



DOI: 10.54919/physics/56.2024.182pg8

Socio-psychological aspects of coping with work-related stress on family functioning

Ainash Issimova*

Zhezkazgan Baikonurov University

100600, 1B Alashakhana Ave., Zhezkazgan, Republic of Kazakhstan

Abstract

Relevance. The relevance of this study and the stated problem primarily lies in the increase in the number and variety of stressors associated with a person's professional activities, as well as in the need to study their impact on his body and family life.

Purpose. The purpose of the work is to reveal the problem of work-related stress, as well as to study the impact of dealing with it on the functioning of the families of teachers of higher educational institutions. Also, the objectives of this scientific work are to consider the concept of stress, and methods of dealing with it, as well as the study of various types of stressors.

Methodology. The main methods of studying this problem are analysis, induction, deduction and synthesis, which allow describing and highlighting the most important aspects of the causes of stress in the workplace.

Results. The article considers the concept of stress, describes the types of stressors, and reveals the causes of stress. The concept of stress at work is also considered, and the causes of its occurrence, as well as methods of dealing with it, are described. The problem of the influence of socio-psychological aspects of dealing with work-related stress on the functioning of the family has been studied. It also considers which aspects of family life undergo the greatest changes in the process of dealing with stress.

Conclusions. The research article concludes that work-related stress significantly impacts the physical and psychological health of individuals and their families, emphasizing the need to address and manage stress effectively.

Keywords: coping; well-being; stress at work; family functioning; social identification.

Introduction

In the modern world, maintaining the psychological health of a person is an important task. And since a person spends most of his life doing work, the stress caused by it becomes a more and more important problem, as it is the cause of many problems in a person's life, both psychological and social, as well as physical. Based on this, the relevance of the stated problem lies in the growth in the number and influence of various work-related stressors on the human body and family life, as well as in the need to study the consequences of dealing with them.

M. I. M. Razak et al. [1] define stress as a state of physical or psychological tension, physical or emotional fatigue that can occur as a reaction to a real or perceived

threat. M. D. Onieva-Zafra et al. [2] believe that prolonged high levels of stress can have a negative impact on a person, leading to depressive disorders and therefore affecting their health. R. Shao et al. [3] believe that stress management (coping) refers to individual cognitive and behavioural strategies aimed at overcoming or reducing the internal and external demands of stressful situations. According to the researchers, the term "coping styles" should be applied to more enduring tendencies to cope with stress in a certain way. Stress management styles can be divided into positive and negative styles.

In their work, A. S. Ruzdenova et al. [4] concluded that work-related stress includes many conditions. These include overwork, job insecurity, unemployment, and lack

Suggested Citation:

Issimova A. Socio-psychological aspects of coping with work-related stress on family functioning. *Sci Herald Uzhhorod Univ Ser Phys.* 2024;(56):1828-1836. DOI: 10.54919/physics/56.2024.182pg8

*Corresponding author



Copyright © The Author(s). This is an open access article distributed under the terms of the Creative Commons Attribution License 4.0 (<https://creativecommons.org/licenses/by/4.0/>)

of balance between work and family. The researchers note that work stress leads to a range of adverse physical and mental health outcomes, including cardiovascular disease, insomnia, depression, and anxiety. Attention is also drawn to the fact that stressful working conditions can indirectly affect the health of workers.

E. Moustaka and T. C. Constantinidis [5] argue that the work environment is one of the most important sources of occupational stress. Important aspects of occupational stress management are, among other things, the cleanliness of the workplace and work safety. Scientists have found that insufficient satisfaction of these needs is associated not only with loss of productivity at work, but also with the occurrence of diseases and accidents. A number of aspects of work activity associated with stress were also identified, among them: processing; role uncertainty; role conflict; threat to career growth and achievements; the threat of dismissal; underestimation by colleagues and management; unclear perspectives. The consequences of a high level of stress among employees were also noted, among which the emotional burnout of the staff and staff turnover was especially prominent, which negatively affects labour productivity.

