for injuries during immobilization and treatment of paresis and paralysis. Dynamic exercises are most often used. In this case, periods of contraction alternate with periods of relaxation. Other groups of exercises are also distinguished by their nature. For example, stretching exercises are used for joint stiffness [1].

Conclusions.

Monitoring the effectiveness of rehabilitation treatment at all stages allows for adjustments to the work being done.

The volume of disorders, the stage of rehabilitation, and the patient's health condition largely determine the dosage of the load. One of the methods of such dosage is the working posture, the nature of the work, the work schedule, the weight of the tool, the volume of work, and the duration of the work.

To achieve the fastest results, occupational therapy must be combined with treatment by position, massage, and therapeutic physical training. Before occupational therapy procedures, a set of therapeutic physical training, self-massage, or massage is performed. Such a set lasts for approximately eight minutes. The occupational therapy procedure is performed every day or every other day and lasts from half an hour to forty-five minutes. When developing the correct stereotype of work movements, the following rules are observed: the patient is introduced to the movement, the technique of its execution is shown, and the acquisition of work skills is promoted through repeated repetition of the movement.

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Syrovatko Zoia
Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.
orcid: 0000-0002-5752-9445
Bilokon Viktor
Senior Lecturer at the department of health and sports technologies, National Technical University of Ukraine "Igor Sikorsky Kyiv Polytechnic Institute" Kyiv, Ukraine.
orcid: 0000-0002-8750-8573

Sport and physical education as a mechanism and method of combating stress in Ukrainian higher education students.

"Stress (from the English stress - pressure, pressure, pressure; tension) is a non-specific (general) reaction of the body to an impact (physical or psychological), disrupting its homeostasis, as well as the corresponding state of the nervous system of the body." Stress occupies a huge place in people's thoughts, especially students. Not everyone manages to quickly get rid of it and even sleep, a student's best friend, cannot always help with this "even in a state of complete relaxation, a sleeping person experiences some stress, the heart continues to pump blood, the intestines - to digest yesterday's dinner, and the respiratory muscles ensure the movement of the chest. Even the brain does not completely rest during periods of dreams." Stress is an integral part of a person's life, with which he struggles for a long period of time, which makes him look for real ways to deal with it. Scientists have proven that the best way to deal with stress is physical activity, which is beneficial for psychological and physical health. Which, in turn, helps to improve academic performance in students. But they are the ones who are most short of time for physical exercise, which is why physical education classes are so important in educational institutions. Since students are at a critical stage in their lives, it is interesting to see how physical activity affects their stress load and recovery.

Key words: *stress, student, exercise, sports games, swimming, running.*

Сироватко Зоя, Білоконь Віктор. Спорт та фізичне виховання як механізм та метод боротьби зі стресом у студентів вищих навчальних закладів України.

«Стрес (від англійської. stress – тиск, натиск, напруга) – це неспецифічна (загальна) реакція організму на вплив (фізичний чи психологічний), що порушує його гомеостаз, а також відповідний стан нервової системи організму». Стрес займає величезне місце в думках людей, особливо студентів. Не всім вдається швидко позбутися його і навіть сон, найкращий друг студента, не завжди може допомогти в цьому «навіть у стані повного розслаблення спляча людина відчуває певний стрес, серце продовжує перекачувати кров, кишечник – перетравлювати вчорашню вечерю, а дихальні м'язи забезпечують рух грудної клітки. Навіть мозок не повністю відпочиває під час періодів сновидінь». Стрес – невід'ємна частина життя людини, з якою вона бореться протягом тривалого періоду часу, що змушує її шукати реальні способи боротьби з ним. Вчені довели, що найкращим способом боротьби зі стресом є фізична активність, яка корисна для психологічного та фізичного здоров'я. Що, у свою чергу, сприяє покращенню успішності студентів. Але саме їм найбільше не вистачає часу на фізичні вправи, тому заняття

з фізичного виховання такі важливі в навчальних закладах. Оскільки студенти перебувають на критичному етапі свого життя, цікаво спостерігати, як фізична активність впливає на їхнє стресове навантаження та відновлення.

