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## OPTIONS FOR STRESS MANAGEMENT IN UNIVERSITY STUDENTS

**Background.** Stress is an integral part in the life of a contemporary man. The problem of stress is especially acute in the field of higher professional activity. Student learning activity has been always associated with a high level of stressful tension. In case of a long stress effect and when students do not have skills of its positive overcoming, stress can result in occurrence of psychosomatic diseases, non-psychosomatic psychic disorders (NPD), formation of educational neglect, disorders of personality and professional development of the personality, which stipulate the topicality of the given work [1].

Particularly urgent is the problem of stress in higher vocational education. Students' learning activities have always been associated with high levels of stress [2, 3]. Medical examinations of students conducted in recent years reveal a steady increase in their incidence [2]. Students also experience a frequent impairment of emotional, cognitive, behavioral and motivational spheres of activity, which, according to some scholars [4], is associated with increased stress and reduced levels of stress [5].

It is worth noting that negative emotional states are also prerequisites for the occurrence and development of stress. The study of educational stress shows that fear of future problems provokes anxiety, uncertainty, feeling of helplessness, etc. [6, 7].

**Objective:** to examine the ways of overcoming stress among students depending on NPD available, gender, and the course of education.

**Materials and methods.** 1235 students of both genders were examined comprehensively including 852 students (68,99%) from the Higher State Educational Establishment of Ukraine “Bukovinian State Medical University” and 383 students (31,01%) from Yuriy Fedkovych Chernivtsi National University.

All students (1,235 students) were divided into two groups - main (I-shu) and comparative (II-gu). The core group included 317 (25.67%) students who were diagnosed with non-psychotic psychiatric

disorders (CPD). To verify the clinical features of the NDP, as a comparative group, 918 (74.33%) non-NDP students, practically healthy, were surveyed.

The average age of the surveyed was  $20.15 \pm 0.05$  years. In the gender distribution among all surveyed there were 365 men and 870 women, respectively 29.55% and 70.45%. The sample had no significant differences in gender and age composition, place of residence, form of study. The leading criterion for inclusion of a person in the study was his education in a higher education institution. The survey was conducted in the intersession period. The following methods were applied: clinical, psychodiagnostic, and statistical.

**Results.** The conducted study found that most often students used the following means to overcome stress: sleep - 70,35% and 71,24% in I and II groups respectively; walking in the open air - 58,99% and 60,02%; tasty food - 58,04% and 52,51%; communication with friends - 56,78% and 57,41% ( $p \geq 0,05$ ). A reliable majority of students with NPD during the first examination indicated that they used cigarettes as a means to get over stress (34,38%) against 13,18% of students without NPD, and alcohol (26,81% and 13,73% respectively) ( $p < 0,05$ ).

Significantly more students with NPD in the initial examination used cigarettes 34.38% versus 13.18% of students without NPD and alcohol 26.81% and 13.73%, respectively ( $p < 0.05$ ). Re-examination, a year later, revealed that in the main group significantly more students began to use the following stress relievers: break in study - was - 34,07% of people, became - 47,95% ( $p < 0,05$ ); walks in the open air - it was 58.99%, it became - 68.77% ( $p < 0.05$ ); hobbies - 45,43% and 60,88% respectively ( $p < 0,05$ ); physical activity was 34.07%, and 53.31% were students ( $p < 0.05$ ). Alcohol use decreased from 26.81% to 18.30% of students with NPD, and cigarettes from 34.38% to 25.87% ( $p < 0.05$ ). Which testifies to the positive impact of our comprehensive treatment of students with NPD.

Analyzing how the relevance of various stress relievers varies, depending on the course of study, we will look at the most common harmful habit among young people - smoking. First-year cigarettes were found to have smoked 20.55% in the main group and 4.62% in the comparison group, in the second year - 34.29% and 9.30% respectively, in the third year - 33.33% and 15, respectively. 6% of students I and II, in the fourth year - 42,42% and 15,6% ( $p < 0,05$ ), in the fifth year smoked - 37,78% of students with NPD and 18,90% of healthy students.

**Conclusions.** Therefore, the conducted study did not find any reliable gender differences in the choice of means to get over stress. The number of smoking students increases with every next year getting its maximum at the 4<sup>th</sup> year of studies. It decreases a little at the 5<sup>th</sup> year which should be considered in planning of preventive and therapeutic measures. Our comprehensive treatment of students with NPD reduced the rate of smoking 2,09 times, from 33,80% to 16,19% ( $p < 0,05$ ), which is indicative of its high effect.

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