J. Otarbayeva [6] considers the psychological health of workers to be the key to their professional effectiveness. At the same time, the researcher considers stress at work to be one of the main reasons for its violation. The main factors influencing the level of stress at work, according to the scientist, are the correctness of the chosen profession; satisfaction of the employee with the conditions of his work; psychological preparation for work. M. P. Lin [7] defines the functioning of the family as a set of important aspects, among which he highlights: the effectiveness of communication in the family; the ability to solve problems; family cohesion; how well family members get along with each other. In addition, he believes that the functioning of the family is an important indicator of how family members interact with each other. Poor family functioning can lead to an increased risk of mental disorders and physical illnesses. H. Taifel [8] considered the concept of social identification in his work. According to his definition, social identification is a person's perception of himself as a member of a certain social group (work collective, family, etc.).

Therefore, the purpose of the work is to study work-related stress, methods of dealing with it, as well as to consider the dependence of the impact of work stress on the functioning of the family on the level of social identification.

Materials and Methods

In conducting the study, a variety of methods were employed, such as psychological and social analysis to explore work-related stress, theoretical material generalization, deduction for comparing approaches, classification to study stressors and coping methods, and diagnostic methods to assess the impact of coping with work-related stress on family functioning. These methods provided a comprehensive understanding of the study's focus.

The study was conducted in Kazakhstan. The quantitative sample was made on the basis of error (error size 5%), which provides 95% confidence in the results of

the total population. A total of 172 university professors in Kazakhstan were surveyed. The study is random, simultaneous, and cross-sectional. Evaluation of the level of stress at work, family functioning and social identification of the studied population groups was carried out using standardized questionnaires, psychodiagnostic methods and tests (Perceived Stress Scale (PSS), Three-dimensional strength of identification across group memberships and Brief Family relationship Scale (BFRS)).

In the research process, materials on social psychology and psychiatry approaches to work-related stress were collected and analyzed, delving into existing works to understand the problem's features and explanations. Various sources such as books, electronic articles, and conferences were reviewed comprehensively to gain insights into the aspects of work-related stress. The study utilized classification methods to identify stressor types and induction methods to determine factors influencing work-related stress, highlighting the importance and relevance of the topic while providing brief reviews of past research and identifying unexplored issues. The research established the problem, goals, forms, and methods of analysis, outlining a plan for conducting further research in this area.

Also, using empirical methods (questionnaires and psychodiagnostic tests), the study itself and experimental work were carried out to monitor university teachers in Kazakhstan. With the use of diagnostic methods, a negative tendency to the emergence of tension, disputes, conflicts, and quarrels in relationships with stress at work was considered; important factors in the fight against stress were identified. With the help of generalization, the results of the socio-psychological work carried out were substantiated; the conclusions obtained during the research work were systematized.

In addition, thanks to the use of a variety of theoretical methods (the method of drawing up approaches and classification), the systematization and classification of materials obtained in the course of the analysis and study of scientific and theoretical works of scientists were carried out; theoretical and practical conclusions and results of the study were substantiated. With the help of comparison, a comparative analysis of studies and approaches aimed at studying the problem of the occurrence of stress associated with professional activities was presented; the results of the analysis of the works of scientists and their contribution to social psychology are summarized and logically presented. Systematization methods were used in the processing of the main statistical facts and data collected when working with the studies of other scientists. Presented methods of dealing with stress, as well as its impact on family functioning.

Results

Work-related stress and its effects on the human body

Before examining the impact of coping with work-related stress on family life, it is worth having a closer look at the problem of stress itself, as well as stress at work. The concept of stress has been a topic of active discussion since its first mention in scientific research. Initially, stress was defined as an indefinite reaction of the body to any harmful stimulus. All modern definitions of stress recognize that it is the experience of threat (both real and perceived). At the

same time, the object of this threat is the psychological or physical health of a person [9].

The physical effects of the “feelings of stress” experienced include headache, shortness of breath, lightheadedness or dizziness, nausea, muscle tension, fatigue, cutting sensations in the intestines, rapid heart rate, loss of appetite or hunger, and trouble sleeping. Behavioural manifestations of stress commonly include crying, smoking, overeating, drinking alcohol, rapid speech, and trembling. People also often complain that stress negatively affects their functioning. This impairs their mental focus, their ability to solve problems and make decisions, and their ability to complete assigned tasks efficiently and effectively [10].

Considering the concept of stress, it is impossible not to pay attention to stressors. A stressor is an event or situation that causes stress. On an individual level, almost anything can be a stressor if the person perceives it as a threat [11].

