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HAYAJONNING PAYDO BO`LISH SABABLARI VA UNDAN HIMOYALANISH USULLARI

Sh. Yakubova
Urganch davlat universiteti o'qituvchisi

ANNOTATSIYA

Ushbu maqolada insonda paydo bo`ladigan ruhiy holat hayojon haqida, hayojon o`zi nima ekanligi, paydo bo`lish sabablari, hayojonning oldini olish usullari va hayojonni yengishda meditatsiya usulining ahamiyati haqida so`z borgan.

**Kalit so`zlar**: shaxs, hayojon, stress, kuchsizlanish, meditatsiya, muvaffaqiyat, zavqlanish, qo`rquv.

REASONS OF EXCITATION AND METHODS OF PROTECTION AGAINST IT

ABSTRACT

This article discusses the emotional state of a person, what arousal is, the causes, how to prevent anxiety, and the importance of meditation in overcoming anxiety.

Keywords: personality, excitement, stress, weakness, meditation, success, pleasure, fear.