

QUESTIONS OF PSYCHOLOGICAL ADAPTATION OF STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS

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In modern conditions, the acquisition of education in Universities can be attributed to a specific type of activity associated with a high level of mental and physical loads, which are extremely increasing during the sessional time. Student youth may have various psychological and neuropsychic disorders. This is due to high mental and psycho-emotional stress, forced frequent violations of the regime of work, rest and nutrition, the need to adapt to new living and learning conditions. These and many other factors require students to mobilize forces to adapt to new conditions, the formation of interpersonal relationships outside the family. Specificity of university education coincides with the age of the highest risk of manifestation of mental pathology, which may be due not only to the biological nature of mental illnesses, but also to significant stress loads. Initially, there may be maladaptation in educational activities. It manifests itself in a worsening of concentration, memory loss, difficulty in expressing one's thoughts, fear of control work, before public speaking.

Given the urgency and importance of this issue, we conducted a survey among students at the National Pharmaceutical University. All courses, girls and boys aged (18-25) participated in the survey. The survey included such questions: how and what do they do in the period of stress. What causes them a stressful state. How do they get out of the stressful state. It was revealed that among students who study at the first year, signs that indicate borderline neuropsychic diseases are detected in 68.3%. According to psychotherapists, third-year students are most susceptible to various stress factors that contribute to the onset of neurotic conditions. This is due to difficulties in adapting to new professional and living conditions. To 4-5 training courses, there is a decline in such trends. The problem of violation of adaptation of students in higher education institutions exists today, and it is extremely relevant. A large number of students in the first year have those or other signs of a violation in the psycho-emotional sphere: excessive irritability, lability of mood, propensity to depressive states.

All this must be taken into account, both to the students themselves and to the teachers of higher educational institutions in the conduct of the pedagogical process. When identifying such signs need psychological help specialist.