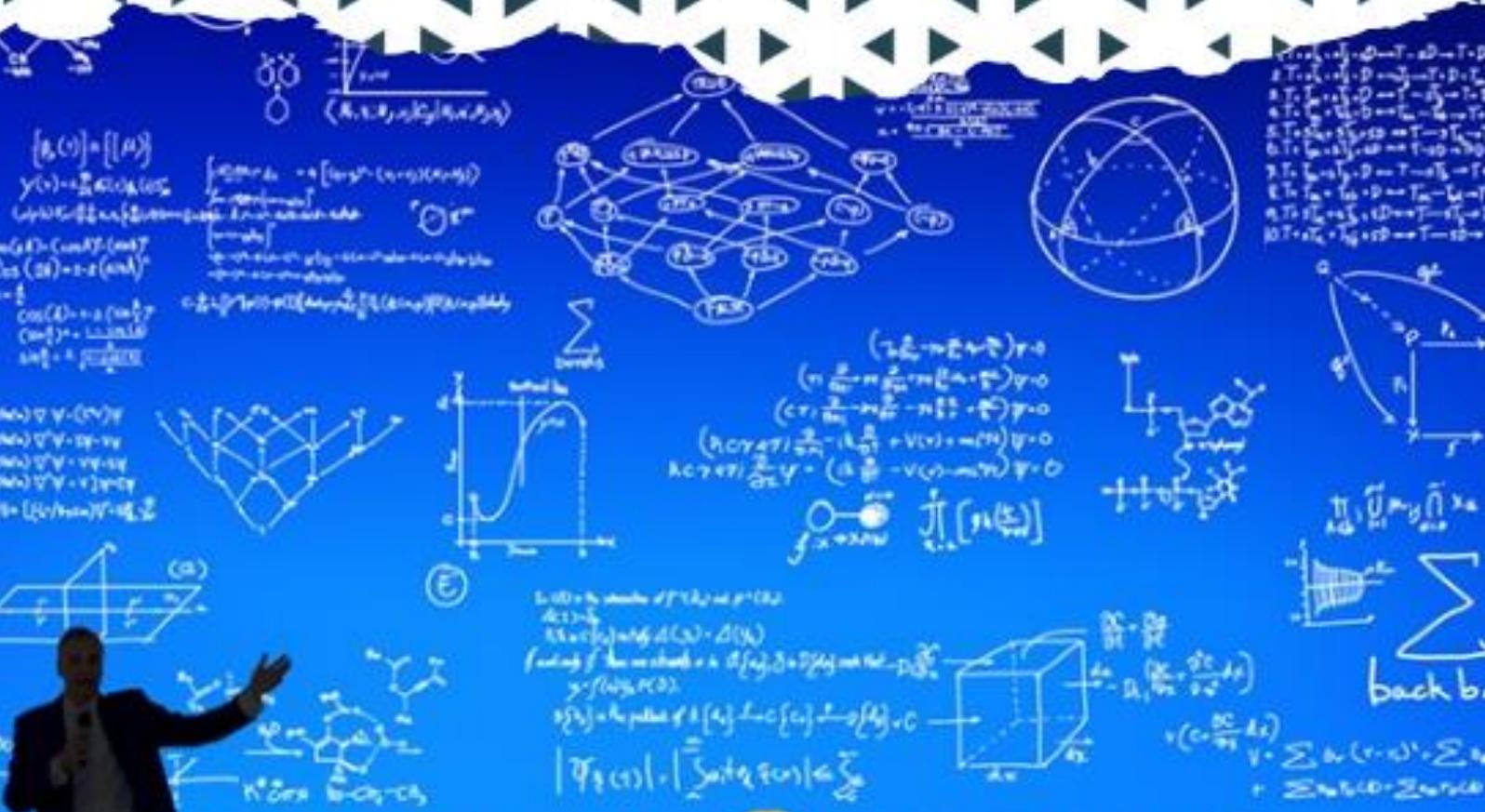




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# ZAMONAVIY İLM-FAN VA TA'LIM: MUAMMO VA YECHIMLAR İLMİY-AMALİY KONFERENSIYA



