

LEVEL OF PSYCHOLOGICAL RESILIENCE AMONG UNIVERSITY STUDENTS AND WAYS TO INCREASE IT

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Abstract: This article discusses the issues of determining the level of psychological resilience among university students, analyzing its determinants, and developing effective strategies to increase resilience. Data were collected using the “Self-Assessment Test for Personal Stress Resilience” on a sample of students. The article provides practical recommendations for strengthening psychological resilience through emotional management, social support, stress reduction techniques, and increasing motivation. This work is an important scientific and practical direction aimed at increasing psychological well-being among students of higher educational institutions.

Keywords: psychological resilience, university students, stress, emotional management, social support, motivation, psychological well-being, stress management techniques, mental health.

INTRODUCTION:

The issue of strengthening the mental health of young people is urgent in the new Uzbekistan, and the necessary regulatory and legal framework for the development of a system of targeted assistance services for them has been created: “Development of special trainings for the development of life skills such as problem solving, decision-making, critical and creative thinking, communication, flexibility, and stress management in young people”² is considered a priority task, and in this regard, special attention is paid to identifying the differential and dynamic characteristics of psychological factors that affect the stress resistance of young people, forming an optimistic position, and scientific research of new solutions aimed at increasing stress resistance through the use of constructive coping mechanisms.

The study of the level of psychological resilience among university students and ways to increase it is one of the current topics. Research shows that the ability to cope with stress, pressure and change during the student period directly affects their mental health and academic success.

Stress is a psychological and physiological state that occurs in response to strong or long-term external and internal factors that affect the physical and mental state of the human body. Stress

can cause many problems in personal life or work, such as difficulties in maintaining balance, ease in managing risks, or affecting a person's health. The specific characteristics of stress and its effects on the body have been widely studied in the fields of psychology, physiology and biochemistry.[1.231]

MAIN PART:

Stress is divided into two main types: transient stress and chronic stress. Transient stress is a condition associated with short-term and significant stressors, such as a difficult job interview or preparing for a test. In this case, the body often shows a “fight or flight” response, which leads to the production of hormones, such as adrenaline and cortisol. Chronic stress refers to factors that last for a long time or occur repeatedly, which lead to a continuous deterioration of mental and physical condition. It is often caused by social pressure, heavy workloads at work or unpleasant situations in personal life.

In the modern educational process, students are exposed to many psychological pressures. Exams, assignments, and factors in the social environment create a state of stress. Stress tolerance affects not only a student's academic success, but also his or her mental health. Therefore, studying this situation is relevant. This article analyzes the level of stress tolerance of students and their psychological characteristics. The issue of stress tolerance has been studied by many psychologists.[2. 149]

The physiological mechanism of stress is mainly related to hormones. In response to stress, the hypothalamus activates the “hypothalamic pituitary-adrenal” system, which increases the production of cortisol and adrenaline. When these hormones are at high levels, they help to improve physical condition and react quickly, but long-term stress can have a detrimental effect on the body.

Key aspects:

- Stress resilience is the ability not only to endure problems, but also to use them as opportunities for growth.
- Emotional management and social support are key factors that increase resilience.
- Adaptability – students have a high level of resilience if they can quickly adapt to new environments, academic workloads, and social situations.[3. 154]

LITERATURE REVIEW:

In recent years, experts have repeatedly noted the need to achieve not only physical health, but also comprehensive, especially spiritual health. For a person to be spiritually healthy, it is understood what he does to protect his psyche, and for this, a person is required to be psychologically literate in a certain sense. How can this be understood? We know that it is natural for any person to encounter negative psychological situations such as stress and frustration many times in his life, but most people cannot protect their psyche from negative influences due to the lack of psychological knowledge, skills and abilities to overcome such situations.

It is precisely such skills and competencies that include an optimistic mood or optimistic character traits, or at least the formation of such skills, and we will first bring to your attention psychological ideas and considerations related to the term optimism. Some of the research studies conducted by foreign and Russian scientists on the study of stressful situations associated with a person's life activities have studied the influence of psychological states such as optimism-pessimism on the process of stress and overcoming it.