Ключові слова: *стрес, студент, фізичні вправи, спортивні ігри, плавання, біг.*

Formulation of the problem. The work reveals a topical problem for many people, especially for students, whose life circumstances most often lead to stressful situations. The term "stress" is defined, the reasons for its occurrence are considered, and types of physical exercises as a means of combating it are discussed.

Analysis of literary sources. Teachers who did their job perfectly and studied the material: Anikeienko, L., Bilokon, V. [1], Dakal N. [2], Khoruzheva L., Yunak V., Dotsenko L., Mykhailenko V., Zhuravlev S. [3], Yefremenko V., Syrovatko Z. [4].

Any type of physical activity can help in the fight against stress. However, of all of them, these are the most effective, which contribute not only to the development of stress resistance, but also to the fight against many other problems. This article discusses only some of them: swimming, water calms, relaxes and relieves stress, which contributes to a comprehensive improvement in the body's condition. "Swimming as a physical action is the ability (or skill) of a person to stay on the surface of the water and move in a given direction without outside help and additional devices." It is the most effective, since it involves a larger number of muscle groups, but the internal organs work no less intensively. Active movements in the water train the heart and strengthen blood vessels, but even smooth and calm actions have a positive effect on a person's condition. In addition, swimming has a positive effect on the immune system, which is important, since it is the one that weakens first of all under intense stress on the body. Swimming has a special, unique effect on the human body, since being in the water, he experiences a certain feeling of weightlessness, which gives him a feeling of antigravity. Also, the main advantage of swimming is that it is accessible to all ages, the main thing is to be able to keep your body on the water [1]. "Running is one of the ways of movement (locomotion) of humans and animals; it is distinguished by the presence of the so-called "flight phase" and is carried out as a result of complex coordinated activity of skeletal muscles and limbs." Running brings invaluable benefits to the body, it strengthens the immune system and muscular skeleton, improves the work of the cardiovascular and respiratory systems. It also promotes the production of endorphins, increasing the emotional background of a person. This sport is very effective in getting rid of negative emotions and nervous tension. An evening run is best for this, as it will allow you to get rid of all the negativity accumulated during the day. In general, drawing a conclusion from all the above, it should be said that many people are subject to stress, but it especially affects the emotional background of students. There are many ways to combat it, but physical exercise and sports are considered the most effective. There are many of them, but the most effective and accessible of them are the above-mentioned activities. Frequent exercise not only helps to improve the physical condition of the body, but also increases stress resistance, which is very important in the current conditions. Universities should encourage physical activity to maintain the health of students, which will further contribute to good academic performance [3].

The modern system of higher education is characterized by the high intensity of training, large amounts of information and increased demands on students. As a result, students often experience significant stress, psychological tension and emotional exhaustion. In this regard, the task of finding effective tools for emotional relief and maintaining the psychological health of students becomes relevant. Physical education, as a systematic physical activity, is a powerful resource for solving this problem. This article is devoted to the study of the role of physical education as a psychological tool that contributes to the emotional relief of students and increases their psychological stability. Physical education as a mechanism for emotional relief: physical education has a multifaceted effect on the psycho-emotional state of students, due to the following mechanisms: reducing stress levels: during physical exercise, the body produces endorphins, natural painkillers and antidepressants, which reduce stress levels and improve mood. In addition, regular exercise helps regulate the level of stress hormones such as cortisol. Improved mood and reduced anxiety: physical activity stimulates the production of neurotransmitters such as serotonin and dopamine, which play an important role in regulating mood and emotions. Regular physical exercise helps reduce anxiety and depression, improve overall well-being and increase vitality. Distraction from problems and negative thoughts: physical activity allows you to distract yourself from everyday worries and negative thoughts, switch your attention to the sensations in your body and enjoy the movement. This promotes relaxation and emotional relief. Increased self-esteem and self-confidence: achieving goals in sports, improving your physical fitness and appearance contribute to increased self-esteem and self-confidence. Success in physical education has a positive effect on your overall perception of yourself and your capabilities. Socialization and expansion of your social circle: participation in team sports, group fitness classes or sports sections provides an opportunity to communicate with like-minded people, expand your social circle and establish new social connections. Social support plays an important role in maintaining psychological health and emotional stability. Types of physical activity for emotional relief: various types of physical activity can be effective for emotional relief for students: aerobic exercise: running, swimming, cycling, dancing - promote the production of endorphins and improve mood. Strength training: strengthens muscles, increases self-esteem and self-confidence [2]. Yoga and Pilates: combine physical activity with relaxation and meditation techniques, reduce stress and improve concentration. Team sports: Promote socialization, develop communication skills and team spirit. Walks in the fresh air: Help to relax, enjoy nature and escape from everyday worries. Recommendations for organizing physical education classes for emotional relief for students: individual approach: it is necessary to take into account the individual characteristics and preferences of students when choosing types of physical activity. Flexible schedule: provide the opportunity to choose the time and place of classes so that students can integrate physical education into their daily routine. Variety: offer a wide range of physical activities so that every student can find something suitable for themselves. Support and motivation: create a positive learning environment, support students and motivate them to achieve their goals. Integration with psychological assistance: provide access to consultations with psychologists and psychotherapists for students experiencing emotional difficulties.

