

So why do students have such a mediocre attitude towards their studies?

It is worth considering that students are lazy to do anything. This shows that they are not interested in gaining specific knowledge. Why is it so?

Some students are not satisfied with the choice of their specialty (17.4%). But the majority of students consider the main goal to get a diploma of higher education (52.2%) than other goals.

The attitude to general education subjects among the surveyed students is not equal 63% against and 37% for. Also, the majority of those students (82.6%) who do homework do it because it is required by the teacher (in 86.7% of cases), and not because students themselves although they do it. Only 13.3% of students are interested in doing homework. Only 17.4% of students want to gain knowledge.

So what should be done so that 4 years of education did not pass by the future specialist?

1. Students should choose their future specialty more consciously. If everything is clear with doctors and teachers, it is not so clear with marketers, managers, copywriters and others. At least for a school graduate.

2. It is necessary to tell the applicant or student where and how he or she will use the acquired knowledge. The student should clearly understand where he or she will need this or that subject, and not only profile, but also general education.

It should be noted that the system of knowledge control itself is imperfect, which allows cheating and poor preparation. Many students hope to get an "automatic" or at least a four (95.7% of surveyed students). If you sit a student in front of you and ask him/her all over the program, asking questions from different topics, you can learn much more about his/her level of preparation.

In conclusion, it can be noted that poor training of future specialists negatively affects their level of work, which leads to a shortage of highly qualified personnel. It also affects the quality of work of firms (enterprises).

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PSYCHOLOGICAL ASPECTS OF HEALTH AND WELL-BEING IN MODERN LIFE

Психологические аспекты здоровья и благополучия в современной жизни

Modern life is characterized by fast pace, constant stress and high demands on the individual. In such conditions, the importance of psychological well-being and its

impact on a person's overall health become especially relevant. This article is devoted to the analysis of the psychological aspects of health and well-being in modern society.

One of the main aspects of mental well-being is managing stress. The modern lifestyle often exposes a person to increased stress, which can negatively affect the mental state. Constant emotional stress can lead to the development of psychosomatic diseases and a decrease in the overall stability of the body.

Being aware of your emotions, needs and limitations plays an important role in psychological well-being. The ability to self-understand helps a person make more informed decisions about their health and well-being. The absence of this aspect can lead to insufficient self-care and a negative impact on the overall health of the body.

The quality of interpersonal relationships and the presence of support from the social environment significantly influence the psychological state of the individual. A lack of social support can lead to feelings of isolation and loneliness, which negatively impacts overall psychological well-being.

Psychological resilience is a person's ability to adapt to negative situations and stressful influences. The development of this characteristic helps to improve mental state and strengthen mental health in general.

Psychological aspects of health and well-being play a key role in modern life. The ability to effectively manage emotional responses, develop self-understanding, maintain quality social connections, and develop psychological resilience are integral to an individual's overall level of well-being and health. Taking these aspects into account is important to achieve an optimal physiological state in modern society.

In addition to the factors mentioned above, it is crucial to recognize the significance of proactive self-care practices. This involves adopting healthy lifestyle choices, such as regular exercise, balanced nutrition, and sufficient sleep. These practices not only contribute to physical well-being but also have a substantial impact on one's mental health.

Furthermore, engaging in mindfulness techniques and practices like meditation and deep breathing exercises can foster a sense of inner calm and emotional stability. These techniques serve as valuable tools in managing stress and promoting mental resilience in the face of adversity.

A sense of purpose and meaning in life also contributes significantly to psychological well-being. Having clear goals, a sense of direction, and a feeling of accomplishment can enhance overall satisfaction and contentment. This, in turn, positively affects mental health and contributes to a sense of fulfillment.

It is imperative to acknowledge that seeking professional support, such as therapy or counseling, is a sign of strength, not weakness. Professional mental health services play a crucial role in helping individuals navigate through challenges, develop coping strategies, and maintain optimal psychological well-being.

It is necessary to say that understanding and prioritizing the psychological aspects of health and well-being is paramount in navigating the complexities of

modern life. By recognizing the importance of stress management, self-awareness, social connections, and psychological resilience, individuals can take proactive steps towards achieving a balanced and fulfilling life. Embracing healthy lifestyle practices and seeking professional support when needed are integral components of maintaining optimal psychological well-being in today's fast-paced world.

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NEW OPPORTUNITIES IN THE SECURITIES MARKET OF THE REPUBLIC OF BELARUS

Новые возможности на рынке ценных бумаг Республики Беларусь

The purpose of the research is to analyse the measures taken for developing the national securities market by the securities market regulator of the Republic of Belarus and inform the public about them.

The Ministry of Finance, as the regulator of the national securities market of the Republic of Belarus, makes great efforts aimed at the development of the national securities market and pays close attention to the results of its functioning, the analysis of which is the basis for the preparation of various regulatory initiatives. A landmark event of 2023 was the entry into force of the amendments to the Law of the Republic of Belarus No. 231-Z «On the Securities Market» dated January 5th, 2015 [1] and the Decree of the President of the Republic of Belarus No. 277 dated April 28th, 2006 «On Certain Issues of Securities Market Regulation» [2].

The innovations are aimed at creating new financial instruments capable of meeting the needs of securities market participants, provided that the degree of protection of investors' rights in corporate bonds has been increased. These measures are aimed at ensuring that investors effectively increase their investments, creating additional opportunities for issuers to independently attract financial resources for development and modernization.

The main innovations in the regulation of the securities market consist in the implementation of new market financial instruments – structural, depository, strip bonds, exchange-traded bond issuance programmes. Amendments to the Decree of the President of the Republic of Belarus No. 277 of April 28th, 2006 can also serve as factors of boosting the activities on the national stock market. These measures involve the following: