

PSYCHOLOGICAL RISKS AND STRESS MANAGEMENT MEASURES AMONG STUDENTS

Toshmatova Guzal Adilkhodjayevna
Tashkent Medical Academy, Associate Professor

Erkinov Islom Arslon og'li
Mamatqulova Madina Zokirjon qizi
Abdurahmonov Jo'rabek Ilhom og'li
Islombojev Nodirbek Dilshod og'li
Tashkent Medical Academy, Student

Abstract:

This research is dedicated to identifying psychological risks among students and studying effective stress management methods. The article analyzes the impact of academic pressure, social environment, financial difficulties, and personal factors on students' psychological well-being. Furthermore, effective stress reduction methods and recommendations for ensuring psychological security are also examined.

Keywords: psychological risks, stress management, depression, emotional burnout, mindfulness, psychotherapy.

Main Psychological Risks and Their Causes

The primary psychological risks among students include academic stress, depression, emotional burnout, financial difficulties, social pressure, harmful habits, and sleep disorders. Academic workload and exam pressure intensify stress, while financial problems and social media comparisons can lead to depression and low self-esteem. Additionally, excessive use of gadgets increases sleep disorders and mental fatigue.

Research Objectives and Relevance

Stress and psychological problems are widespread among students, negatively affecting their educational process and daily life. The purpose of this study is to examine students' psychological risks and develop effective measures to reduce stress. Additionally, the research aims to analyze foreign literature in this field.

Analysis of Additional Literature

Studies have shown that mindfulness meditation and physical exercise are effective stress-reduction methods. Research conducted in U.S. universities on the impact of mindfulness meditation on stress management found that students who participated in meditation sessions

demonstrated improved self-regulation and reduced anxiety. These meditation sessions lasted only eight weeks but yielded significant results, making this technique an easy and quick way to combat stress.

The effect of physical exercise on stress levels was studied at Asian universities, revealing that students who exercised at least three times a week successfully reduced their stress levels. Running and yoga were identified as the most effective activities, with students reporting increased happiness and relaxation after sessions.

These findings indicate that a combination of various techniques, including meditation and physical activity, can be effective for students in managing stress.

Survey on "Smartphone Use and Psychological Stress"

A survey was conducted at Tashkent Medical Academy with the participation of 100 students, producing the following results:

- According to the survey, smartphone usage among students is high, with 82% of respondents reporting usage exceeding six hours per day.
- The most frequently used time period was identified as 18:00 to 23:00.
- The purposes of smartphone use were distributed as follows: 21% for studying and academic purposes, 43% for social media, 29% for gaming and entertainment, and 7% for other activities.
- The relationship between psychological stress and smartphone use was also examined. A total of 45% of students indicated that excessive smartphone use increases stress, while 32% believed that smartphones help reduce stress. The remaining 23% stated that smartphones have no impact on their stress levels.
- The impact of smartphones on sleep quality was also significant: 53% of students reported that prolonged nighttime smartphone use reduces sleep quality, while 47% stated that it contributes to insomnia and increased anxiety.

Overall, excessive smartphone use was found to correlate with higher stress and anxiety levels among students.

General Conclusion

Stress and psychological risks among students pose serious challenges, affecting their educational process and overall well-being. To reduce stress, it is essential to manage time effectively, maintain a healthy lifestyle, and develop psychological support systems. Students are encouraged to use mindfulness, physical activity, and social support methods to improve their mental well-being.

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