

# **РУКОДЕЛИЕ КАК СПОСОБ СНЯТИЯ СТРЕССА.**

## **THE INFLUENCE OF NEEDLEWORK ON THE EXPERIENCE OF STRESS**

Kate Chushikina, Elena Vinarchik

### **Аннотация**

В статье рассмотрен вопрос влияния прикладного творчества на переживание стрессовых ситуаций. Приведен теоретический анализ стрессовых ситуаций и стрессоров. Описан процесс рукоделия с точки зрения влияния на личность человека и переживание им стрессовых ситуаций.

**Ключевые слова:** стрессовая ситуация, рукоделие, переживание стресса, творческий потенциал.

### **Abstracts**

The article considers the question of the influence of applied creativity on the experience of stressful situations. A theoretical analysis of stress situations and stressors is given. The process of needlework is described from the point of view of influencing a person's personality and experiencing stressful situations.

**Keywords:** stressful situation, needlework, stress experience, creativity.

## **1 THE CONCEPT OF STRESS IN PSYCHOLOGICAL SCIENCE**

In modern human society, the probability of stressful cases is high. They can be associated with situations at work, in the family, life in a large metropolis or any other factors of our life. Stress is an integral part of human existence, because with its help the body is able to adapt to new conditions. Excessive number of stressful situations can lead to both somatic and mental illness.

The purpose of the work is to study the role of applied creativity in stressful situations. Objects that are paid attention to are needlework (applied art) and stress state in humans. The subject of the work is the influence of manual labor on the experience of stress in the individual.

First, let's talk about the concept of stress. The term itself was introduced in 1954 by Hans Selye. He defined stress as a non-specific response of the body to any claim against him. The basis of stress can be both physical (for example, difficult working conditions, strong climatic changes) and psychological (for example, interpersonal relationships, strong feelings) stimuli.

### **1.1 STRESSOR CLASSES**

There is a conditional division of stressors into four classes. The first class includes stresses caused by environmental conditions. These situations can be both local (problems with the apartment, quarrel with the child) and global (world environmental situation, the problem of emigration) character. The second class includes stresses caused by relationships. These shocks can occur on three levels: emotional (communication with close relatives and expensive people), rational (communication with colleagues or co-workers) and hierarchical (communication with superiors or with

subordinates). The third class of stressors include impacts that are caused by such important aspects of modern life as economic and political realities. The fourth class includes stressful situations, which are caused by various emergencies (man-made, natural and environmental), as well as the presence of serious chronic or fatal diseases in humans. On this basis, it can be concluded that a sufficiently large number of different factors and effects can lead to a stressful human situation.

## **1.2 EXPERIENCING STRESS BY MAN**

There are three stages of stress situations: anxiety stage, adaptation stage (resistance) and exhaustion stage. In the first two variants (anxiety stage and adaptation stage), stress is not particularly dangerous for a person and can even be useful. But if the body defenses are not enough, then comes the third stage – the stage of exhaustion, which can lead to serious diseases.

Indeed, stressful situations can leave irreversible changes, the accumulation of which can lead to functional changes in the body (for example, psychological and physiological aging). At the same time, the fight against stress and its successful overcoming can have a positive impact on a person. In this context, we can talk about the concept of problem situations from the Position of Carl Gustav Jung. He believed that stress plays an important role in the development of personality. A Western scientist Alfred Adler said that the development of the individual is associated with overcoming their own shortcomings. In addition to the names already mentioned, stress studies were carried out by scientists such as I.P. Pavlov, Walter Bradford Cannon, L. A. Orbeli, P. V. Simonov, Richard S. Lazarus and others.

