

# ISSUES AND TRENDS IN MODERN ECONOMY

## CAUSES AND CONSEQUENCES OF STUDENT MENTAL HEALTH ISSUES

**Biletskiy O.D.**, *BOD2002@inbox.ru*

*Dmytro Motorny Tavria State Agrotechnological University*

Most often, people who study or work have psychological disorders [1]. At the moment, it is a fact that UK universities spend a large amount of money on psychological assistance to their students. Poor academic performance, grades, perfectionism or everyday relationships between undergraduates can cause stress, anxiety, panic attacks and even depression. Based on this, it is possible to conclude that education really affects the state of mind of a person. And this can even increase the possibilities for the suicide risk, because universities are the industry that is not much different from others in terms of suicide rate. Almost every third student in the UK has suicidal thoughts every year. More than a quarter of students experience an eating disorder. Depression and anxiety are the main reasons for students seeking help [1].

The purpose of this article is to research the most common causes for mental problems of academic youth. On the one hand, more educated people are often more attentive to their condition, and understanding the symptoms of mental disorders allows them to seek help earlier. The main causes for stress can be exams, financial problems, relationships at school or at work, as well as a sudden transition into adulthood. The most difficult period for students is the first year. Often this is due to a sharp change in the situation and new acquaintances, because even just getting to know a group can be a serious difficulty, a person may not be accepted by the society which they have just joined and this can cause psychological pressure. How a person will confront these problems depends only on them, that is, on their personal qualities and whether they are able to withstand stress. But it is unwise to expect that at the end of the first study year all these psychological problems will disappear, on the contrary, they can become more serious.

The causes for depression for students and staff, in addition to deadlines and financial constraints, are [1]:

- deep social isolation –people often have to work alone for months. Almost all the time is spent among books and articles, in laboratories;
- very high cost of error: since a student works on a project independently and, as a rule, alone, everything depends on their actions. A minor mistake at the initial stage can lead to the necessity to redo the work for several years. And again it should be accomplished by themselves and alone.
- all the mentioned above leads to a self-esteem decrease: ‘I’m not good enough’ is a very typical feeling for those who have just made a small revolution in science;

Most people think that depression is just a bad mood and do not take seriously those who face this problem. They think that watching a comedy or eating something tasty can cure an ailment. It is not the case, because depression can be of different types and everyone needs to be treated differently. What helped one person may not be effective for another depressed student, or even be harmful.

To conclude, mental health problems should not be neglected. In case of any minor disorder it is necessary to turn to knowledgeable people as soon as possible, because it can develop into much more serious problems. It is vitally important to be especially careful when interacting with people under academic stress including family and friends in order to support them in case of anxiety or mental distress.

## References

1 Почему студенты чаще других страдают от депрессии.  
URL: <https://zimamagazine.com/2019/04/studenty-i-depressia/> (Last accessed: 29.10.2021)

**Language adviser:** *Zaitseva N. V., Senior Teacher of the Department of Foreign Languages, Dmytro Motornyi Tavia State Agrotechnological University*

## IMPACT OF THE CORONAVIRUS PANDEMIC (COVID-19) ON THE GLOBAL AND UKRAINIAN ECONOMY

**Hryhorenko V.Ya.,** *vipergt303@gmail.com*  
*Dmytro Motornyi Tavia State Agrotechnological University*

Today, some businesses are suffering from significant losses due to the coronavirus pandemic. This is not happening only in individual countries, but around the whole world. Restrictions, prohibitions, new rules of existence for business, force entrepreneurs to adapt to new conditions, or as the worst result - to completely lose their businesses.

Thus, since 2020 some of the largest companies in the world went bankrupt due to the coronavirus epidemic:

### 1. Debenhams

British fashion retailer Debenhams will liquidate its business in Ireland, where 11 stores will be closed. In total, the chain of stores employs over 20,000 people.

Among other things, the retailer will put up its outlets for sale. The management of the network confirmed that the decision to terminate the business was related to the losses incurred by the company in connection with the coronavirus epidemic.

### 2. JCPenney

Among the bankrupts was the American network JCPenney, which filed for bankruptcy on May 15. The company's debts reached \$ 4.2 billion. The well-known company has suffered losses for the ninth year in a row. The company's troubles were exacerbated by the coronavirus pandemic, forcing management to close the remaining 850 outlets.

### 3. J.Crew

J.Crew was the first major American retailer to launch a domino effect during the coronavirus pandemic. The company filed for bankruptcy on May 4. The company's debts reach \$ 1.7 billion. The company still plans to reopen 181 retail outlets, 170 factory outlets and 140 Madewell-branded clothing stores after the epidemic's restrictions are lifted.

### 4. OneWeb

OneWeb, an internet startup that received support from SoftBank and launched 74 satellites into space, filed for bankruptcy back on March 27. SoftBank was a key investor in the startup from the very beginning, but despite the support, the company collapsed, and so quickly that it came as a surprise to everyone.

### 5. Pioneer Energy

Pioneer Energy is a large American oilfield services company headquartered in San Antonio. On March 2, the company filed for bankruptcy.

### 6. Flybe

The British airline, one of the largest regional carriers in Europe, also went bankrupt. All flights were canceled on 5 March. Experts predict that a wave of airline bankruptcies is yet to come.

At the same time in Ukraine we can observe rather different situation. Analytical company YouControl has published data on the closure and opening of businesses over the past year. And although from the beginning of the quarantine, entrepreneurs themselves predicted the closure of more than half of micro and small enterprises, in reality everything was not so apocalyptic. Moreover, Ukrainians were not afraid to open new enterprises either.