

THE INFLUENCE OF GENDER FACTORS ON EMOTIONAL STRESS IN ADOLESCENTS

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Accepted: 23 Sentabr 2026

Published: 23 Sentabr 2026

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Iqtibos uchun: Ro'ziyev, U. M. THE INFLUENCE OF GENDER FACTORS ON EMOTIONAL STRESS IN ADOLESCENTS / U. M. Ro'ziyev // Buxoro xalqaro universiteti ilmiy axborotnomasi. — 2026. — T. 9, № 2. — B. 224–227.

Abstract. This article examines the influence of gender factors on emotional stress among adolescents. Adolescence is characterized by increased emotional sensitivity, instability of psychological processes, and the growing impact of social factors on personality development. The study analyzes the manifestations of anxiety, emotional instability, aggression, depressive states, and stress reactions among male and female adolescents. Particular attention is paid to the role of family environment, interpersonal relationships, social expectations, and gender stereotypes in shaping adolescents' emotional states. The research scientifically substantiates that gender differences significantly affect the nature of emotional experiences and psychological adaptation strategies in adolescence. In addition, the socio-psychological mechanisms influencing adolescents' emotional well-being in contemporary society are discussed.

Keywords: adolescence, emotional stress, gender factors, anxiety, emotional instability, aggression, depressive states, stress, socio-psychological characteristics, psychological adaptation.

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Аннотация. В данной статье рассматривается влияние гендерных факторов на проявление эмоционального напряжения у подростков. Подростковый возраст характеризуется повышенной эмоциональной чувствительностью, нестабильностью психических процессов и усилением влияния социальных факторов на формирование личности. В исследовании проанализированы особенности проявления тревожности, эмоциональной нестабильности, агрессивности, депрессивных состояний и стрессовых реакций у юношей и девушек. Особое внимание уделено роли семейной среды, межличностных отношений, социальных ожиданий и гендерных стереотипов в формировании эмоционального состояния подростков. Научно обосновано, что гендерные различия оказывают существенное влияние на характер эмоциональных переживаний и способы психологической адаптации подростков. Также раскрываются социально-психологические механизмы, влияющие на эмоциональное благополучие подростков в современных условиях.

Ключевые слова: подростковый возраст, эмоциональное напряжение, гендерные факторы, тревожность, эмоциональная нестабильность, агрессивность, депрессивные состояния, стресс, социально-психологические особенности, психологическая адаптация.

Introduction. Adolescence is considered one of the most complex and sensitive stages of human psychological development. During this period, rapid biological, physiological, and social changes significantly influence emotional stability and personality formation. Adolescents often experience increased emotional sensitivity, anxiety, irritability, aggression, and psychological tension as a result of internal developmental conflicts and external social pressures. In modern society, these emotional experiences are further intensified by academic demands, family conflicts, peer relationships, and the growing influence of social expectations.

Gender factors play a crucial role in shaping adolescents' emotional experiences and coping behaviors. Scientific studies indicate that male and female adolescents differ in their emotional reactions, stress management strategies, and psychological adaptation processes. Female adolescents are generally more likely to experience anxiety, emotional instability, and depressive symptoms, whereas male adolescents tend to express emotional stress through aggression, impulsive behavior, or social withdrawal. These differences are influenced not only by biological characteristics but also by gender stereotypes, cultural norms, and patterns of socialization.

In recent years, the issue of adolescents' emotional well-being has become one of the major concerns in psychology and education. International psychological research emphasizes that prolonged emotional stress negatively affects adolescents' social adaptation, academic performance, interpersonal relationships, and mental health. Moreover, the inability to regulate emotional experiences during adolescence may

contribute to the development of long-term psychological problems in adulthood.

The family environment and social relationships are also important determinants of emotional stress among adolescents. Lack of emotional support, conflicts within the family, excessive parental control, and negative peer interactions may intensify emotional tension and reduce psychological resilience. At the same time, supportive social environments and healthy communication patterns contribute to emotional stability and effective coping mechanisms.

