

STRESS MANAGEMENT AND REFLECTIVE METHODS IN FUTURE PSYCHOLOGISTS

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Abstract: This article analyzes the importance of reflexive methods in the formation of stress management skills of future psychologists. During psychological training, students' skills in self-awareness, maintaining emotional stability, and analyzing their own activities based on professional reflection are highlighted. The relationship between reflection and stress management is also analyzed based on effective approaches and methods. Along with theoretical foundations, the study also provides practical recommendations.

Key words: future psychologist, reflexive culture, stress management, reflection, psychological preparation, emotional stability, self-awareness, professional development.

Introduction. The role and importance of the psychologist is growing in modern society. Psychologists play an important role in improving people's mental and emotional health, developing their self-awareness, and eliminating stress and other psychological problems. Psychologists also help achieve positive changes in society by working in various organizations, schools, the health care system, and other areas.

Psychologists help people assess, diagnose, and treat specific psychological problems. They are involved in the diagnosis and treatment of depression, anxiety, stress, trauma, and other psychological disorders. Psychologists provide support in managing stress and improving emotional health. Through stress reduction techniques, such as mindfulness, cognitive-behavioral therapy, and other psychotherapeutic techniques, people can effectively manage their stress. They can help with personal development and self-awareness, social and professional problem-solving, and spiritual support and encouragement.

Stress management and reflective techniques play an important role in ensuring the professional development and effectiveness of future psychologists in the field of psychological services. Psychologists need to be able to control their own emotional and mental states, especially when solving the problems of the people they provide help. Stress can also reduce the effectiveness of psychologists in self-analysis, readiness for change, and decision-making.

Stress management is a necessary skill for psychologists to stabilize their own internal state and effectively deal with stress factors in the external environment. When working with individuals providing psychological care, it is important for the psychologist to know and be able to apply methods aimed at their own stress state and its management [3].

Reflective methods are one of the important tools for future psychologists in the process of analyzing their own work, self-assessment and development. Reflection allows psychologists to improve their practice, achieve professional development by analyzing their own actions and decisions. Reflective methods also play an auxiliary role in stress management, as they help psychologists learn to manage their emotions and reactions.

RELEVANCE

future psychologists has increased significantly, especially today in the field of psychological services and education. Psychologists need to be prepared to manage their own stress situations and analyze their own activities in order to understand the mental state of clients and provide them with effective assistance. Due to the negative impact that stress can have on everyday life, as well as in the process of psychological counseling and therapy, it is especially important to

develop stress management skills in psychologists.

At the same time, reflexive methods are a necessary tool for psychologists to learn about themselves and achieve continuous professional growth. As a result, psychologists will be able to adapt to changes, develop new approaches, and provide more effective help to clients by analyzing their own practice.

In modern psychology education and practice, curricula and methodologies are being developed to integrate stress management and reflective techniques. In this regard, psychologists need to acquire the necessary skills to ensure their personal and professional development, as well as to achieve more successful results in working with clients. Therefore, the formation of stress management and reflective techniques in future psychologists is a very relevant topic today [2].

Research and practical development in stress management and reflective techniques is a widespread and growing area in the field of psychology. A large number of studies have been conducted on this topic by several prominent psychologists, educators, and academic researchers. Jon Kabat-Zinn developed mindfulness techniques and studied their effectiveness in stress management. He has promoted the use of meditation and mindfulness practices in stress management for psychologists and the general public. [4]

Richard Lazarus and Susan Folkman developed the cognitive appraisal model of stress management. Their research has led psychologists to develop many methods for analyzing internal feelings, reacting to stress, and adapting to it in stress management. Richard Lazarus and Susan Folkman - In their work *Stress and Its Management*, they explained stress based on the cognitive appraisal model. They distinguished two main approaches to stress management - problem-focused and emotion-focused approaches. In stress management, it is important to evaluate the individual's own self-assessment, and to manage cognitive and emotional reactions. This helps psychologists develop effective approaches to stress management [1].

Carl Rogers studied the use of reflection in psychotherapy and counseling. He emphasized the importance of empathy, self-awareness, and self-analysis in communicating with clients, which also plays a major role in stress management.

