

“PSYCHOLOGICAL PRINCIPLES OF ADAPTATION OF FIRST-STAGE STUDENTS TO HIGHER EDUCATION”

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INTRODUCTION:

This article discusses the tolerance and adaptation to emotional tension and stress that arise in individuals in the current century, as well as its specific socio-psychological correction methods, and reveals the socio-psychological characteristics of the individual and, in particular, methods for preventing obstacles that arise in the adaptation of first-stage students to higher education.

PURPOSE:

In today's stressful world, the concept of adaptation plays a key role in increasing the effectiveness of training individuals and preparing qualified and good specialists. Adaptation of individuals is included in a number of fundamental issues of education: training competitive specialists, personal development, professional growth, increasing the socialization of individuals and developing recommendations based on the results of research on preventing obstacles arising in the process of adaptation.

MATERIALS AND METHODS:

It is considered as a process of introducing an individual into a new production environment for him, getting used to it, mastering a professional role, production standards, and social relations. Further development of this direction in accordance with the theory of organizational psychology and management led local authors to develop the concept of professional adaptation, and methods for eliminating emotional and mental stress in the individual in the process of adaptation to this social environment were developed.

CONCLUSION:

Based on the researched issues and empirical results, it was observed that psychological factors (depending on their own experience) influencing the process of emotional and mental stress in the process of adaptation of individuals to the social environment can take various forms. Based on the identification of these factors, a certain level of psychological analysis will be conducted on methods of preventing obstacles and solving problems arising in the process of adaptation of students to higher education, and based on the results of this analysis, further tasks of providing psychological services to them will be determined.

Higher education, while marking a new stage in life, is a period of novelty and difficulties for many students. The process of adaptation of first-year students to higher education is often accompanied by psychological obstacles. During this period, students move from the school system to the higher education system, enter a new social environment, and try to form themselves as independent individuals. This article discusses the main psychological obstacles encountered in adapting to higher education and ways to overcome them.

1. Common difficulties in the process of transition to higher education

The transition from school to higher education leads to major changes for many students. At school, classes are held on a strict schedule, are led by teachers, and students work only in the prescribed manner. In higher education, students have to independently manage their learning processes. In this process, insufficient development of time management and planning skills can

lead to many difficulties. In addition, adapting to academic requirements and learning new learning styles also causes stress for students.

2. Psychological barriers and their causes

Stress and anxiety:

In the first year, students are faced with an increased workload, a large number of independent work and the complexity of assignments. These new conditions can negatively affect students' self-management. At the same time, unexpected results, such as low exam scores or difficulties with assignments, can put students under severe stress.

Difficulties in adaptation:

Adapting to the new education system and pedagogical methods is also not easy. While more classroom lessons are held at school, higher education requires more independent work and scientific research. This is unfamiliar to some students and causes difficulties in their study process.

Lack of self-confidence:

In the higher education environment, students find themselves in a new competitive environment. Competition with other students, supervision and evaluation by teachers can lead to a lack of self-confidence. This, in turn, can lead to students' fear of failure and increase their feelings of fear.

Social adjustment:

Making new friends and socializing in a new environment also pose difficulties for first-year students. Many students have underdeveloped social communication skills, which can increase feelings of social isolation or loneliness.

Time management difficulties:

Balancing studies, homework, and personal life is one of the important issues for first-year students. The lack of ability to properly allocate time, in turn, leads to stress and anxiety.

3. Ways to overcome psychological barriers

Goals and planning:

It is very important for students to clearly define their goals and make their own study plans in order to adapt to the new environment. Preparing for classes, doing homework, and organizing your study time properly can help you manage your time.

Psychological support and advice:

Many universities have psychological services, which can be a great source of support for students. Psychologists can help students cope with stress, anxiety, and low self-esteem.

Social support networks:

Students can join various social groups and activities within the university, make new friends, and be socially active. This can help them avoid social isolation and feel more comfortable.

Stress management and staying motivated:

Students can benefit from using various stress management techniques, such as breathing exercises, exercising, and self-motivation techniques. It is recommended to celebrate small achievements and set stronger goals to achieve success to maintain motivation.

4. The role and support of teachers

The support that teachers provide to students is also of great importance. Teachers should guide students in the adaptation process and advise them on how to manage their study load. Through

the mentoring system, each student will have his own personal advisor, through whom he will have the opportunity to solve his academic and personal difficulties.

Therefore, the process of overcoming psychological barriers in the adaptation of first-cycle students to higher education is of great importance in their academic and personal lives. By developing the necessary skills in psychological support, social adaptation and time management, students can successfully navigate this difficult process.

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