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STRESS IN MODERN SOCIETY AND ITS IMPACT ON PERSONALITY
PSYCHOLOGY

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Abstract: In the context of modern society, stress has permeated almost all spheres of human life, exerting a profound influence on personality psychology, mental health, and social relationships. Although stress represents the organism's adaptive response to external or internal threats, its chronic and intense forms may create conditions for the development of various psychopathological states. Personality characteristics—particularly the Big Five traits (neuroticism, extraversion, agreeableness, conscientiousness, and openness), as well as personality types such as A, B, C, and D—play a significant role in shaping how stress is perceived, appraised, and managed. Research indicates that individuals with high neuroticism and those with Type A personalities, characterized by competitiveness and impatience, show greater vulnerability to stress, negative affect, and maladaptive coping strategies. In contrast, Type B individuals and those with certain positive personality traits tend to demonstrate relatively more stable responses to stress. The relationship between personality and stress is bidirectional: not only does personality influence the stress process, but prolonged stress can also alter personality characteristics over time. This article analyzes sources of stress in modern society, its impact on personality psychology, the complex interaction between personality traits and stress, as well as adaptive coping strategies and psychological resilience. Drawing on a synthesis of theoretical frameworks and large-scale empirical studies, the article highlights the central importance of personality factors in understanding stress and reducing its negative effects.

Keywords: stress, modern society, personality psychology, Big Five, personality types, neuroticism, psychological resilience, coping strategies, psychopathology, mental health.

Annotatsiya: Zamonaviy jamiyat sharoitida stress inson hayotining deyarli barcha sohalariga singib ketgan bo'lib, shaxs psixologiyasi, ruhiy salomatlik va ijtimoiy munosabatlarga chuqur ta'sir ko'rsatadi. Stress organizmning tashqi yoki ichki tahdidlarga moslashuv reaksiyasi bo'lsa-da, uning surunkali va kuchli ko'rinishlari turli psixopatologik holatlar rivojlanishiga zamin yaratishi mumkin. Shaxs xususiyatlari, xususan Katta Beshlik (nevro-tizm, ekstraversiya, kelishuvchanlik, vijdonlilik, ochiqlik) hamda A, B, C, D kabi shaxs tiplari stressni qabul qilish, uni baholash va unga moslashish jarayonini sezilarli darajada shakllantiradi. Tadqiqotlar nevrotizmi yuqori, A tipdagi raqobatbardosh va shoshqaloq shaxslarda stressga moyillik, salbiy affekt va noadekvat kurashish usullari ko'proq uchrashini ko'rsatadi, B tipi va ba'zi ijobiy shaxs xususiyatlariga ega shaxslar esa stressga nisbatan nisbatan barqarorroq reaksiyalar namoyon etadi. Shaxs va stress o'rtasidagi munosabat ikki tomonlama bo'lib, nafaqat shaxs stress jarayoniga ta'sir qiladi, balki uzoq davom etuvchi stress ham vaqt o'tishi bilan shaxs xususiyatlarini o'zgartirishi



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mumki. Ushbu maqolada zamonaviy jamiyatda stress manbalari, uning shaxs psixologiyasiga ta'siri, shaxs xususiyatlari va stress o'rtasidagi murakkab o'zaro bog'liqlik, shuningdek, moslashuvchan kurashish strategiyalari va psixologik barqarorlik (rezilyens) masalalari tahlil qilinadi. Maqola nazariy manbalar va yirik empirik tadqiqotlar sinteziga tayangan holda stressni tushunish va uni kamaytirishda shaxs omilining markaziy ahamiyatini yoritadi.

Kalit so'zlar: stress, zamonaviy jamiyat, shaxs psixologiyasi, Katta Beshlik, shaxs tiplari, nevrotizm, psixologik rezilyens, kurashish strategiyalari, psixopatologiya, ruhiy salomatlik.