Albert Bandura conducted research on the role of self-confidence in effective self-management and stress management. His work has helped psychologists develop self-confidence in dealing with stress. According to his research, developing self-confidence is important in managing reactions to stress. Developing self-confidence helps in coping with stress. Psychologists can increase their self-confidence and provide effective help to clients [5].

Viktor Frankl developed the theory of logotherapy and emphasized the importance of searching for meaning in dealing with stress and psychological problems. His research suggests that a person's understanding of their purpose and meaning in life plays an important role in managing stress. Searching for meaning and self-awareness are effective ways to cope with stress. According to Frankl, a person's purpose in life and their approach to their mental state play a key role in managing stress.

Carl Rogers conducted research on reflection and self-awareness. He cited reflection as an important factor in the psychotherapy and counseling process. It helps to achieve stress management by developing the client's self-awareness and providing empathetic communication. Reflection and self-awareness contribute to the personal and professional development of psychologists. These techniques are also important in stress management.

The scientists' research has contributed significantly to the creation of scientific and practical developments in stress management and reflexive techniques. Their work serves as an important guide for psychologists in analyzing their own experiences, managing stress, and shaping their own professional development.

Uzbek scientist A. Nazarov conducted a scientific research on the basic theories and methodology of psychology, in which he studied stress management, methods of providing psychological assistance, and the importance of reflection. N. Isroilova in her work *Psychological Assistance and Its Methods* covered the role of stress management and reflection methods in the process of providing psychological assistance. A. Shodmonov research topic was

Stress management methods in the process of psychological counseling and the psychological significance of counseling methodology, and the scientist revealed stress management methods in his research.

U. Tursunov worked on the psychological analysis of stress, stress management methods, and approaches to the process of providing psychological services [1]. Z. Rakhmatullaeva worked on the theoretical foundations and practical methods of reflexive psychology and the psychological significance of the use of reflexive methods for psychologists [2]. M. Jumayev studied the interrelationship of stress management and psychotherapy methods [3].

The above studies demonstrate the importance of stress management and reflective techniques for psychologists and professionals in general. Scientific work in this area will greatly assist psychologists in improving their work and developing the techniques necessary for effective stress management.

CONCLUSION

Research and practical developments in stress management and reflective techniques are of great importance to psychologists. Psychologists need to use reflective techniques in their work to manage stress, analyze their own emotions, and provide effective help. Reflection helps psychologists analyze their own experiences, adapt to change, and continuously improve their work. At the same time, stress management techniques, such as mindfulness and increasing self-confidence, make psychologists' professional work more effective.

Developing stress management and reflective techniques in future psychologists supports their professional development and enables them to provide effective and quality care to clients. Learning and applying these techniques also helps psychologists maintain their own health, as it strengthens their internal state and approach to work [1].

We offer the following recommendations for developing stress management and reflexive techniques in future psychologists:

It is advisable to include reflexive methods in the curricula. It is necessary to expand the scope of reflexive methods and stress management techniques in the curricula of future psychologists. This, in turn, will contribute to their professional development and increase their ability to manage stress.

Prospective psychologists should be taught mindfulness and stress management techniques. Teaching mindfulness techniques to psychologists and psychotherapists can be effective in reducing stress and stabilizing mood. Learning these techniques will increase the ability of psychologists to maintain their own health and provide effective care.

Continuous self-analysis should be encouraged. Future psychologists should be taught to regularly analyze their own work. Reflective assessment of their own experiences plays an important role in ensuring professional growth. In this regard, psychologists should learn from their mistakes and strive to improve their professional activities.

Stress management training should be organized. Stress management training and seminars should be organized for psychologists. These trainings will help psychologists manage their own emotional and mental state, provide effective assistance to clients, and successfully carry out their professional activities.

Cognitive and emotional stress management methods should be developed. Methods that combine cognitive and emotional approaches to stress management should be developed. These methods will ensure that psychologists are more effective and confident in working with clients.

Psychologists need to develop special practices for reflection. Special developments and methods should be developed for psychologists aimed at developing reflective practices. These practices will help psychologists analyze their own activities and adapt to changes.

In conclusion, stress management and reflective techniques play an important role in supporting the professional development of psychologists. Strengthening them in the educational process, applying them in practice and developing them will help to form the skills necessary for psychologists. Psychologists will be more effective and successful in their work.

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