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Soha Serhii

**Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine
"Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.**

Mykhailenko Vadym

**Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine
"Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.**

Dobrovolskyi Volodymyr

**Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine
"Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.**

STUDY OF PSYCHOLOGICAL CHARACTERISTICS OF LEARNING STRESS IN STUDENTS

The degree of influence of stressors on our body can be different: from mild excitement in anticipation of, say, a trip on vacation, to a severe psychosomatic disorder of post-traumatic stress. In any case of manifestation of stress, it affects all components of our individuality (individuality itself), such as memory, thinking, language, emotional and volitional sphere. However, this does not mean that stress is only evil, trouble, it is also the most important tool for training and hardening a person, since stress helps to increase the resistance of the psyche and the body in general, training its adaptive mechanisms. Stress is our faithful ally in continuous adaptation to any changes in the environment. For some students, student life is associated with student societies, communication with interesting people, various activities and fun. For others, it is a serious test, a life change, a difficult life situation to which it is necessary to adapt. Students are young and face various problems, new learning conditions require more independence, responsibility, self-organization, and not all students are ready to solve numerous problems and tasks. Which gives life. In any case, studying at a higher educational institution is stressful for many students. The student needs to overcome difficulties, master new roles and modify old ones, adapt to new life conditions.

There is a lot of evidence that chronic stress is a companion of student life. Researchers note that the causes of stress in students are related to problems of finances, housing, security, etc. The stress experienced by students can affect learning (acquiring, applying, and processing knowledge), which hinders academic performance. Problems with academic performance also create discomfort, as a result of which general stress increases.

Key words: study, stress, analysis, students, factors, influence.

Сога Сергій, Михайленко Вадим, Добровольський Володимир. Вивчення психологічних особливостей навчального стресу у студентів. Ступінь впливу стресорів на наш організм може бути різною: від легкого хвилювання в очікуванні, скажімо, поїздки у відпустку, до важкого психосоматичного розладу посттравматичного стресу. У будь-якому випадку прояву стресу, він впливає на всі компоненти нашої індивідуальності (саму індивідуальність), такі як пам'ять, мислення, мова, емоційно-вольова сфера. Але це не означає, що стрес – це лише зло, неприємність, це ще й найважливіший засіб навчання і загартування людини, оскільки стрес сприяє підвищенню опорності психіки та організму в цілому, тренує його пристосувальні механізми. Стрес – наш вірний союзник у постійній адаптації до будь-яких змін навколишнього середовища. Для деяких студентів студентське життя асоціюється зі студентськими товариствами, спілкуванням з цікавими людьми, різноманітними заходами та розвагами. Для інших – це серйозне випробування, зміна життя, складна життєва ситуація, до якої необхідно адаптуватися. Студенти молоді та стикаються з різноманітними проблемами, нові умови навчання вимагають більшої самостійності, відповідальності, самоорганізації, не всі студенти готові вирішувати численні проблеми та завдання, ситуації що дає нам життя. У будь-якому випадку навчання у вищому навчальному закладі для багатьох студентів є стресом. Учні необхідно долати труднощі, опанувувати нові ролі та змінювати старі, адаптуватися до нових умов життя.

Є багато доказів того, що хронічний стрес є супутником студентського життя. Дослідники зазначають, що причини стресу у студентів пов'язані з проблемами фінансів, житла, безпеки тощо. Стрес, який відчувають студенти, може впливати на навчання (набуття, застосування та обробку знань), що перешкоджає успішності. Проблеми з успішністю також створюють дискомфорт, внаслідок чого підвищується загальний стрес.

Ключові слова: дослідження, стрес, аналіз, студенти, фактори, вплив.

Formulation of the problem.

Student life is full of extraordinary and stressful situations, so students often feel stress and nervous tension. Basically, students develop stress due to a large flow of information, due to the lack of systematic work in the semester and, as a rule, stress during the session. Students' emotional tension begins at least 3-4 days before the session and persists throughout the session, even on quiet days. The presence of emotional tension and in the inter-exam days evidence that the exam session is accompanied by continuous, chronic stress. The consequence of such stress can be neurosis, a functional disease of the nervous system, when the nervous system suffers primarily, its resources are depleted, forcing the body to work at the limit. It is generally accepted that neurosis occurs when a person is in a state of stress for a long time. Neurosis is not a disease, but a type of "normal" personality reaction in unusual stressful conditions. In turn, quarrels, failures and other life events lead to stress, which psychiatrists label as mental injuries. The period of study significantly affects the formation of personality, therefore, the mental health problems of students are very relevant.

