

عنوان مقاله:

Comparative Characteristics for the Influence of Academic Stress on the Mental Health of the Medical and Pedagogical Senior Students

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خلاصه مقاله:

Objectives: Academic stress negatively affects the students' mental state, leading to lower academic performance, reduction in the level of professional training, and success in the future. This study aims to investigate the medical and psychological status of senior students in medical and pedagogical departments. We hope to propose some recommendations for preventing maladaptation associated with stressful influences **Methods:** This research is a descriptive and comparative study and investigates the mental health of senior students. A consecutive sample of ۱۹۲ fifth-year students was selected by convenience sampling method. They were examined using the medico-sociological and psychometric methods. There were ۱۳۷ students of medical and ۵۵ pedagogical students aged ۲۰-۲۹ years (Mean \pm SD=۲۱.۸ \pm ۱.۲ years; ۱۴۲ women and ۵۰ men). The participants completed the test for academic stress, social phobia inventory, Beck depression inventory-۲, Beck anxiety inventory, and depression, anxiety, and stress scale-۲۱ (Lovibond, Lovibond). The obtained data were analyzed in SPSS software v. ۱۶. **Results:** There are many differences between the mental health status of the study groups. These differences comprise suicide ideation, suicide attempt, depression, and symptoms of social phobia. However, there were no differences between study groups regarding anxiety, high academic load, and disappointment in the profession, and manifestations of educational stress, including fatigue and psychosomatic symptoms. The routine methods for overcoming stress were drinking alcohol (most often among medical students), smoking, and taking non-prescription sedatives, which was a risk factor for addictive behaviors. **Discussion:** It is necessary to develop and implement psychoeducational programs for medical and pedagogical students to acquire adaptive skills to overcome stress and reduce anxiety and depression, eventually preventing the development of psychosomatic disorders and addictions

کلمات کلیدی:

Medical students, Depression, Stress disorders, Anxiety, Mental health

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