In psychology, stressors are usually classified into four groups [12]:

- large-scale crises or catastrophes. This type of stressor is characterized by the fact that it is unpredictable and completely beyond the control of a person. These include natural disasters, wars, epidemics;
- important life situations. These stressors can be both positive and negative. For example, they include both marriage, the birth of a child or moving to a new home, and the death of loved ones, divorce, etc.;
- microstressors. This category includes daily problems and minor annoyances. Stress at work is often caused by stressors in this category, such as conflicts with other people, meeting deadlines for tasks, making decisions, traffic jams, and communication with people that cause irritation;
- stressors in the environment. As the name implies, these are stressors that are not dependent on a person, chronic, and physically palpable. These include environmental pollution, excessive noise, large crowds, and heavy traffic.

At the same time, work-related stress is a more specific type of stress. It manifests itself at the moment when the requirements of labour activity begin to exceed the ability of an individual worker to satisfy them. Several categories of important factors are identified that can be considered causes of work-related stress. Among them:

- high requirements;
- excessive control;
- poor attitude from the manager or colleagues;
- rapid and abrupt changes in the working environment;
- uncertainty or conflict of roles in the team;
- lack of support from the team or close people.

An equally important potential risk factor is maintaining a work-life balance. A problematic situation can arise when growing stress in one area of life is transferred to another (for example, personal life), thereby provoking the emergence of even more stressors.

Although there are difficulties in proving that stress is only one of the causes of many diseases, there is a clear link between stress at work and various physical and mental disorders. Certain physical, behavioural, emotional and psychological aspects of the impact of work-related

stress on human health are recorded. It is also worth noting that work-related stress contributes to the formation of many bad habits, which increase the risk of developing cancer. These include smoking, alcoholism, and eating junk food [13]. Separately, it is also worth noting the harm that causes excessive and prolonged stress to the body. Thus, significant and prolonged stress can disrupt the immune system, such as dysregulation of innate and adaptive immune responses, as well as increase susceptibility to certain types of cancer [14].

The described effects of stress on the body depend on several factors, among which the main ones are the personality traits of a person (strong neuroticism, anxiety), genetic factors, and severe stress experienced in childhood. Also, an important role in determining the effect of stress on the body plays the type of stressor that affects it. In addition to the physical consequences, stress can also lead to psychological consequences. For example, depressive disorder and anxiety are more common in patients suffering from stress. It is worth noting that it is going about chronic stress, which affects a person for a long period of time. This is because persistent stressors require the body to dedicate resources daily to deal with them, which eventually leads to exhaustion [15].

Hormones released in the human body during prolonged stress can lead to cardiovascular diseases, reduced immunity, as well as cognitive impairment (problems with memory, perception, and orientation in space).

Stress management

Psychologists distinguish over 400 coping strategies, and they are generally classified under either the “approach or avoid” model or the “emotion or problem focus” coping model. However, the most commonly used stress management techniques fall into the latter category [16]. Problem-focused stress management is an effort to “use proactive strategies to eliminate stressors.” This type of coping is usually used when people feel they can do something constructive to change the source of their stress. This method of dealing with stress includes planning, seeking support in coping with stress, as well as implementing actions that can directly solve the problem or at least reduce its impact [17].

Emotion-oriented stress management is an attempt to cope with emotional experiences, or at least reduce their impact. This may include adaptive strategies such as reassessing or reframing the stressor as non-threatening or trying to relax with breathing techniques. These include distraction from a stressful situation and focusing on distracting processes, such as thinking about hobbies, listening to music, or spending time in nature. However, emotionally focused coping can also involve inappropriate coping strategies that only harm the individual. These include wishful thinking, denying the problem, avoiding it, or blaming oneself for the problem or its consequences [16].

Since each person has their own unique character traits, it is logical that the individual experience of stress depends on them. So, people with maladaptive character traits (for example, neuroticism) prefer to deal with stress by avoiding it. People with adaptive personality traits (such as conscientiousness or leadership) prefer proactive coping

styles. The relationship between an individual's personality traits and their preferred coping strategies suggests that people with maladaptive personality traits are more at risk for psychological problems because they tend to use maladaptive coping strategies. As a way to deal with stress, it is worth highlighting the support from a loved one, which can have a direct impact on stress, by reducing its level [18].

