



THE INFLUENCE OF PSYCHOLOGICAL STATE ON THE FORMATION OF CLINICAL THINKING IN STUDENTS

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A B S T R A C T

This article examines the influence of the psychological state of medical students on the formation of their clinical thinking. Clinical reasoning is a complex cognitive process that includes important skills such as analyzing the patient's condition, making a diagnosis, and developing a treatment plan. Students' stress, anxiety, fatigue, lack of confidence, and other psychological conditions can negatively affect their clinical reasoning skills. The article analyzes the mechanism of influence of psychological states on clinical thinking, ways to reduce this influence, and the importance of considering psychological factors in clinical education.

KEY WORDS

Clinical thinking, psychological state, stress, anxiety, fatigue, medical students, cognitive process, educational strategy.

INTRODUCTION

Clinical thinking of medical students is a complex cognitive process that is important for their future professional career. Clinical reasoning requires students to analyze the patient's condition, make a diagnosis, make a differential diagnosis, develop a treatment plan, and make decisions. Medical education is associated with high levels of stress and mental strain for students, which affects their psychological state. Research shows that stress, anxiety, fatigue, insecurity and other psychological states can negatively affect students' cognitive functions, including clinical thinking.

Mechanisms of influence of psychological states on clinical thinking.

Various psychological disorders can affect clinical reasoning, including:

1. Decreased attention span: Stress and anxiety can reduce students' ability to concentrate, which can lead to missing important information.
2. Memory impairment: Stress and fatigue impair short-term memory and working memory, which affects students' ability to remember and process information.
3. Decision-making impairment: Stress impairs students' ability to make rational decisions, and they may make impulsive decisions or ignore important information.
4. Weakening of critical thinking: Lack of confidence and low self-esteem weaken students' critical thinking skills, they may have difficulty analyzing facts and solving problems.

5. Decreased empathy: Stress and fatigue can reduce students' empathy for patients, which can negatively affect their communication skills and relationships with patients. The following methods can be used to reduce the negative impact of psychological states on students' clinical thinking:

1. Stress Management: Teaching stress management techniques such as meditation, breathing exercises and relaxation techniques.
2. Development of time management skills: Proper allocation of time and prioritization of tasks will reduce students' stress levels.
3. Forming support groups: Forming support groups among students helps them to share their problems and find solutions.
4. Introduce mentoring programs: Mentoring by experienced doctors helps students gain confidence and develop their skills.
5. Provision of psychological support services: Provision of counseling and therapy services to students in need of psychological support.

The importance of considering psychological factors in clinical education.

Taking psychological factors into account in clinical education is important in shaping students' clinical thinking. Teachers should take into account the psychological state of students, support them, and help reduce stress. In addition, students should be free from psychological distress while practicing clinical skills and procedures.

Curriculums should provide information about the impact of psychological states on clinical thinking and teach stress management techniques.

In conclusion, it can be said that the formation of clinical thinking in students is strongly influenced by their psychological state. Stress, anxiety, fatigue, and other psychological conditions can negatively affect students' cognitive functions and clinical reasoning skills. Incorporating psychological factors into clinical education and supporting students will help them develop clinical thinking and achieve success in their future professional careers.

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