

Psychological Well-Being of Students on the Stage of Adaptation To the University Educational Environment

LYUDMILA E. TARASOVA

Saratov State University
83, Astrakhanskaya str., Saratov, 410012, Russia
E-mail: let01@mail.ru

The article covers the problem of psychological well-being of the first-year students in the process of their adaptation to educational environment on the first stages of studying at a university. The research shows that one of the factors influencing adaptation is psychological well-being for psychological mal-being may lead to stress, depressive conditions, lack of interest to studies, and as a consequence deadaptation. Applied aspect of the problem under study can be put to practice in psychological services work.

Keywords: educational environment of university, psychological well-being, adaptation, deadaptation.