The concept of "stress" was first introduced into psychology by Walter Cannon in his classic work on the "fight or flight" response. Today, there is no single approach or single theory of stress in psychology, so we will look at the most popular ones.

Biological theory of stress. The founder of the theory of stress is considered to be the Canadian physiologist Hans Selye, who discovered similar changes in experimental animals (involution of the thymus, spleen and lymph nodes, hypertrophy of the adrenal glands, ulcers of the stomach and small intestine and a number of other symptoms) as a result of exposure to various damaging agents (cold, formaldehyde injections, etc.). This phenomenon, which served as a sign of urgent adaptation of the body to excessive stimuli, G. Selye called "general adaptation syndrome" and identified three of its stages: 1) anxiety; 2) resistance; 3) exhaustion. Later, G. Selye proposed using the term "stress" as a synonym for "general adaptation syndrome". G. Selye introduced the following definition: "stress is a non-specific (i.e. the same for different effects) response of the body to any demand made of it." The theory of stress developed by G. Selye is called biological or physiological [4].

Transactional Theory of Stress R. Lazarus becomes the author of the transactional theory of stress, introducing the concept of psychological stress, which is the result of the interaction of an individual, including many systems: cognitive, psychological, emotional, physiological, neurological, and the environment [1].

The author sees psychological stress as a consequence of the subject's assessment of the significance of the situation for him and the subjectively perceived threat, and the assessment of whether he has enough meant to effectively cope with it. The structure of a stressful episode according to the transactional theory is presented as follows: "awareness of the stressor and its assessment; disruption of homeostasis, stress-related emotions and cognitive processes; coping actions (reactions); the result of coping and a new assessment of the situation (with a return to the first element of this structure if coping is unsuccessful)."

Resource Theory of Psychological Stress by S. Hobfoll in 1989, the resource theory of psychological stress by S. Hobfoll, or the conservation of resources model, was presented. It is based on the assumption that people strive to preserve, protect and create resources and that they are threatened by their potential or actual loss. According to this theory, stress occurs when a person either faces the loss of their resources, or they are threatened, or when their contribution does not ensure subsequent growth [2].

Biopsychosocial Model of Stress. Within the framework of the biopsychosocial model of stress, which includes environmental parameters and individual processes of perception and coping with stressors, L. Lemur and R. Tessier emphasize that the state of stress depends on the interaction between the environment surrounding the individual and his representation of this environment.

There are also such approaches to defining the concept of psychological stress: R. Lazarus and Folkman attribute psychological stress to relationships with the environment, which the individual assesses as important for his well-being, and whose demands on the individual exhaust or exceed the coping resources available to him. V.A. Bodrov gives the following definition of stress: "the functional state of the body and psyche, which is characterized by significant disturbances in the biochemical, physiological, mental status of a person and his behavior as a result of exposure to extreme factors of a psychogenic nature (threat, danger, complexity or harmfulness of living and working conditions)" [3]. Psychological stress is also considered as a certain spectrum of mental states, which are characterized by an increase in the level of actualization of the psychophysiological resources of the body. Psychological stress is a special mental state, accompanied by non-specific systemic changes in the activity of the psyche - its organization and mobilization in response to increased demands of a new situation.

