

## ПРИЧИНЫ ПСИХОЛОГИЧЕСКОГО ОТЧАЯНИЯ И ПУТИ ВЫХОДА

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**Аннотация.** В статье описывается состояние психологического отчаяния человека. Раскрывается значение понятий «стресс», «депрессия», «отчаяние». Неспособность анализировать противоречия и конфликтные ситуации в отношениях рассматривается как причина, толкающие человека к отчаянию. Предлагается выход из отчаяния.

**Ключевые слова:** стресс, депрессия, отчаяние, отношения, противоречия, конфликт.

If we paid close attention to the surroundings, we would see more and more people being embraced by anxious thoughts. It's no secret that we don't conduct conscious analysis, but unconsciously try not to come into conflict with anyone. We feel that there is an «important» question that worries many people and that it will not find an answer to the question anytime soon. Therefore, without approaching the wound of the soul, we try to gently pass by, saying «you», «we».

Where does cold communication with each other begin, if we say that the concepts of contradiction, conflict, communication are sources of development? Why is it necessary to protect a person from a person in an era when security measures are observed, duties and human rights are legally protected?

Let's first think about why we sometimes avoid entering into relationships without psychological protection. We see disbelief in the soul of many people and do not find an answer in the process of communication, and we ourselves are afraid to despair. We want closed doors to continue to remain closed. We think let time pass, everything will get better.

People who are ready to wear the yoke of despair usually begin to use the words stress, depression, shame, fear often. Here the words stress are from the English word stress [1]. Translated means «load, pressure». The science of medicine and psychology divides stress into eustress (positive), distress (negative), emotional, physical. Thus, stress is a person's reaction to physical or emotional pressure, expressed by the influence of internal and external factors. As this reaction is often repeated, the normal mental state of a person begins to change, that is, it develops into depression. Depression comes from the Latin word depressio. In translation, it is equivalent to the concepts of frustration, isolation, stiffness. Psychological science explains that «Depression is a complex emotional

(affective) disorder in which constant anxiety, sadness, anger, frustration (inability of desire to meet opportunities), lack of strength negatively affect a person's daily life» [2]. When a depressive state drags on for a long time, a person stops fighting and perceives what has happened, or deepens into despondency and pessimism, falls ill with neuroses, psychoses. Often people turn to the field philosophy, which says: «God built, I gave in».

Usually, the issues that concern a person's soul concern his past life, point of view, position, personal experience, dreams and goals. When a person does not answer these questions on time, other people make decisions for him. This decision may not please the person himself. He says: it's not my decision, what will I get now? It's all over with that. I'm desperate here. I'm afraid to try again. I'm ashamed of myself.

Despair is an unproductive end to an emotion that has not lost its temper for a long time, and the effort spent to curb this emotion. In the language of psychology, a person experiences an asthenic feeling. The walking person begins to decrease activity and decrease strength. A person reaches a state of constant self-restraint. Despair is no longer good, we will take all measures – it will make a person despair, lose faith.

A person who falls into a state of despair changes his life principle, worldview, distracting from the course he followed in his previous life. At this point, the environment begins to critically perceive what the surrounding people are saying, referring to themselves, good thinking slows down, and empathy and enthusiasm decrease. Having failed to grasp the achievements achieved in a previous life, having failed to destroy the values he has, having failed to come to a concrete decision. As we mentioned at the beginning of the article, we try not to allow a person who is in such a state, not to conflict is appropriate, inappropriate.

The state of despair does not depend on age, gender. This can happen consciously and unconsciously. That is, someone recognizes their despair, someone compensates for the state of despair and shifts their attention to another channel.

Poet Zhanat Askerbekovna in her poem shows that despair is a longing for the past tense:

In desperation, the meat dies,

- Yes, - I chuckled.

With the flag raised,

Where is the day when you burned the log?! [3].

Also in the poems of the poet Raphael Niyazbek, it is noted that in a state of despair, a person limits his relationship with the external environment and an internal contradiction becomes aggravated.

In life, the mood has cooled,

Who has a stomach warmed by abuse.

Without words to power,  
Inside me,  
The Desperate Storm [4].

Of course, we cannot say the word despair without succumbing to emotions. In situations such as the death of a loved one, a family that has become the center of disputes, illness, professional decline, career loss, divorce, miscarriage, drunkenness, addiction to the worst, gambling, a person does not fall on his own. He was also influenced by external factors.

Psychological science explains that the way out of "despair" is to work with symptoms of aggression, anxiety and to know the reasons for failure, that is, the conscious recognition of situations that a person is going through. In addition, he says that, being one value close to destruction, he should not forget about other important situations occurring in his life, often exercise, move, do new things, communicate sincerely with people. And the most effective and shortest way to get out of despair is to consult a psychologist.



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## CAUSES OF PSYCHOLOGICAL DESPAIR AND WAYS OUT

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**Abstract.** The article describes the state of psychological despair of a person. The meaning of the concepts «stress», «depression», «despair» is revealed. The inability to analyze contradictions and conflict situations in relationships is considered as the reasons that encourage a person to despair. A way out of despair is offered.

**Keywords:** stress, depression, despair, relationships, contradictions, conflict.