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## Understanding and Overcoming Stress, Anxiety, and Depression: A Comparative Look Through Realities and Dramas

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### ANNOTATSIYA:

Ushbu maqolada stress, xavotir va depressiya kabi psixologik holatlar, ularning sabablari va oqibatlari, shuningdek, bu holatlarni yengib o'tish yo'llari haqida so'z boradi. Koreys dramasi ("DAILY DOSE OF SUNSHINE: Morning Comes to the Mental Ward", asl nomi: "정신병동에도 아침이 와요") va amerikalik "13 Reasons Why" serialidagi qahramonlar taqqoslovi asosida, maqola ruhiy muammolarga bo'lgan munosabat farqini ko'rsatadi — biri yordam va tushunish orqali sog'ayishga olib kelsa, boshqasi e'tibor yetishmasligi tufayli fojia bilan yakunlanadi. Maqolada shuningdek, kognitiv-harakat terapiyasi va boshqa foydali yondashuvlar orqali ruhiy salomatlikni tiklashning samarali strategiyalari muhokama qilinadi. Mazkur mavzuni yoritishda Medsi.ru (2022) kabi manbalardan foydalanilgan.

### KALIT SO'ZLAR:

Stress, Tashvish (Xavotir), Depressiya, Ruhiy salomatlik, Yengib o'tish strategiyalari, Kognitiv-harakat terapiyasi, Koreys dramasi, Daily Dose of Sunshine, Morning Comes to the Mental Ward, 13 Reasons Why

### АННОТАЦИЯ:

В статье рассматриваются психологические состояния, такие как стресс, тревога и депрессия, их причины и последствия, а также возможные пути преодоления. На примере героев драмы **ЕЖЕДНЕВНАЯ ДОЗА СОЛНЕЧНОГО СВЕТА: В психиатрическое отделение тоже приходит утро** (оригинальное название: "정신병동에도 아침이 와요") и американского сериала "**13 причин почему**" показано, как поддержка и своевременное вмешательство могут повлиять на исход борьбы с ментальными проблемами. В то время как одна история заканчивается исцелением, другая — трагедией. Также обсуждаются методы терапии, включая когнитивно-поведенческую терапию, и другие стратегии восстановления психического здоровья. При подготовке использовались такие источники, как Medsi.ru (2022).

**КЛЮЧЕВЫЕ СЛОВА:** Стресс, Тревога, Депрессия, Психическое здоровье, Стратегии преодоления, Когнитивно-поведенческая терапия, К-Драма, Ежедневная доза солнечного света, В психиатрическое отделение тоже приходит утро, 13 причин, почему

**ANNOTATION:**

This article explores psychological conditions such as stress, anxiety, and depression—their causes, impacts, and effective ways to overcome them. By comparing the experiences of characters from the K-drama **"DAILY DOSE OF SUNSHINE: Morning Comes to the Mental Ward"** (original title: "정신병동에도 아침이 와요") and the American series **"13 Reasons Why"** it shows how emotional support can lead to recovery, while neglect and isolation may result in tragedy. The article also discusses useful strategies like Cognitive-Behavioral Therapy (CBT) and other helpful approaches to improving mental well-being. Information from sources such as Medsi.ru (2022) was used to support the topic.

**KEYWORDS:**

Stress, Anxiety, Depression, Mental Health, Coping Strategies, Cognitive-Behavioral Therapy, K-Drama, Daily dose of sunshine, Morning comes to mental ward, 13 Reasons Why

**INTRODUCTION:**

In today's fast-paced and demanding world, stress, anxiety, and depression have become increasingly common, affecting individuals of all ages and backgrounds. Mental health issues are often misunderstood or overlooked, leading to serious consequences for the affected individuals and those around them. This article aims to shed light on these conditions, discuss their differences, and emphasize the importance of early recognition and intervention. Furthermore, we will explore these struggles through two contrasting characters: Jung Da-eun from the Korean drama "В психиатрическое отделение тоже приходит утро" (Morning Comes to the Mental Ward) and Hannah Baker from "13 Reasons Why."

