



## COMMUNICATIVE COMPETENCE AS A PREVENTION OF MENTAL DISEASES OF UNIVERSITY STUDENTS

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**Tayanch soʻzlar:** kommunikativ kompetnsiya, talabalar hayoti, ruhiy, jismoniy nosogʻlomlik, ijtimoiy aloqalar, muloqot tarsi.

**Ключевые слова:** коммуникативная компетентность, сетевое общение, жизнь студента, общественное здоровье, профилактика, инфекционные и неинфекционные заболевания, физическое, психическое здоровье, социальная поддержка.

**Key words:** communicative competence, online network communication, student's life, public health, prevention, communicable and non-communicable diseases, physical, mental well-being, social support.

Introduction. Although a lot of establishments, reforms have been applied to the development of university life of young generation, different sorts of non-communicable and communicable diseases among university students have been recorded as a vital problem for the education and healthcare system of the government. There are some contributing variables such as depression, homesick, financial problems and social challenges among young learners which have been underlined by the healthcare institutions. All these problems may cause to serious mental and physical disorder and distract students from their studies as a result they are hardly to overcome with poor attendance, low career achievement, low quality of education, low social status and many others.

In order to reduce the number of these problems, and prevent these diseases on time, there are many strategies implemented such as good communicative competence including (organizing round-table discussion, and questionnaires, interviews, writing letters, online communication (facebook, telegram, snapshot, radio interview, e-mailing).

In this piece of work, I will be analyzing the importance of communicative competence and its benefits in supporting healthy life style of university students. This research carried out using qualitative and quantitative methods because



it relies on some detailed description of secondary and primary literature. In addition, Tashkent Medical Academy students become the participants of the work. Take all data set as a form of questioner, round-table, and group discussion with 1-year students of TMA. Request ethical approval from the vice-rector of Tashkent Medical Academy.

Background. According to Kreps' (1998) Communicative competence has been useful element for prevention of both mental and physical diseases because it maintains support through different communicative strategies more importantly fresh year students are more likely to meet social and health challenges at their early periods of study. So that, Kreps' model considers communication competence as the main key marker when analyzing the productiveness of the interdependent communication roles in the health-related context. Also, he highlights the fact that communication competence is performed by care provider and patients, their knowledge and skills, as well as sympathetic reaction, verbal and non-verbal expression, encoding and decoding skills, and interaction. Keep's Relational Health Communication Competence Model (RHCCM) points out that a good communication competence helps to follow "therapeutic communication, social support, satisfaction, information exchange, socializing, and cooperation" whereas poor communication competence may lead to "pathological communication, lack of social support, dissatisfaction, miscommunication, lack of cooperation" ( Kreps, 1988, p. 354).

For instance, according to the studies of Kreps, people with good communicative competence recorded higher levels of social support and motivation comparing to individuals with low communication competence. In addition, poor communicative competence negatively affected to their social life. Moreover, Wright, Banas, Bessarabova, & Bernard (2010), conclude that higher levels of face-to-face communication competence accordingly increased social support satisfaction, and lower stress and rise up life stability.

#### Communicative competence and diseases among university students

Based on this research several scientists have found proper solution for maintaining healthy life style at university area. For example, Asselstine and her team (1994) point out that communication and friendship take increased importance especially for university students who live far from the family members because they feel more loneliness and homesick that might result poor health condition. These researchers found that social support and getting involved in conversations with people significantly decrease high level of depression and prevent from cardiovascular diseases.



Other studies have focused on the influence of communicative competence strategy on relational development processes and treatment therapy for students. For example, Wei and colleagues (2005) found that university student's high degree of self-efficacy toward developing interpersonal relationships and increased self-disclosure in relationships predicted lower depression. According to the study of Lenhart and Smith (2010) 72% of young adults online in 2009 (19-29 years of age) used social network sites, such as Facebook suggest to observe correlation between face to face and computer-based communication and how they can be related to maintaining healthy life and prevent student's diseases.

#### Online-communication competence and social support

The globalization of the use of social media has been gradually developing for decades especially it has become more common among students. Social networks like Facebook, Twitter, What's up, Telegram, have gained a great attention of many scientists in recent years due to their benefits for young learner's interpersonal relationships. We all know that following social networks been considered as key tools for virtual communication. Obviously, these tools help to deliver and socialize even from a long distance with different people and friends. Related studies have been conducted by many scholars (Houston, Cooper, Boyd 2002).

