

FORMATION OF PSYCHOLOGICAL STABILITY AND POSITIVE LIFE MOOD IN STUDENTS THROUGH RECREATIONAL TOURISM

Babajanov Ilhom Abdulla ugli

Independent researcher at Urgench State University
named after Abu Rayhon Beruni

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Annotation: This article analyzes the role of recreational tourism in the formation of psychological stability and positive life mood of students. The article highlights the importance of the natural environment, active recreation and tourism activities that promote a healthy lifestyle in eliminating mental stress, stress and demotivation among young people in the conditions of a modern lifestyle.

Keywords: recreational tourism, psychological stability, emotional health, stress management.

Introduction.

Globalization processes, the rapid development of digital technologies, socio-economic changes and a competitive labor market are putting significant pressure on the daily lives of students. In such conditions, the psychological stability, emotional state and level of social adaptation of students of higher educational institutions are recognized as an important factor in their personal and professional development. In particular, the stress of the educational process, the abundance of information flow and the requirement for high intellectual activity can have a negative impact on the mental health of young people. From this point of view, improving the psychological state of students and directing them to work in a positive spirit is one of the urgent tasks of the modern education system. Recreational tourism is a type of activity aimed at restoring human health, getting rid of mental stress, raising mood and maintaining socio-psychological balance, which is widely used in various fields, in particular in the educational process. Through trips to nature, visiting cultural and historical monuments, sports and recreation activities and group recreation, a positive emotional state is formed in students, their psychological resistance level increases and social integration is strengthened. This article studies the psychological and pedagogical functions of recreational tourism in the educational process, analyzes the possibilities of forming a stable psychological state in students, combating stress and mental strain, as well as developing a positive attitude towards life. The purpose of the article is to outline the scientific and theoretical foundations and develop practical recommendations aimed at strengthening the mental health of students through recreational

tourism. Recreational tourism is an activity aimed at restoring and developing the physical, psychological and social health of a person, which is carried out through recreation, travel, sports and cultural activities. For students, recreational tourism is not only a means of recreation, but also an important psychoprophylactic mechanism that reduces mental tension, emotional exhaustion and stress that arise during the educational process. Studies have shown that 60-70 percent of students experience psychological problems of varying degrees during their studies. This can lead to a decrease in self-awareness, lack of self-confidence, increased anxiety and depressive states. The following forms of recreational tourism are particularly effective in preventing such negative consequences:

Trips to mountainous and natural areas - this activity not only stimulates physical activity in students, but also forms mental freshness, openness of thought and mood stability through the natural environment. Studies show that regular contact with nature reduces the level of stress in a person and strengthens psychological stability.

Excursions to cultural and historical places - by introducing students to national values and historical heritage, their social identification is strengthened, their self-esteem increases. This ensures emotional and spiritual stability.

Sports and health activities - physical activities such as active recreation, walking, cycling, skiing increase the release of endorphins and stimulate a positive mood. This type of recreational activities, when carried out in a group, also serves to form social skills.

Psychological and relaxation tourism - through SPA, yoga, meditation and other mental health activities, students develop a state of inner balance, calmness and self-awareness.

Based on experimental data, the level of psychological balance, positive emotions and life satisfaction among the group of students who actively participated in recreational tourism was 25-30% higher than that of the control group. Also, social activity, communication skills and academic motivation were significantly stronger in this group.

The integration of recreational tourism into the educational system requires a comprehensive approach to the pedagogical process. In particular, higher educational institutions should carry out systematic work in the following areas:

Development of special programs for recreational activities;

Attracting coaches and psychologists in tourist areas;
Organizing regular health and cultural trips for students;
Conducting training and seminars aimed at psychological health.

Thus, it is scientifically substantiated that recreational tourism has a high potential to create a stable psychological environment in the lives of students, combat stress factors and form a positive life attitude.

Results:

A modern student is considered not only a person who acquires knowledge, but also a complex individual who is trying to maintain socio-psychological stability. Today, most students face various psychological problems due to excessive information pressure, academic overload and uncertainties in their personal lives. This situation limits the student's participation not only in studies, but also in social life, causes mood instability, stress, demotivation and even psychosomatic diseases.

The conducted studies and observations show that recreational tourism is an effective tool for restoring psychological stability in students and bringing them to a positive life position. The experimental group included 120 students who regularly participated in recreational activities (nature trips, sports and health activities, cultural excursions). Their mental state and emotional stability were assessed through tests, questionnaires and interviews. The control group did not participate in recreational activities. According to the results:

the level of emotional stability among students in the experimental group increased by 32%;

the stress tolerance index improved by 28% (based on the Connor-Davidson Resilience Scale);

the Life Satisfaction Index increased by 25%, which indicated a positive effect on their overall mental state;

also, social activity and communication skills increased by 19%, which indicates the socializing nature of group recreational activities.

On the other hand, no significant positive changes were observed among students participating in the control group, but in some cases, an increase in stress symptoms, a decrease in motivation, and a decrease in self-esteem were noted. This once again scientifically confirms how recreational activities act as a psychological shock absorber in the lives of students. The analysis shows that through recreational tourism, students are instilled with important psychological qualities such as not only leisure, but also a positive attitude to life, self-confidence, internal balance, emotional stability. This has a positive

effect not only on their academic performance, but also on their personal development. Recreational tourism is a tool that occupies a special place in modern psychological and pedagogical activities, and is highly effective in improving the health of students, reducing stress, and ensuring their general psychological well-being. Higher educational institutions can effectively fulfill their educational tasks by systematically organizing such activities.

Conclusion.

Recreational tourism is considered an important factor in strengthening the psychological state of students in the modern education system, reducing stress levels, and forming a positive life position. Based on the analysis, it was found that recreational activities are highly effective in increasing the emotional stability, mental state, and social adaptability of students. Through direct communication with nature, physical activity, group tourist activities, and trips to cultural and historical places, students increase their self-confidence, social activity, and life satisfaction. The ideas put forward in this article show that higher educational institutions, by fully utilizing the opportunities of recreational tourism, can create a healthy psychological environment, increase the effectiveness of educational work, and create the basis for the formation of students as well-rounded individuals. Therefore, the integration of recreational tourism into the educational process is an urgent scientific and practical task.

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