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## PSYCHOLOGICAL CHARACTERISTICS OF ANXIETY IN MEDICAL STUDENTS

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### Abstract

The article deals with the problem of anxiety as a factor in the reduction of mental processes among students of the Tashkent Medical Academy. Students in the learning process very often experience emotional, intellectual and informational loads. It is especially difficult for first-year medical students to adapt to the study of a large amount of new and complex educational material, to learn how to rationally allocate their time. A high level of anxiety can have a negative impact on mental processes such as memory and attention, which are so necessary in the process of student learning.

**Keywords:** The most well-known cause of psychological disturbance, stress, distrust, Beryozin's opinion, Ch. D. Spielberger - Khanin questionnaire, methodology.

The relevance of studying the factors of anxiety (anxiety) and emotional stability (tolerance) is determined, first of all, by the extreme nature and dynamics of the modern life of the subject, leading to stress, chronic psycho-emotional tension and fear for well-being (personal or close people) in the temporal space (present, nearest and distant future). Studying at a university is the type of significant activity in which a huge mental and neuro-emotional load falls on a young person, associated with a constant increase in the volume of educational information and a shortage of time for a good sleep and, as a result, for its high-quality processing, especially during examination session, acting as a stress factor.

In educational and pedagogical practice, two types of mental stressors are usually distinguished: 1) overstrain situations in any of its forms (competitions, olympiads, tests, colloquia, polls, exams, diploma defenses, etc.); 2) the process of upbringing and education itself with everyday forms of complex interaction of large and small everyday conflicts that act as stress. The selection of the latter seems to be completely justified, since the mechanisms of macro- and micro-stressors are the same. Situational anxiety is an integral part of our lives. Anxiety usually occurs as a temporary reaction to the stresses of everyday life. Anxiety is a psychological state that occurs in situations of uncertain danger and manifests itself in anticipation of an unfavorable development of events. Anxiety is the most common emotional disorder and is observed in the population in 30% of cases.

Anxiety is a property, an individual psychological feature, manifested in a person's tendency to often experience severe anxiety for relatively small reasons. In some cases, anxiety is a subjective manifestation of a person's troubles. Modern research is aimed at distinguishing between situational anxiety associated with a specific external situation, and personal anxiety, which is a stable personality trait. In the process of studying at higher medical educational institutions, high demands are placed on students, which do not always correspond to the psycho-emotional readiness of students. Studies have shown a high level of anxiety among medical students.

Many processes that take place in a person's life have an impact on his psychology and psyche. In addition, the feeling of anxiety, which is common in people, especially in today's youth, can cause a number of psychological or somatic disorders in a person. This condition causes more than usual stress, insecurity, or can later become a chronic condition. That is why it is important to identify, evaluate and analyze the anxiety that appears in students and young people through this topic and its causes and effects.

Today, work is done relying on psychological factors in order to solve every abnormal process and give it the correct assessment. Anxiety is undoubtedly one of the most well-known causes of psychological distress. In this article, as well as in the presented methodology, the main thing that we rely on is that a person should provide information about his psychology and psyche based on his situation.

Usually, this state, that is, the feeling of anxiety, puts us in a state of alert until the problem is solved, activates mental defense mechanisms, and this leads to very anxious, negative feeling states. Obsessive thoughts, discomfort in professional and personal life are the cause of anxiety. Insomnia is one of the most common symptoms of people who suffer from it, a condition that equally undermines our integrity. By determining the level of anxiety among young students studying in medical universities, we can make a conclusion about their psyche by analyzing the psychological changes that occur in young students. Any person who knows that the outcome of his expectations will not end with a positive end, feels anxious, and as this process becomes more serious, their level of anxiety increases.

Commenting on the process of anxiety, psychologist F. B. Beryozin said, "the lack of contact with a certain object is felt, the impossibility of clarifying the danger makes that situation impossible and creates a state of anxiety." Psychological rejection in such a situation connects anxiety with one or another object. As a result, an unspecified risk becomes clear and this situation is associated only with the probability of a certain situation occurring. A person who cannot communicate with people or speak among people, who cannot demonstrate his abilities, cannot perform serious tasks, and finds it difficult to find his place in interpersonal relations.

In the psychological dictionary, anxiety is defined as follows: "It is an individual psychological trait consisting of a high tendency to feel anxiety in various life situations, including when there is no reason for it." It is necessary to distinguish anxiety from anxiety. If anxiety is an episodic manifestation of a child's anxiety, then anxiety is a persistent condition. For example, there are cases of anxiety in a child before a speech

at a holiday or when talking about a topic in class. However, this anxiety is not always manifested, in other situations it can be quiet. It depends on the student's level of preparation. If the state of anxiety is repeated often and in different situations (answering during class, communicating with strangers, etc.), then we can talk about anxiety. Anxiety is not related to any specific situation and is manifested almost always. This condition accompanies a person in any form of activity.

In order to determine the level of anxiety among students of the Tashkent Medical Academy, we conducted the methodology of "Determining the level of anxiety" by Ch. D. Spielberger. This questionnaire was developed by Ch. D. Spielberger and serves to determine the level of situational anxiety (VX) and personality anxiety (ShX) (the questionnaire was modified by Yu. L. Khanin it is often referred to as the "Spilberger-Khanin Questionnaire" because of its The questionnaire consists of 40 statements - judgments (20 statements - judgments serve to measure the level of VX, 20 statements - judgments serve to measure the level of SHX). The above methods and information are important for relevance and accurate results. It is important to identify the level of this anxiety in young students and provide appropriate counseling. If the level of anxiety is high, a person may be slowly cut off from society and may not be able to show his potential. The purpose of this work was to study the indicators of the severity of anxiety among medical students of different faculties and courses, which can affect the success of studying at a university, the quality of mastering academic disciplines and the results of passing exams.

290 students of the Tashkent Medical Academy participated in the experiment, the obtained results were qualitatively and quantitatively analyzed and gender differences were determined. When we conducted this method among students studying in medical universities, it became clear that the level of anxiety among young students is average. The percentage of students with low and high levels of anxiety is low. Test takers with high levels of anxiety were mostly senior students who were found to be worried about graduation exams, starting an independent life after graduation, and working as a professional. These results are specific to future professionals and may be related to lifestyle changes, increased mental, emotional, and physical stress before graduation exams.

Young people with a high level of anxiety also have somatic problems: abdominal pain, dizziness, headache, tightness in the throat, difficult shallow breathing, etc. When anxiety manifests, they feel a dry mouth, something stuck in the throat, weakness in the legs, and frequent heartbeats. Working with an anxious person is a very difficult task and takes a long time. Experts recommend working with them in three directions:

1. Increase self-esteem.
2. To teach a person to control himself in somewhat exciting situations.
3. Removing muscle tension.

Young people with anxiety will have to work on themselves. The reason is that this feeling affects their life. Slowly - slowly he withdraws from society, it becomes difficult for him to communicate, he cannot express his free opinion. He cannot show his talent

openly. That's why young people with a high level of anxiety can harm themselves if they don't deal with it themselves.

We all know that a constant feeling of anxiety negatively affects the psychological state of students, repeated anxiety can turn into a stressful state, and this occupies a high place in the educational activities and life of students. Due to the anxiety that arises as a result of worries and concerns, both the mental and physical health of the student can suffer greatly. And thus, he simply will not be able to prepare well for the exams and will not be able to absorb the necessary information to use it in the exam. After all, anxiety is an emotional state that occurs in a person in situations of uncertain danger and manifests itself in anticipation of an unfavorable development of events.

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