

Involving students in studying the history of their region through projects, research and creative tasks will contribute not only to their professional development, but also to the formation of a sense of pride in their small homeland.

Literature

1. Education and pedagogical science of Gomel Region / compiled by V. A. Beizerov, F. V. Kadol, T. G. Shatiuk [et al.] ; general editor and translation into English by V. A. Beizerov; F. Skorina Gomel State University. – Gomel : F. Skorina GSU, 2019 – 110 p.

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RECOMMENDATIONS FOR STUDENTS WITH ENT DISEASES ON COPING WITH FEARS

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РЕКОМЕНДАЦИИ СТУДЕНТАМ С ЗАБОЛЕВАНИЯМИ ЛОР ПРОФИЛЯ ПО СОВЛАДАНИЮ СО СТРАХАМИ

Заболевания ЛОР органов, такие как синусит, фарингит, тонзиллит и отит и т. п. являются достаточно распространёнными среди студентов. Помимо физических симптомов, эти заболевания могут вызывать значительное психологическое напряжение и страх, особенно в условиях учебной нагрузки и стресса. В данной статье представлены эффективные рекомендации для студентов по совладанию со страхами, связанными с заболеваниями ЛОР-профиля.

Fears are an integral part of human life. They arise as a natural response to threats and stressful situations, helping us to avoid danger and adapt to changing conditions. However, when fears become excessive or irrational, they can significantly complicate everyday life, especially for students who face many challenges and stressors during their studies [1, p. 156].

The study was conducted among students aged 18 to 23 years with a history of chronic ENT diseases at F. Skorina State University. The questionnaire of the hierarchical structure of actual fears of the individual (HSAF) by Yu. Shcherbatykh and E. Ivleva was used as a diagnostic tool.

As a result, it was revealed that the following forms of fear are dominant among students:

– *fear of public speaking* is characteristic of 83.33 % of respondents. This fear is the most common and intense among students. It can manifest itself in the form of panic, increased heart rate, sweating and difficulty breathing. As a result, students may avoid participating in seminars, presentations and other educational activities, which affects their academic performance and skill development;

– *fear of exams* expressed in 66.67 % of students. Exams cause students to feel anxious and worried. This can lead to poor concentration, decreased cognitive function, and poorer memorization of information. Ultimately, this negatively affects exam results and students' self-esteem;

– *fear of changes in personal life* is typical for 62.5 % of respondents. Students may experience fear of changes in their personal lives, such as moving, starting a new relationship, or breaking up an old one. These changes may seem unpredictable and threatening to stability, which causes feelings of insecurity and anxiety;

– *fear of illness of loved ones* occurs in 54.17 % of students. This fear is especially relevant for students with ENT diseases. Constant thoughts about possible illnesses of loved ones can distract from studying, cause a feeling of helplessness and anxiety;

– *fear of superiors* was found in 50 % of respondents. Fear of superiors can make it difficult for students to interact with teachers and other authority figures. This leads to avoidance of communication, unwillingness to ask questions and receive feedback, which complicates the learning process.

Since the university has many students with chronic illnesses, it is important to create a supportive environment, encourage open communication, and offer help in difficult situations. Teachers, psychologists, and administrative staff can play an important role in supporting students. Organizing regular meetings with psychologists can help students cope with their fears. It is important to provide students with fear management tips to help them cope effectively and improve their overall well-being.

In order to minimize the consequences of chronic diseases, including ENT profile, it is necessary to follow the recommendations. First, students need to get detailed information about the disease, its symptoms and treatment methods. The more a person knows about their disease, the less fear they have of the unknown.

It is necessary to be in contact and dialogue with specialists: a doctor, a psychologist. Discuss with the doctor all the questions that concern you. Clear and understandable answers help to reduce anxiety. Also, to reduce the feeling of uncertainty, you need to control your study load, develop a clear schedule and follow it.

Working with a psychologist can be aimed at recognizing and changing negative thoughts related to the disease, as well as developing stress and anxiety management skills through cognitive and behavioral techniques. CBT helps to replace negative thoughts with more realistic and positive ones. Self-regulation skills, such as breathing exercises, meditation, and autogenic training, also help to cope with stress and anxiety. In case of severe anxiety and stress, do not hesitate to seek help from more specialized specialists (psychiatrist, psychotherapist). In any case, seek support from family and friends: communication, participation in cultural, social, and sports events help to distract from negative thoughts and receive moral support. You can also create a support group on a social network where you can share your experiences and find support among peers and like-minded people.

Another powerful tool for helping can be art and creative activities. And when working with a psychologist, you can use art therapy to explore and express your fears in a safe and constructive way. In general, expressing your emotions through drawing, writing or other creative activities helps relieve tension and focus on the positive aspects of life. In this context, the work of psychologists at the university takes on special significance. Psychologists play a key role in helping students suffering from fears, providing support, tools and techniques that help overcome these emotional barriers. Their task is not only to help students understand the nature of their fears, but also to teach them effective coping and overcoming strategies. Coping with fears in ENT diseases requires a comprehensive approach, including awareness, relaxation, cognitive behavioral and art therapy and support from loved ones. These recommendations will help students more effectively manage fears and improve their quality of life. It is important to remember that you are not alone, and you can always turn to specialists and loved ones for help. Effective interaction with medical professionals and psychological support plays a key role in achieving better treatment outcomes and emotional well-being.

Literature

1. Serdyuk, E.G. Fear and anxiety: personal and social aspects / E.G. Serdyuk // International Journal of Medicine and Psychology. – 2023. – Vol. 6, No. 2. – P. 156–162.