Analysis of literary sources. Most scientists focus on the problems caused by the impact of stress on modern youth and students (Aston-Jones, G., & Cohen, J. D., Myers, D., Selye, G., Smith, T.D., Chaby, L. E.), in particular, the problem of increasing the load of mental activity with the advent of modern technologies in the student environment remains one of the most important not only in modern Ukraine, but also in the whole world.

Researchers distinguish 3 groups of students: the first group - with neurotic disorders; the second group - with the risk of their development; the third group is healthy. The level of neurotic disorders increases with each year of study. Students with neurotic disorders do not know how to organize their routine, and this aggravates their asthenization (i.e., it reduces the functionality of the central nervous system, manifested in deterioration in performance, mental fatigue, deterioration of attention, memory, increased reactivity with irritable weakness). Students with neurotic disorders do not get enough sleep, some of them do not use weekends for rest. Neurosis leads to a significant decrease in academic performance. Among students at risk, the majority drank alcohol to facilitate communication, improve mood, and in difficult life situations [3].

The problem of stress is complex and multifaceted. Stress in the educational process must be regulated. This is the task of the students themselves and their teachers, social educators, and psychologists. Perhaps the ways to solve it lie in the professional motivation of students and in the introduction of the basics of a healthy lifestyle, training courses, and health-saving technologies into the educational process.

The intensity and tension of modern life provokes at the psychological level the emergence of negative emotional experiences and stress reactions that can lead to the formation of pronounced and long-term stressful conditions.

For a modern student, stress is a reaction to accumulated problems, to the endless process of dealing with everyday difficulties. For a university student, these problems and difficulties may be: lack of sleep; unfinished and unprotected practical and laboratory work; tasks not completed or completed incorrectly; a large number of absences in any subject; absence of course work or project in the discipline at the right time; insufficient knowledge of the discipline; poor performance in a certain discipline; overload or too little student workload, i.e. a task that must be completed within a specific period of time; role conflict. It may arise as a result of differences between the norms of the informal group and the requirements of the formal organization (teacher). In this situation, the student may feel tension and anxiety because he wants to be accepted by the group, on the one hand, and to comply with the requirements of the teacher, on the other; lack of interest in the discipline or the work offered to the student; poor physical conditions (deviation in room temperature, poor lighting or excessive noise, etc.) [5].

These may include personal factors: illness of a family member, change in the number of friends, conflicts with classmates and loved ones, moving, significant personal achievements, changes in financial situation and other factors. There are many methods of dealing with stress; in our work we will focus on those proposed by D. Myers [2].

1. When managing time, keeping the situation under control is no less important than managing stress. Feeling in control of a situation is probably the most important and fundamental attitude needed to overcome stress.

2. To protect yourself from stress, you can resort to imagination. It is used for mental relaxation.

3. Short walks in the fresh air.

4. Visiting cultural and entertainment institutions (theater, museum, exhibition, cinema, etc.)

5. Communication with friends or other pleasant company.

6. Laughter is a good cure for stress. It trains many muscles, relieves headaches, lowers blood pressure, normalizes breathing and sleep. At the same time, so-called anti-stress hormones enter the blood. During stress, the body also produces hormones, only stress ones: adrenaline and cortisol.

7. Massage. You can also resort to self-massage.

8. Sports (jogging, swimming, sports games, etc.). Any physical exercise removes stress hormones.

9. There are a number of exercises to combat stress. These include 3 types of exercises: relaxation (autoregulatory breathing exercises, muscle relaxation, yoga); concentration exercises. They can be done anywhere and anytime during the day, anti-stress breathing exercises.

Stress is an integral part of every student's daily life. The reaction to stress, as well as the beginning of the working day, diet, physical activity, quality of rest and sleep, relationships with others, are integral parts of lifestyle. It depends on the student himself what his lifestyle will be - healthy, active, or unhealthy, passive, and, therefore, how often and for how long he will be in a stressful state.

After analyzing the literature sources, we made the following conclusions:

The main causes of stress in students are heavy academic workload and fear of the future.