The development of modern society, while providing humanity with unprecedented conveniences, technological achievements, and opportunities, has also led to a significant increase in stress levels due to the rapid acceleration of life pace, excessive information flow, intensified competition, and socio-economic instability. Stress initially serves a positive function as an adaptive mechanism aimed at maintaining the organism's internal balance; however, under conditions of prolonged, repetitive, or uncontrollable stressors, this system shifts from being beneficial to harmful, gradually undermining both mental and physical health. How an individual responds to stress, which symptoms are manifested, and which coping strategies are chosen are closely related to personality traits, prior life experiences, the level of social support, and cognitive appraisal styles. In psychology, studies conducted within the frameworks of the Big Five personality model and the A, B, C, and D personality types have particularly demonstrated the critical importance of individual differences in the stress process.

Stress is not merely the direct result of external circumstances but rather the product of an interaction between the individual and the environment. The way stressors are perceived, evaluated in terms of threat, and interpreted in relation to one's own resources varies considerably from person to person. Research shows that individuals high in neuroticism tend to interpret even everyday events as threatening, uncontrollable, and excessively negative, which leads to higher perceived stress and increased levels of depressive mood, anxiety, and negative affect. In contrast, traits such as extraversion, agreeableness, conscientiousness, and openness are often associated with lower perceived stress, more positive cognitive reappraisal, and a greater tendency to employ active, problem-focused coping strategies.

In modern life, sources of stress are highly diverse and include work overload and deadlines, academic competition and evaluation, family and interpersonal conflicts, financial difficulties, health-related concerns, pandemics, political and cultural instability, as well as social comparison and the overwhelming flow of information through digital media. It is not these factors alone, but rather an individual's subjective attitude toward them—how controllable they are perceived to be and what meaning is attributed to them—that determines the level of stress experienced. For example, individuals with high conscientiousness and self-confidence may perceive the same work pressure as an



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opportunity for growth and self-realization, whereas a person high in neuroticism may interpret it as a constant threat and risk of failure. Social support—provided by family, friends, and colleagues—also plays a crucial stress-buffering role and, in combination with personality traits, contributes to the formation of a unique stress profile for each individual.

From the perspective of personality psychology, one of the most extensively studied frameworks is the Big Five model. Large-scale meta-analytical studies demonstrate a strong positive association between neuroticism and stress, and negative associations between stress and extraversion, agreeableness, conscientiousness, and openness¹. In other words, individuals high in neuroticism encounter more stressors, exhibit stronger affective reactions to them, and experience negative emotions more frequently. Extraversion, by contrast, is typically linked to positive affect, active social engagement, and reduced negative reactivity to stress, allowing such individuals to maintain a relatively positive mood even in stressful situations. Agreeableness and conscientiousness are associated with more constructive, goal-oriented, and problem-focused coping strategies, while openness is related to flexible cognitive reappraisal and the ability to view situations from new perspectives. At the same time, the relationship between personality traits and physiological stress responses (such as heart rate or cortisol levels) often appears weak or complex. Some studies indicate that individuals high in neuroticism may report higher subjective stress while displaying relatively lower physiological reactivity. This finding underscores the necessity of examining stress not through a single indicator, but as an integrated phenomenon encompassing both psychological and physiological components.

In personality typology theories, Type A individuals are characterized by high competitiveness, impatience, a persistent sense of time pressure, and a tendency toward hostility, whereas Type B individuals are described as relatively calm, flexible, and less prone to conflict. The literature indicates that individuals with a Type A personality exhibit higher levels of stress and an increased risk of stress-related illnesses, particularly cardiovascular diseases. Type C personalities—marked by emotional suppression and submissiveness—and Type D personalities—characterized by negative affectivity and social inhibition—also demonstrate heightened vulnerability to stress. This increased susceptibility stems from emotional constriction, social isolation, and pervasive negative thinking, which reduce opportunities for effective support and assistance. Psychological resilience, including self-efficacy, an internal locus of control, optimism, and the ability to find meaning in life, emerges as a critical resource that enhances resistance to stress. Recent conceptual frameworks propose viewing personality traits and resilience as a “dual-engine” adaptive system, suggesting that their interaction shapes emotional regulation, cognitive appraisal, and behavioral coping strategies.

