

## STRESS – FRIEND OR FOE?

Ryabov V.O., Zhegunova G.P.

National University of Pharmacy, Kharkiv, Ukraine

Fuel922@gmail.com

Modern man always lives on the edge of stress. The reason for that become a lot of factors, such as bad ecology, hard pace of city life, aggressive social environment, political instability, financial crises, etc.

The term itself – “stress” – became commonplace for people already in short, which is embedded in the idea of the changes in behavior, and a whole range of feelings and emotions that arise in complex situations or high risk, which have become an integral part of modern life.

The study of adaptive processes is closely linked with the concept of emotional tension and stress. This was the basis for the determination of stress as a nonspecific reaction to the requirements imposed on it, and considers it as the general adaptation syndrome.

Known foreign psychologist Hans Selye, the founder of the Western theory of stress and nervous disorders, identified the following stages of stress as a process:

- A direct reaction to the impact (stage alarm);
- The most effective adaptation (stage of resistance);
- Infringement of the adaptation process (stage of exhaustion).

Stress is part of everyone’s life, it cannot be avoided. Important and stimulating, creative, formative influence of stress in the complex processes of education and upbringing. But stress factors should not exceed the adaptive abilities of a person, as in these cases may be deterioration of health and illness – somatic and neurotic.

Unfortunately, not all the time we can get out of the pressure stress factor, few people know how to keep defenses from exhaustion. Do not always remember that the costs of failure in dealing with stress – the disease. When an illness jammed the mechanism of regulation of blood pressure, the doctor calls her hypertensive disease. The growing number of patients with hypertension, in which a constant level of blood pressure is abnormally high, shows that more people are trying to cope with stress at any cost, even at the expense of health.

Without stress life is impossible, and even harmful. However, the stressors are different: stressor – one that brings great benefits to our health, stimulating creativity, stressor - from which you can easily dismiss, and an hour or two just to forget or to remember with a smile and a sense of dissatisfaction. But occurs (and much more often than we would like) stressor – the enemy that hardly strikes most vital organs.