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THE INFLUENCE OF THE PSYCHOEMOTIONAL STATE ON PERSON'S PHYSICAL HEALTH

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Relevance. In the rapid pace of modern life, stress has become an integral part of everyday reality. Stress is defined as a state of psychological and physical tension in response to external influences. These external factors include various adverse conditions such as professional burnout, financial difficulties, family conflicts, information overload, or an unstable socio-political environment. Stress can act both as a positive stimulus for action by mobilizing the body's internal resources (so-called "eustress") and as a destructive force that damages health through prolonged exposure ("distress"). It is particularly important to consider the impact of stress in the era of digitalization, global crises, and social instability, where psycho-emotional overload is becoming the norm. Fundamental to this research is psychosomatics, as psychosomatic disorders are conditions rooted in psychological causes and the body's response to stress. Psychosomatics is an interdisciplinary field that studies the influence of psychological factors on the onset and progression of somatic (physical) diseases. Somatization is the key process here, defined as the tendency to experience psychological distress on a physical level. In this process, emotional pain is "transformed" into real bodily symptoms—such as heart pain, shortness of breath, or spasms—that lack a primary organic cause.

Aim:

1. To study the relationship between psychoemotional state and physical health.
2. Diseases caused by the negative impact of psychoemotional state.
3. To describe the methods of overcoming and preventing stress.

Materials and methods. Literature analysis and material generalization were used. A group of people was interviewed on the issue.

Results and their discussion. According to the study results, 97.6% of respondents believed there was a link between psycho-emotional state and physical health. 98.4% believed that one's psycho-emotional state directly affected their physical well-being. At the time of the study, 50% of those surveyed experienced stress, 36.5% did not, and 13.5% found it difficult to answer. 38.9% believed they coped with stress well. Furthermore, 40.5% of people often felt a lack of energy or chronic fatigue that did not go away after rest. To cope with fatigue, 74.6% slept, 49.2% went for a walk, and 48.4% spent time with family and friends. Regarding their condition at that time, 46.8% rated their psycho-emotional state as good. 81% of respondents reported having no bad habits. Participants believed that stress primarily affected the nervous system, followed by the digestive and cardiovascular systems, and finally, the reproductive and endocrine systems. Lastly, 63.8% of respondents found a sense of meaning and joy in their daily activities.

Conclusions. Chronic stress triggers significant destructive changes in both the psyche and physiology, acting as a catalyst for somatic pathologies. Timely symptom diagnosis and the development of adaptive mechanisms help minimize these risks. Furthermore, a systemic combination of psychological correction, lifestyle hygiene, and social integration serves as the most effective tool for enhancing stress resilience and maintaining quality of life.