



MEDICAL-PSYCHOLOGICAL ASPECTS OF EXPRESSION OF FEAR IN ADOLESCENT PERIOD AND WAYS OF ITS ELIMINATION

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Received: June 10 th 2023 Accepted: July 11 th 2023 Published: August 14 th 2023	The article analyzes the specific characteristics of emotional states that appear in adolescence.

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Many people consider childhood to be a happy, carefree period, but there are also sorrows and fears at this stage of life. Indeed, most children show some emotional and behavioral deviations when they encounter unfamiliar people and situations. For example, most children often feel anxious. According to statistics, almost half of the world's children suffer from various fears. Psychologist L.S. Vygotsky comments: "If children's fear is replaced by self-confidence or self-confidence, children will always try to emphasize that they are superior to others."

It is known that fear is one of the most dangerous emotions. The problem of fear and anxiety in children of different ages is a very relevant topic today. Fear is a negative emotional state that appears when the subject receives information about a danger that may harm his peaceful life, that threatens him or may threaten him. When a person gives in to the feeling of fear, he knows only probabilistically that he will fail and acts on this assumption.

Fear is an emotional state or reaction, manifested in the state of living in fear of losing one's life or well-being (peace of mind). Belongs to the system of phobic, acute confusion syndrome and consists of features such as acute hallucinosis, blurring (weakening) of consciousness, intelligence, hypothalamic paroxysm, night and day fear of children. In the literature, the concept of «fear» is given in different interpretations. For example, Kamlan and J. B. Sadok (1994) interpreted fear as «a protective reaction to an external, familiar and inherently non-contradictory danger.» V. Bleicher and I. Krug (1995) explained it as «feeling of internal tension». A.I. Zakharov (1988) accepted the concept of «fear» as «an acute affective feeling that poses a threat

to human life and well-being.» At the same time, the opinion of A. Kempinski (1975) is particularly important, explaining the concept of «fear» as «an emotion that causes a situation of escape.» It can be seen that the above-mentioned specialties of psychiatry have defined the symptoms of fear in different forms;

Fear is an emotional reaction of a person to a real or imagined danger to himself or his loved ones. Fear is expressed by a pale face, trembling of the body and several other involuntary sounds and movements. Fear can also be manifested in the state of avoiding danger or standing still. Fear is a normal emotional state that prompts us to protect ourselves from danger and seek ways to avoid it. It is impossible to never feel fear, while the absence of fear and anxiety is also a sign of a mental disorder. But some people also have sticky fears and phobias expressed by inadequate reactions to a certain situation and situation. A person suffering from a phobia realizes that his fear is unreasonable, but he cannot get rid of it. Everyone has the possibility of sticky fears. That is why phobias are quite common.

There may be different reasons for the feeling of fear, i.e. phobia, in students. Genetics and environmental factors can also cause phobias. For example, distressing events such as drowning, enclosed spaces, extreme heights, and animal or insect bites can be sources of phobias. The emergence of a feeling of fear is mainly related to the social environment in which the child is growing up. One such social environment is the family. It can also happen as a result of the relationship with the child in the family. For example, there may be disagreements between the parents in the family, and yelling at the child or being rude and neglectful, or severely punishing the children when they do something



playful can also cause various phobias in children. Possible Another social environment where children spend more time is school. It should be noted that one of the main reasons for the formation of fear in school children is their teachers and coaches. It is clear to everyone that teachers ask questions to students after the lesson or during the lesson. If the student does not know or makes a mistake, he will be scolded in front of the whole class and given a low grade. Next time, the child will read, but not to learn, he will read from the teacher and because he is afraid of being followed in front of the whole class. This also increases their sense of fear. In addition, some children are afraid to go to the blackboard and express their opinion. This also has something to do with teachers. Because the teacher does not correct the children's mistakes with good behavior, even if there is a mistake in their opinion. This causes fear and inability to express their thoughts. If we take into account the social environment, it is the family and school that cause the feeling of fear.

Adults in the family should communicate more with children and listen to them. The most important thing is to show and help children to increase their sense of self-confidence and to show and feel that the things that cause their fears are actually not as important and scary as they think. They should entertain children by conducting them in the form of games. They should study their mental state, be friendly with them, always be able to listen and support them. The role of teachers in strengthening children's self-confidence is extremely important. In addition, in today's advanced information technology era, students can learn ways to get rid of phobia from some social networks. For example, you can get rid of it by looking at the advice of many psychologists on YouTube social networks.

In scary situations, the following alarm signs; fast or pounding heart rate, sweating, tremors, dry mouth, difficulty breathing, feeling of suffocation, chest pain or discomfort, nausea or abdominal discomfort, dizziness, feelings of unsteadiness or fainting, derealization (feeling that objects are not real) or depersonalization (feeling that one's self is not real), fear of losing control, going crazy, fear of death, hot flashes or chills, a feeling of numbness.

There are several reasons for the emergence of childhood fear neuroses in the literature

The egoism of the described parents towards the child is affected. The following negative aspects of education can be attributed to this widespread phenomenon.

In these families, the relationship with the child is based on the principles of «must» and «must».

Will be built. The boy wants to play the violin, and the father believes that a real man should go to the boxing

department. A boy plays sports at his father's insistence, but his friends laugh at his poorness and laziness. Instead of accepting their uniqueness, the child feels inferior, afraid of not exercising at all. The inferiority complex is reliably strengthened and spreads to all life situations.

Many parents read children's letters and notes, go through their pockets and briefcases, which is completely unacceptable. The principle of such parents is control, control and more control. The boy grew up a long time ago and they still tell him who to be friends with. Such a child is afraid of his responsibility. He is always afraid to make a mistake, to make a wrong decision, he asks several times. Remember that even a very small creature needs privacy, its spiritual and psychological sphere. Only then will the moment of growing up and, accordingly, getting rid of the anxiety and fear of childhood pass as usual. Traumatic experiences and stressful situations affect the development of anxiety neuroses in childhood. These include the death of a mother or father (especially during preschool age), separation of parents, earthquake, flood, moving to another place of residence, moving to a new school.

Adolescence is a period full of contradictions. Some scientists call it the period of «crises» and «declines». The reason is that such crisis situations occur in the psyche of a teenager that, on the one hand, he wants to solve this crisis himself, and on the other hand, he does not have the opportunity, strength and intelligence to solve it himself.

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