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**STUDENTS' SOCIAL AND MENTAL HEALTH IN UNIVERSITIES
IN DIFFERENT COUNTRIES IN THE WORLD**

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Introduction. Nowadays university students are dealing with highly busy schedules daily. Trying to catch up with the continuously stressful routine has a major effect on their mental and physical health.

Objectives. To investigate university students' general mental and social health in different countries and compare the results with their educational outcome.

Methods and materials. We conducted an online survey using a website called SurveyMonkey.com. We asked students from different countries 10 questions about their daily lifestyle and studying schedules and their capability to adapt to the stressful environment at universities.

Results. There were 61 students who were studying in Ukraine, UAE, Vietnam, Palestine, Kuwait, Malaysia, Turkey, Egypt, and Sudan taking part in our survey. After analyzing the results, we obtained that about 49% of students spend most of the weekdays studying, while only 13% study for 1 or 2 days. The ratio of subjects and time was suitable for only 35%, the other 65% thought that it was stressful for them to catch up with the schedule. 64% were able to maintain good results, and only 3% got excellent grades. This explains why more than 50% of students sleep after 12 am and wake up between 5 and 7am. On the other hand, only 3% get to sleep before 9 pm and 1% wake up between 11 am and 1 pm. There were 64% of students that can manage their time to go out during weekends. Moreover, the percentage of students who feel comfortable in their society was about 67% and more than 50% of the total amount of participants rarely gets into fights.

Conclusion. We found out that it is a common situation for the majority of university students in different countries to be mentally stressed due to heavy

schedules most days of the week. On average, students have good educational scores as a result of their attempt to manage their time by staying up late and waking up early. And most of them can balance the studying and resting time throughout the week, and maintain a satisfying social connection with their community.

Recommendation. Students can prioritize subjects according to their importance and difficulty. In addition, they can change their studying method to a more creative and effective one that they feel more comfortable with. Students shouldn't underestimate the importance of leisure time on their mental and social health.