In this case, stress manifests itself mainly on the psychological level, which affects students' decreased performance, poor sleep, and lack of time.

Indicators of biological signs of stress in most students are not significantly expressed. We can conclude that students have a good health indicator.

The main ways to relieve stress among students are sleep, communication with friends or a loved one, walks in the fresh air, delicious food, a break from work or study, parental support, and more.

The most pronounced signs of stress in students are rapid heartbeat, headaches, or other pains; labored breathing; dry mouth; stiffness, muscle tremors.

Thus, we can say that our hypothesis was confirmed; it is in the process of studying at a higher educational institution that a heavy academic load is one of the main causes of stress in students.

For a modern student, stress is not a supernatural phenomenon, but rather a reaction to accumulated problems, to the endless process of struggling with everyday difficulties. Stress can be caused by factors related to work and organizational activities or events in a person's personal life. Stress in student activity is everyday overload associated with the peculiarities of the learning process at the university and has direct and independent effects on well-being and mental or somatic functions. So, stress is an integral part of the daily life of every student. The reaction to stress, as well as the beginning of the working day, diet, physical activity, quality of rest and sleep, relationships with others, are integral parts of lifestyle. It depends on the student himself what his lifestyle will be - healthy, active or unhealthy, passive, and, therefore, how often and for how long he will be in a stressful state [4].

Our study of foreign literature aimed to investigate the stressful state of students during the learning process. As a result of our research, we found that the main causes of stress in students are heavy academic loads, which arise due to a large number of tasks in different academic disciplines. All this leads to haste and constant lack of time. Most often, students regain strength through good sleep and communication with friends and loved ones. Thus, our hypothesis that during the process of studying at a higher educational institution, a heavy academic load is one of the main causes of stress among students was confirmed.

Conclusions. Based on the studied scientific literature and the results of the study, we offer the following recommendations for overcoming anxiety and stress in students.

For students studying at the university:

1. Develop a system of priorities in your work, build some consistency in your daily activities.
2. Learn to say "no" when you reach a point where you can no longer take on more work.
3. Develop particularly effective and reliable relationships with your teachers.
4. Don't agree with anyone who makes conflicting demands.
5. Let your instructor know when you feel that the expectations or grading standards for an assignment are not clear, this will make it easier for you later on in completing assignments.

6. Find a day, time to switch from work to productive rest. Other factors associated with reducing the likelihood of stress include eating a proper diet, staying fit through exercise, and achieving overall balance in your life.

Recommendations for timely preparation for a stressful event or life situation in order to reduce their negative impact on the body:

1. Collect sufficient information about the possibility of stressful situations.
2. Think over ways to prevent specific life dangers, try to find ways to mitigate and overcome them.
3. Do not try to make hasty conclusions on the eve of a stressful event, because everything can still change, and everything may be completely different from what you imagine.
4. Realize that a person can solve most situations that cause stress on his own, without resorting to outside help.
5. Strive to actively intervene in a situation that causes stress. An active lifestyle helps create a protective background against stress in the body, improving the functioning of adaptive organisms.
6. Understand and accept that serious changes are an integral part of life.
7. Remember that stressful life situations are mastered faster and better by those who know how to use relaxation methods.

One of the effective remedies against stress is relaxation. According to G. Selye's theory, the automatic anxiety reaction consists of three successive phases: impulse, stress, adaptation. Therefore, if a person wants to direct his efforts to maintain health, then he must consciously respond to a stressful impulse with relaxation. With the help of this type of active protection, a person can prevent the impact of a stressful impulse, delay it or reduce stress, thereby preventing psychosomatic disorders in the body.

Breathing may become difficult and heavy during physical exertion or a stressful situation. A person has the opportunity, by consciously controlling his breathing, to use it to calm down, to relieve tension - both muscular and mental, thus, autoregulation of breathing can become an effective means of combating stress, along with relaxation and concentration.

The method of autoanalysis of personal stress by keeping a "stress diary" helps to detect and explain your body's reactions to stressful situations. This method requires recording in a diary for several weeks when and under what circumstances signs of stress were detected. Analysis of entries in the diary helps simply and quickly determine which events or life situations contribute to stress. It is regularly repeated situations described in the diary that can cause stress.

