level of anxiety, inadequate self-esteem, strong aggressiveness;
 - activation of interpersonal relations, prevention and elimination of conflict and conflict situations, creation of a healthy psychological environment in the team;
 - giving advice to the school administration, pedagogues and parents on psychological problems in education;
 - to establish psychological culture of persons involved in child education;
 - conducting individual and group counseling for teenagers on studying, self-education, choosing a life path and other problems;
 - development of practical measures to ensure that teenagers are constantly engaged in education, as well as their greater involvement in professional education;
 - organization of training sessions in order to eliminate situations of anxiety and fear;
 - to educate a person's sense of confidence in his own strength and potential;
 - building self-confidence in a person through self-awareness;
 - development of independent thinking skills;
 - prevention of negative emotional states in the person;
 - it is necessary to develop a conscious attitude towards one's personality in teenagers.

As the President noted, since our future is in the hands of the youth, it is important for the development and future of our country to bring up a perfect person who has a healthy mind, can express his opinion freely, and believes in his own strength.

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