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INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION: a collection scientific works of the International scientific conference – London, England, 2025. Issue 1

Languages of publication: Uzbek, English, Russian, German, Italian, Spanish

The collection consists of scientific research of scientists, graduate students and students who took part in the International Scientific online conference «**INTERNATIONAL CONFERENCE ON MULTIDISCIPLINARY STUDIES AND EDUCATION**». Which took place in London , 2025.

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Peculiarities of mental labor activity in students

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Annotation

In the current educational system, students are forced to learn a large amount of information in a short period of time. This process can lead to difficulty concentrating, memory loss, stress and mental strain.

Key words: students, stress, concentration, relaxation, cognitive ability

Introduction

Due to the lack of research in our country on the study of mental work of students, experiments were conducted in the educational process based on foreign research and modern methods. Students were monitored for proper distribution of time, study, recreation and healthy lifestyle. During mental work, memory, attention and speed of reaction were evaluated. The impact of stress and mental strain on the educational process was determined. In the questionnaire, students gave information on sleep, rest, telephone and TV use, eating, studying and depression. Memory was checked using psychotest methods. Remember pictures in 20 seconds and identified 16 key pictures. Using the Schult-Platonov method, numbers from 1 to 25 were found in consecutive order. In the measurement of attention, the rapid detection of red and green color was carried out using colored rays.

It was found that students' ability to maintain memory and attention is related to their sleep, rest and study time. In some cases, over-exercising has had a negative effect. The preliminary results of the month of the beginning of the educational process showed the error indicators of some students.

Conclusion

Time management is an important factor for students. Stress and fatigue have a negative effect on mental work. Using modern methods, it was confirmed that it is possible to increase the mental capacity and attention of students.

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