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NEW GENERATION EDUCATIONAL RESOURCES AND TECHNOLOGIES: ON THE PROBLEM OF FORMING THE NECESSARY COMPETENCIES

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Abstract. Digital transformation is becoming the leading reality of all spheres of life today. A significant figure in the formation of the digital culture of society and, consequently, the bearer of the relevant competencies is the teacher. The article substantiates the need for the formation of digital competence of a teacher.

Keywords: digitalization, digital education, digital competence of a teacher, media didactics, digital culture.

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ВЛИЯНИЕ СТРЕССА И ЭМОЦИЙ НА ПСИХОЛОГИЧЕСКОЕ ЗДОРОВЬЕ

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Аннотация. В статье рассматривается проблема влияния стресса и эмоций на развитие личности, психологическое здоровье. Анализируя взаимовлияние физиологического, психологического стресса, механизмов развития, раскрывается сущность понятия «копинг-стресс». Описывается эмоциональное состояние мужчин и женщин в стрессовых ситуациях.

Ключевые слова: Личность, стресс, эмоция, копинг-стресс, стрессор, индивид, поведенческий копинг, эмоциональная ориентация.

The concept of "stress" is widely used in the field of knowledge, so it includes meanings born from different points of view, the mechanism of its development, the specifics of its occurrence and the result. From birth, it consists of large questions related to the extreme impact and occurrence of the external environment, conflict, a complex and responsible task, and a dangerous situation. The aspect of stress includes research in the field of psychology, physiology, medicine, sociology and other sciences. The more attention is paid to the content of this concept, the more often the further content will be its interpretation. In the literature to this day, the concepts of stress, distress, pressure, anxiety, and emotional stress are not specifically limited, and what else makes it difficult to learn is a difficult problem.

Stress as a mental state is associated with the Incarnation and emotional emergence of a person, but it does not only reflect the emotional phenomenon, but also reflects the motivational, cognitive, free, character and other components of the personality. For the same, the phenomenon of stress requires special psychological training.

Stress is not only a reaction of the physical condition, but also a feature of the mutual influence of the environment and personality. This is the highest degree of our cognitive process, let's say thinking and situational assessment, self-knowledge, the degree of knowledge in the management approach and the strategy of behavior in their adequate choice. This means the understanding that the nature and condition of the occurrence of stress (distress) in one person is not necessarily the same as in another person.

The development of Stress Research is accompanied by the formation of new concepts, theories, models on the essence of the stress state, the reasons for its development, the features of regulatory mechanisms in general biological, physiological, psychological approaches [1].

Other concepts such as pressure, danger are also associated with the term «stress». According to ch. D. Spielberger, the state of an individual when he perceives a real stimulus or situation in an actual light form or a potential element

of danger, evil. In agreement with these circumstances, the author interprets stress as a general manifestation of external influences (stress factor) and, accordingly, the birth of an emotional reaction, which leads to a person's perception of demands as excessive and a threat to self-esteem, self-esteem. The tendency to this type of emotional reaction is characterized by personal oppression [2].

Some models adhere to a controversial assumption. H. According to basowits ' dubious assumption, a stressful situation is the same for one person as it is for another. F. Alexander and H. According to Wolff models, the individual's perception of any stimulus as stress leads to physiologically and psychologically harmful behavior.

Explanatory patterns C. Peterson and M. Seligman's theories have sufficiently well described the situation associated with various unsuccessful situations, diseases, but they do not fit very well into the description of depression that occurs after stress.

In the theory of a Bandura, the mechanism of formation of the subject and its own capabilities are not clearly defined. The formation of concepts with theories of psychological and professional stress proves that stress is characterized by two different contents: on the one hand, process and normal. On the other hand, material and causal. These two concepts are closely related. Any specialized activity can surprise the causes of the psychological development of stress or its manifestation on a psychological level.

For a person, the process of coping begins with the fact that the requirements do not meet the conditions that have existed to this day. If the new requirements are not complex for the Indi iduum, then coping-stress is perceived as a form of Defense. The defense mechanism allows you to overcome mental trauma by distorting reality.

