
PEER COUNSELING TRAINING FOR STUDENTS IN UNIVERSITY

Pirmuhammedova Muxlisa Maxsud qizi

*3rd year students at Jizzakh branch of National
University of Uzbekistan named
after Mirzo Ulugbek
Supervisor*

Parmonova Nasiba Amriddin qizi

*Assistant teacher in the department Foreign Language
at Jizzakh branch of National University of Uzbekistan named
after Mirzo Ulugbek*

Annotation: *Peer counseling is a type of support that involves one-on-one interaction or conversation amongst group members who have similar interests. It mainly refers to students helping one another in the classroom. It is a way of interacting, responding to, and helping people with the objective of looking at their ideas, emotions, problems, and concerns in order to get clarity and make wise judgments.*

Key words: *Peer counselling, peer counselors, counseling fields, benefits of peer-counseling.*

In general, peer counseling is a process in which trained and supervised students assist their peers in resolving or coping with their problems by, among other things, providing listening support and problem-solving strategies. Students can focus on problems that matter to them while receiving the supportive acceptance of their peers. Typically, this is done through casual, non-threatening interactions and debates. The Counselling and Placement Center's peer counseling program aims to give students the knowledge and tools they need to assist their peers. Through role plays, presentations, case studies, and group discussions, participants will have the opportunity to learn by doing as they develop their crisis intervention abilities. Participants learn basic counseling techniques as well as communication, listening, and assertiveness techniques. They are educated on the value of developing strong interpersonal and teamwork relationships, effective dispute resolution techniques, and ethical standards in counseling. In order to assist them feel more comfortable supporting their peers and pointing them in the direction of the resources available, peer counselors receive training on referral problems such how, when, and where to refer problematic cases. Peer counseling is necessary for university students, and they have shown a strong desire for it to be offered there. Of the 80% of college students who have not used peer counseling, 62% say they would be interested in doing so. Twenty percent of college students already use it. Stress, anxiety, despair, social life problems, and loneliness are the most frequent causes for seeking peer counseling. Counselling from peers who are culturally competent is crucial. Black students

(39%) use peer counseling more frequently than transgender students (39%), first-generation students (29%) do, and all three groups are more likely to think it is "very important" to locate a peer counselor who shares their identity. Students at university desire to help one another and gain from doing so. The primary incentive cited by nearly half of students who offer peer counseling is "helping others". On a scale of well-being, people who offer peer counseling are more likely to perform better than those who do not. Students in University tend to resort to one another. In the last year, two-thirds of the students polled report having had a mental health difficulty. 36% of respondents said that they would consult a friend or romantic partner first if they were dealing with a major mental health condition. Counselling by peer counselors. In our University is peer counselors assist their fellow students in achieving wellness by: exhibiting leadership and candidly discussing their wellness journey Be the liaison between a peer and counseling services, helping peers locate essential programs and resymbolist University in the neighborhood.

Setting objectives with friends and supporting them when they accomplish them.

MAIN POINTS

1. Compared to their parents or teachers, teenagers are more inclined to communicate with their peers.

2. Programs for peer-led counseling have the potential to aid in the early identification of mental health issues in younger kids.

3. Although most parents support these initiatives, they are concerned about their own kids' ability to serve as effective student counsellors. When seeking to address the emotional needs of their adolescent children, parents have a difficult issue. Many teenagers could be concerned that their parents don't comprehend their situation. Or, Because of this, peer support programs are becoming increasingly popular among parents. In counseling sessions known as peer support programs, an older student sits down with a younger student and gives a listening ear and problem-solving techniques. A survey was done by the C.S. Mott Children's Hospital at the University of Michigan to determine whether peer support may be beneficial for children's mental health. The research claims that these peer support initiatives teach students how to listen carefully and recognize the indicators of suicidal ideation or other mental health issues. Teachers, counselors, and mental health specialists offer support, with the kids serving as the leaders and mentors.

PARENTS' VIEWS ON PEER SUPPORT

Teenage parents were surveyed for their opinions on these peer-led clubs as part of Mott's polling. According to the study findings, 72% of parents think the program could be beneficial in motivating their kids to interact with peers rather than adults. 76% of respondents said that peers would have a greater understanding of what their teenagers are going through than school professionals.

Even while most people support peer support programs, many parents doubt that their children will actually participate in them. Approximately 38% of respondents said it is

likely that their child would speak to a peer, 41% said it is possible, and 21% said it is doubtful. A peer's inability to recognize when to involve an adult in a crisis is a problem for 57% of parents, who are reluctant to intervene because they don't think a teenager could be taught to listen (47%) and are worried about confidentiality (62%). If parents encouraged their kids to become peer leaders was the subject of another inquiry. Most parents said they would agree to it, but several expressed worries about whether or not their child would be responsible enough to handle it, receive enough training, or feel like they were to blame if something awful happened.

PEER GROUPS ARE SUPPORTED BY THE MENTAL HEALTH COMMUNITY

Such initiatives are supported by Varsia C. Russell, LAC. By the time students enter middle school, she continues, they are looking to their classmates for belonging and support. These programs are crucial because of this. Older students who have been navigating the school for at least a year can provide pupils with emotional, intellectual, and career skills support. These kinds of courses impart useful soft skills that will help each participant advance in their chosen field. Peers have an impact on teens' poor decision-making as well as how they dress and style their hair.

Peer support organizations can show that peer pressure can also have a good effect. According to Russell, younger pupils may learn how to ask for assistance from a person they can relate to. She also thinks peer counselors may represent kids more accurately than staff. According to her, particularly in metropolitan areas, "in many situations, the teachers may not look like the majority of students." "This may result in a general feeling of mistrust, and the older peers can assist in navigating some of these difficulties."

The benefits go both ways, with the older students learning responsibility, empathy, and leadership skills. The communication skills that both learn are another bonus.

The leaders acquire communication skills in a variety of contexts. According to Russell, the peer is speaking to the program's adults on their own behalf and occasionally on behalf of their younger peer. They converse with their classmates on an equal basis and occasionally speak to them on the adults' behalf. Given that this is a talent employed in management roles and self-advocacy, it is extremely crucial. Peer support initiatives aim to create a culture of mental wellbeing among students in the short term, but there are also long-term advantages that justify the expansion of such initiatives. According to Russell, the only problems with peer support programs are mismatched pupils and students who are unable to spot warning indications of major mental or behavioral problems. However, if adults are overseeing and interacting with the student counselors, this shouldn't be a problem. When you encounter an issue or feel anxious about something as a student, who do you turn to first? When you're a teenager or a young adult, it's simpler to discuss your problems with someone your own age or who shares your perspective than with an adult. Peer counseling is therefore incredibly helpful since it gives the youngster the confidence to approach their issue head-on.

To conclude, Peer counseling is a form of assistance that entails one-on-one or group interaction between people who have a lot in common. It typically refers to pupils supporting one another in a classroom setting. It is a technique of connecting with, interacting with, and supporting others that aims to explore ideas, emotions, problems, and concerns in the pursuit of clarity and well-informed decision-making. You could experience multiple pressures throughout your life as a student. Academic stress, peer pressure, career pressure, relationship challenges, body image problems, substance abuse, and addiction are a few examples, but they are not restricted to these. Everyone might not be able to easily seek a professional counselor due to a number of factors, such as availability issues and the stigma attached to asking for assistance.

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