

RESEARCH ON PROVIDING PSYCHOLOGICAL ASSISTANCE TO STUDENTS

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Abstract: This article analyzes research on providing psychological assistance to students, examining its methodological foundations, existing challenges, and effective approaches. Psychological issues such as stress, depression, anxiety, and other mental health concerns are prevalent among students, making the establishment and improvement of quality psychological services a crucial task. Research findings indicate that the effectiveness of psychological services can be enhanced through educational, technological, socio-psychological, and innovative approaches.

Keywords: psychological assistance, student youth, psychological services, mental health, research methodology.

Introduction.

Student life is a significant period marked by exposure to various stress factors. Academic workload, social adaptation issues, uncertainty about the future, and financial difficulties all affect students' psychological well-being. Research shows that the availability of psychological assistance and the level of trust in it vary among students.

1. The Urgent Issues in Providing Psychological Assistance to Students

Global studies highlight the widespread prevalence of psychological problems among students. Some key findings include:

- **Depression and Anxiety Disorders** – According to the 2021 World Health Organization (WHO) report, 35-40% of students experience depression and anxiety disorders.

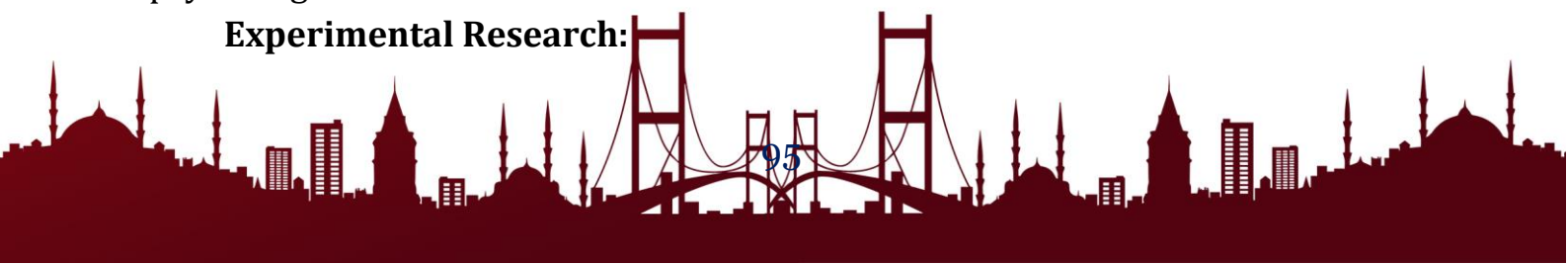
- **Barriers to Seeking Psychological Help** – Many students remain hesitant to seek psychological counseling. A 2020 study in the United States found that only 30-40% of students who needed psychological help actually sought it (American College Health Association, 2020).

- **Insufficient Psychological Services** – Although some universities have psychological centers, their effectiveness does not always meet student needs.

Main Section

Various methodological approaches are used in research on providing psychological assistance to students:

Experimental Research:



Students are divided into groups, exposed to different psychological interventions, and the results are compared. For example, a study by Andersson et al. (2021) compared the effectiveness of online psychotherapy with traditional counseling and found that online approaches were 20% more effective.

Surveys and Interviews:

Surveys are widely used to assess students' perceptions of psychological assistance. According to the National College Health Assessment (NCHA, 2020), 60% of students reported that high stress levels negatively impacted their academic performance.

Qualitative Research:

To gain deeper insights into the need for psychological assistance, qualitative methods such as focus groups and interviews are conducted. A study by Taylor et al. (2019) found that students cited lack of anonymity, stigma, and financial difficulties as major barriers to seeking psychological help.

Effective Mechanisms for Psychological Assistance:

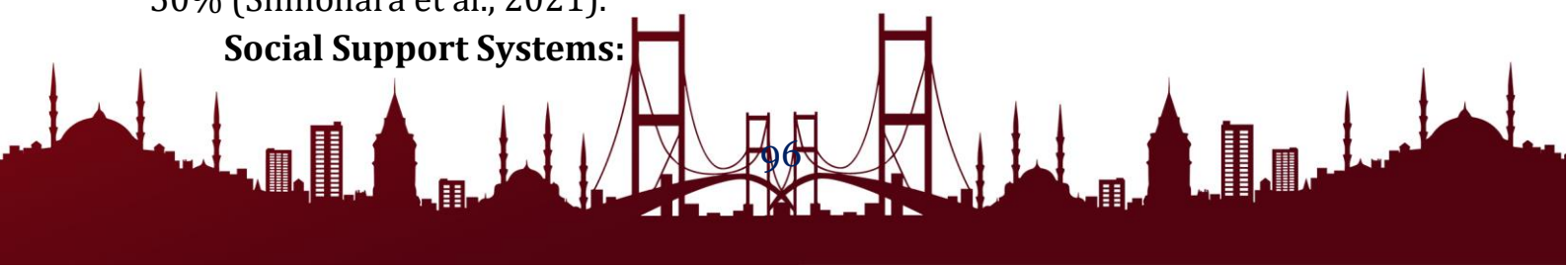
Developing University Psychological Services:

- Organizing seminars and training sessions to raise awareness about psychological services.
- Offering free workshops on stress management, time management, and emotional stability.
- Posting content about psychological services on official university pages (e.g., tips, success stories, expert interviews).
- Providing psychological counseling at free or affordable rates.
- Studies show that students who utilized university psychological services experienced a 25% reduction in depression levels (Brown et al., 2021).

Online Psychological Counseling and Digital Approaches:

- Developing online platforms, mobile applications, or websites for psychological counseling.
- Regularly posting useful articles on stress reduction, academic motivation, and mental well-being.
- Implementing AI-based chatbots (e.g., Wysa, Woebot) for psychological support.
- Using online therapy platforms (e.g., BetterHelp, Talkspace).
- Digital counseling services can increase access to psychological help by 50% (Shinohara et al., 2021).

Social Support Systems:



- **Monitoring changes** – Conducting surveys to track students' attitudes toward psychological services.

- **Adapting services** – Updating psychological service strategies based on student feedback.

- **Peer-to-peer counseling systems** – Establishing support groups where students help each other.

- **Mental resilience training** – Organizing workshops to improve students' emotional stability.

- Group support programs have been shown to reduce student stress by 35% (Yalom, 1995).

Conclusion.

Research indicates that while the need for psychological assistance among students is high, acceptance rates remain relatively low. Adolescents tend to associate psychological help with internal struggles and emotional balance, while young adults focus more on practical approaches and personal responsibility. As students mature, their perception of psychological assistance shifts from an emotional response to a structured problem-solving and personal development approach.

To enhance the effectiveness of psychological assistance, universities should focus on the following:

- ✓ **Developing University Psychological Services** – Raising awareness through seminars and training sessions, providing free workshops, and posting informational content on official university platforms.

- ✓ **Using Technological Approaches** – Implementing online therapy, AI chatbots, and virtual reality therapy.

- ✓ **Strengthening Socio-Psychological Support** – Reducing stigma by involving role models (e.g., influential students or public figures) who share their experiences with psychological services.

- ✓ **Promoting a Positive Mindset** – Reinforcing the message that seeking psychological help is a sign of strength through communication and advertising materials.

Scientific studies confirm that the integration of these approaches plays a crucial role in improving students' mental health.

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