Another way to maintain health and increase the body's ability to withstand the effects of stressors is the use of physical exercises, during which there is a "knocking out" of psychological stress by physical. Physical culture is a powerful creative factor that preserves and restores health and the ability to effectively carry out professional activities for a longer period of time. Thus, exercise and sports are considered important aspects in preventing the harmful effects of stress [19].

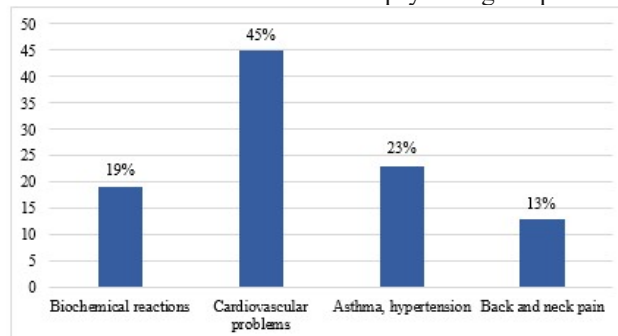
It is believed that the level of social identification directly affects the consequences of work stress. For example, a person with low identification with their group feels less supported, leading to more stress levels [20]. Thus, if people identify themselves with the same social identity, they can influence each other socially. It also leads to increased feelings of support, which makes it easier to bear the stress at work, and therefore get rid of the negative impact of stress on family functioning [21;20].

Impact of coping with work-related stress on family life

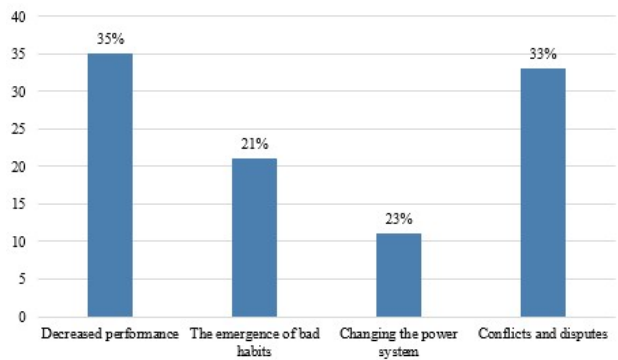
Maintaining a healthy work-family balance can be challenging and affect people's satisfaction with their work and personal lives. Work-life balance is achieved through effective management and reconciliation of work and other human activities, which include maintaining healthy relationships with family, loved ones, hobbies, and recreation [22].

The study was conducted in Kazakhstan. The quantitative sample consisted of 172 university professors in Kazakhstan. The following standardized questionnaires, psychodiagnostic methods and tests were used (Perceived Stress Scale (PSS), Three-dimensional strength of identification across group memberships) and Brief Family relationship Scale (BFRS).

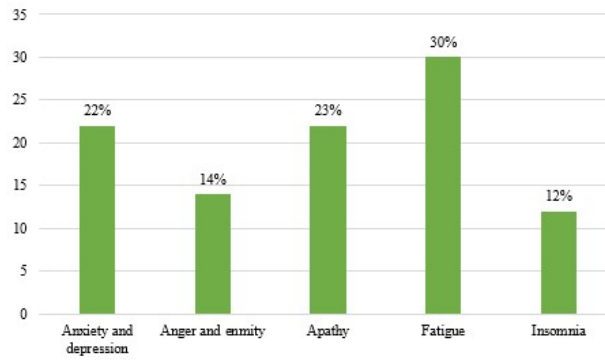
Stressful situations at work strongly influence family stress, which is an important social phenomenon. At this time, social stress also arises, the features of which are the cognitive assessment of the level of threat to one's well-being. Two types of family stress were identified: normative (changes associated with family development) and extreme (external factors, traumas, losses). Usually, stress at work leads to tension, arguments, conflicts, and fights in relationships. In this study, three groups of signs of family stress due to problems at work were identified, namely: physical symptoms, behavioural manifestations, and psychological problems (Figure 1-3).



Source: compiled by the author.



Source: compiled by the author.



Source: compiled by the author.