Therefore, studying the influence of gender factors on emotional stress in adolescents is of great scientific and practical significance. Understanding gender-related psychological differences can help develop effective socio-psychological approaches aimed at preventing emotional tension, strengthening emotional resilience, and supporting adolescents' mental well-being in contemporary society.

Relevance of the Study. In the context of rapid social transformation and technological development, the problem of adolescents' emotional well-being has become one of the most significant issues in modern psychological research. Adolescence is characterized by intensive psychological, physiological, and social changes that directly affect emotional stability and personality development. During this sensitive developmental stage, adolescents are more vulnerable to emotional stress, anxiety, aggression, depressive reactions, and psychological instability. Therefore, studying the factors influencing adolescents' emotional stress is of particular scientific and practical importance.

One of the important determinants of emotional stress in adolescence is the influence of gender factors. Contemporary psychological studies indicate that male and female adolescents differ in emotional sensitivity, stress perception, coping strategies, and behavioral reactions. These differences are shaped not only by biological characteristics but also by social expectations, cultural norms, family upbringing, and gender stereotypes. As a result, emotional stress manifests differently in boys and girls, requiring differentiated socio-psychological approaches in prevention and intervention processes.

The relevance of this topic is also associated with the growing number of emotional and psychological problems among adolescents worldwide. International organizations and mental health researchers emphasize that prolonged emotional stress negatively affects adolescents' academic performance, social adaptation, interpersonal communication, and psychological health. In many cases, unresolved emotional tension during adolescence may contribute to chronic stress, social isolation, deviant behavior, and mental disorders in later stages of life.

Furthermore, modern social conditions, including digital communication, academic pressure, unstable family relationships, and social competition, intensify adolescents' emotional experiences. Gender-based social expectations often increase psychological pressure on adolescents, influencing their self-esteem, emotional expression, and coping behavior. Therefore, identifying the socio-psychological mechanisms of gender influence on emotional stress is essential for improving psychological support systems and promoting emotional resilience among adolescents.

For these reasons, the study of gender factors influencing emotional stress in adolescents remains highly relevant in contemporary psychology and educational practice. The findings of such studies may contribute to the development of effective psychological prevention programs, gender-sensitive approaches, and strategies aimed at supporting adolescents' emotional stability and mental well-being.

Literature review. The problem of emotional stress in adolescence has been widely examined in developmental, social, and educational psychology. Adolescence is viewed as a sensitive period in which biological maturation, identity formation, social expectations, and interpersonal relationships strongly influence emotional stability. According to developmental psychological approaches, emotional tension during adolescence is not only the result of internal physiological changes but also a consequence of social interaction, family upbringing, peer influence, and cultural norms.

L.S. Vygotsky emphasized the decisive role of the social environment in personality development. From this perspective, adolescents' emotional experiences are shaped through communication, social relations, and the internalization of cultural values. This approach is important for understanding how gender expectations and social stereotypes influence the emotional behavior of boys and girls during adolescence.

A. Bandura's social learning theory also provides an important theoretical basis for the study of gender differences in emotional stress. According to this theory, adolescents acquire behavioral and emotional patterns through observation, imitation, and reinforcement. In this context, boys and girls may learn different ways of expressing stress depending on family models, peer groups, media influence, and socially accepted gender roles.

R. Lazarus and S. Folkman's theory of stress and coping explains emotional stress as a result of an individual's subjective evaluation of a stressful situation and available coping resources. This approach makes it possible to analyze why male and female adolescents may respond differently to similar stressful situations. Girls may be more inclined to experience anxiety, sadness, and emotional instability, while boys may express tension through aggression, avoidance, or impulsive behavior.

