

**PSYCHODIAGNOSTICS OF EMOTIONAL STRESS IN THE ADAPTATION OF
FIRST-YEAR STUDENTS TO HIGHER EDUCATION**

Nigora Abdukahorovna Kozimova

Teacher of the Department of Pedagogy and Psychology,
Asia International University

Annotation: This article presents scientific ideas based on the data collected on the basis of research conducted in the theoretical field of the problem of emotional stress, mainly analyzing the relationship between psychological views on this issue, and developing conclusions and recommendations based on the results obtained based on the research method for studying the problem.

KEYWORDS: Adaptability, emotional tension, stress, distress, coping behavior, defense mechanism, student, emotional autonomy, psychological state.

Introduction. Entering higher education is an important and exciting period for many students. Unlike school, in higher education, students must further develop their independence, master new knowledge and skills. However, this process is often accompanied by difficulties. At the first stage, students must take into account a number of factors in the process of adapting to higher education.

1. Changes in educational processes:

The system of classes in higher education is different from that in school. Students are required to independently manage their time, work more on themselves. This, in turn, requires planning and proper time management skills. It can be difficult to adapt to this new regime in the first months, but as time goes by, students find their way.

2. Social adaptation process:

Higher education means a new environment, new people and new friends. Social adaptation of students to higher education is also important. During this period, students develop communication skills by making new friends, joining groups and societies.

3. Psychological pressures:

There are also psychological pressures arising from the process of new environment, independence and high demands. Some students may feel stressed due to homesickness, difficulties in learning or the high demands of the university. In this case, it is important to use the psychological services of the university.

4. Financial issues:

For many students, not being financially independent is also a major issue and can make adaptation difficult. Students should learn to work or use scholarships while studying.

Key findings: It is natural for first-year students to experience emotional stress as they adjust to higher education. Issues such as a new environment, changes in academic requirements, transitioning to independent living, and shaping their future significantly affect their emotional state. The main causes of this emotional stress can be seen in the following factors:

1. Academic pressure:

The learning process in higher education is much more complex than in school, and students are faced with more information to absorb. The intensity and complexity of classes become a major source of stress for some students. This pressure can lead to students feeling inadequate and their self-esteem dropping.

2. Social changes:

It takes many students some time to make friends and integrate into a new environment. Finding a place in a new community, social difficulties, and feelings of loneliness can add to the emotional stress.

3. Homesickness:

Especially for students who have moved from a long distance, homesickness can be a powerful emotional stressor. The lack of parents, friends, and a family environment can make students feel lonely.

4. Worries about the future:

In the early stages, many students set high goals for themselves, but the inability to clearly imagine what the future holds can become a source of anxiety for them. The uncertainty about the future and the desire to achieve academic and professional success can cause the student to experience excessive anxiety and stress.

5. Financial problems:

Achieving financial independence is a challenge for many students. Students who are on a contract or who have to cover their own living expenses may be particularly concerned about their financial situation. This can lead to additional stress.

To reduce emotional stress, students need to learn to manage their emotions. Using higher education psychological counseling services, properly planning their time, engaging in regular sports, and creating social support networks can help reduce this stress.

By managing emotional stress, students can achieve success in their academic and personal lives.

Conclusions and analysis: In conclusion, while the process of adjusting to higher education is complex,

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