In certain situations, the evaluation is focused on the individual, for example; in matters, it comes out by changing its opinion in some questions. A person finds a way out of the situation by changing their opinion, values and goals, for example, through a sense of humor. Problem focus is used to determine the cause of this problem. For this, it is important to acquire new skills and search for information. Focusing on emotions is the ability to control emotions, control negative feelings, as well as the constant use of ways to enjoy and relax. People use the mechanisms of mastering these 3 approaches in different ways over time. While men are more focused on the problem, women prefer to focus on emotions. The acquisition mechanism based on problem orientation allows you to gain greater control over the problem, while focusing on emotions leads to a partial decrease in control

Stress is the body's response to strong influences, which by their very nature is a way of achieving stability (resistance) of the body when exposed to damaging factors. So in a normal healthy organism there is a mechanism aimed at

combating adverse factors. Under the influence of the same unfavorable factor, the body can also die. This mechanism is the so – called stress reaction or general adaptation syndrome [3].

Stressors are all factors of the external and internal environment that cause a stress reaction, which include:

1. Environmental harmful amplifiers.
2. Violation of physiological processes in various diseases, including infection in the body.
3. Working in case of lack of time, the need for fast information processing.
4. Work at a time when one's own and another's lives are in danger.
5. Feeling danger to life.
6. Loss of habitual way of life, separation.
7. Group pressure on the personality, persecution.
8. Lack of ability to control the event.
9. Lack of purpose in life.

According to the type of stress, it is divided into acute and chronic. In the acute form, the stressor lasts for a short time when the defense mechanism is affected by the stimulus. During chronic stressors have a long-term effect. Therefore, the reaction to it and the defense mechanism has its own specifics.

At the same time, stress is also divided into physical and emotional. Symptoms of stress all people who are not related to social status and type of activity are exposed to stress. Hence The Name J. Among the "psychic mechanisms" weillant distinguishes a high level of adaptability of defense, where antipathy, altruism, suppression and sublimation. These adaptive mechanisms suggest, firstly, the ability to be more effective with the view of human satisfaction, and secondly, the ability to imagine and its consequences, to be aware of their own feelings.

Most situations are influenced by the first two groups of coping strategies, while the third group of coping strategies has three main properties: they are not subject to change and do not depend on social interest and knowledge, which allows you to regulate situations that can cause change in real life. The use of the adaptive mechanism is not only associated with a deterioration in the state of health, but is also a guarantee of subjective health.

A deep study of the influence of laughter as a coping strategy on emotions was carried out by N. Kuiper and R. Martin. They defined the high level of stress as related to the predominance of negative affect, which occurs in people who rarely laugh. The increased life stress of people who laugh a lot does not lead to an increase in negative affect. In addition to this, increased stress in men who laugh a lot was the basis for the emergence of positive affect. The level of stressors and humor turned out to be independent of the premise of emotional burnout. This means that the more a person develops a sense of humor, the more

he is prone to emotional burnout in a stressful situation. The interaction of humor and daily stress levels serves as the basis for determining the number of somatic symptoms in the subject.

However, their psychological well-being will be higher. S. Cheng and M. Cheung predict a criterion for the flexibility of the coping-strategy: according to their assumption, the fact that people's ability to cope with stress, to cope with stress, is more effective depends on the situation that has arisen differently (manageable and unmanageable), and also depends on the person's use of the situation-appropriate coping-strategy.

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THE IMPACT OF STRESS AND EMOTIONS ON PSYCHOLOGICAL HEALTH

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Abstract. The article deals with the problem of the influence of stress and emotions on personality development, psychological health. Analyzing the mutual influence of physiological psychological stress, mechanisms of development, the essence of the concept of "coping stress" is revealed. The emotional state of men and women in stressful situations is described.

Keywords: personality, stress, emotion, coping stress, stressor, individual, behavioral coping, emotional orientation.