Conditionally it is possible to divide stressors into three categories. The first group will include factors that are beyond human control. These could be rising taxes, global market problems, government decisions, and many other situations that an individual cannot affect. The second group includes stressors which are subject to the person. These may be their own erroneous actions, the placement of personal priorities, the inability to manage their daily routine, problems with interpersonal relations and other situations, the direct participants of which we are. The third group of stressors include phenomena that are endowed with a strong personal sense for a person. This includes human guesses and assumptions that exist in the future or past (for example, whether gas is turned off at home, locked and the front door, whether tomorrow at the meeting the chief will scold for the report).

A person is able to learn how to cope with their stressors and thus develop themselves. Competent systematic intervention in the process of personal development in order to influence it is called intervention. With its help, it is possible to solve the problem of overcoming stress in a particular person, taking into account the nature of the stressor and individual personal characteristics. The basis of the choice of methods to combat stress situations is the idea of stress as a functional state, which is able to reflect the response of the body to any external influence.

The human body should be considered as a system, which is a set of related elements. Response to stress is a systemic response of the whole organism, which manifests itself in certain functions at psychological, physiological or behavioral levels.

## **2 NEEDLEWORK AS A WAY TO DEAL WITH STRESS**

The problem of productive struggle against stress situations, as well as the correction of stress conditions in the modern scientific society attracts the attention of scientists

from different fields of Humanities. According to the results of various studies, at the moment one of the most effective ways to work with stressful situations is needlework. This method does not require medical intervention (which, of course, is quite a significant fact, because medical treatment can not always take place without side effects and is not suitable for everyone) and has a lot of varieties (for example, embroidery, beading, burning wood, and so on).

## **2.1 THE IMPACT OF THE PROCESS OF MANUAL LABOR ON THE PERSON**

Manual creative work is one of the main ways of human development. It is established that the development of fine motor skills can increase the level of intelligence not only in childhood but also in adulthood. In addition, crafting calms the mind, promotes concentration of the person. Manual craft work helps to create material goods, develop personal qualities, creative initiative. Passion for craft or arts and crafts contributes to the improvement of General culture, strengthens the moral climate of society, forms the potential for resistance to crisis situations, reduces social tensions.

To date, the handicraft allows the masters to create unique and original products that are popular. Such a creative process brings relaxation, aesthetic pleasure and moral comfort, removes psychological clamps.

## **2.2 THE IMPACT OF THE CREATIVE PROCESS ON STRESS**

According to L.A. Kitaev-Smyk, the creative process should be called "the stress of creativity". In the course can be divided into three stages: stress przetworstwa, stress creativity and insight. At the beginning of creative activity, there is an increase in internal mental stress, which can manifest itself in the following States: stress mental relaxation, mental anguish, joyous state, carelessness. The next stage (creative stress) can be characterized as a concentration of mental effort. The final stage (insight) is a sudden flash of consciousness illumination when solving a complex creative problem.

Needlework, undoubtedly, is one of species creativity. In modern society, it is often equated with hobby (personal hobby). Taking into account the increasing pace of modern life and, as a result, the growing stress, everyone needs to find a way to switch to any kind of occupation, change activities. In this case, a hobby in the form of needlework, chosen by a person for his interests, can come to the aid. Moreover, in today's society, such hobby can easily turn into a tool of earning extra money, as handmade products rarely go out of fashion and are highly appreciated.

Mobilization of human creativity helps to overcome stress and promotes the establishment of an individual position in the world. It is in the process of solving creative problems possible creative development of the individual, her spiritual growth.

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### **Contacts**

Kate Chushikina (student) Institute for Humanities, Department of Personality Psychology and Special Need Pedagogy, group PLpb-117.  
Russia, Vladimir, Prospect Builders, 3/7  
Tel: +79046532505  
E-mail: vlad.katia@gmail.com

Elena Vinarchik (associate professor) Institute for Humanities, Department of Personality Psychology and Special Need Pedagogy  
Russia, Vladimir, Prospect Builders, 3/7  
Tel: +7 4922 47 98 87  
E-mail: psyho-vlgu@mail.ru  
E-mail: elena-vinarchik@rambler.ru