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The Peculiarities of Forming of Stress Resistance of Students of Higher Educational Institutions

Stress is a widely spread phenomenon nowadays. Young people are under stress especially often in situations connected with their professional choice and professional activity. However, the highest level of stress is observed among those specialists that work with people, their problems and needs that are in contact with patients. That is why the ability to form both individual resistance to stress and provide any help to young people that are in a stress situation is an important stage in professional training. Thus it is necessary to define the main factors of forming stress resistance among students.

The most difficult and ambiguous professional students' quality is stress resistance. The most researchers regard stress resistance as genetically acquired feature of a human being that logically determine the appropriate methods of its research and ways of evaluation. But the results of recent researches state that stress resistance is also formed in the process of activity. Taking this into account it is necessary to research the peculiarities of forming of stress resistance of students, as professional readiness while admission doesn't mean the following adaptation of the student to the circumstances.

So, the experience of stress situations causes large psychological influence on physical and psychological health of the youth. That is why the improvement of the ability to resist stress, to overcome it or at least to lessen the influence of stress situations is an important aim of psychological training.