

Доказана взаимосвязь половой принадлежности и уровней одиночества и тревожности в среде студенчества. Также доказано, что пол совместно с уровнем одиночества оказывают влияние на уровень тревожности студентов.

Выводы:

1. Студенты первого курса медицинского университета в достаточной мере подвержены тому, чтобы испытывать чувства одиночества и тревожности. Такая тенденция может быть обусловлена следующими причинами: смена образовательных условий и коллектива, переезд в достаточно не знакомый город, личные причины и др.

2. Осознание человеком своей гендерной принадлежности становится одним из этапов в становлении личности. Любой человек может выбрать, что для него более приемлемо и комфортно, ощущать себя мужественно или женственно. Такой выбор является не менее важным как для личности, так и для общества.

3. Проведенное теоретическое исследование позволило выявить, что такие чувства как одиночество и тревожность взаимосвязаны, но не всегда могут существовать внутри человека в равной степени.

4. Математическая обработка данных, показала, что между показателями пол и уровень одиночества существует статистически значимая связь, они совместно влияют на уровень тревожности студентов.

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ОСОБЕННОСТИ ВОСПРИЯТИЯ И ПРЕОДОЛЕНИЯ СТРЕССА В
ЮНОШЕСКОМ ВОЗРАСТЕ**

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**FEATURES OF PERCEPTION AND OVERCOMING STRESS IN YOUNG
ADULTS**

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Аннотация. В данной статье рассмотрены вопросы, касающиеся особенностей восприятия и преодоления стресса в юношеском возрасте. Проведено исследование литературы по теме стресса и стрессоустойчивости, представлены результаты.

Annotation. This article discusses issues related to the characteristics of perception and overcoming stress in young adults. A review of the literature on the topic of stress and stress resistance was carried out, the results are presented.

Ключевые слова: стресс, стрессоустойчивость, юношеский возраст.

Key words: stress, stress resistance, young adults.

Introduction

Features of perception and overcoming stress in adolescence are due to the following factors:

1. In youth, the completion of physical and mental maturation occurs. During this period, it is very important that the personality is formed without certain problems, psychological trauma. Stress is a burdening factor and at the same time a stimulating factor in the process of both physical and psychological maturation.

2. Many authors emphasize that youth is a decisive stage in the formation of an individual's worldview [1, p. 105]. At this age, there is a personal self-determination, understanding of one's "ego". A standard situation, when during the formation of youth, a young man (girl) chooses his/her further life path: go to high school or start receiving profession (then where to go to study).

3. Youth is associated for many people with the beginning of student life, which is a stressful situation not only during the adaptation period, but also during the exam sessions, tests, etc.

4. It is especially important to note that girls and boys at this age begin to reassess their appearance in comparison with adolescence [1, p. 105].

Thus, the issue of perception and overcoming stress in youth is relevant. It should be noted that in medicine and psychology, the problem of stress and stress resistance has been studied for a long time and is well known.

The acquisition of primary socialization occurs at the age of 16-17 years. This is the conditional lower limit of the youth period. The end of socialization, that is, the assimilation of professional, family, cultural functions occurs at the age of 24-25, which is the upper limit [1, p. 103].

The main features of student age are personal and professional self-determination. Emotional and behavioral changes create optimal conditions for the formation of personality traits. All these changes in youth are largely explained by adaptation to changing external and internal conditions [1, p. 106].

Stress in a general sense is a protective reaction of the body to emerging adverse changes in the environment. In English "stress" is a synonym of "tension", this term was introduced by Hans Selye in 1936.

Stress reactions can be divided into four types, presented in table 1.

Table 1

Types of stress responses

Type of stress response	Characteristic
Behavioral	Excessive muscle tension, hand tremors, change in the rhythm of breathing, trembling of the voice, decrease in the speed of the sensorimotor reaction, disturbance of speech functions, etc.
Intellectual	Dominant action of the right ("emotional") hemisphere and a decrease in the influence of the left ("logical") hemisphere; disturbance of memory, attention, etc.
Emotional	Acquisition of a negative, gloomy and pessimistic connotation in life, an increase in the state of anxiety; manifestation of negative emotional reactions (for example, anger).
Physiological	It affects almost all body systems (especially the cardiovascular one); increased heart rate, increase / decrease in blood pressure, shortness of breath.

Thus, we can conclude that a stressful state is a kind of "tension" of the body, an obstacle to its normal functioning. It is also worth remembering that many somatic diseases are stress-induced in nature, for example, hypertension or heart attack.

H. Selye drew attention to the fact that, in functional and morphological terms, stress is a set of adaptive reactions of the body of a protective nature to an adverse effect which is significant in strength and duration, or in other words, a general adaptation syndrome.

In turn, the general adaptation syndrome has three phases:

- 1) Alarm phase;
- 2) Resistance phase;
- 3) Exhaustion phase.

