

**THE LEVEL OF FEELING OF HAPPINESS AMONG NURSES STUDYING AT THE
DEPARTMENT "NURSE WITH HIGHER EDUCATION" AT THE CENTER FOR
ADVANCED TRAINING OF MEDICAL WORKERS**

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ABSTRACT: The article examines the level of happiness among nurses studying at the Department of Nursing with Higher Education at the Center for Advanced Training of Medical Workers.

KEY WORDS: happiness, learning, Oxford Happiness Questionnaire.

INTRODUCTION

For a person at all times it has been and will be important to feel happy. For each person, the feeling of happiness is different. For some, happiness lies in health, for others - in prosperity, the presence of a certain prosperity, while others see happiness in each new day: in the opportunity to get up every morning, see the peaceful sky overhead, breathe and taste the joys of life.

At the present stage of development of society, the requirements for each of its members are increasing. "Happiness and life satisfaction have a significant impact on how people behave in difficult life situations and affect the choice of strategies and specific ways to overcome them." Happiness is a state for which everyone should prepare, grow it and keep it within themselves.

People who have learned to control their experiences will be able to influence the quality of their lives themselves. This is the only way each of us can come closer to being happy.

Research is currently underway on the relationship between health and happiness. The objects of these studies are precisely the relationship between things that are directly associated with each other, but not necessarily have a cause-and-effect relationship. Indicators of happiness include life satisfaction, health, environment, and role in society. We tried to determine the level of feeling of happiness among the nurses of the department "Nurse with higher education" at the Center for Advanced Training of Medical Workers and some of the factors affecting this level.

The study involved 80 mid-level health workers. The respondents were comparable in age and gender: 80% were women, 20% were men. The average age of the subjects was 34 years. The Oxford Happiness Questionnaire was used to assess the level of happiness.

To identify somatic complaints, the Giessen somatic complaint questionnaire was used. To assess the stress resistance of the nurses, the stress resistance test was used by Yu.V. Shcherbatykh. Taking into account the level of happiness, all surveyed nurses were divided into 2 groups: group 1 included nurses with an average level of happiness; in the 2nd group - with a reduced level of happiness.

THE MAIN FINDINGS AND RESULTS

According to the criteria for evaluating the results of this technique, the average level of happiness is in the range from 41-60 points; the reduced level of happiness is in the range of 21-40 points. The level of happiness in-group 1 was 54.7 ± 1.1 points; the indicator in-group 2 was 40.3 ± 0.8 . There was revealed a significant difference in the indicator of the level of happiness in the groups: $p < 0.05$. Taking into account the indicator of the level of happiness in these groups using the Giessen questionnaire, which includes the characteristics of complaints about physical well-being, the subjective level of feeling of well-being and its intensity were determined.

The scores for the first four scales are in the range of 0-24, for the fifth, in the range of 0-96 points. According to the criteria for evaluating the results of this technique, all indicators are normal. The scale of "nervous exhaustion" characterizes the nonspecific factor of sensation, which indicates a general loss of vital energy, a person's need for help. This indicator was higher

for nurses with a reduced level of happiness and amounted to 5.9 ± 0.7 points, while for students with an average level of happiness it was 4.1 ± 1.3 points.

The Stomach Complaints scale reflects the syndrome of nervous (psychosomatic) gastric ailments (epigastric syndrome). Revealed significant differences between the groups. This indicator was significantly higher in nurses with a reduced level of happiness and amounted to 2.4 ± 0.5 points; $p < 0.05$. For nurses with an average level of happiness - 0.7 ± 0.3 points. The Pain Complaints scale expresses subjective suffering of a spastic nature. Revealed significant differences between the groups. It was revealed that most often complaints were noted on the scale of "Stomach complaints" and "Painful complaints", somewhat less often, there were complaints of the heart and on the scale "Nervous exhaustion".

Nurses with reduced levels of happiness had significantly lower levels of stress tolerance. In the course of the study, it was found that according to the criteria of this technique, the value of the baseline indicator in the range from 70 to 100 points could be considered satisfactory. For cadets with an average level of happiness, this indicator was 71.3 ± 9.2 points. For cadets with a reduced level of happiness, this is an indicator of 87.6 ± 4.1 points. Dynamic stress sensitivity measures the ability to resist stress through appropriate behavior.

Average scores range from 12 to 28 points. This indicator in cadets with an average level of happiness was below the norm and amounted to 11.5 ± 1.8 points, and in cadets with a reduced level of happiness, it was below the norm and amounted to 17.6 ± 1.4 points.

The largest number of cadets note the following methods of stress relief: sleep, rest and communication with friends or a loved one.

CONCLUSION

Thus, the study made it possible to formulate the following conclusions:

1. 25% of nurses (70% of women, 30% of men) felt an average level of happiness and 75% had a reduced level of this indicator.

2. In cadets with an average level of happiness, the indices of intensity of complaints about physical well-being are significantly lower than in cadets with a reduced level of happiness.
3. Cadets with an average level of happiness were less sensitive to stress; reacted less to circumstances that could not be influenced; were less inclined to unnecessarily complicate the situation; had a lower predisposition to mental illness than Cadets with a reduced level of happiness had.

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