

IS IT JUST LAZINESS?

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ЭТО ПРОСТО ЛЕНЬ?

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Do you often put things off until tomorrow and wait until the last one? And how often do you feel ashamed afterwards that you didn't have time to do something? And why do you keep doing this? Most likely, you will answer that the whole problem is that you don't want something at the moment, or you don't have the right mood for it. Am I right? Do you often hear the term procrastination? Do you know what it is in general? "Well, is it just "laziness" in scientific words"? And that's where you're wrong. Let's sort it out in order.

Nowadays, a certain cult of motivation and productivity has begun, but not everyone is ready to admit that they also do not want to do anything at times. This is the norm when you are not able to do something or you do not have enough desire, motivation, mood for it. Despite the fact that the term "procrastination" is quite negatively colored among people, I do not consider it such a huge problem. When realizing your "useless time-wasting" mood, you begin to worry, blame yourself, but still can't bring yourself to cope with "laziness". Admit it, was there such a thing? I believe that this is an absolute norm and that people need to be initiated into this topic and taught that not doing something right away is normal, you can postpone it!

We have been taught since childhood that if we need to do something, we must do it right now or by a certain moment. To some extent, it is true, in adult life we have our own deadlines for almost everything. And here another psychological term "frustration" is already beginning to play a role. This is exactly when everything falls out of hand and goes awry. And this usually happens when you have postponed all things for later and when this "later" comes, there are so many things that you don't have time for anything and nothing happens. This is frustration: when you are at a dead end in life, everything is boring and nothing works out. It basically starts when deadlines are tight and there are so many unfinished business, you take on everything at once and at some point you feel confused. But this should not be confused with apato-abulic syndrome. That's really serious.

Nowadays, people have begun to use the services of psychologists more and more often, do you think that this is good? Someone will probably say that this is bad, because "we used to live without them and everything was good for everyone, it's because of your Internet and you invented everything for yourself." In fact, such people are not quite right, because there have always been such problems and it often ended badly. Trying to solve complex problems alone, a person does not cope, and then we all know how it ends.

Returning to the apato-abulic syndrome, it is important to say that it is very similar to procrastination + frustration. You don't want to do anything, you have no desire and motivation, you feel a lack of will both physically and emotionally, you are not capable of making a decision, emotions both bad and good disappear and you are indifferent and indifferent to what is happening around. These are the most common symptoms. This condition mostly has not so terrible, but widespread causes: emotional burnout, loss of self-confidence, and the most serious, mental and somatic disorders (for example, depression). If everything is very clear in the case of loss of selfbelief, then what is emotional burnout? Emotional burnout syndrome is a state of physical and psychological exhaustion, loss of the ability to be active against the background of anxiety. In other words, imagine that you are a light bulb. You do something for a long time, whether you like it or not, and at some point, you get so tired of the same activity that you just abruptly go out, burning out.

Life is never cloudless, and a person is arranged in such a way that he has the strength to withstand life's difficulties. If he is constantly in a state of fatigue, depressed and lethargic, this is a sign of ill health. Watch not only the health of your body, but also your soul! Contact a psychologist if you feel "somehow wrong" and remember, asking for help and accepting someone's help is not a shame.

This article is not information for self-diagnosis, contact a specialist, instead of making diagnoses by yourself.

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