Besides Hans Selye, there are other scientists who have drawn attention to the problem of stress. American psychologist Richard Lazarus is the first scientist to try to distinguish between physiological and psychological understanding of stress. Developing the doctrine of stress, he put forward the concept according to which these two types of stress are distinguished:

Physiological stress associated with a real stimulus;

Mental (emotional) stress, in which a person, based on individual knowledge and experience, evaluates the upcoming situation as threatening and difficult.

According to modern research, stress is a nonspecific, general reaction of the body to a physical or psychological effect that damages its homeostasis, as well as the relevant state of the body as a whole or the nervous system of the body [7, p. 280], [3, p. 187].

However, it should be kept in mind that a prolonged state of stress is detrimental to the body, can cause so-called chronic stress or distress, some somatic diseases, and a decline in the desire to engage in any activity.

Avoiding stressful situations is almost impossible. In this case, it is necessary to have such a property as stress resistance. The essence of the concept of "stress resistance" in the psychological and pedagogical literature is considered from different positions, the relevant definition to this research is the following:

Stress resistance refers to a quality, a property that performs a regulatory function and has an impact on activity (an integrative personality property, characterized by such an interaction of emotional, volitional, intellectual and motivational components of the individual's mental activity, which ensures the optimal successful achievement of the goal of activity in a complex emotive environment) [8, p. 67], [3, p. 188].

The purpose of the study is to identify the characteristics of perception and overcoming stress in youth, to present the results of the study.

Materials and research methods

The method chosen was the method of theoretical study of the literature on the problem of the peculiarities of perception and overcoming stress in youth.

Research results and discussion

In the article by E.V. Chernysheva there is the following conclusion about the relationship between communicative qualities and stress resistance in youth:

- Boys and girls of the period of early youth differ significantly from each other in terms of communication skills. Young people use communication to cope with stress and tend to be talkative, courteous, and independent. They are not prone to solving serious problems and difficult situations. Under stress, a low level of communicative and organizational activity is manifested, low activity when interacting with other people, inability to establish contacts, there is no desire to take initiative [4, p. 112].

Differences between boys and girls during youth are observed not only by experts, but also by relatives, friends and directly by the young people themselves. Experiencing stress during this period is very painful, with possible consequences.

A stressful state affects the functioning of the body not only during wakefulness, but also during sleep, since the quality of sleep depends on a person's moral well-being.

Dreams serve as an indicator of determining the emotional state. The specificity of the dreams of young adults experiencing a state of stress is anxiety and phobic symptoms. The function of hallucinatory reproduction of desires against the

background of emotional stress in dreams is lost. In dreams, impressions prevail (often of a negative nature), in which there is no emotional understanding [5, p. 34].

It is a well-known fact that in the process of a stressful situation, a person uses copings when he/she has time to think about the situation. When there is no time at all, and the decision must be made quickly, a situation of defensive behavior arises.

The article by Karabushchenko N.B. on the peculiarities of overcoming stress by psychology students presented the following strategies for overcoming stress by psychology students: proactive overcoming, reflexive overcoming, strategic planning, preventive overcoming, search for instrumental support and search for emotional support [6, p. 80].

These strategies take place in the same way as other ways to cope with stress that are most often heard in everyday life. For example, adherence to diet, sleep and rest, avoiding alcohol abuse and other bad habits, positive thinking, distraction from stressful situations.

Conclusion

Summing it up, we note that youth is a period sensitive to stressful influences [5, p. 34]. Youth is a period of reflection on relationships with others, the search for one's place, isolation and even alienation from all those who love him/her, who are responsible for him/her [4, p. 104].

Stress resistance is an integrative property of the subject, characterizes the adaptive activity of different-level properties of the lower and higher levels of the integral individuality; provides dynamic balance of a multilevel structure in the process of interaction of an individual with the environment and in conditions of objective requirements of activity [2, p. 382].

It should be kept in mind that it is impossible to exclude all stressful situations, but it is possible to overcome them.

"Developed emotional intelligence, the ability to understand one's own and others' emotions, the ability to manage the emotional states of others and one's own is the most important indicator of a person's elitism" [9], his/her emotional maturity and professional development [6, p. 82].

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**Поезжаев В.И., Алферова И.С.
ВЗАИМОСВЯЗЬ УРОВНЕЙ СТРЕССА И КАЧЕСТВА СНА С
ПСИХОЛОГИЧЕСКИМ ЗДОРОВЬЕМ**

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RELATIONSHIP OF STRESS LEVELS AND SLEEP QUALITY WITH
PSYCHOLOGICAL HEALTH**

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Аннотация. В данной статье рассмотрена проблема, влияния таких факторов, как уровень стресса и качество сна на психологическое здоровье студентов. Выявлялась связь факторов с психологическим здоровьем. Проведено исследование по данной проблеме с представленными результатами.

Annotation. This article discusses the problem of the influence of factors such as the level of stress and the quality of sleep on the psychological health of students. The relationship of factors with psychological health was revealed. A study was carried out on this problem with the presented results.

Ключевые слова: стресс, качество сна, модель психологического здоровья, студенты, психическое состояние.