

STUDENT LIFE: NOT JUST EXAMS, BUT THE CROSSROADS OF SPIRITUAL AND MATERIAL STRUGGLES

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Abstract: In this literary article, we will analyze some of the problems and solutions that are currently encountered in the field of science, based on our personal opinion. We will not only analyze, but also consider their solutions.

Keywords: "diploma-only" disease, "pocket" problem, "Burnout" (emotional exhaustion), "I'll do it tomorrow" (procrastination) vice, "Self-study" (independent education).

PROBLEMS

1. Student life - a golden age or a probationary period?

First of all, student life is a time to get out from under your parents' wing and feel with your own face which way the wind is blowing. In the imagination of many people, student life is just a "golden age", a waste of time and a set of interesting adventures. But this is how it is from the outside. In fact, student life is a cruel probationary period when a person takes responsibility for his life for the first time on his shoulders. During this period, we not only master scientific and literary disciplines, but also face the painful points of adult life. In our article, illuminated by these personal thoughts, we will openly talk about problematic issues that students face, but in most cases are not disclosed.

2. Academic pressure and the disease of "studying for a diploma"

Despite the development of favorable conditions and modern technologies, students are not without problems of various kinds, of course. The most painful point in our current education system is that we are more attached to its "paper proof" than to the science itself. When a student enters the classroom, his mind is not occupied with

understanding the secrets of science, but with worries like "Will I get a NB today?", "How will I pass the midterm?" or "Will my scholarship be cut?" This is the epidemic of "studying for a diploma" that is eating us from the inside.

We have stopped understanding and are becoming a generation that simply memorizes (robotic). After passing the exam, we "delete" the information in our brains like unnecessary files. Because we didn't need knowledge, we just needed a number confirming that we passed that exam. It's like a doctor filling out a paper for a report instead of treating a patient - there is a process, but no result.

Academic pressure complicates this process even more. University programs are sometimes so dense and steeped in theory that the student has no time to look for an answer to the question "where will I use this in life?" Chasing only a red diploma or a high rating for four years turns a student into a good performer of the system, not a master of his field.

In fact, a diploma is just a key that opens the door. But when you get inside, they ask you not for your paper, but for what you can do. Instead of preparing for that "inside" life, we are still wondering what color the key should be (blue or red). The only way to get rid of this disease is to see the university not just as a place where you need to graduate, but as a laboratory where we can build our identity.

3. Economic difficulties: The pain of grants, contracts and livelihood

Student life is a period when the biggest dreams and the smallest budgets collide. If academic pressure exhausts the brain, financial deprivation tests a person's pride and willpower. The "pocket" problem is not just a lack of money, it is an invisible burden that forces a student to calculate every step.

When a student leaves his rented apartment in the morning, the questions "What will I have for lunch today?" or "Will I have enough money for the fare?" run through his mind. During the time spent in the subway or waiting for a bus, he thinks not about classes, but about where to find additional income. For a student studying on a contract basis, each passing month is an increasing burden on his family. This feeling haunts him not only in class, but also in his dreams.

The worst thing is having to work and study in parallel. When a student who worked as a courier for hours at night, waitressed in a cafe, or freelanced in front of a computer, comes to class in the morning, his eyes reflect not a "thirst for knowledge", but chronic fatigue. In this situation, gaining knowledge becomes a secondary task, and earning a living becomes the primary one. A person cannot be both a good specialist and a "money-making machine" at the same time - one side will still be swallowed up.

4. Psychological obstacles: "Burnout" (emotional exhaustion) and a motivation crisis

If you wake up in the morning and consider going to class a feat, and the books that once excited you now seem like just a "pile of paper", then you are on the verge of Burnout - emotional exhaustion.

For a student, burnout is the result of chronic "running". We strive to be an ideal student, a model child, a talented young person and a financially independent person at the same time. Under the reproaches of those around us, "you are still young, you have no right to get tired," we overload ourselves with too much. As a result, at some point our brain turns on the "protective mode": now you are no longer interested in excellent grades, scholarships or big goals for the future.