A direct relationship was also found between the level of stress at work among the respondents and the level of their social identification with their family. The effectiveness of coping with work stress also depends on it. For example, participants with high social identification with their family reported less workplace stress affecting family functioning. If the social identification of a person with his family is low, then stress at the workplace can have a significant negative impact on the functioning of the family.

Thus, the following conclusions can be drawn:

1. The work stress of higher education teachers can negatively affect the functioning of the family.
2. Social identification with the family can play an important role in reducing the negative impact of teacher work stress on the functioning of their families.

Discussion

Considering the concept of stress and its impact on the human body, it will be useful to pay attention to the work of B. S. McEwen and H. Akil [23]. In it, they note that during the study of stress, its definition has changed significantly, as well as the understanding of the neurobiology associated with it. They draw attention to the fact that the nervous system can be overloaded due to the constant demands of the environment on a person, whether physical, physiological, mental or social demands. Long-term exposure to stress factors has a negative impact on human health and can provoke the onset of a variety of mental disorders, among which depressive disorder, anxiety and cognitive impairment are most often observed. Thus, the assertion of researchers about the dangers of stress overload for the human body agrees with the conclusions reached in this work.

Touching upon the topic of methods of dealing with stress, it is worth considering the work of W. Fu et al. [24]. They argue that regular exercise can help improve blood circulation and provide the brain with enough energy for its activity. Scientists claim that exercise is as effective as antidepressants in reducing symptoms of stress, depressive disorder, and anxiety. Thus, researchers from a physiological and biological point of view confirm the thesis about the benefits of physical exercise as a method of dealing with stress.

Since stress management is an important aspect of dealing with it, it is important to review the work by N. M. Vasylyk [25] dedicated to this topic. In it, the researcher defines stress management as a set of measures for

predicting, predicting, analysing and evaluating, controlling stressful conditions and situations, reactions to stressors in order to respond to them in a timely manner and the possibility of minimizing the negative manifestations of stress on human functioning. The scientist also identifies three main strategies for managing stress: avoiding stress factors; change in stress factors; change in stress factors. Each of them, in her opinion, is unique in terms of efficiency and required resources. Based on this, it can be concluded that the results of N. M. Vasylyk [25] agree with the results of this study regarding methods of coping with stress.

Developing the subject of work-related stress, it is worth noting the work of P. Carayon et al. [26], in which they point out a potential link between work organization, work stress and work-related musculoskeletal disorder (WRMD). In this article, they looked at several possible theoretical links between work stress and WRMD. Various stress responses have been identified that lead to WRMD. One of the models proposed by scientists suggests that the psychological and social factors of work activity that provoke stress may also be associated with the risk of WRMD. Consequently, the conclusions of researchers about the dangers of stress for the human body agree with the conclusions reached in this work.

In addition to the topic of work stress, attention should be paid to the work of J. Otarbayeva [6]. In it, the scientist draws attention to the importance of maintaining the psychological health of workers, as well as to the fact that the main threat to it is stress at work. She divides work stress into 3 categories: informational, emotional and communicative. Informational stress occurs when an employee fails to complete a task or cannot make an important decision. Emotional stress occurs when a person's professional activity contradicts his moral attitudes or principles. Communication stress is associated with interpersonal conflicts with colleagues or superiors. Thus, the results of J. Otarbayeva [6] in the context of the causes of work-related stress and its classification are useful to consider, and also agree with the conclusion of this work on the impact of social identification on reducing work stress.

Speaking about the causes of stress at work, it is important to note the study of E. C. Schreiber et al. [27]. In it, scientists draw attention to the fact that over the past 20 years, work-related stress has come to be seen as one of the main risks for the psychological health of employees. Researchers define it as the stress that occurs when the

demands of a job outweigh the resources and ability of workers to cope. It can also lead to the development of various disorders. Scientists believe that the main psychological and social factors associated with the occurrence of this type of stress are: the intensity of work; social environment; level of organization of work; having clearly defined roles; the presence of support from managers, colleagues or loved ones. Therefore, the findings of the researchers regarding the definition and causes of stress at work are consistent with the conclusions reached in this work, in particular on the importance of social identification for reducing work stress.