**WHAT IS STRESS?**

According to Medsi.ru (2022) stress is the body's natural response to challenging or threatening situations. While short-term stress (eustress) can motivate and help individuals perform better, prolonged or overwhelming stress (distress) can harm one's physical and mental health. According to Hans Selye's General Adaptation Syndrome theory, stress unfolds in three phases: the alarm reaction, resistance, and exhaustion. When stress persists without proper coping mechanisms, it can weaken the immune system and lead to chronic conditions such as anxiety or depression.

**UNDERSTANDING ANXIETY**

Anxiety is more than just occasional worry. It involves excessive fear and anticipation of future threats. While fear has a specific source (e.g., a wild

dog), anxiety is more abstract and future-oriented. Some individuals experience general anxiety, while others may have specific phobias or social anxiety. Chronic anxiety affects decision-making, self-confidence, and overall quality of life. People with high anxiety levels tend to overthink, avoid conflict, and excessively prepare for unlikely scenarios.

### **WHAT IS DEPRESSION?**

Depression is a mental health disorder characterized by persistent sadness, lack of interest in activities, fatigue, and feelings of worthlessness. According to the World Health Organization, over 5% of adults suffer from depression globally. Aaron Beck's cognitive theory highlights that depressed individuals tend to think negatively about themselves, their surroundings, and the future. Depression can significantly affect one's work, relationships, and everyday functioning, often requiring professional treatment.

### **COMPARATIVE EXAMPLES FROM DRAMAS:**

In *Morning Comes to the Mental Ward*, Jung Da-eun, a psychiatric nurse, herself suffers from depression due to overwork and internalized trauma. Despite the stigma surrounding mental health in Korean society, she finds healing through professional help; therapy and emotional support and understanding from friends and patients. This portrayal shows the possibility of recovery when mental health is acknowledged and how compassionate environment can guide people back to life and meaning.

In contrast, "13 Reasons Why" tells the tragic story of Hannah Baker, a high school student who experiences bullying, sexual assault, and emotional neglect. She receives little to no real support. Her peers dismiss her, her school counselor fails to understand her cry for help, and her parents remain unaware of her pain. Despite showing signs of depression and reaching out for help, she ultimately takes her own life. Her story serves as a powerful reminder of the importance of listening, early intervention, and breaking the stigma around mental health issues.

### **OVERCOMING STRESS, ANXIETY AND DEPRESSION:**

There are many scientifically backed approaches to managing mental health. Cognitive-Behavioral Therapy (CBT) is one of the most effective methods. It focuses on identifying and changing negative thought patterns and behaviors. Other helpful strategies include mindfulness, regular exercise, establishing a support system, improving sleep hygiene, and seeking medical treatment when necessary. Seeking professional help, talking to someone trustworthy, journaling thoughts, and engaging in creative or physical outlets like art, music, or dancing are also valuable ways to cope.

Importantly, people need to be reminded that mental illness is not a weakness and that seeking help is a sign of strength.

Another essential aspect is education—understanding that mental health struggles are valid and treatable can reduce shame and encourage individuals to seek help. Societal changes, such as promoting open conversations and

offering accessible psychological support, can also make a significant difference.

#### CONCLUSION:

In conclusion stress, anxiety, and depression are natural yet potentially debilitating parts of human experience. While they may manifest differently in each person, the need for empathy, understanding, and timely support is universal. The comparison between Jung Da-eun and Hannah Baker shows us the two possible roads: one that leads to healing through understanding and support, and one that ends in loss due to neglect and silence

By raising awareness, encouraging dialogue, and embracing mental health care, we can create a society where no one feels alone in their struggles. Let us remember that every story matters, and timely support can save lives.

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