

**SOCIO-PSYCHOLOGICAL ASPECTS OF FORMING STRESS RESILIENCE IN
ADOLESCENTS**

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Abstract:

This scientific article analyzes stress in adolescence, the factors contributing to its emergence, the concept of stress resilience, and the socio-psychological foundations of its formation. The influence of family, educational institutions, and peer environments on adolescent personality development is scientifically substantiated. Additionally, effective psychological mechanisms and practical methods aimed at developing stress resilience in adolescents are highlighted.

Keywords: stress, adolescence, stress resilience, social environment, coping strategies, emotional stability, adaptation

INTRODUCTION

In modern society, adolescents live under various psychological and social pressures. The rapid development of information technologies, the widespread use of social media, high academic demands, and family-related issues significantly affect the adolescent psyche. Therefore, the formation of stress resilience has become a relevant issue not only for psychology but also for pedagogy and sociology. Adolescence is a complex stage of personality development during which individuals go through processes such as self-awareness, defining their social role, and making independent decisions. It is precisely during this period that the ability to cope with stress is formed, serving as a crucial foundation for an individual's future psychological well-being.

MAIN PART

The psychological characteristics of adolescence indicate emotional instability, high sensitivity, and increased reactivity. Hormonal changes, the search for social identity, and the desire for independence lead to internal conflicts. These factors significantly contribute to increased stress levels. From a scientific perspective, stress is defined as the organism's adaptive response to external or internal stimuli. In adolescents, stress can arise from various sources such as academic failure, conflicts with parents, rejection by peers, or pressure from social media. These situations may result in anxiety, depression, aggression, or social withdrawal. Stress resilience is defined as an individual's ability to adapt to difficult situations, manage stressors, and derive constructive conclusions from them. This ability is not innate but develops through social experience and upbringing. Adolescents with a high level of resilience are more capable of coping with challenges and solving problems effectively.

The social environment plays a decisive role in shaping stress resilience. The family is the most important institution in this process. Parental love, support, and appropriate parenting styles contribute to the adolescent's emotional stability. Conversely, family conflicts, neglect, or

excessive control can increase stress levels. Educational institutions also have a significant impact on adolescent psychology. The psychological climate at school, teachers' attitudes, and evaluation systems influence students' self-confidence. Adolescents who study in a supportive environment are better prepared to cope with stress. Peer groups also play an important role in adolescent life. Positive social relationships enhance self-confidence and provide emotional support, while negative peer influence may lead to deviant behavior and increased stress.

Psychological mechanisms are crucial in developing stress resilience. Among them, coping strategies hold a special place. Coping strategies are methods individuals use to adapt to stressful situations and may be problem-focused or emotion-focused. Effective strategies include problem analysis, seeking help, positive thinking, and relaxation techniques. Furthermore, the development of emotional intelligence increases resilience. The ability to recognize and manage one's emotions, as well as understand others' emotions, helps adolescents make appropriate decisions in complex situations.

Psychological trainings, relaxation exercises, and activities aimed at improving communication skills are effective in strengthening resilience. In addition, a healthy lifestyle, physical activity, and creative engagement contribute to stress reduction. Modern psychological research shows that forming stress resilience in adolescents requires a комплекс (comprehensive) approach, involving cooperation between family, school, and society.

CONCLUSION

In conclusion, developing stress resilience during adolescence is one of the key factors in personality development. This process is influenced by multiple social and psychological factors. The positive impact of family, educational institutions, and peer environments ensures emotional stability in adolescents. To enhance resilience, it is essential to develop coping strategies, improve emotional intelligence, and strengthen psychological support systems. Based on this, it is possible to raise a healthy, socially active, and psychologically stable individual.

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