First aid methods for acute stress. If you suddenly find yourself in a stressful situation, you first need to gather all your willpower and command yourself to stop in order to sharply slow down the development of acute stress. To be able to get out of a state of acute stress and calm down, you need to find an effective method of self-help in order to quickly navigate a critical situation by resorting to this method of help with acute stress: 1) anti-stress breathing; 2) relaxation; 3) rational perception of the environment; 4) change of scenery; 5) engage in any (distracting) activity. In a stressful situation, this acts as a "lightning rod", helping to distract from internal tension. 6) Local concentration (helps to displace stress-filled internal dialogue from consciousness).

Stress is an inevitability that you need to be aware of and always remember. At the same time, stress can be anticipated, you can prepare for its arrival and try to cope with it effectively.

As a rule, students worry more than normal, perhaps this is due to one of the popular causes of stress "fear of the future".

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Zenina I.V.

PhD, Associate Professor at the department of health and sports technologies, National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.

Kuzmenko N.V

Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.

FORMATION OF PATRIOTISM AMONG FIRST-YEAR STUDENTS IN CLASSES ON THE FUNDAMENTALS OF A HEALTHY LIFESTYLE

At the current stage of national spiritual revival. In connection with the protracted economic crisis (which has affected the social sphere) and the war that is plaguing another river, the problem of forming a sense of love for Fatherlands among the younger generations, the power of young people has become increasingly important sovereignty, active participation in activity and creative life is becoming increasingly important. This aspect of education may become the primary developing, stabilizing, scientific-cognitive and cultural institution of matrimony, the civil-patriotic formation of youth, the formation of historical memory. This is a way to teach young people to evaluate historical phenomena on the basis of the principles of historical reliability, science, humanism, kindness, as well as a position of safety and intergenerational communication, creation guarantees of security of the Ukrainian nation. The State National Program "Osvita" ("Ukraine XXI century"), the Laws of Ukraine "About illumination", "About illegal middle illumination" designate illumination tasks as strategic. Love before the Batkivshchyna, awareness of one's community commitment on the basis of national and human spiritual values, strengthening the ranks of a citizen and a patriot of Ukraine to become rich and increase on this basis cultural and creative potential of our people.

The Concept of civic education of the individual in the context of the development of Ukrainian statehood notes that the goal civic education is the formation of a "conscious citizen, patriot, professional, that is, a person with his inherent personal qualities, with character traits, worldview and abilities by thoughts, actions and behavior aimed at self-development and development of democratic civil society in Ukraine [1].

Key words: war, Ukraine, economic crisis, youth, society, patriotism.

Зеніна Ірина, Кузьменко Наталія. Формування патріотизму у студентів першого курсу на заняттях з основ здорового способу життя.

У духовному відродженні нації на сучасному етапі у зв'язку із затяжною економічною кризою (що торкнулася соціальної сфери) і війною, що триває вже два роки, все більшої ваги набуває проблема формування у молодого покоління почуття любові та прихильності до Батьківщини. Активна участь у діяльності та творчий інтерес у житті стає все більш важливим для того щоб донести інформацію в зрозумілій для сучасної молоді формі. Цей аспект освіти може стати основним інститутом розвитку та стабілізації формування громадянського патріотизму у молоді, формування історичної пам'яті, надання їй наукового, пізнавального та культурного спрямування. Таким чином можна навчати молодь оцінювати історичні явища на прикладах історичної достовірності, науки, гуманізму, доброти та позиції безпеки та спілкування між поколіннями, гарантій створення національної безпеки України. Національна державна програма «Освіта» («Україна 21 століття»), Закони України «Про освіту» та «Про загальну середню освіту» своїм стратегічним завданням вважають виховання в студентства любові до Батьківщини. Необхідність піднімати національні та загальнолюдські духовні цінності, зміцнювати та збагачувати статус народу та патріотів України та на цій основі підвищувати культурний та творчий потенціал народу.

У «Концепції громадянського виховання особистості в умовах розвитку української державності» на меті розвитку Української держави та громадянської освіти є формування «свідомого громадянина, патріота, професіонала, тобто людини, наділеної властивими особистісними якостями та рисами характеру». Стверджується, що, світогляд та компетенції через думки та дії, спрямовані на саморозвиток та розвиток демократичного громадянського суспільства в Україні [1].

Ключові слова: війна, Україна, економічна криза, молодь, суспільство, патріотизм.