Since the creation of Facebook, it has become one of the popular among young learners and it gained 100 million active users in August 2008 and proceeded to double this rate to 200 million active users by April 2009. Relate part of its popularity to how Facebook appears to fulfill youngster's relational initiation and development, relational reconnection, relational maintenance. Social network appears to be helpful for people who are geographically dislocated from each other. During the pandemic period most students suffer from depression and low self-esteem, regular organization of Zoom meeting by university teachers became more effective to enhance mental well-being of students. Even online discussion about reducing the number of respiratory diseases were one of the handiest to that pandemic period.

Hypothesis and aim. The purpose of conducting this research is to show the importance of communication competence in the healthcare context. Moreover, developing new strategies of communicative competence in local institutions been taken into consideration because many students have been suffering some diseases like gastrointestinal, depression, cardiovascular, upset stomach, and bronchial diseases and so on. Communication competence has always played a secondary role in health care, now it is time to show that only



proper communication between medical professionals and patients can be vital solutions to those problems.

It expected that study would be useful for prevention and treatment of young learners because it helps to conduct different prophylactics by both face-to-face and online network communication in Uzbekistan.

**Research plan & method.** This study will be carried out in Tashkent Medical Academy among 1year students during the English class. The study includes two groups; 1 prophylactics and group 2 treatment all together 30 students will be involved in the research. As this research underlines the importance of communication competence in prevention and treatment of diseases of University students, different strategies of communication competence will be applied to the study. They are group discussion, debate, round table, questioner, online conversations. Qualitative and quantitative methods will be used in the paper for demonstrating both primary and secondary data. Primary data collected from university students as a questioner form 15 males and 15 female. All results will be analyzed and put for statistic calculations. Ethical approval for conducting observation will be requested from ethical committee of TMA. There are some limitations to acknowledge all personal details of participants will be anonymous however if they want to be mentioned then it will be also possible.

**Study design and statistical approach.** All dataset will be calculated among 30 students 15 are males and 15 are females. I will categorize their answers and preferences by gender. I will be using a questioner as form of communication competence. Secondly, I will take the number of social network users and categorize them for male and female preference from secondary data. Overall, I will have a clear picture of how communication competence tools benefit young learners to stay healthy and prevent non-communicable diseases. I will take Mode, Mean, Median, standard deviation from this collected data by using R-studio.

**Research significance.** In conclusion, I would say that language and communication components have become foundation for all fields and science including math, medicine, physics, astronomy because they are delivered and passed generation from generation by language and language elements. So that, application of communication competence into digital technology can be a good evidence to my words. This research studies the role of communication in prevention and treatment and supporting mental and physical well-being of humanity.

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**РЕЗЮМЕ**

Ushbu maqola kommunikativ kompetensiya, uning talabalar va ulardagi ruhiy, jismoniy kasalliklarni oldini oluvchi, profilaktik vazifasiga qaratilgandir. Ma'lumki, oliy ta'lim tizimida, ayniqsa 1 kurslar orasida uy sog'inchi, noto'g'ri ovqatlanish, bezovtalik ko'plab uchraydi shunday ekan maqola ushbu keltirilgan muammolarning yechimini kommunikativ kompetensiya texnologiyalari orqali ko'rsatib beradi.

**РЕЗЮМЕ**

Данная статья посвящена роли коммуникативной компетенции, ее влиянию на успеваемость учащихся 1 курса. Прежде всего, в статье анализируются актуальные проблемы и вызовы в жизни учащихся, затем дается их решение. В конечном итоге, в качестве ключевого решения выступает коммуникативная компетенция. Для анализа исследования были взяты студенты 1 курса местного университета. Прогнозируемые результаты исследования будут полезны для работников здравоохранения и преподавателей вузов.

**SUMMARY**

This article is devoted to the role of communicative competence, its influence to the achievements of study of young learners. First of all, paper analyzes current problems and challenges in student's life then gives solution to them. Eventually, as a key solution communicative competence has been maintained. Participants for research analysis have been taken from local university 1year students. Predicted research results will be helpful for public health officers and teachers.