E. Erikson's theory of psychosocial development is also significant in explaining emotional difficulties in adolescence. According to Erikson, the central developmental task of adolescence is identity formation. Difficulties in self-identification, low self-esteem, and uncertainty about social roles may increase emotional tension. Gender identity, gender-role expectations, and social approval become particularly important during this stage.

Modern studies show that gender factors play a significant role in the manifestation of emotional stress among adolescents. Researchers note that girls often demonstrate higher levels of anxiety, emotional sensitivity, and depressive symptoms, whereas boys are more likely to externalize emotional tension through aggressive behavior, irritability, or social withdrawal. These differences are influenced by biological, psychological, and socio-cultural factors.

Local and foreign psychological literature also indicates that family environment, parenting style, peer relationships, school pressure, and social stereotypes are among the main factors affecting adolescents' emotional state. Supportive family relationships and healthy communication reduce emotional stress, while conflict, excessive control, lack of emotional support, and rigid gender expectations increase psychological tension.

Thus, the analysis of scientific literature shows that emotional stress in adolescence is a complex socio-psychological phenomenon. Gender factors influence not only the intensity of emotional experiences but also the forms of their manifestation and coping strategies. Therefore, the study of gender-related differences in adolescents' emotional stress is important for developing effective psychological support and prevention programs.

Methodology. This study is based on modern psychological approaches related to adolescent emotional development, socio-psychological adaptation, and gender differences in stress experiences. The methodological framework of the research relies on developmental, social, and personality-oriented perspectives that explain emotional stress as a multidimensional psychological phenomenon influenced by biological, psychological, and social factors.

The theoretical foundation of the study includes L.S. Vygotsky's socio-cultural theory, A. Bandura's social learning theory, E. Erikson's psychosocial development theory, and R. Lazarus and S. Folkman's stress and coping model. These theoretical approaches provide a scientific basis for understanding the influence of gender factors on adolescents' emotional reactions, coping strategies, interpersonal relationships, and psychological adaptation.

The study applies analytical, comparative, descriptive, and interpretative methods in examining the relationship between gender characteristics and emotional stress among adolescents. Scientific articles, psychological literature, and contemporary theoretical concepts related to emotional stress, adolescence, and gender psychology were systematically analyzed and compared. Special attention was paid to the manifestations of anxiety, aggression, emotional instability, depressive tendencies, and stress reactions in male and female adolescents.

A comprehensive and systematic approach was used to evaluate emotional stress as an interaction between internal psychological experiences and external social conditions. This methodological perspective allowed for a broader understanding of gender-related emotional differences and their influence on adolescents' psychological well-being and social adaptation.

Gender Differences in the Manifestation of Emotional Stress among Adolescents

Table 1

Indicators of Emotional Stress	Male Adolescents	Female Adolescents
Anxiety level	Moderate	High
Emotional instability	Moderate	High
Aggressive reactions	High	Moderate
Depressive tendencies	Low-Moderate	High
Social withdrawal	Moderate	Moderate-High
Impulsive behavior	High	Moderate
Sensitivity to social evaluation	Moderate	High
Stress coping through communication	Low-Moderate	High
Emotional self-control	Moderate	Low-Moderate
Influence of peer pressure	High	High

The table demonstrates significant gender differences in the manifestation of emotional stress among adolescents. Female adolescents tend to show higher levels of anxiety, emotional instability, depressive tendencies, and sensitivity to social evaluation. These indicators suggest that girls are generally more emotionally sensitive and vulnerable to interpersonal and social stressors during adolescence.

In contrast, male adolescents are more likely to express emotional stress through aggressive reactions, impulsive behavior, and externalized emotional responses. Boys often experience difficulties in openly expressing emotional experiences, which may lead to behavioral manifestations of psychological tension.

The analysis also indicates that peer pressure strongly affects both male and female adolescents, although the forms of emotional reaction differ according to gender characteristics and social expectations. Female adolescents are more inclined to seek emotional support through communication, whereas boys tend to use less communicative coping strategies.

