

PECULIARITIES OF STRESS MANIFESTATION IN THE STUDENT ENVIRONMENT

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Annotation

The concepts of stress and stress resistance are considered. A review of research in the field of studying stress and methods of increasing stress resistance of students of higher educational institutions is carried out, as well as current research directions in these areas are identified.

Key words: stress, resistance to stress, human adaptation, students, teaching loads.

Recently, the topic of stress has been increasingly discussed in many civilised countries of the world, as an increasing number of studies demonstrate its detrimental effects on the body and mind.

Constantly changing conditions of human life, dynamic lifestyle lead to the emergence of stressful situations, which tend to increase recently. Stress conditions have an impact on all kinds of human activities [1].

Educational activity in higher education is one of the most intellectually and emotionally stressful types of activity. Studying in a higher education institution is stressful for most students. Starting from the very beginning of learning activity, stress to a greater or lesser extent constantly follows the student and is the cause of disorders of behavioural, emotional, cognitive, motivational spheres of activity. According to the World Health Organisation, about 45% of all diseases are caused by stressful situations.

In the student age the leading activity is learning activity, which is accompanied by a high level of stress loads. The general prerequisite for stress is

the significance of the learning situation itself and its individual elements. The cause of stress in first-year students can be big changes in life. This is the most difficult stage of learning in higher education. It is in the first year that a student acquires a new status, adapts to new relationships, a new environment, surroundings [2]. Students' learning activities are associated with emotional experiences, achieving the goal and overcoming difficult situations, especially during exams. It is the examination session, according to K.V. Sudakov, has the most traumatic impact on students. The workload of students during the session is, of course, especially great. The student's mood, well-being, psyche and psycho-emotional state are influenced by credits and exams during the examination session.

Stress tolerance is a complex systemic characteristic of a person, which reflects his ability to successfully carry out his activities in difficult and extreme conditions. According to B.X. Vardanyan, stress tolerance can be defined as "a personality property that provides a harmonious relationship between all components of mental activity in an emotiogenic situation and thus contributes to successful performance of activity" [3].

According to A.L. Tserkovsky, it is currently less covered in scientific publications than the problem of stress [4]. Despite this, recently more and more attention of scientists is paid to the development and research of various techniques for improving stress resistance. Most of the ongoing studies of methods to improve stress resistance are devoted to the study of the working population and the issues of occupational stress. However, according to A.A. Andreeva, research in the field of improving stress tolerance of students is no less relevant, since the level of stress tolerance is related to the success of students' learning activities and their attitude to the learning process and, as a consequence, affects the preparation of competitively capable and professional workers [5].

It is quite difficult to get rid of stress, so it is important to learn how to manage stress, cope with stressful situations more effectively and relieve accumulated tension. The process of stress management includes three main

directions: prevention of stressogenic factors, reduction of tension from unavoidable stressors, organisation of the system of overcoming their negative consequences.

Stress, which students face in their academic activities, is primarily related to the study load, to the peculiarities of the educational process in higher education. Thus, stress affects directly on mental and somatic functions, on students' well-being. The negative impact of stress on the human body indicates the need for stress management. Many people know how to overcome a stressful situation. However, anti-stress methods are not always applied by a person reasonably, often spontaneously, which results in low efficiency. Studying in higher education is one of the most intellectually and emotionally stressful activities. Studying in a higher education institution is stressful for most students. For university students, stress can be caused by unfavourable factors that lead to overstrain of the autonomic nervous system, which regulates the normal vital activity of the organism. The workload of students in the period of the session, of course, is especially high. Student's mood, well-being, psyche and psycho-emotional state are under the influence of credits and exams during the examination session.

As a rule, the intensity of the developing adaptation reaction in a person depends not so much on the characteristics of the stressor as on the personal significance of the acting factor. Therefore, one and the same exam can lead to a variety of psychophysiological and somatic manifestations in different students. In some students, the examination procedure can have a significant traumatic effect on the psyche up to the appearance of neurotic disorders. According to most researchers, examination stress is a serious threat to students' health. The study of the peculiarities of stress manifestation in students, which takes a special urgency in the period of the session, allowed us to assume that the educational stress of students in the pre- and post-exam period has a specificity of manifestation, which is determined by the degree of expression of their indicators.

The problem of stress resistance and methods of its improvement are currently relatively understudied, but very relevant areas of research, since stress resistance is related to the success and effectiveness of students' learning activities.

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