# THE INFLUENCE OF STRESS FACTORS ON DECISION-MAKING IN ADOLESCENCE

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**Relevance.** Adolescence is a rather vulnerable period of a person's life, in which a person tends to make quite important decisions for himself or herself, which will determine the vector of his or her personal, social and professional development in later life. Today, the consciousness of a young person is exposed to various external and internal influences, i.e. stress, which, in turn, can qualitatively affect future choices, self-determination, values and identity of a young person, very often in a destructive way. Therefore, the purpose of our work is to analyze scientific sources and special literature on the age-specific peculiarities of personality development during adolescence (in the context of the topic – to understand how stress factors can affect the personality of this age), as well as the topic of decision-making; we will consider the essence of stress factors, directly, and their impact, the degree of influence on decision-making of the chosen age group. Future empirical research should identify the main aspects of the impact of stress (cognitive, emotional, etc.) on the young man himself and his decision-making, which will allow us to determine whether and how the indicators we have chosen correlate. In the third part of the study, we will develop and propose a program aimed at providing specific stress management and decision-making strategies that could facilitate the process of making important decisions for the young man. Such coping strategies could help young men to cope more effectively with the stressful challenges of their environment.

An analysis of various scientific sources allows us to state that there is no consensus on the definition of the age limits of the adolescent period in psychology. If we summarize the opinion of many well-known scientists who have been engaged in the division of a person's life path and its age periodization (D. Bromley, L.S. Vygotsky, D.B. Elkonin, E. Erikson, J. Piaget, etc.), we can say that a person aged 16-17 years to 20-21 years is considered a young man. The empirical part of our work examines a group of people aged 17 to 20, i.e., students of a higher education institution.

The relationship between age and vital decision-making has been studied in both domestic and foreign science (B.G. Ananiev, L.I. Bozhovich, S. Bueller, E.I. Holovakha, M.G. Ginzburg, R.M. Granovskaya, S.L. Rubinstein, etc.)

According to L.I. Bozhovych, adolescence is characterized by a focus on the future and building prospects for personal and professional self-determination. During this period, self-consciousness develops, so the author believes that the main new formation

of adolescence is the readiness for personal and life self-determination, and the acquisition of identity. To summarize, readiness for life and personal self-determination is an important psychological condition for successful decision-making by students.

R.M. Granovskaya had similar views on the problematic of the issue at hand. She divided youth into early adolescence (16-18 years old) and late adolescence (18-25 years old). The researcher identified the main feature of adolescence: "the realization of one's own individuality, uniqueness, and dissimilarity to others." Through this awareness, a person can become aware of internal tension, which can make a young man feel lonely, which can either increase his need for communication or vice versa. According to the author, a new formation of adolescence is the discovery of one's own inner world, the discovery of the need to achieve spiritual intimacy with another person. For adolescent students, it becomes important to prove to themselves and others that they are really capable of making independent adult decisions.

In the topic of decision-making, one cannot neglect the individual intellectual abilities of a person, his or her value orientations [1]. In turn, such issues were dealt with by I.S. Kohn, A.Ts. Garmayev, E.O. Pomytkin, L.V. Pomytkina, etc. It is also necessary to pay attention to the psychophysiological characteristics of this age, as well as its crises (of which there are several).

In addition to the above-mentioned internal age-related changes, young men are exposed to external stressful stimuli: social stereotypes, suggestions and influences, Internet resources and mass media; economic, political and geopolitical events. Stress, especially permanent stress, can affect the emotional sphere of young men (anxiety, uncertainty, increased sensitivity), their cognitive functions (concentration, attention, memory). In turn, changes in the above indicators can change young men's attitudes to risk and decision-making, and affect the objective analysis of information.

Despite the potentially negative impact of stressful factors on decision-making, there are certain strategies that can help young men cope more effectively with possible difficulties. In this context, we can identify the development of stress management skills among young men, the introduction of relaxation techniques (breathing, elements of body-oriented therapy), familiarization with strategies for effective decision-making (various methods of analyzing information, setting priorities, considering the consequences of a decision, consulting with confidants), and the introduction of a system of social support and emotional support.

**References:**

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