

TIBBIYOT OLIYGOHLARIDA O‘QUV YUKLAMALARINING TALABALARDA PSIXO–EMOTSIONAL HOLAT VA STRESS DARAJASIGA TA’SIRINI GIGIYENIK–PSIXOFIZIOLOGIK TAHLIL

Ne’matova Z. A.,

Jalolov N. N.

Karlibaeva U. J.

Choriqulova F. E.

Toshkent Davlat Tibbiyot Universiteti

Tibbiyot ta’limi dunyo bo’yicha akademik bosim, amaliyot majburiyatlari, imtihonlar va yuqori talablar bilan ajralib turadi, bu esa talabalarda stress holatining yuqori prevalensiyasiga olib keladi. Turli tadqiqotlarda tibbiyot talabalari orasida stress prevalensiyasi 30% dan 94% gacha o’zgarishi qayd etilgan, bunda imtixonlar, akademik yuklama va klinik amaliyotlar asosiy omillar sifatida ajralib turadi. Tibbiyot ta’limida stress talabalarning psixologik barqarorligi, uyqu sifati va o’quv samaradorligiga ham salbiy ta’sir ko’rsatishi ilmiy tadqiqotlarda qayd etilgan.

Bu jarayonda talabalar katta hajmdagi nazariy material, amaliy mashg’ulotlar, bemorlar bilan ishlash va imtihon stressiga duch keladi. Stress — bu tashqi talablar va ichki imkoniyatlar o’rtasidagi nomuvofiqlik natijasida yuzaga keladigan psixofiziologik holat bo’lib, u psixo–emotsional, kognitiv va fiziologik reaksiyalarni o’z ichiga oladi. Tibbiyot talabalari orasida stress darajasi dunyo bo’yicha yuqori bo’lib, 30% dan 94% gacha o’zgaradi, bu holat ularning o’qish jarayoni, ruhiy holati va o’quv samaradorligiga sezilarli darajada ta’sir qiladi.

O’quv yuklamalari nafaqat akademik bosimni oshiradi, balki uyqu tartibini buzishi, diqqat kamligi va emotsional taranglikka olib keladi. Bunday holatlar talabalarning kognitiv funksiyalariga salbiy ta’sir ko’rsatib, ularning klinik kompetensiyalarini shakllantirish jarayonini murakkablashtiradi. Yangi pedagogik yondashuvlar va gigiyenik profilaktika choralarining zaruriyati shundan iboratki, tibbiyot muhitida stress omillarini aniqlash va ularni kamaytirish yo’nalishida ilmiy yondashuvlar ishlab chiqish lozim.

O’quv yuklamasi va stressni aniqlash.

Ko’pgina tadqiqotlar shuni ko’rsatdiki, tibbiyot talabalari juda yuqori stress darajasini boshdan kechiradi. Masalan, tibbiyot talabalari orasida stress darajasi 30% dan 94% gacha bo’lgani qayd etilgan.

Boshqa bir tadqiqot shuni aniqladiki, 78% talabalarda o’rtacha va yuqori stress darajasi mavjud bo’lib, eng asosiy stressorlar — akademik bosim, klinik talablar va baholash tizimi deb topilgan. Bu ma’lumotlar talabalarning stress holati faqat umumiy psixologik holat emas, balki akademik talablar bilan bevosita bog’liqligini ko’rsatadi.

Stressning psixo–emotsional holatga ta'siri.

Stress kuchayganda talabalarda quyidagi psixo–emotsional simptomlar ko'proq kuzatiladi: depressiya va xavotir darajasining oshishi; uyqu buzilishi va charchoq; emotsional taranglik va kognitiv samaradorlikning pasayishi. Ushbu holatlar talabaning o'quv jarayoniga bo'lgan diqqatini pasaytiradi va ularning o'quv samaradorligini kamaytiradi.

Stress omillari quyidagilar bilan bog'liq: akademik yuklama va imtihon bosimi; klinik amaliyot va bemorlar bilan ishlash tajribasi; vaqtni boshqarish qiyinchiliklari va uyqu yetishmovchiligi. Bu omillar talabalarning ruhiy salomatligiga to'g'ridan-to'g'ri ta'sir qiladi va stress darajasini oshiradi.

Tibbiyot talabalari orasida stress juda yuqori prevalensiyaga ega, bu 30% dan 94% gacha bo'lgan darajada kuzatiladi. Asosiy stress omillari akademik yuklama, imtihon bosimi va klinik amaliyot bilan bog'liq bo'lib, ularning psixo–emotsional holatiga salbiy ta'sir qiladi. Stress talabalarning ruhiy va fiziologik holatiga jiddiy ta'sir ko'rsatadi, bu uyqu buzilishi, depressiya va charchoq kabi simptomlar bilan namoyon bo'ladi. Ilmiy asoslangan profilaktika choralari — stressni baholash, qo'llab-quvvatlash xizmatlari va o'quv yuklamalarini boshqarish strategiyalari — talabalar salomatligini yaxshilashda muhim rol o'ynaydi.

Foydalanilgan adabiyotlar.

