



PSYCHOLOGICAL RISKS AND MEASURES TO MANAGE STRESS AMONG STUDENTS

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Abstract

This research paper is devoted to the problems of proper organization of students' psychological risks and stress management. The article analyzes the factors influencing students' psychological health and overall well-being, including study loads, social environment, and personal problems. It also discusses effective ways to manage stress, reduce the negative effects of stress, and maintain psychological safety. In addition, various psychological techniques, practical recommendations that can be used to reduce stress in the learning process and the importance of developing a psychological support system in educational institutions are emphasized.

Keywords: Psychological risk, stress management, depression, cognitive behavioural therapy (CBT), mindfulness (mindfulness), psychotherapy, burnout

Introduction

The current lifestyle, characterized by rapid technological development, increased connectivity, and high expectations, is leading to significant psychological problems. Psychological risks are seen as vital and work-related stress factors that threaten mental health. In particular, the main psychological risks encountered among students may include:

Academic stress. [3]

Causes: 1.Weight of the training load. 2.Exam pressure and desire to get high grades. 3.A mess of the study schedule. Consequences: Insomnia, anxiety, decreased concentration.

Depressiya[7]

Causes: 1.Loneliness and distance from family. 2.Financial problems. 3.Problems of adaptation in society. Consequences: Decreased participation in the learning process, increased risk of suicide.

Emotional exhaustion (burnout)[5]





Causes: 1. Concurrent increase in academic and personal commitments. 2. Insufficient time for rest and recreation. Consequences: Loss of motivation and decreased productivity.

Financial stress

Reasons: 1. Tuition fees and living expenses. 2. Difficulty balancing work and study.

Consequences: Finance-related anxiety and mental strain.

Criticism and social pressure[2]

Reasons: 1. High expectations by loved ones.

2. Comparing oneself with others as a result of seeing the "ideal life" on social networks. Consequences: Low self-esteem and depression. [6]

Risk of drug addiction and negative habits

Causes: 1. Resorting to harmful habits (alcohol, cigarettes or drugs) to avoid stress.

2. Peer pressure. Consequences: Serious damage to mental and physical health.

Incongruity[1]

Causes: 1. Academic workload and anxiety. 2. Excessive use of gadgets. Consequences:

Decreased energy, inability to concentrate.

Counseling services, psychological training, and programs to develop time management skills are critical to mitigating these risks among students. Psychological risks affect not only mental health, but also the following physical conditions:

Hypertension (increased blood pressure)

Diabetes

Diseases of the digestive tract

Weakened immunity[1]

To develop time management skills to manage situations of stress that arise in students, such as creating a daily and weekly plan, distributing tasks according to priority, and balancing study and rest time. As a result of timely completion of tasks, reduced stress occurs. In addition, the formation of a healthy lifestyle, for example, engaging in regular exercise (running, yoga, swimming); adequate sleep (7-8 hours) and a nutritious diet; limit caffeine and energy drinks. Engaging in other hobbies, such as listening to music, painting, reading books or playing sports, and taking regular time to relax, can significantly reduce stress levels among students and help improve their mental and physical well-being. [6]

Research:

There is a lot of interesting research done on the topic of psychological risks and stress management among students. Below you will find information about important and noteworthy research in this field:





Mindfulness method to manage stress

Research title: *"The Effect of Mindfulness Meditation on Managing Stress in Students."*

Venue: Universities in USA.

Results: Students who participated in mindfulness-based meditation classes showed increased self-regulation and reduced anxiety.

Interesting aspects:

The meditation was conducted for only 8 weeks, but significant results were observed. Recommended as a simple and quick way to combat stress.

The effect of exercise on stress[7]

The research title: *"Changes in Physical Activity and Stress Levels in Students."*

Venue: Universities in Asia.

Results: Students who exercised at least 3 times per week were able to significantly reduce their stress levels.

Interesting aspects:

Running and yoga are recognized as the most effective activities.

It was noted that students felt happier after the sessions.

In particular, the survey on "smartphone use and psychological stress" yielded the following results:

The research title: *"Smartphone Use and Psychological Stress."*

Venue: Tashkent Medical Academy

Research Form: Questionnaire, Interview

The survey asked students the following questions:

Results: The survey found that 82% of students used smartphones more than 6 hours a day when students were asked about their smartphone use per day. It turned out that the most used time of the day from the smartphone was between 18:00 and 23:00.





When the main purpose of using smartphones is studied:

Study and research goals: **21%**.

Social Media: **43%**.

Games and entertainment: **29%**.

Other targets: **7%**.

Psychological stress and smartphone addiction:

Excessive smartphone use causes stress: **45%**.

The smartphone helps reduce stress: **32%**.

No effect on stress: **23%**

When asked about its effects on sleep:

Long use of a smartphone at night affects sleep quality: **53%**.

Increases insomnia and anxiety: **47%**.

Among students who used excessive amounts of smartphones, there were also higher levels of stress and anxiety.

Interesting aspects:

Limited use of smartphones and social media has had a positive impact on students' mental health.

Recommendations for students:[1]

- 1.Learn time management: Assigning tasks by priority level and avoiding procrastination reduces stress.
- 2.Maintain a healthy lifestyle: Exercise regularly, eat a nutritious diet, and get enough sleep.
- 3.Use mindfulness and meditation: With mindfulness and deep breathing exercises, stress levels can be reduced.
- 4.Strengthen social relationships: Take advantage of social support by communicating with friends and family.
- 5.Engage in your hobbies: Art, music, or other creative activities can help with stress distraction and emotional recovery.
- 6.Use smartphones and social media in moderation: Avoid using mobile devices for long periods of time, as this can increase stress. [8]

General Summary:

Stress and psychological risks in students are some of the most pressing issues of our time and are often associated with academic workload, financial difficulties, social relationships, and future uncertainties. High levels of stress can have a negative



impact on students' mental and physical health, reducing their academic outcomes and overall well-being. Proper time management, healthy lifestyle, psychological support and social support can significantly reduce stress.

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