The best sports for stress management. Frankly, any kind of sport can help you get out of a stressful state. It's another matter when they themselves are the cause of the athletes' stress. But despite this, today we will talk about the most effective and common sports that will definitely help you cope with a depressed emotional state: fighting stress with running. Running is a great way to cope with stress for many reasons. Many athletes and ordinary people go for evening or morning runs to get their thoughts and body in good condition. Why this kind of sport is so attractive: during jogging, the "happiness hormone" - endorphin - is actively produced. It helps relieve tension after a hard day's work and lift your mood for the rest of the evening. By the way, the same hormones are produced during sex. Therefore, many doctors and psychologists recommend jogging and active physical training, as they relieve sexual tension; the body receives a large dose of oxygen during running, which improves your blood circulation, fills the body with energy and gives a chance of positive emotions [1]. However, you will only get this effect if you run in a park or far from a road or highway. Exhaust gases and road dust are unlikely to saturate your body with oxygen, running helps to cope with insomnia. Evening runs will be most effective. Strong energy expenditure and saturation of the body with oxygen will help you feel pleasant fatigue in the limbs. When you return home, you will understand that you are already sleepy. Good sleep is the most effective prevention and fight against stress.

When does running not help to cope with depression? Running is a good remedy for stress, but it is not effective in all cases. It will help if the stress is caused by minor or ordinary reasons: a quarrel with a loved one, difficult relationships with classmates, failures in life. Running will not help you if you have signs of prolonged depression: lack of interest in life, depressed state, constant hysterics. In this case, only a good specialist can help you.

How to Run Properly to Relieve Stress? If you have just started running, do not plan long and complicated routes for yourself. Start your training by alternating race walking and light jogging. The load on your body should be gradual, otherwise you can harm yourself. The first time, set yourself the following conditions: 2 minutes of running and 5 minutes of walking. During the next training, change the conditions in favor of increasing the load: 3 minutes of running and 4 minutes of walking; if you are already an experienced runner, do not hesitate to increase the load on your body. Put on special weights on your arms and legs, which can be bought in a sports store. This will improve your mood and maintain physical fitness; your training should last more than 30 minutes so that running really helps you fight stress; use interval running in your training. This is an effective fight against stress, since you can alternate the load on your body [2]. Alternate moderate and intense loads at the limit of your capabilities: 3 minutes you run as fast as possible, and then 2 minutes you run very slowly. The training should include at least 5 intervals for the fight against stress to be truly effective; do not forget about comfortable shoes and clothes made of high-quality and

breathable materials. Therefore, during running, your movements should not be constrained by clothes, pants and a T-shirt should absorb sweat and let air through, and sneakers should be equipped with a shock-absorbing sole.

Fighting stress is very important for maintaining not only your psychological but also your physical health. Do not hope that this is only a temporary phenomenon that you can do nothing about [4]. It is imperative to engage in positive self-talk, ask for help from a teacher or psychologist. Success in sports and life depends, first of all, on health and a positive attitude!

Conclusions.

Physical activity is a powerful tool for maintaining and improving psychological health. Regular exercise can reduce anxiety and depression, improve mood and cognitive function, and increase self-esteem and self-confidence. It is important to remember that each person is unique, and the approach to choosing physical activity should be individualized. Consultations with specialists such as doctors, fitness trainers, and psychologists can help develop an optimal training plan and cope with psychological difficulties. Integrating physical activity into everyday life can be an important step towards psychological well-being and improved quality of life.

When a person is under stress, their body actively begins to produce cortisol. Cortisol is a biologically active hormone of steroid nature. It acts as a regulator of carbohydrate metabolism in the body, which is why an athlete effectively combats stress. Its effect is comparable to a painkiller: cortisol releases excess energy and sharpens the athlete's senses. There is a strong release of adrenaline, helping a person to calm down and come to their senses faster. If stress is prolonged (protracted), then cortisol stops helping the body, and sometimes it even harms it. Health problems begin: diabetes, obesity, depression. It is vital to control the stressful state in order not to harm your health. The most effective fight against stress is playing sports. Active activities contribute to the production of endorphins. Endorphins are a hormone that is naturally produced in the neurons of the brain. It reduces pain and affects the emotional state of a person. Endorphin is called the “hormone of joy” because it can easily bring a person out of a state of prolonged depression.

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