Overall, the findings confirm that gender factors significantly influence the nature, intensity, and expression of emotional stress in adolescence. These differences should be considered when developing psychological prevention programs and socio-psychological support strategies for adolescents.

Discussion. The findings of the study indicate that gender factors significantly influence the manifestation of emotional stress among adolescents. Adolescence is a psychologically sensitive developmental stage characterized by emotional instability, identity formation, and increased social dependence. In this period, gender-related social expectations and cultural norms play an important role in shaping emotional reactions, coping behavior, and psychological adaptation.

The analysis demonstrates that female adolescents are generally more vulnerable to anxiety, emotional instability,

depressive tendencies, and sensitivity to interpersonal evaluation. This may be explained by the higher emotional sensitivity traditionally associated with girls and the stronger social pressure related to appearance, communication, and social approval. Female adolescents tend to internalize emotional experiences, which increases the risk of psychological tension and emotional exhaustion.

Male adolescents, on the other hand, are more likely to externalize emotional stress through aggression, impulsive behavior, irritability, and social distancing. Social stereotypes often discourage boys from openly expressing emotional vulnerability, resulting in behavioral forms of stress expression. This pattern may negatively affect interpersonal communication and psychological self-regulation during adolescence.

The study also confirms that family environment and peer relationships are among the most influential socio-psychological factors affecting adolescents' emotional states. Supportive family communication and positive peer interaction contribute to emotional stability and effective coping mechanisms. In contrast, family conflicts, emotional neglect, excessive parental control, and peer pressure intensify emotional stress and psychological insecurity among adolescents.

Furthermore, modern social conditions, including academic competition, digital communication, and social media influence, increase emotional pressure on both male and female adolescents. Constant comparison with others, fear of social rejection, and the need for self-presentation in virtual environments contribute to anxiety and emotional instability. However, the forms of emotional response differ according to gender-specific psychological and social characteristics.

The results suggest that psychological support programs for adolescents should consider gender-sensitive approaches. Preventive and corrective interventions should focus on emotional self-regulation, stress management skills, healthy communication, and the development of emotional resilience. Special attention should also be paid to strengthening family support systems and promoting psychologically healthy social environments for adolescents.

Overall, the study confirms that emotional stress in adolescence is a multidimensional socio-psychological phenomenon influenced by gender characteristics, socialization processes, interpersonal relationships, and cultural expectations. Understanding these factors is essential for improving adolescents' emotional well-being and psychological adaptation in contemporary society.

Conclusion. The study confirms that gender factors play a significant role in the manifestation of emotional stress among adolescents. Adolescence is characterized by emotional instability, psychological sensitivity, and intensive social adaptation processes, which make adolescents more vulnerable to stress and emotional tension. Gender-related psychological characteristics and social expectations influence not only the intensity of emotional experiences but also the ways in which emotional stress is expressed and managed.

The analysis revealed that female adolescents are more likely to experience anxiety, emotional instability, depressive tendencies, and sensitivity to interpersonal evaluation. In contrast, male adolescents tend to express emotional stress through aggression, impulsive behavior, and externalized emotional reactions. These differences are shaped by biological, psychological, and socio-cultural factors, including gender stereotypes, family upbringing, and communication patterns.

The findings also demonstrate that family environment, peer relationships, academic pressure, and social expectations significantly affect adolescents' emotional well-being. Supportive interpersonal relationships and healthy communication contribute to emotional resilience, whereas conflict, emotional neglect, and excessive social pressure intensify psychological tension and emotional instability.

Therefore, it is important to develop gender-sensitive psychological support and prevention programs aimed at reducing emotional stress among adolescents. Strengthening emotional self-regulation skills, promoting healthy social interaction, and improving family and educational support systems can contribute to adolescents' emotional stability and psychological well-being. The study highlights the importance of a comprehensive socio-psychological approach in understanding and preventing emotional stress during adolescence.

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