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## STUDENTS' AWARENESS OF MENTAL DISORDERS AND WAYS TO FORM IT

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**Keywords:** mental disorders, students' awareness of mental disorders, prevention of mental disorders, common mental disorders, treatment of mental disorders, symptoms of mental disorders.

Nowadays, mental disorders are one of the socially significant diseases that are widespread. Our society should be informed about what mental disorders exist, how to diagnose and deal with them.

**Research objective:** to find out students' level of awareness of mental disorders and suggest ways to improve awareness.

**Materials and methods.** The study analyzed online resources on the topic of mental disorders, and conducted a study in the form of a test among students.

**Findings and their discussion.** There are various socially significant diseases in the modern world. One of them is mental disorders. According to WHO statistics, depression accounts for 4.3% of all morbidity in the world, more than 260 million people suffer from anxiety disorders, and the damage to the world economy from 2011 to 2030 is 16.3 trillion dollars [1].

This raises the need for public awareness of mental disorders - treatment, diagnosis methods, and basic symptoms. In order to determine the level of awareness of this problem, I conducted a study among the students of the faculty. According to the results the following was revealed:

– The majority of students believe that there is currently a problem with the prevalence of mental disorders (100%);

– society is insufficiently informed about mental disorders (76.9%);

– most believe that it is not easy to cope with the illness (84.6%);

– people with mental disorders are dangerous (53.8%);

– the most common are anxiety disorders and phobias (61.8%);

– a person cannot "get sick on purpose" (76.9%).

In general, the results of the study show that students are quite aware of the issue of mental disorders, but there are also misconceptions. For example, 53.8% of students believe that people with mental disorders are dangerous. However, this is a well-known myth. Not all people with mental disorders are dangerous. More specifically, people who are dangerous are a minority.

The study found that there is a need for more public awareness of the problem of mental disorders.

There are many mental disorders, and they can manifest themselves in many different ways. In general, the most common symptoms are abnormal thoughts, behavioral reactions, emotions, and relationships with others[2]. The most common mental disorders today are depression, anxiety disorder, and panic disorder.

Depression is a disorder related to the emotional sphere. It affects about 264 million people worldwide. A person suffering from this disorder may experience guilt, anxiety, anhedonia and apathy. Causes can be physiological, psychological, and social. Treatment most often consists of psychotherapy and taking pharmacological drugs[2].

Anxiety disorder is characterized by a state of persistent anxiety for weeks or months. Often this anxiety can be accompanied by psychological and physical ailments. Several types of anxiety disorders are distinguished, for example:

- adaptive anxiety disorder
- generalized anxiety disorder
- anxiety-phobic disorder

Most often, treatment for anxiety disorder consists of medication and psychological therapy [3].

Panic disorder is the regular occurrence of panic attacks. All this time a person may be haunted by various fears.

This disorder can occur due to stress, physical and psychological exhaustion, taking psychostimulants, alcohol [1].

The risk group of mental disorders can include absolutely anyone. Of course, much depends on the psychological characteristics of a person - stress tolerance, the ability to control their thoughts; on various factors - cultural, environmental, working conditions, the environment.

However, it is possible to reduce the risk of developing mental disorders by following some recommendations. These include:

- healthy sleep;
- moderate physical activity;
- avoidance of psycho-emotional overstrain;
- promote good relationships in the family and with others;
- engaging in a favorite activity or hobby.

Of course, these recommendations do not reduce the risk of illness to zero, but they significantly reduce it [4].

In our opinion, it is necessary to disseminate information in society about what to do if signs of a mental disorder were found in yourself or your loved ones; about helpline numbers and addresses where you can get help, about the inadmissibility of self-medication.

**Conclusion.** Thus, we can say that the problem of mental disorders is now quite common. However, society is insufficiently informed about this problem, and therefore there is a need for more detailed coverage of this issue in society, specifically, about the existing mental disorders, methods of diagnosis, prevention and treatment.

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## SOURCES OF FORMING A POTENTIAL VOCABULARY OF STUDENTS IN ENGLISH

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**Keywords:** sources, potential vocabulary, untranslated understanding, English, lexical units.

One of the practical purposes of teaching a foreign language is to teach reading. As practice shows, the main difficulty students face in the process of reading texts is previously unknown lexical units. The work on the expansion of the potential dictionary ensures the readiness of students not only for speech communication, but also for independent work on the language, which is achieved by mastering the methods and techniques of untranslated understanding of the text in conditions of the lack of linguistic means.

**Material and methods.** When writing this article, the following research methods were used: literature review on the subject and its critical analysis (works of I.M. Berman, K.I. Krupnik, E. I. Passov, A.N. Shapkina, etc.); the observation of the teaching process at Vitebsk gymnasiums № 1, № 2, the analyses of the attended lessons.

**Findings and their discussion.** In the methodology, a potential dictionary is understood as such words that have not yet been studied by students, which can be independently semanticized by them on the basis of already familiar