

CAUSES AND EFFECTS OF STRESS AMONG UNIVERSITY STUDENTS

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Abstract

Stress has become a significant concern among university students due to increasing academic demands and life responsibilities. This article explores the major causes of stress among university students, including academic pressure, financial difficulties, time management challenges, and social expectations. It also examines the effects of stress on students' mental health, academic performance, and physical well-being. Understanding these factors is essential for developing effective strategies to reduce stress and promote a healthier learning environment in higher education institutions.

Keywords: stress, university students, academic pressure, mental health, higher education

Аннотация

Стресс является распространённой проблемой среди студентов университетов в условиях возрастающих академических и жизненных требований. В статье рассматриваются основные причины стресса, включая учебную нагрузку, финансовые трудности, проблемы управления временем и социальное давление. Также анализируются последствия стресса для психического здоровья, академической успеваемости и физического состояния студентов. Понимание данных факторов способствует разработке эффективных мер по снижению стресса в системе высшего образования.

Ключевые слова: стресс, студенты университетов, академическая нагрузка, психическое здоровье, высшее образование

Annotatsiya

Stress oliy ta'lim muassasalarida tahsil olayotgan talabalar orasida keng tarqalgan muammolardan biridir. Ushbu maqolada stressning asosiy sabablari — akademik bosim, moliyaviy qiyinchiliklar, vaqtni boshqarishdagi muammolar va ijtimoiy omillar tahlil qilinadi. Shuningdek, stressning talabalarning ruhiy salomatligi, o'qish samaradorligi va jismoniy holatiga ta'siri ko'rib chiqiladi. Mazkur masalalarni o'rganish oliy ta'limda sog'lom muhit yaratishda muhim ahamiyatga ega.

Kalit so'zlar: stress, universitet talabalari, akademik bosim, ruhiy salomatlik, oliy ta'lim

Introduction

Stress is a natural response to demanding situations; however, excessive and prolonged stress can have serious negative consequences. University students are particularly exposed to stress due to academic responsibilities, examinations, deadlines, and the pressure to achieve high academic results. In addition to academic challenges, students often face financial concerns, social adaptation issues, and uncertainty about future career prospects.

Research indicates that high levels of stress among university students are associated with mental health problems such as anxiety and depression, as well as reduced academic performance. If stress is not effectively managed, it can lead to burnout and long-term psychological difficulties. Therefore, examining the causes and effects of stress among university students is essential for improving student well-being and academic success.

Causes of Stress Among University Students

Academic pressure is one of the primary sources of stress for university students. Heavy coursework, frequent assessments, and high expectations from both institutions and

families contribute to continuous stress. Many students struggle to adapt to independent learning environments, which can lead to feelings of insecurity and academic anxiety.

Financial difficulties also play a crucial role in increasing stress levels. The cost of tuition, accommodation, and daily expenses places a significant burden on students. Those who combine their studies with part-time work often experience exhaustion and limited time for academic preparation, further increasing stress.

Another contributing factor is poor time management. Balancing academic responsibilities, social life, and personal obligations can be challenging. Inability to prioritize tasks effectively often results in procrastination and increased pressure close to deadlines. Social expectations and the need to adjust to new environments also add emotional stress during university life.

Effects of Stress on University Students

Stress has a substantial impact on students' mental health. Prolonged stress can result in anxiety, depression, emotional fatigue, and decreased motivation. Students under constant pressure may experience difficulties coping with everyday challenges, which negatively affects their overall well-being.

Academic performance is also affected by high stress levels. Stress can impair concentration, memory, and problem-solving abilities, leading to lower grades and reduced participation in academic activities. Over time, this can reduce students' confidence and increase the risk of academic burnout.

Furthermore, stress negatively influences physical health. Common symptoms include sleep disorders, headaches, weakened immune systems, and digestive problems. These health issues, combined with unhealthy coping behaviors, highlight the need for early intervention and support within universities.

Conclusion

In conclusion, stress among university students is a multifaceted issue influenced by academic, financial, and social factors. The findings of this article show that unmanaged stress can negatively affect students' mental health, academic performance, and physical well-being. Given the growing prevalence of stress in higher education, addressing this issue should be a priority for universities.

Institutions should provide accessible counseling services, stress management programs, and academic support to help students develop effective coping strategies. Creating a supportive educational environment can significantly enhance students' academic success and quality of life. Future research should focus on preventive approaches and institutional policies aimed at reducing stress and promoting mental health among university students.

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