



ACADEMICIA
**An International
 Multidisciplinary
 Research Journal**
 (Double Blind Refereed & Peer Reviewed Journal)



DOI: 10.5958/2249-7137.2021.02398.3

ANXIETY-AS AN EMOTIONAL STATE

Normuminova Dilafruz Erkinovna*

*Teacher of the Department of psychology of Termez State University,
 UZBEKISTAN

ABSTRACT

The article describes anxiety, its manifestations, the views of psychologists on anxiety, the causes and consequences of increased anxiety and ways to overcome it. The ideas in this regard were also put forward by Eastern thinkers, who expressed in their works their thoughts about the state of manifestation of such feelings as feelings of the individual, anxiety. The characterization of emotional states by its highly dynamic nature is noted both as a result of scientific research and as a result of daily observations. In some periods, these properties are more pronounced.

KEYWORDS: *Anxiety, Emotions, Emotional State, A Sense Of Fear, Overcoming Anxiety.*

LITERATURE:

1. Jerrold S. Greenberg Stress management. 7th ed. - St. Petersburg: Peter, 2002. - 496 p.: ill—
 - (Series "Masters of Psychology").
2. Zakharov A.I. Prevention of deviations in the behavior of the child. - St. Petersburg: Soyuz, 1997
3. Izard K. E. Human emotions. - M.: Publishing House of the Moscow University, 1980
4. Sinyagina N. Y. Psychological and pedagogical correction of child-parent relations. - M.: Humanit.ed.center VLADOS, 2001.
5. Yerbatykh Yu.V. Psychology of stress and methods of correction. St. Petersburg: Peter, 2008.
6. Yerbatykh Yu. V., Ivleva E. I. Psychophysiological and clinical aspects of fear, anxiety and phobias. - Voronezh: Istoki, 1998.
7. Horney K. Neurotic personality of our time. - M.: "Progress-Universe", 1993.
8. Eidemiller E. G., Justitskis V. V. Family psychotherapy. - L.: Medicine, 1989.

9. Sharafutdinova, Khadichaxon Gulyamutdinovna, Fazilat Karshievna Kulmamatova, and Sarvinoz Haydarova. "The role of cognitive psychology in the elimination of destructive behavior." *Asian Journal Of Multidimensional Research* 10.4 (2021): 957-964.
10. Shabbazova, Dilfuza Ruzikulovna. "Analysis Of Factors Of Mental Development." *Scientific Horizons* 11-1 (2018): 350-355.