

PSYCHOLOGICAL CHARACTERISTICS OF PROFESSIONAL STRESS ELIMINATION IN PEDAGOGICAL ACTIVITY

Karshiyeva Dilafruz Suyunovna
Doctoral student of TSUP named after Nizami

ABSTRACT

This scientific thesis analyzes the psychological features of the representation of occupational stress in pedagogical activity. To determine the level of occupational stress in teachers, the "Scale for determining the level of occupational stress" proposed by D. Fontan was used and the analysis is given. In addition to describing the work-related aspects of occupational stress representation in educators, methodological principles of psychotherapeutic methods aimed at reducing its impact are also presented.

Keywords: Professional stress, pedagogue, stressor, psychocorrection, pedagogical internship, pedagogical team.