The worst part of this situation is that it slowly turns you into a "dead" specialist. Even though you are sitting in the auditorium, your thoughts are far away, and the teacher's words are just noise. For a student who cannot find an answer to the question "Why am I studying?", every day becomes a torment. At this stage, most students completely abandon their field or simply start "going with the flow." Emotional exhaustion is not laziness. It is a warning from the human psyche that "I am tired, I need a break." Unless we stop blaming ourselves and learn to rest in time, say "no" and take care of ourselves, society will continue to be filled with "specialists" who have degrees but are dead in spirit.

5. Inability to manage time and digital distractions

If we compare a student's life to a battle, then his most insidious enemy is not exams,

but procrastination - the habit of constantly postponing things. This is not just laziness, it is an attempt by the student's psyche to avoid responsibility.

We all wait for "that" Monday. The deceptive calm of "I'll start reading books on Monday", "I'll sit down for term papers tomorrow", "There's still a week until the exam..." brings us to the brink. But that concept of "tomorrow" never comes. As a result, a month's worth of work turns into a night, and a night's sleep turns into endless nervousness.

And social networks are the most convenient arena for this "disease". We don't notice how TikTok or Instagram, opened for five minutes of rest, swallowed up two hours. During this time, the student feels like he is resting, but in fact his brain is crushed under the burden of unfinished business and gets even more tired. This is called "false rest": your body is on the couch, but your brain is hung up on the list of "things to do."

And the work done at the last moment, when the knife is stuck in the bone, will never be of high quality. We simply step towards the diploma in the "I can do it" mode. Procrastination robs us not only of time, but also of confidence in our own abilities. A student who has lived for four years "tomorrow" is left with a paper in his hands on the eve of graduation, but with an emptiness inside.

Solutions

How to get through the crossroads?

In order not to get bogged down in problems and not simply waste our student years, we need not lofty words, but a real plan of action.

1. Change your approach to education: Become your own teacher

The university only gives you a direction and a "map", but it is your job to follow that path. Coming to class just for a diploma is self-deception. Real knowledge is formed outside the classroom, in practice, in additional courses on the Internet and in communication with industry experts (networking).

- Practical step: The only way to get rid of the disease of "studying for a diploma" is to go beyond the university program. Today, there is an ocean of free and high-

quality knowledge on the Internet. Become your own teacher, do not sacrifice your interests to the rigid molds of the system. Do not just copy coursework, make it part of your portfolio that you can show to an employer tomorrow.

2. Forming financial literacy: The art of managing your "pocket"

A student's life is a constant search for balance. Don't let financial hardship get you down; consider it the biggest "financial management" lesson of your life.

- Practical step: Start controlling your income and expenses. You need to work, but it shouldn't take over your studies. Adapt the "50/30/20" rule (needs, wants, and savings) to your student's budget. A student who learns to save and allocate money wisely today will have the discipline to manage even large businesses tomorrow.

3. Focus on mental health: Taking care of yourself is not laziness

The best medicine for emotional burnout is to take a break without guilt. We often think that when we rest, we are wasting time, but in fact this is a process of "rebooting" our brain.

- Practical step: Set aside at least one day a week to study and completely disconnect from gadgets. Do not put sleep and physical activity below classes. Mental health is the fuel that will ensure that you do not stop running long distances. A tired and discouraged student does not benefit either himself or society.

Conclusion

Student life is not just a stage of exams or obtaining a diploma. This is a period when a person's character matures and patience is tested. Yes, there are difficulties, material shortcomings can torment, but all this prepares us for a great life.

The most important thing is not to lose sight of the goal and to see difficulties as opportunities for personal growth. When you leave the university gates tomorrow, your greatest asset will not be the paper in your hand, but the will that has been formed in these tests that are left behind.