The stress process unfolds through three primary stages: exposure to stressors, cognitive appraisal of these stressors, and coping responses. Personality traits may influence each stage of this process. Some individuals, due to their personality characteristics, are more likely to select or avoid stressful environments, while others differ in how threatening or manageable they perceive the same situation to be. For example,



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individuals high in neuroticism tend to exhibit negative interpretations, low self-efficacy, and an exaggerated perception of risk and loss. Consequently, they are more likely to rely on emotion-focused, avoidance-oriented, or procrastinatory coping strategies. In contrast, high conscientiousness and extraversion are frequently associated with active, problem-solving, goal-directed coping styles and with seeking social support. Empirical studies indicate that individuals with high resilience more often employ emotional self-regulation, flexible cognitive appraisal, and problem-focused strategies, whereas those with low resilience tend to depend on maladaptive approaches such as avoidance and denial.

In modern society, the negative consequences of stress for personality psychology are multifaceted and manifest in mental health disorders such as depression, generalized anxiety, post-traumatic stress disorder, and psychosomatic illnesses. Research demonstrates that increases in negative affect and decreases in positive affect on stressful days can have long-term detrimental effects on both mental and physical health. At the social level, stress is associated with withdrawal from social relationships, heightened aggression, hostility, and mistrust, as well as reduced cooperation and cohesion within groups. Adverse experiences and trauma in early life may further contribute to increased vulnerability to stress and disturbances in social behavior later in life. From this perspective, stress should be examined not only at the individual level but also within family, community, and broader social systems.

It is also important to recognize that the relationship between stress and personality is not unidirectional. Prolonged, chronic stress not only disrupts mental well-being temporarily but may also gradually lead to changes in personality traits. Longitudinal studies suggest that individuals with high reactivity to daily stress may, over time, show declines in extraversion, agreeableness, and openness. Other research has identified associations between changes in stress levels and shifts in personality characteristics such as increased pessimism. These findings underscore the need to conceptualize stress not merely as a transient psychological state, but as a factor capable of influencing long-term personality development.

Effective coping with stress and reducing its negative impact on personality psychology require a comprehensive approach. At the individual level, time management, rest and relaxation techniques, physical activity, healthy sleep, and cognitive-behavioral methods—such as reappraising negative thoughts, setting flexible goals, and developing strategies to achieve them—are of critical importance. Strengthening social support systems, including family, friends, workplace cooperation, community networks, and psychological services within educational institutions, provides substantial assistance in coping with stress. At the policy and societal levels, improving working conditions, implementing preventive mental health programs, developing educational initiatives aimed at life skills enhancement, and providing targeted interventions for vulnerable groups are essential. Research indicates that stress management programs tailored to individual personality characteristics are more effective, as individuals with high neuroticism or Type



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D personalities require different approaches compared to extraverted or highly conscientious individuals.

Conclusion

In conclusion, stress and its influence on personality psychology represent an extremely pressing issue in modern society, and personality traits occupy a central position in understanding stress. Stress is not merely an external pressure but the result of a complex interaction between the individual and the environment, in which the Big Five traits, personality types, psychological resilience, cognitive appraisal, and coping strategies play decisive roles. While neuroticism and Type D characteristics increase vulnerability to stress and psychopathology, traits such as extraversion, conscientiousness, optimism, and high self-efficacy serve protective functions. Prolonged stress, in turn, may alter personality traits, intensify pessimism, and increase social withdrawal. Therefore, developing stress intervention strategies that account for personality characteristics, integrating individual- and social-level measures, and strengthening mental health prevention remain among the most important priorities of contemporary psychology and healthcare systems.

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