C. Ryan et al. [28] come to similar conclusions. In their work, they note that stress at work is an important international problem. They call the main reasons for its occurrence impolite attitude towards employees on the part of their clients and colleagues, excessive demands from the authorities, low level of control and lack of support from the people around. Thus, it can be concluded that there is a consensus in the scientific community regarding the causes of stress at work.

Since the stress experienced by university students is very similar to work-related stress, it will be useful to review Sh. H. Hammaideh [29] study. In it, he notes that university students often face pressures related to life stressors, job searches, matchmaking, and academic achievement stressors. However, these stressors do not in themselves cause stress. Stress arises depending on the perception and reaction of students to them. Also, according to the researcher, the ability of a stressed person to adequately respond to stressors and surrounding stimuli can influence the level of stress. Thus, this study deals with the stated topic that a person's perception plays a significant role in determining the level of stress.

Studying the topic of stress at work, it is worth paying attention to the work of G. I. Slivchuk [30]. According to the researcher, the consequences of stress can affect various aspects of professional life-work, the personality of the employee, communication with colleagues. These violations usually consist in the fact that a person develops an emotional symptom complex, under the influence of which the personality of the employee is destroyed, which leads to the fact that he can no longer use his personal capabilities or loses his labour skills. As a result, violations and deformations of professional activity occur, and overall labour productivity decreases. Thus, the results of the work of the scientist coincide with the conclusion of this work on the importance of social identification for effective stress management and the preservation of family functioning.

Considering the impact of various types of stressors on the human body, it will be useful to note the work of K. O. Sakharova and N. A. Lypovska [31]. In it, scientists argue that the psychological impact of humanitarian crises includes psychological problems both at the individual and societal levels, and also affects existing psychological resources. They have proven that in crisis situations, psychological stress, mental health problems and individual difficulties in conducting daily activities are exacerbated. The researchers emphasize that the consequences of humanitarian crises are: a change in habitual behaviour and; the destruction of public and social ties. At the same time, the usual support mechanisms may

be insufficient or completely destroyed, which increases the level of deprivation and anxiety. The findings of this study, in terms of social support as an influencing factor in the perception of stress that is based on social identification. In this study, social Identification applied as an effective method to deal with stress.

In the context of studying the functioning of the family in dealing with stress, it is worth paying attention to the work of I. Petrova [32]. In it, the researcher argues that the fight against stress at work is not only a way, but also a necessary condition for overcoming severe stressful situations in the family. Also, this process is the most important resource, thanks to which the family remains healthy and viable, and can also be characterized by improved psychological and physical well-being of spouses, high satisfaction with family life and relationships, better social adaptation and stability of relationships. Family coping with stress is a dynamic process that requires a reassessment of family members' relationships with each other and with the outside world. Thus, the presented work is a qualitative foundation in the process of studying family functioning, as well as the influence of social identification on the fight against work stress.

Considering the process of coping with stress in the family, it is worth considering the article by T. P. Duhno [33]. In her opinion, the cognitive and behavioural aspects of contradictions make the greatest contribution to the problems of marital relations. At the same time, the most problematic factor is the desire for success, combined with family well-being and the possibility of self-expression. Therefore, this work will be useful in studying the topic of family functioning.

Conclusions

Thus, it can be concluded that work-related stress is a very important and urgent problem that has a direct impact on the physical and psychological health of a person.

In this article, it was looked at what stress itself is, as well as work-related stress. It was noted that stress is an integral part of human life, and occurs as a reaction to a real or perceived threat to human life, and its effect on the body depends on the type of stressor. In turn, work-related stress arises as a result of a discrepancy between the requirements of work and the capabilities of a person. Separately, methods of dealing with stress were considered, and their classification was presented. As a result of an empirical study, it was determined that the work stress of university teachers can negatively affect the functioning of their families. It was also found that the impact of work stress on the functioning of a person's family directly depends on his level of social identification with his family. The higher the level of social identification of a person with the family, the less impact work stress has on the functioning of his family. In addition, with prolonged stress at work, a drop in labour efficiency was diagnosed and an increase in the risk of cardiovascular diseases was observed. A number of recommendations were also presented aimed at reducing the level of conflict in the family and increasing the tolerance of work-related stress.

