

Psychological analysis of stress resistance in students

On January 27 this year in the hostel 1 of the Faculty of Land Management, students held a round table on "Psychological Analysis of stress resistance in students." Dean of the faculty Sh. Narbaev, Deputy Dean for Youth Affairs Kh. Eshova, a psychologist of the Institute M. Muhamedova took part in it. As all know, over the last few years, experts have often emphasized the need to achieve not only physical health but also comprehensive, in particular mental health. For a person to be spiritually healthy, it enforces his or her mental health, which requires a certain degree of psychological literacy.



We know that many people experience negative psychological stress such as stress and frustration many times in their lives, including our students, but many people cannot protect themselves from negative influences because of the lack of psychological knowledge, skills and attitudes to overcome them. Psychologists of the Institute M. Mukhamedova said that first, we should bring to your attention the psychological thoughts and ideas related to the term optimism, emphasizing that such skills and competences should have at least some optimistic personality or at least such skills provided some examples to the students. In his view, some research by foreign and Russian scientists on the stress related to a person's life activity has investigated the effects of stress on psychological stress such as personal optimism and pessimism in the process of overcoming it. Consequently, the individual often responds to external influences through his or her mental state and emotional state. He explained to the students that the characteristics of optimism and pessimism, which are within his personal qualities, also influence the basics of the person's response to stressful situations. At the event, the students received detailed answers to their questions from psychology.

Information by Khurriyat Eshova, Associate Dean for Youth Affairs

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