

**RISING LEVELS OF ANXIETY AND STRESS AMONG MODERN ADOLESCENTS:
CAUSES AND PRACTICAL STRATEGIES FOR REDUCTION**

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Abstract: The psychological well-being of adolescents is a growing concern in modern education systems, particularly in Uzbekistan. This paper investigates the increasing levels of anxiety and stress among school and college students, identifies key causes, and proposes practical psychocorrectional methods. Through analysis of diagnostic tools and real-life interventions, the study provides insights into effective strategies for reducing emotional pressure and fostering mental health in adolescents.

Keywords: adolescent anxiety, stress, psychological diagnosis, psychocorrection, educational institutions, Uzbekistan.

In recent years, anxiety and stress-related disorders among adolescents have gained significant attention across global psychological and educational research. In Uzbekistan, the transition from traditional to modern educational demands, increased academic pressure, family expectations, and digital influences have contributed to rising emotional distress among youth, especially students aged 13 to 18.

Adolescents are at a vulnerable stage of development, both cognitively and emotionally. When exposed to high stress levels without adequate coping mechanisms, they are at risk of developing chronic anxiety disorders, which may negatively affect academic performance, social relationships, and long-term psychological health. This paper aims to analyze the key causes of anxiety among modern Uzbek adolescents, highlight reliable diagnostic approaches, and outline practical psychocorrectional strategies that can be used in schools and colleges.

Several interrelated factors contribute to elevated stress and anxiety in students:

- **Academic Pressure:** Overloaded curricula, test anxiety, and fear of failure are primary contributors.
- **Parental Expectations:** Strict discipline and high expectations for academic excellence cause chronic performance anxiety.
- **Peer Influence and Social Comparison:** Fear of social rejection, bullying, and unrealistic standards promoted on social media increase insecurity.
- **Technological Overexposure:** Excessive screen time, sleep disturbances, and reduced real-life interactions exacerbate emotional tension.
- **Socioeconomic Factors:** Financial instability and family conflict create additional psychological burdens.

These issues often go unnoticed due to stigma or lack of awareness, which leads to underdiagnosed and untreated emotional disorders among students.

Reliable and culturally sensitive tools are essential for diagnosing anxiety in Uzbek adolescents. Among the most commonly used tools are:

- **Spilberger's State-Trait Anxiety Inventory (STAI)**
- **Beck Anxiety Inventory (BAI)**
- **Taylor Manifest Anxiety Scale**
- **Clinical observation and interviews**
- **Teacher and parent questionnaires**

School psychologists play a critical role in administering these diagnostics and interpreting results to identify students who need intervention.

Practical Recommendations for Reducing Anxiety in Uzbek School and College Students

Area of Focus	Recommendation	Expected Effect
1. Academic Pressure	Reducing test overload, incorporating creative assessments	Lowers performance anxiety
2. Emotional Awareness	Implementing emotion regulation training (e.g., CBT techniques)	Improves coping strategies
3. School Environment	Establishing quiet zones, peer counseling, mental health days	Promotes calm and emotional security
4. Teacher Training	Workshops on identifying anxiety signs and emotional support skills	Enhances early detection and response
5. Parental Involvement	Psychoeducational sessions for parents on adolescent stress	Increases support and understanding at home
6. Digital Exposure	Teaching digital literacy and screen time control	Reduces social comparison and sleep disturbances
7. Group Activities	Organizing peer support groups, art therapy, sports participation	Encourages expression and builds self-confidence

Effective psychocorrectional approaches focus on emotional regulation, behavioral change, and environmental support. Recommended strategies include:

Cognitive-Behavioral Therapy (CBT)

Helps students identify and challenge irrational thoughts, develop healthier thinking patterns, and manage stress through problem-solving techniques.

Relaxation and Breathing Techniques

Deep breathing, progressive muscle relaxation, and mindfulness practices help regulate physiological symptoms of anxiety.

Group Therapy and Peer Support

Encourages emotional expression, reduces isolation, and creates a sense of belonging.

Parental Involvement and Psychoeducation

Educating parents on the emotional needs of adolescents and promoting supportive home environments significantly improve outcomes.

School-Based Mental Health Programs

Integrating mental health education into the curriculum, along with routine screening and counseling services, can serve as a preventive measure.

The increasing prevalence of anxiety and stress among adolescents in Uzbekistan reflects broader societal and educational challenges. By recognizing early signs, employing effective diagnostic tools, and implementing practical psychocorrectional methods, schools and families can work together to support students' emotional well-being.

Investing in adolescent mental health is not only crucial for their personal development but also for the social and economic future of the country. Creating emotionally supportive learning environments must become a priority in Uzbekistan's education system.

Moreover, successful anxiety management in adolescents requires a **systemic approach** involving collaboration between **school psychologists, teachers, parents, and students themselves**. Early intervention through psychological assessments and support services can prevent the progression of anxiety disorders into adulthood.

In Uzbekistan, although awareness is growing, there is still a need for:

- Wider implementation of psychological screening in schools and colleges;
- Professional development for educators in adolescent mental health;
- Destigmatization of seeking psychological help.

By integrating **preventive measures**, teaching **emotional resilience**, and promoting **mental health literacy**, we can significantly reduce the long-term impact of stress and anxiety on youth. A national framework that prioritizes student well-being must be considered a critical investment in the country's future human capital.

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