



FEELINGS OF FEAR IN WOMEN

Nodira KHUDOYNAZAROVA

Teacher of the Psychology Department of Termiz State University

Article history:	Abstract:
Received: 11 th October 2023 Accepted: 10 th November 2023 Published: 14 th December 2023	This article deals with the feeling of fear in women and its differences from representatives of other sexes, the nature of the origin of the feeling of fear and anxiety, the influence of the social roles performed by them - mother, wife, housewife, etc., on the development of fear in women . causes of constant fear and anxiety , manifestations of fear in women of different ages are highlighted. Also, constant fear and anxiety in life is often observed in women , the reason for this is that women are different from men , women deal with emotions rather than reason . and they are reported to be more subject to hormonal fluctuations .

Keywords: Woman, fear, object of fear, phobia, social roles, anxiety, constant fear, neurologic disease.

A woman is a symbol of elegance and beauty, and the most loving, sincere, heart of the river. When we say that the position of women in the society has always been high, our great figures such as Tomaris, Bibikhanim, Nodirabegim, Uvaisi are embodied. Their way of life, worldview, position have been a true symbol of the women of our country for centuries[4]. Women's roles in society are very diverse and characterized by their own responsibility. Including "daughter", "sister", "sister", "mother", "wife", "housewife" and others. Each of these roles requires a great deal of flexibility from a woman. Women who carry so much responsibility on their shoulders are more vulnerable to certain emotional influences than other sexes. In particular, the feeling of fear is especially dominant in women.

The President of the Republic of Uzbekistan, Shavkat Mirziyoev, in his speech, spoke about social support for women, expanding the scope of medical and psychological assistance to them, prevention of family separation - "Our most difficult and complex issues are related to women. The demand of our people is growing. We must create suitable conditions for these demands. A person who does not feel this deeply cannot be a leader[5].

Fear and anxiety are emotions given to humans by nature in the process of evolution , and in case of any danger , they allow the body to mobilize its resources to survive or attack . will give. It should be noted that strong biological processes occur during the experience of fear . In particular , hormones are released into the blood , metabolic processes accelerate, sugar levels rise, and heart rate accelerates. When a person talks about internal discomfort[12], worrying about the future , experiencing uncertainty we talk about anxiety, but if there are reasons for anxiety and worry, for example, when it comes to speaking in public, flying in an

airplane, or big dogs , it is understood as a fear or phobia[6]. When a person experiences a constant feeling of fear , the body and psyche work with a huge load , which increases the likelihood of psychological and organic diseases[7].

Constant fear and anxiety in life is often observed in women, and the reason for this is that women, unlike men , are often driven by emotions rather than logic , and they are subject to hormonal fluctuations . they eat Women too _ in the modern world there are many reasons for fear and anxiety (children and their future , career, family relationships , health , appearance , etc.) women worry more because of it. The development of fear in women can be influenced by the risk that one of the social roles performed by them - mother, wife, housewife, etc. will not be fulfilled as expected . In this case , constant anxiety can turn into a chronic condition and lead to a decrease in the quality of life not only of the woman herself, but also of her relatives[8].

Statistical data, 22% of women experience constant anxiety and fear , while among men this percentage is much lower , making up 16 % . This condition can develop at any age , that is, in youth and old age . In most cases, permanent acne is observed in women between the ages of 40 and 50 . As causes of constant fear and anxiety in women The ones in the q house can be cited:

Hormonal changes are observed in adolescence, pregnancy , infertility, menopause, sexual dysfunction. difficulties in relationships with peers, relationships with boys, etc. are observed.

concern about career growth, socialization, development of relationships with men , manifested in situations related to marriage .

In the middle age, it will be associated with concerns about raising children , appearance , and family relationships.



In adulthood - processes related to family relationships, health, concern for the future.

In old age - worry about children and their life, health, fear of death, destruction of relatives and friends[9]. Processes related to lifestyle - such as taking alcoholic beverages, medicines, etc., can cause anxiety. There are also organic causes, including neurological diseases, migraines, allergies, various diseases.

In fact, fear is the same normal manifestation of the human body as laughter or anger. First of all, nature gave this ability to adapt the body to the "emergency situation" as quickly as possible in difficult situations, enabling response and survival. Two amygdala bodies located in each hemisphere of the brain are responsible for anxiety in the human body. In addition to fear and anxiety, they are responsible for other emotions - from sadness to anxiety, while the right amygdala produces negative and the left - positive emotions[10]. The most interesting aspect is that men and women react differently to external threats, that is, gender differences are observed. In emergency situations, men show quick aggression and physical strength, while women tend to panic and make decisions more slowly and with difficulty. However, in the manifestation of other emotions, they are much "richer" than men.

Experts say that if fear did not exist in primitive society, there would not be a trace of humanity to this day. Fear provides and strengthens muscles. We have heard many stories about people who risked their lives and demonstrated superhuman abilities - jumping several meters high and running at a speed of 45 km per hour. This shows that in emergency situations, the body does not use the mind to work, but instead directs all the energy to muscle activity[11].

Feelings of fear are more common in women with low self-confidence, and they often express this feeling without overtly expressing it in family relationships by:

- bitterness - it is common in family life, because mutual care and dependence appear spontaneously in conditions of reduced; "Being angry with each other from time to time means loving each other and looking forward to reciprocity."
- guilt - a word of revenge for one's actions, often this feeling is deliberately expressed;
- resentment is a feeling expressed in order to take revenge on a spouse.

Therefore, many problems can arise in family relationships due to the feeling of fear in women. From this point of view, the study of the origin, development and directions of the feeling of fear in women is considered an important socio-psychological problem.

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