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**PREVENTION OF STRESS IN STUDENTS**

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**Introduction.** The problem of stress today is one of the most urgent in the world of psychological science. Particular attention is drawn to the stress that arises from the impact of new living and learning conditions. Students have to overcome difficulties for the first time, learn new roles and modify old ones, adapt to new conditions of life. But not all students are ready for numerous problems and their solutions. Stress has an impact on the physical health of the body, on mental processes and on the socio psychological functions of a person, which affects all spheres of human life. The purpose of our work was to study methods of preventing the development of stress in students.

**Materials and methods.** Theoretical analysis of literature on the problem of stress prevention in students is using.

**Results of research.** The results of the research shows that about 86% of students are periodically or constantly in a state of stress. What directly affects the health of students and the results of their education. The main factors leading to the development of stress among students are: lack of sleep, not performed or performed incorrect tasks, a large number of passes on an object, insufficient knowledge of the discipline, poor performance in a particular discipline, the complexity of adaptation to the social environment, the conditions of residence , Language and cultural environment. The study of scientific literature allowed to identify the main methods of stress prevention in students: the correct organization of the training and rest regime, the correction of nutrition, the use of methods of group and individual psychoprophylaxis.

**Conclusions.** Consistent and timely prevention of stress among students is an indispensable component of the organization of student life. Prevention of stress can improve the student's adaptation to the social environment, the requirements of the educational process and significant psycho-emotional stress.