The materials of the presented article can be useful and relevant for psychologists, scientists involved in the study

of stress and stressors, and methods of countering and dealing with them. Also, these articles will be of value to students in higher education, sociologists, and researchers who are interested in the features, social and psychological aspects of dealing with work-related stress on the functioning of the family.

Acknowledgements

None.

Conflict of Interest

None.

References

- [1] Razak MIM, Yusof NM, Azidin RA, Latif MMRHA, Ismail I. The impact of work stress towards work life balance in Malaysia. *Int J Econ Comm Manag.* 2014;2(11):1-16.
- [2] Onieva-Zafra MD, Fernández-Muñoz JJ, Fernández-Martínez E, García-Sánchez FJ, Abreu-Sánchez A, Parra-Fernández ML. Anxiety, perceived stress and coping strategies in nursing students: a cross-sectional, correlational, descriptive study. *BMC Med Educ.* 2020;20(1):370.
- [3] Shao R, He P, Ling B, Tan L, Xu L, Hou Y, Kong L, Yang Y. Prevalence of depression and anxiety and correlations between depression, anxiety, family functioning, social support and coping styles among Chinese medical students. *BMC Psych.* 2020;8:38.
- [4] Ruzdenova AS, Sharipova SK, Tebenova GM, Myrzabaeva GE, Ruzdenov SS, Bubeeva DD. Psychological characteristics of professional stress in novice dentists. *Act Probl Theor Clin Med.* 2021;3:69-72.
- [5] Moustaka E, Constantinidis TC. Sources and effects of work-related stress in nursing. *Health Sci J.* 2010;4(4):210-216.
- [6] Otarbayeva J. Psychological mechanisms of professional health. *Mess "Psych" Ser.* 2022;71(2):1-8.
- [7] Lin MP. Prevalence of Internet addiction during the COVID-19 outbreak and its risk factors among junior high school students in Taiwan. *Int J Env Res Publ Health.* 2020;17(22):8547.
- [8] Taifel H. *Differentiation between social groups: Studies in the social psychology of ingroup relations.* London: Academic Press; 1978.
- [9] Seaward BL. *Managing stress: Principles and strategies for health and well-being.* Burlington: Jones & Bartlett Learning; 2018.
- [10] Rice V. *Handbook of stress, coping, and health: implications for nursing research, theory, and practice.* Thousand Oaks: SAGE Publications; 2011.
- [11] Pastorino EE, Doyle-Portillo SM. *What is psychology? Foundations, applications, and integration.* Boston: Cengage Learning; 2018.
- [12] Campbell JM. Ambient stressors. *Env Behav.* 1983;15(3):355-380.
- [13] Blaug R, Kenyon A, Lekhi R. *Stress at work: A report prepared for the work foundation's principal partners.* London: The Work Foundation; 2007.
- [14] Dhabhar FS. Effects of stress on immune function: the good, the bad, and the beautiful. *Immun Res.* 2014;58(2-3):193-210.
- [15] Schlotz W, Yim IS, Zoccola PM, Jansen L, Schulz P. The perceived stress reactivity scale: Measurement invariance, stability, and validity in three countries. *Psych Asses.* 2011;23(1):80-94.
- [16] Agbaria Q, Mokh AA. Coping with stress during the Coronavirus outbreak: The contribution of big five personality traits and social support. *Int J Ment Health Addict.* 2022;20(3):1854-1872.
- [17] Rogowska AM, Kuśnierz C, Bokszczanin A. Examining anxiety, life satisfaction, general health, stress and coping styles during COVID-19 pandemic in polish sample of university students. *Psych Res Behav Manag.* 2020;13:797-811.
- [18] Kalat JW. *Biological psychology.* Boston: Cengage Learning; 2018.
- [19] Martsenyuk MO. The role of psychological stress in the context of family problems. *Act Probl Psycho.* 2014;7(36):271-280.
- [20] Haslam SA, Reicher SD. Rethinking the psychology of leadership: From personal identity to social identity. *Daedalus.* 2016;145(3):21-34.
- [21] Turner JC. *Social influence.* Monterey: Thomson Brooks/Cole Publishing Co; 1991.
- [22] Dundas K. Work life balance: There is no "one-size fits all" solution. In: K. O'Rourke (Ed.), *Managing matters* (pp. 7-8). Lismore: Southern Cross University; 2008.
- [23] McEwen BS, Akil H. Revisiting the stress concept: Implications for affective disorders. *J Neurosci.* 2020;40(1):12-21.
- [24] Fu W, Wang C, Zou L, Guo Y, Lu Z, Yan S, Mao J. Psychological health, sleep quality, and coping styles to stress facing the COVID-19 in Wuhan, China. *Transl Psych.* 2020;10(1):225.
- [25] Vasylyk NM. Stress management: essence and meaning. In: *The XXVIII International Science Conference "Trends in science and practice of today"* (pp. 220-223). Ankara: Library of Congress; 2021.
- [26] Carayon P, Smith MJ, Haims MC. Work organization, job stress, and work-related musculoskeletal disorders. *Hum Fact.* 1999;41(4):644-663.
- [27] Schreibauer EC, Hippler M, Burgess S, Rieger MA, Rind E. Work-related psychosocial stress in small and medium-sized enterprises: An integrative review. *Int J Env Res Publ Health.* 2020;17(20):7446.

