

THE EXPERIENCE OF FEARS AND ANXIETY INTO (IN) ADOLESCENCE

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Period of adolescence is a stage of students adolescent, therefore, it is the relatively independent life period.

Adolescence – is a stage of human life, in which happen a life choice, a world view formation, becoming independent, distancing parents, professional choice, training in high school, , in some cases, creating a family etc.

Thereby, young men and women may feel discomfort, stress, anxiety and fear in any conditions in which they have to be in connection with the adulthood and changing lifestyles.

According to this, the aim of this research is the concepts consideration of "fear" and "anxiety", and the empirical experiment manifestation of fear and anxiety in adolescence.

The study of fear and anxiety is the basis of psychology emotion study. There are different points of view on these two concepts. Some authors say, that anxiety – is a reaction to the uncertain danger signal, and the fear is a reaction to a specific danger. There are also differences in the perception about benefit or harm of fear and anxiety influence on the person. There is no the single point of view for today.

In this paper we consider fear as "an emotional state that occurs in the presence or anticipation of a dangerous or harmful stimulus", and therefore, do not share the fear and anxiety, and consider these two concepts together, because anxiety and fear characteristically a state of anxiety, danger presentiment.

In the age-related psychology, there is such thing as a crisis for 17 years. A distinctive feature of this crisis is the emergence of variety fears that may have boys and girls. These fears include correctness fear of the chosen profession, of the responsibility which falls on them, of the presence or absence any successes and

achievements, the fear of potential difficulties in the university, in dealing with people, etc.

To confirm this, we present the results of our study, which took place on the basis of NUPh. 120 students of first course of specialty "Pharmacy" took part in the experiment. The aim of the study was to identify the various fears that are associated with educational activity of students.

Thus, we were obtained the following results: the most common fear - "fear of being allotted" (100% of respondents noted this), further there is "fear of the test" (81.4% noted), third place is "fear of public speaking "(72.9%). The fourth and fifth place is occupied by "fear of finish university badly" (50.8% noted this) and "fear of getting sick and miss a lot" (also 50.8%).

It can be concluded that the fear and anxiety affect to the success of student learning in an educational institution. One can say that the learning success is important to the students, is imported the correct choice of future profession, their further personal and professional development, they tend to achieve good results in training.

Fears that arise in terms of teaching and learning activities, as the problem of pedagogical and age-related psychology require further study and experimental research.