



**MEDICAL AND PSYCHOLOGICAL IMPACT OF STRESS AND DEPRESSION ON  
THE HUMAN ORGANISM AND THE DISEASES THAT ARISING FROM IT**

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**Annotation:** Stress and depression are widespread conditions that have a profound negative impact on the human body, both psychologically and medically. This article analyzes the concepts of stress and depression, their causes, effects on the body through psychophysiological mechanisms, as well as mental and somatic diseases that occur in the long term. The article is intended to be useful for specialists working in the fields of psychology, medicine and healthcare, students and the general public. The results of the study indicate the need to identify conditions associated with stress and depression, their prevention, and psychological and medical support for patients.

**Keywords:** stress, depression, psychological health, physiological effects, psychosomatics, mental illnesses, cardiovascular diseases, immune system.

**INTRODUCTION:** In modern society, stress is a constant factor in a significant part of human life. Fast-paced life, social and economic pressures, family and personal problems - all these are factors that cause psychological stress to a person. The concept of stress was first explained to wide scientific attention by European and North American scientists in the 20th century. Currently, stress is considered a factor that directly affects a person's mental and physical health. Scientists such as Hans Selye divided stress into positive (eustress) and negative (distress) types and emphasized that especially long-term, constant stress - distress - poses a threat to the human body. The main objective aspect of the psychological state, in particular stress and depression, is mental health, but current research shows that the boundary between mental state and physical health is blurred: mental stress and depression can cause the development of somatic (medical) diseases in the long term - cardiovascular diseases, immune system disorders, digestive problems, endocrine diseases, etc. Therefore, studying the complex effects of stress and depression on the human body, understanding their psycho-physiological mechanisms, and developing disease prevention and treatment strategies is an important scientific and practical task for modern medicine and psychology. The purpose of the article is to consider the psychological and medical effects of stress and depression on the human body, the spectrum of diseases they can cause, and analyze existing approaches to the problems.

**RESEARCH METHODOLOGY:** This article is a descriptive study based on the literature review method. The following sources were studied in the research process: Scientific articles published in recent years, in particular, articles on the topics of psychological stress and its impact on the human body, psychosomatics, depression and mental health. For example, the article "PSYCHOLOGICAL STRESS AND ITS IMPACT ON THE HUMAN ORGANISM" is one of the main documents. Studies in medical and psychological journals, including articles



published in the field of psychosomatics. Local (Uzbek) psychological articles: for example, "STRESS AND ITS IMPACT ON MENTAL HEALTH" and "DEPRESSION AND ITS IMPACT ON PERSONAL PSYCHOLOGY". Monographs, manuals and statistical data in the field (if available). Analysis and synthesis methods were used: data were collected from various sources, content analysis was performed, and both psychological and physiological aspects were compared.

**MAIN PART:** Stress is an adaptive response of the human body to external or internal stressors (for example, social pressure, economic difficulties, family conflict, difficulties at work or school, life changes). Types of stress are divided into two main groups: Positive stress (eustress) is a state that stimulates and motivates a person, encourages adaptation and growth. Negative stress (distress) is a state of prolonged, persistent stress that harms a person's mental and physiological health. Depression is a long-term mental illness characterized by hopelessness, depression, lack of energy, decreased interest in life, and decreased social and professional activity. Many studies show that stress and depression are closely related: a state of constant stress can cause the development of depression. Prolonged stress leads to psychological instability, depression, irritability, anxiety, insomnia, decreased attention and memory in the body. For example, the article "STRESS AND ITS IMPACT ON MENTAL HEALTH" lists depression, anxiety, insomnia and other psychological problems as psychological consequences of stress. Depression can negatively affect a person's personal psychology and mental health, leading to loss of interest and motivation in life, low self-esteem, and social isolation. Psychological health disorders are not only mental problems, but also have a negative impact on a person's social life, intellectual activity, education, work efficiency and family relationships. Recent research has developed a direction called psychosomatics - that is, it studies the effect of mental state and stress on the physical systems of the body. Prolonged stress has a negative effect on the cardiovascular system. For example, the recently published article "STUDY OF PSYCHOLOGICAL STRESS AND ITS IMPACT ON THE HUMAN HEART" shows the connection between stress and heart disease. Similarly, psychosomatic studies indicate that stress, depression and other psychological factors can cause disorders in the cardiovascular system, increased blood pressure, the development of hypertension, atherosclerosis, and ischemic heart disease. Stress leads to a weakening of the immune system, reducing the body's resistance to infections, viral and bacterial diseases. In addition, stress has a negative effect on the digestive system, endocrine system, and nervous system. For example, digestive disorders, gastrointestinal diseases, and endocrine imbalances can occur more often under stressful conditions. Mental stress and depression contribute to the development of chronic diseases - cardiovascular diseases, gastrointestinal diseases, immune system diseases, endocrine disorders, etc. These are called psychosomatic diseases: there is an inextricable link between mental state and physical diseases. For example, in recent years, it has been found that psychological stress factors exacerbate the disease state in diseases such as chronic rheumatoid arthritis. Depression is also one of the mental diseases that requires psychotherapeutic attention, and if left untreated, it can lead to serious consequences such as suicide, mental stress, and social isolation.

**ANALYSIS AND RESULTS:** Stress (especially long-term, constant stress) and depression activate not only psychological problems, but also a pyramid of physical diseases - cardiovascular, immune, digestive, endocrine system diseases. This indicates the importance of a psychosomatic approach. Ignoring psychological stress leads to depression, mental instability; depression, in turn, sharply worsens a person's quality of life, ability to work, social and family life. Young people, students, groups facing social and economic problems are more susceptible



to stress and depression. For example, the article “THE INCREASE OF STRESS AND DEPRESSION IN STUDENTS: CAUSES AND SOLUTIONS” shows this. Stress and depression management, psychological assistance, psychotherapy, a healthy lifestyle, physical activity and social support can be key factors in preventing psychosomatic diseases and supporting mental health. Thus, it is clear that stress and depression have a complex effect on the human body - manifested in the form of both mental and physical diseases.

**CONCLUSION:** This article analyzes the psychological and medical effects of stress and depression on the human body, as well as their long-term role in the development of diseases. Stress can be an unavoidable factor in human life, but ignoring it, staying in a state of constant stress, can lead to serious consequences, such as psychological distress, depression, mental instability, chronic diseases, cardiovascular diseases, and immune system disorders. Therefore: it is necessary to use sustainable strategies against stress and depression (psychological assistance, psychotherapy, healthy lifestyle, social support);

it is important to identify and treat psychosomatic conditions at an early stage;

ensuring mental health requires special attention in the field of medicine and psychology. Based on the results of the article, it is recommended to develop comprehensive programs to protect health and combat stress and depression.

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