

FACTORS THAT DISADVANTAGE THE INCREASE OF PEOPLE'S ABILITY TO COOPERATE WITH LIFE'S CHALLENGES

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Abstract:

The article examines factors that weaken people's ability to cope with life's difficulties.

Keywords: Social isolation, social helplessness, childhood trauma, depression and anxiety, genetic predisposition, social stigma.

Introduction

Factors that inhibit people's ability to cope with life's challenges can be related to a number of different factors. These factors can affect various aspects of an individual, from their psychological state, social circumstances, personal history to genetic factors. Below are the main factors that inhibit their ability to cope with challenges:

Social isolation: When people feel alone or lack a social support system, their ability to cope with adversity is weakened. Having friends, family, or other supportive networks increases resilience. However, social isolation and isolation can make it difficult for a person to cope with adversity.

Social helplessness: Some people may not find support or understanding in their social network, which negatively affects their mental health and ability to cope with adversity.

Childhood trauma: Traumatic experiences during childhood, such as parental divorce, financial hardship, abuse, or emotional neglect, can weaken a person's ability to cope with adversity in the future. These experiences can lead to low self-esteem, vulnerability to stress, and high levels of anxiety in the future.

Negative family environments: Negative family environments, where there is constant conflict, stress, and negative relationships, can also weaken an individual's ability to cope with life's challenges.

Depression and anxiety: Mental health problems, such as depression, anxiety, or post-traumatic stress disorder (PTSD), can negatively impact a person's ability to respond to and adapt to various challenges. These conditions can significantly reduce resilience.



Low self-esteem: Lack of self-confidence or doubt in one's own abilities weakens a person's ability to cope with challenges. A decrease in self-confidence and a loss of enthusiasm for success reduce resilience.

Resisting change: When people have a negative attitude toward change in their lives or are not ready to accept it, they have difficulty adapting to it, which weakens their ability to cope with adversity. Accepting and adapting to change is important in developing resilience.

Rigid thinking: Accepting change and adapting to different circumstances increases a person's ability to overcome difficulties. However, rigid, fixed views weaken resilience because they reduce flexibility in solving problems.

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Financial difficulties: Economic challenges in life (e.g. poverty, unemployment) can stress a person and negatively impact their resilience. They lose their sense of security and comfort, which reduces their ability to cope with adversity.

Genetic predisposition: Some people may be naturally less resilient to psychological health. Genetic factors can also influence a person's reactions to stress and their ability to cope with adversity.

Biological problems: Problems with the brain and nervous system (such as chemical or hormonal imbalances) can also negatively impact a person's resilience to life's challenges.

Lack of resources: Limited access to psychological support, therapy, or counseling can hinder the development of resilience. If people cannot get help to manage their emotions and stress, they may have difficulty coping with adversity.

Cultural and social stigma: Some cultures or societies may have negative attitudes towards seeking psychological help, which can lead to people feeling deprived and unable to cope with their difficulties.

Social and gender stereotypes: How people cope and manage stress can be influenced by societal expectations, gender stereotypes, or social roles. If an individual does not feel the way society expects, this can affect their emotional state and impair their ability to cope with adversity.

Physical activity has a positive effect on a person's overall health and mental state. Physical education and sports help reduce stress and overcome mental and physical fatigue. However, this process is hampered by insufficient attention to physical activity, a lack of time for it by some individuals, or inadequate educational systems.

Factor: Low interest in physical education or insufficient time devoted to it among students or pupils. This, in turn, negatively affects their overall mental and physical well-being, which leads to a weakening of their ability to cope with life's difficulties.

The ability to cope depends not only on physical strength, but also on mental and psychological state. Physical education not only supports physical development, but also helps to strengthen



the mental state of an individual. However, insufficient attention to mental health or lack of knowledge about stress management can weaken a person's ability to cope with difficulties.

Factor: Lack of proper knowledge of stress management for students. Lack of psychological support systems in educational institutions, and low self-control among students. In the process of teaching physical education, teachers' incompetence or limited approach to teaching physical exercises alone can reduce its effectiveness. Physical education should not only consist of teaching physical activity, but also plays an important role in psychological preparation, self-motivation, and the development of social relationships.

Factor: Physical education teachers' inability to focus solely on sports and to use psychological counseling or coping skills. Teachers' lack of psychological support reduces students' ability to cope with difficulties.

The physical and mental state of people also depends on their living conditions. Low-income families or socio-economic problems can prevent children and adolescents from engaging in physical education and sports. In such conditions, it becomes difficult for students to develop themselves positively, which, in turn, leads to a decrease in their ability to cope with life's difficulties.

Factor: Insufficient funds for sports and physical education activities for children and adolescents in low-income families. Poor social conditions can also be an obstacle to the development of physical education and sports.

Motivation is necessary to achieve success in any activity. Motivation for physical education and sports is also a factor that increases the ability to cope with life's difficulties. However, a lack of motivation in pupils or students undermines their success in developing their physical and mental health.

Factor: Lack of motivation in physical education classes. If students or pupils do not show interest in their physical development, this can affect their mental and physical health and reduce their ability to cope with difficulties.

Nowadays, the development of technology, especially the popularity of mobile devices and computer games, distracts students and young people from physical activity. This, in turn, weakens their physical and mental health and reduces their ability to cope with life's difficulties.

Factor: The increasing interest in technology among young people leads to a disengagement from physical activity. This situation weakens physical and mental health and reduces the ability to cope with difficulties.

Factors that weaken people's ability to cope with life's challenges can be diverse. Lack of social support, negative family experiences, psychological problems, resistance to change, constant stress, etc. weaken resilience. Genetic factors, biological problems, cultural and social facts can also reduce the ability to cope with challenges. In order for people to be successful in coping with life's challenges, it is important to overcome and cope with these factors.



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