Researchers such as M.E. Seligman, F.E. Vasilyuk, Y.M. Zabrodin, M.S. Zamyshlyayeva have specifically studied the level of stability of a person's psychophysiological activity and mental

stress in relation to unexpected situations in the process of a certain activity. The results of the conducted research show that the perception of emergency situations by a person, their assessment as negative (harmful, dangerous) or normal, is based on the specific qualities and characteristics of the individual, and this directly ensures his individual psychological response.[4. 218]

According to the results of the study conducted by M.E. Seligman, the peculiarity of the reaction to stress is that not only the nature of the external influence plays an important role in this, but also the psychological characteristics of the subject. Therefore, the attitude and response of individuals to the same stressor are also different. Based on this idea, M. Seligman studied the personality-psychological characteristics of a person depending on their attitude and response to stress and frustration. In this case, the emotional reaction of a person is considered as an internal condition that ensures his mental activity. From this point of view, it is confirmed that the individual, personal reaction of an individual to external influence plays an important role in the emergence and development of stress.

Some of the research studies conducted by foreign and Russian scientists on the study of stressful situations associated with a person's life activities have studied the influence of psychological states such as optimism-pessimism in a person on stress and the process of overcoming it. Researchers such as M.E. Seligman, F.E. Vasilyuk, Yu.M. Zabrodin, M.S. Zamyshlyayeva have specifically studied the psychophysiological activity of a person and the level of stability of mental tension in relation to unexpected situations in the process of a certain activity. The results of the research show that the perception of emergency situations by a person, their assessment as negative (harmful, dangerous) or normal, is based on the specific qualities and characteristics of the individual, and this directly provides his individual psychological response. [5. 163]

RESULTS AND ANALYSIS:

Student life is generally described as a transitional stage from adolescence to adulthood. Students, while retaining many of the characteristics of adolescence, experience a process of detachment from the family environment. They usually live alone, away from home, and often begin to associate with peers from other places. Compared to their peers who have not studied at the higher education level, students seem to be detached from the real responsibilities of life, since they are engaged only in intellectual activities. At the same time, the individual breaks away from the previous past and adopts a new lifestyle that differs in many ways from the previous one.

Only when the younger generation fully understands the positive motives for their educational activities during the educational process, they will be able to successfully solve the tasks facing them in the future and create creative products. This will greatly contribute to the independence of our Republic, which has gained independence, joining the ranks of the most advanced countries in the world. Therefore, it is difficult to imagine the independence of the Republic of Uzbekistan without highly qualified local personnel capable of working in the changing conditions of a market economy.

The stress experienced by students can affect the quality of learning, learning and analysis of knowledge, hinder academic performance. In turn, difficulties with academic performance also cause discomfort, as a result of which general stress increases, which leads to an increase in the level of morbidity in this age group.[6. 179]

Stress stability is an important factor in ensuring normal work, effective interaction with others and internal harmony of a person in complex stressful conditions. It should be noted that there

are many definitions of stress stability, which are defined as follows: emotional stability, psychological stability, personality stability, psychophysiological stability, moral stability, moral-psychological stability, emotional-volitional stability. Within the framework of these studies, the definition given by M. Tishkova is considered the most complete. In his opinion, stress resilience is:

- 1) the ability to tolerate strong or unusual stimuli that constitute a danger signal and lead to a change in behavior;
- 2) the ability to withstand excessive arousal and emotional tension caused by stress factors;
- 3) the ability to withstand a high level of activation without interfering with the activity:

V.A. Bodrov and A.A. Oboznov, using the term “stress resistance”, indicate that it is an integral property of a person, characterized by the degree of adaptation of a person to the influence of extreme environmental factors and the necessary professional activity. It is also determined by the degree of activation of the reserves of the individual’s organism and psyche; it manifests itself in its functional state and performance indicators.

CONCLUSION:

Taking into account the above, the preparation of fully mature, competitive personnel who can fully meet world standards is one of the most important goals put forward by our state and society. In order to achieve this goal, ensuring the comprehensive health of future personnel is also a priority. In this regard, adolescence is an important period in human life, during which a person is required to systematize his life, studies and professional activities on a certain basis. In adolescence, the desire to determine his spiritual world, personal qualities, intellectual potential, abilities and opportunities increases. In conclusion, we should say that students should be offered coping methods. A "space of peace" in a room where students can think calmly or engage in relaxing activities can help. It is necessary to remind them that you care about their success. For example, “I care about you and I know how great you are doing.”

Do not ignore or avoid the student or the problem. Since the sources of stress vary despite the same stress responses by the body, understanding the former can help develop specific interventions aimed at reducing the student’s stress levels, which in turn contributes to the overall well-being of the individual. Students should talk to their friends and family—they know them best and care about the student the most.

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