

# ПСИХОЛОГИЯ И ПЕДАГОГИКА, КЛИНИЧЕСКАЯ ПСИХОЛОГИЯ, ПСИХОТЕРАПИЯ

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## ПСИХОЛОГИЧЕСКОЕ СОСТОЯНИЕ СТУДЕНТОВ ВО ВРЕМЯ УЧЕБЫ

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### Аннотация

**Введение.** Значительное место в состоянии здоровья студентов занимают нервно-психологические расстройства. Быстрый темп жизни приводит к возникновению стресса. **Цель исследования** – выявить основные причины изменения психологического состояния у обучающихся и установить пути их профилактики. **Материал и методы.** Осуществлен обзор специальной литературы, а также был проведен анонимный опрос студентов по исследованию этой проблемы и нахождения путей ее решения. **Результаты.** Значительное число опрошенных имеют проблемы с вниманием и концентрацией на учебе. **Выводы.** Необходимо добиваться соблюдения студентами всего комплекса мер по поддержанию психологического здоровья.

**Ключевые слова:** здоровье, психологическое состояние, стресс, адаптация.

## THE PSYCHOLOGICAL STATE OF STUDENTS DURING THEIR STUDIES

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### Abstract

**Introduction.** Neuropsychological disorders occupy a significant place in students' health. The fast pace of life leads to stress. **The purpose of the study** is to identify the main causes of changes in the psychological state of students and to establish ways to prevent them. **Material and methods.** We have carried out a review of specialized literature and conducted an anonymous survey of students on the study of this problem to find ways to solve it. **Results.** A significant number of respondents have problems with attention and concentration during their study. **Conclusions.** It is necessary to ensure that students follow the entire set of measures to maintain psychological health.

**Keywords:** health, psychological state, stress, adaptation.

## INTRODUCTION

The state of health of students attracts more and more attention of specialists in various fields of medicine. A significant place is occupied by neuropsychiatric disorders. The problem is relevant when it concerns students' mental health. The

intense pace of life and academic process put high demands on the compensatory mechanisms of the psyche, the breakdown of which leads to stress, psychological and social conflicts. Extensive psychological researches are still being conducted in this area [1].

The problem of optimizing educational activities and mental states of students in complicated conditions, for example during the examination session, is the subject of attention of many psychologists, and its complexity determines a wide field of research. This can happen due to the variety of tasks facing researchers, for example: the tasks of diagnosing changes in human activity and condition, the tasks of developing methods of analyzing activities that are adequate to the complexity and consistency of the subject of research and methods of teaching students, the tasks of determining psychological and personal determinants that form the functional states of a person favorable for performing activities [2].

**The purpose of the study** is to identify the main causes of changes in the psychological state of students and to establish ways to prevent them.

### **MATERIAL AND METHODS**

While studying special literature, the idea of organizing a survey among students regarding the state of their psychological health due to the heavy academic load at a medical university was lead to the thoughts. As part of the work, a written survey of mental health and stress was conducted among 50 students. The conducted survey of students states that gender does not matter in psychological stress. Half of the respondents are cheerful and full of energy, despite the high rates of loss of strength and fatigue. About 80%(40) of the respondents have a depressed state. Approximately 60%(30) have increased nervousness, 70%(35) have a reduced long-term level of study, not completing all tasks and not always on time. Only a half of the students have a close relationship with someone, singling out no more than 3 people from the general group. In most cases, there is a reduction of attentiveness, while 50%(25) are ready to receive some help. Based on this survey of students, the indicators of peacefulness, happiness, intimacy reach only 45%(23). At the same time, a significant part of students strive to improve their psychological state and monitor their health.

### **RESULTS**

Thanks to the survey conducted, the main reasons for the change in the psychological state of students during their studies are revealed: these are large academic loads that arise due to the large amount of tasks in various academic disciplines. All this leads to haste and constant lack of time and effort [3].

The following methods of dealing with stress are offered:

- 1) Manage time, control the situation
- 2) Use imagine, use relaxation
- 3) Walk in the fresh air
- 4) Communicate with relatives and friends
- 5) Laugh
- 6) Massage, exercise.

About half of the survey participants strive to maintain psychological health and take preventive measures to prevent its deterioration.

## **DISCUSSION**

The survey data of students confirm the fact that the deterioration of the psychological state of students occurs in most cases during the study period. Various disorders of emotional health are the most widespread deviations in the state of health of students [4]. This fact indicates the need to inform students more about the rules of the daily routine and to create conditions under which studying in higher educational institutions will be comfortable for students [5].

## **CONCLUSIONS**

The time of studying at university coincides with the age of the highest risk of manifestation of mental pathology, which is not only connected with the biological nature of mental diseases, but also with significant stress loads [6]. Since academic maladaptation, the time factor is also important for students, even for a relatively short period, it can lead to an irreversible lag behind the studying schedule [7].

The main reasons for the change in the psychological state of students are adaptation to the educational process and the amount of academic load. It is necessary to change activities during the day.

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