

THEME: MENTAL HEALTH AND STRESS AMONG STUDENTS**Kenjaboeva Feruzaxon Bahtiyorovna****Annotation.**

This article examines mental health issues and stress levels among students, focusing on their causes and impact on psychological well-being and academic performance. Factors such as academic pressure, examinations, social environment, and personal challenges are identified as major contributors to increased stress among students. The study also highlights effective psychological strategies and preventive measures aimed at reducing stress and promoting mental well-being. The findings emphasize the importance of supporting students' mental health within the educational system.

Keywords: Mental health, stress, students, academic pressure, psychological well-being, educational environment.

Mental health has become a significant concern in modern society, particularly among students. Increasing academic demands, competitive educational environments, and future-related uncertainties contribute to high levels of stress and emotional strain. Prolonged exposure to stress can negatively affect students' academic achievement, motivation, and overall quality of life. Therefore, understanding the causes of stress and mental health challenges among students, as well as developing effective coping strategies, is essential for creating a supportive and healthy educational environment.

Mental health and stress among students have become increasingly important issues in contemporary education. Academic pressure is one of the primary factors contributing to stress. Heavy coursework, frequent examinations, deadlines, and high expectations from teachers and parents often place students under constant psychological strain. As a result, many students experience anxiety, burnout, and decreased academic motivation.

In addition to academic demands, social and environmental factors also play a significant role in students' mental well-being. Peer pressure, difficulties in social

relationships, financial problems, and lack of emotional support can intensify stress levels. Students who struggle to balance academic responsibilities with personal life are more vulnerable to emotional exhaustion and mental health disorders such as depression and chronic anxiety. Another important aspect is the impact of stress on students' academic performance and overall health. Prolonged stress negatively affects concentration, memory, and decision-making abilities, which can lead to poor academic outcomes. Furthermore, continuous exposure to stress may cause physical symptoms, including headaches, sleep disturbances, fatigue, and weakened immune responses, thereby affecting students' general well-being. Effective stress management and mental health support are essential in addressing these challenges. Psychological counseling, stress management programs, and mental health awareness initiatives within educational institutions can help students develop coping skills. Techniques such as time management, relaxation exercises, physical activity, and peer support have been shown to reduce stress and improve emotional resilience. Creating a supportive and understanding educational environment is crucial for promoting students' mental health and ensuring their academic success.

Another significant factor influencing students' mental health is the lack of awareness and understanding of psychological well-being. Many students hesitate to seek professional help due to social stigma, fear of judgment, or limited access to mental health services. This reluctance often leads to untreated stress and emotional difficulties, which may worsen over time and negatively affect both academic and personal development.

The role of educational institutions in supporting students' mental health cannot be overlooked. Schools and universities are not only responsible for academic instruction but also for creating environments that promote emotional well-being. Incorporating mental health education into curricula, training teachers to recognize early signs of stress, and providing accessible counseling services can significantly improve students' psychological resilience. Family support also plays a crucial role in managing stress among students. Positive family relationships, open communication,

and emotional encouragement can help students cope with academic and social pressures more effectively. In contrast, unrealistic expectations and lack of understanding from family members may increase stress levels and contribute to mental health challenges. The use of digital technologies and social media has both positive and negative effects on students' mental health. While online platforms can offer educational resources and social connections, excessive use may lead to increased anxiety, sleep problems, and decreased self-esteem. Therefore, promoting balanced and responsible use of technology is essential for maintaining mental well-being. Addressing mental health and stress among students requires a comprehensive and collaborative approach involving educational institutions, families, and society. Early intervention, awareness, and supportive strategies are key to fostering healthy psychological development and ensuring students' long-term academic and personal success.

Conclusion

In conclusion, mental health and stress among students represent a critical issue in the modern educational context. Academic pressure, social challenges, family expectations, and technological influences significantly contribute to increased stress levels and psychological difficulties. If left unaddressed, these factors can negatively affect students' academic performance, physical health, and overall quality of life. It is essential to prioritize mental health support within educational institutions by promoting awareness, providing psychological services, and fostering supportive learning environments. Collaboration among educators, families, and policymakers is necessary to implement effective preventive measures and stress management strategies. By addressing students' mental health needs holistically, educational systems can enhance students' well-being, resilience, and long-term academic success.

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