1. Al-Shahrani MM, Alasmri BS, Al-Shahrani RM, Al-Moalwi NM, Al Qahtani AA, Siddiqui AF. The Prevalence and Associated Factors of Academic Stress among Medical Students of King Khalid University: An Analytical Cross-Sectional Study. *Healthcare (Basel)*. 2023 Jul 14;11(14):2029. doi: 10.3390/healthcare11142029. PMID: 37510470; PMCID: PMC10378871.
2. Alwhaibi, M., Alotaibi, A., & Alsaadi, B. (2023). Perceived Stress among Healthcare Students and Its Association with Anxiety and Depression: A Cross-Sectional Study in Saudi Arabia. *Healthcare*, 11(11), 1625. <https://doi.org/10.3390/healthcare11111625>
3. Axmadaliyeva, N. O., Bozorova, M. Y., Nigmatullayeva, D. J., & Jalolov, N. N. (2023). GIPERTONIYA KASALLIGI SABABLARI VA DAVOLASH USULLARI. *Евразийский журнал медицинских и естественных наук*, 3(6 Part 2), 130-133.
4. Choriqulova, F. E., & Nigmatullayeva, D. J. (2025, December). SMARTPHONE ADDICTION, ATTENTION DECLINE, AND CHANGES IN EMOTIONAL STATE. *International Conference on Advance Research in Humanities, Applied Sciences and Education*.
5. Iskandarova, G., Samigova, N., Tashpulatova, M., Utaev, S., & Saydullaev, O. (2023). Features of the technological process in the production of injectable drugs at pharmaceutical enterprises and hygienic assessment of microclimate at workplaces. *Journal of Coastal life medicine Received*, 1(11), 1319-1328.

6. Nigmatullayeva, D. J., & Umedova, M. E. (2025, December). THE IMPACT OF VITAMIN A, D, AND B-GROUP DEFICIENCIES ON COGNITIVE DEVELOPMENT IN CHILDREN. International Conference on Advance Research in Humanities, Applied Sciences and Education.
7. Suriakumar, J., Murugalakshmi, T., Bavai Malar, B. S., & Devi, J. (2025). Stress factors among medical students: A survey-based analysis of academic and personal challenge. *European Journal of Cardiovascular Medicine*, 15(4), 436–441. <https://doi.org/10.61336/ejcm/25-04-80>
8. Ахмадалиева, Н. О., Нигматуллаева, Д. Ж., Ёкубов, М. С., & Хакимова, Д. С. (2018). Исследование показателей терморегуляции у рабочих в условиях нагревающего микроклимата. In *INTERNATIONAL INNOVATION RESEARCH* (pp. 223-225).
9. Нигматуллаева, Д. Ж. (2018). Исследование функционального состояния зрительного и слухового анализаторов у работников умственного труда. In *advanced science* (pp. 218-220).
10. Ниязова, О. А., Хусниддинова, М. С., Махкамова, Д. М., & Нигматуллаева, Д. Ж. (2025, March). МИКРОКЛИМАТ КЛАССНЫХ ПОМЕЩЕНИЙ ОБЩЕОБРАЗОВАТЕЛЬНОЙ ШКОЛЫ И ЗДОРОВЬЕ УЧАЩИХСЯ. International Conference on Advance Research in Humanities, Applied Sciences and Education.
11. Самигова, Н. Р., Шеркузиева, Г. Ф., Мусаев, Э. В., Рустамова, М. К. К., & Хаджаева, У. А. К. (2019). Особенности условий труда медицинских работников санитарно-гигиенических лабораторий. *Academy*, (2 (41)), 97-98.
12. Чорикулова, Ф. Е., Нигматуллаева, Д. Ж., & Жалолов, Н. Н. (2025, December). ПСИХОГИГИЕНИЧЕСКИЕ АСПЕКТЫ РАЗВИТИЯ ЦИФРОВОЙ НАГРУЗКИ И ПСИХИЧЕСКОГО ИСТОЩЕНИЯ В УСЛОВИЯХ ОНЛАЙН-ОБУЧЕНИЯ. International Conference on Advance Research in Humanities, Applied Sciences and Education.
13. Саломова, Ф. И., Ниязова, О. А., & Мирсагатова, М. Р. (2022). Гигиеническая оценка расписания средних классов Общеобразовательных школ наманганской области.
14. Ikramova, N. A., Mirsagatova, M. R., Jalolov, N. N., Kasimova, K. T., Sultonov, E. Y., & Sadirova, M. K. (2025, April). THE EFFECT OF THERMAL LOAD ON THE BODY OF OUTDOOR WORKERS: ANALYSIS BASED ON MEDICAL AND HYGIENIC INDICATORS. International Conference on Advance Research in Humanities, Applied Sciences and Education.
15. Umedova, M. E., & Jalolov, N. N. (2025, April). Integration of multimedia tools in the educational process and their importance. In *The Conference Hub* (pp. 95-98).
16. Niyazova, O. A., Jalolov, N. N., & Khairullaeva, L. G. (2023). STUDYING THE ACTUAL NUTRITION OF STUDENTS OF TECHNICAL INSTITUTIONS (UZBEKISTAN, GERMANY).

17. Zakirkhodjaev, S. Y., Sadirova, M. K., Niyazova, O. A., & Abdirova, A. M. (2024). Nutritional Needs in Chronic Liver Disease.
18. Umedova, M. E., & Nigmatullayeva, D. J. (2025, December). INTERNET ADDICTION AND THE LEVEL OF PSYCHOLOGICAL FATIGUE AMONG PRIMARY SCHOOL STUDENTS: AN EPIDEMIOLOGICAL ANALYSIS. International Conference on Advance Research in Humanities, Applied Sciences and Education.
19. Umedova, M. E., & Gulmirzayeva, M. M. (2025, December). THE RELATIONSHIP BETWEEN EXCESSIVE SUGAR AND FAT INTAKE AND GESTATIONAL DIABETES MELLITUS. International Conference on Advance Research in Humanities, Applied Sciences and Education.