- [28] Ryan C, Bergin M, Wells JSG. Work-related stress and well-being of direct care workers in intellectual disability services: A scoping review of the literature. *Int J Devel Disab.* 2021;67(1):1-22.
- [29] Hamaideh ShH. Stressors and reactions to stressors among university students. *Int J Soc Psych.* 2011;57(1):69-80.
- [30] Slivchuk GI. Impact of stress on the nervous system. In: *Collection of scientific works of the 10th All-Ukrainian scientific and practical conference of cadets, students, graduate students and assistant professors "Problems and prospects for the development of occupational health and safety"* (pp. 161-163). Lviv: Lviv State University of Life Safety; 2020.
- [31] Sakharova KO, Lypovska NA. The impact of the humanitarian crisis on the mental health of the population. *Dnipro Sci J Publ Adm Psych Law.* 2022;2:86-91.
- [32] Petrova I. Family stress as specific family situations coping. In: Ya.V. Kichuk (Ed.), *Collection of scientific works "Modern psychology: Problems and prospects, Volume 2"* (pp. 118-121). Izmail: Izmail State Humanitarian University; 2021.
- [33] Duhno TP. Psychological features of family conflicts in adults. In: *Proceedings of the 11th International Scientific and Practical Conference "Psychological problems of personality at the modern stage"* (pp. 78-79). Nizhyn: Mykola Gogol Nizhyn State University; 2021.

Соціально-психологічні аспекти подолання стресу, пов'язаного з роботою, на функціонування сім'ї

Айнаш Іссімова

Жезказганський університет імені Байконурова

100600, проспект Алашахана, 1Б, м. Жезказган, Республіка Казахстан

Анотація

Актуальність. Актуальність даного дослідження та заявленої проблеми полягає насамперед у збільшенні кількості та різноманітності стресових факторів, пов'язаних з професійною діяльністю людини, а також у необхідності вивчення їх впливу на її організм та сімейне життя.

Мета. Метою роботи є розкриття проблеми стресу, пов'язаного з роботою, а також дослідження впливу подолання стресу на функціонування сімей викладачів вищих навчальних закладів. Також завданнями цієї наукової роботи є розгляд поняття стресу та методів боротьби з ним, а також дослідження різних видів стресорів.

Методологія. Основними методами дослідження цієї проблеми є аналіз, індукція, дедукція та синтез, які дозволяють описати та виділити найбільш важливі аспекти причин виникнення стресу на робочому місці.

Результати. У статті розглянуто поняття стресу, описано види стресорів, розкрито причини виникнення стресу. Також розглянуто поняття стресу на роботі, описано причини його виникнення та методи боротьби з ним. Досліджено проблему впливу соціально-психологічних аспектів подолання стресу на роботі на функціонування сім'ї. Розглянуто, які аспекти сімейного життя зазнають найбільших змін у процесі подолання стресу.

Висновки. У дослідницькій статті робиться висновок, що стрес, пов'язаний з роботою, суттєво впливає на фізичне та психологічне здоров'я людей та їхніх родин, підкреслюється необхідність ефективного подолання стресу та управління ним.

Ключові слова: подолання; благополуччя; стрес на роботі; сімейне функціонування; соціальна ідентифікація.