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STUDENTS' DESTRUCTIVE BEHAVIOURS AND SOLUTIONS TO OVERCOME IT

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ABSTRACT

The article is devoted to highlight some destructive behaviours among students of the medical universities.

Keywords: destructive behaviour; psychology of the students; procrastination; negative impact.

Destructive behavior is a recurring action people might do that typically provides instant satisfaction but often leads to long-term problems [1]. Destructive behaviors might form as a result of repeated acts. When a behavior is performed enough times, it becomes automatic and difficult to break.

Then, it is also discovered that peers, family members, and others in a student's surroundings can all impact bad behaviors. Students may adopt the habits of people around them without fully understanding the implications on their life.

Moreover, as a technique of coping with negative emotions or stress, bad habits might form. A student, for example, who is nervous or overburdened may resort to social media or other diversions to evade their duties and start to be irresponsible with all the tasks given.

Purpose of the study. The objective of this study is to investigate the behaviors that give negative impacts to the students and elaborate the solution to overcome the bad habits. By understanding and acknowledge these behaviors, we will be able to identify students that have risk in harming themselves and others, which enable us to give proper support to avoid any harms.

Besides, when students' destructive behaviors are identified, people may be able to create a safe and supportive environment to all the students. People evolve the bad habits to good habits in students thus, people can create new generation of students that will emphasize in living good habits throughout their lives.

Materials and research methods. To investigate the negative behavior that will destruct students' future, this study utilizing the secondary data analysis and reviewed the composed articles and thesis paper that are latest and reliable where the information was gathered to provide valid result for this study.

- Why students develop procrastination and how to solve it?
- How have students developed the habit substance abuse?
- How to ensure students have good emotional states?
- How to prevent students from distraction?

Results. There are few reasons on why students develop the habit of procrastination. Firstly, due to fear of failure some students decided to procrastinate as they think they would not be able to complete the task successfully and fail it. Coping with fear through this type of avoidance can help the procrastinator protect their mood in the short term, by helping them postpone the thing that they're afraid of. However, in the long term, this generally hurts them more than it helps [2]. Besides, due to lack of motivation and time-management skills, students have difficulties in balancing their various responsibilities as students. There are few ways to prevent procrastination such as break down the tasks given so that it is easier for students to get started and finish it. Moreover, students also can set goals and deadlines which help students to stay motivated and focus. Next, students can prevent procrastination with the help of planner and task management tool which give assistance in keeping track of all the task and keep it organized. Then, by studying in a group, the peer pressure obtain by students will ensure that the task given finished on time and student also advised to reward themselves after completing the assignments given.

On top of that, many students developed substance abuse habit during their studies. There are many factors that contribute to this such as peer pressure. Students may feel pressured to use drugs or alcohol by their friends particularly in social situations such as gathering where substance use is normalized. Also, due to stress, some students turn to alcohol and drugs as their coping mechanism when they experience social and academic pressure. Based on the American Addicted Centers, it found that nearly 60 percent of the students had turned to alcohol as a way of coping with stress at some point. Around 26 percent had used medications like Adderall, which is meant to increase energy levels and focus, without permission from a doctor. And nearly half of the students had combined such drugs with alcohol [3].

Furthermore, numerous factors contribute to the students' bad emotional state. Students

are stress due to family issues and high expectation from many people. Some students also experience mental health issues such as anxiety, attention deficit hyperactivity disorder (ADHD) and anxiety. To promote good emotional state in students, school should provide a positive and inclusive classroom environment where everyone showing respect and kindness which they feel included and valuable. For example, when students did not get excellent marks, instead of scolding or judging them, the teachers and other students should help the students out by giving more explanation and provide emotional support. Then, students should be taught on the stress management techniques such as deep breathing to cope with stress and anxiety.

In addition, students are known to be easily distracted with many objects and activity. In today's globalization, students are distracted with digital technologies such as smartphones, computer, and video games. A recent survey found the use of technology in class, such as laptops or phones, for noneducational purposes was distracting to almost half of students, while others surveyed believe technology in the classroom is unavoidable [4]. Due to some distractions, a lot of young generation develop the social media addiction and tend to focus more on the virtual life instead of focusing in academic and cocurricular activities.

To save students from these distraction, teachers and parents need to restrict the usage of technology from unrestricted access to a purposefully usage to educational apps and online resources. Besides, we can also minimize the distraction in class such as the noise and visual distractions. Next, by providing breaks, it allows students to stretch, move around and recharge so that they can focus again.

Conclusion. To conclude this study, there are many bad habits that developed by the students during their study years. Education, social and emotional learning, and good peer impact may all help students avoid harmful behaviors in the first place. Furthermore, having a controlled learning environment [5], reducing distractions, and employing engaging activities can assist students avoid being distracted and losing attention.

Access to mental health treatments and resources might be critical for students who are already battling with harmful habits. Helping families and interacting with caregivers may also contribute to the creation of a good atmosphere and the promotion of healthy habits [6].

To address students' damaging behaviors, educators, mental health experts, families, and community members must all work together. We can help students overcome problems, build resilience, and create healthy habits and behaviors that will benefit them for the rest of their life if we all work together to give the necessary support and resources. School administration should implement anti-bullying policies and provide access to mental health service such as counselling with professional therapist. Then, students should also have the chance to participate with any decision-making process so they will feel more invested in their well-being.

Last but not least, students should learn how to cope with anxiety. Anxiety is common among students due to academic pressure, and expectations. Firstly, students should identify the trigger of the anxiety, so that they can avoid it and prepared to face the trigger. Besides, having enough sleep which is around 7 to 8 hours of sleep is also important for mental health. Then, students should practice more on self-care where they do activities which make them enjoy the life such as reading, take a hot bath and listen to soothing music.

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ДЕСТРУКТИВНЫЕ ПАТТЕРНЫ ПОВЕДЕНИЯ СРЕДИ ОБУЧАЮЩИХСЯ В ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЯХ И РЕШЕНИЯ ИХ ПРЕОДОЛЕНИЯ

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АННОТАЦИЯ

Деструктивные паттерны поведения как следствие имеют негативное влияние на продуктивность обучающихся в высших учебных заведениях. В статье освещаются основные деструктивные формы, выбранные авторами, которые, по их мнению, наиболее часто встречаются.

Ключевые слова: деструктивное поведение; психология обучающихся; прокрастинация; негативное влияние.

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