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1) Method of Psychology - correlational analysis

Correlation analysis is a statistical technique used in research to measure the strength of a linear relationship between two or more variables. It helps to determine how one variable changes in response to changes in another variable. In other words, it calculates the degree of association between two variables.

A high correlation indicates a strong relationship between two variables, whereas a low correlation suggests that the variables have a weak relationship.

In market research, analysts use correlation analysis to examine quantitative data collected through methods such as surveys and live polls. The aim is to identify relationships, patterns, significant connections, and trends between two variables or data sets.

A positive correlation exists when an increase in one variable is associated with an increase in the other variable. Conversely, a negative correlation occurs when an increase in one variable corresponds to a decrease in the other, and vice versa.

Example of correlation analysis:

Correlation is a statistical measure of the relationship between two or more variables. It can be positive, negative, or zero. Let's take a look at some examples of each type.

Positive correlation:

In a positive correlation, both variables move in the same direction. For example, if we increase the amount of time we spend on the treadmill, we will burn more calories. This is because the two variables are directly related and moving in the same direction.

Negative correlation:

A negative correlation means that the variables are moving in opposite directions. For instance, if we drive faster, the time it takes us to get to our destination will decrease. This is because an increase in one variable (speed) leads to a decrease in another variable (time).

No correlation:

Finally, there is no correlation when there is no relationship between the variables. For example, how many hours we sleep does not affect how much we weigh. These two variables are not related and do not influence each other.For example, there is no direct correlation between the number of years a person has spent in school and the number of letters in their name.

Source: <https://www.questionpro.com/features/correlation-analysis.html>

2) **5-4-3-2-1 Coping Technique for Anxiety**

Anxiety is something that most of us experience at least once in our lives. Public speaking, performance reviews, and new job responsibilities can cause even the most calm person to feel stressed. This five-step exercise can help during times of anxiety by grounding you in the present and helping you stay calm.

Before you start, take some deep breaths. Slow, deep breaths can help maintain a sense of calm and help you return to a more relaxed state. Once you've found your breath, follow these steps to ground yourself:

1. Acknowledge five things you see around you. This could be anything in your surroundings, like a pen or a spot on the wall.

2. Acknowledge four things you can touch. This could include your hair, the ground, or a chair.

3. Listen to three sounds around you. Focus on any sounds you hear, such as traffic outside or birds chirping.

4. Smell three smells around you. Take a moment to notice any smells in the air, like fresh coffee or flowers.

5. Taste one thing. If you're not eating anything, imagine the taste of something you enjoy.

By focusing on your senses and the present moment, you can help calm your racing mind and reduce anxiety.3: Notice three things you hear. These could be any sounds around you. Maybe you can hear the wind outside, or the hum of a computer. If you hear your stomach growling, that counts too! Focus on sounds outside your body.

2: Notice two things you smell. Maybe there's the scent of coffee in the air, or the smell of laundry. If you want to take a short walk, you could find a different scent like flowers or fresh air.

1: Notice one thing you taste. What does your mouth feel like right now - sweet, salty, or sour? Maybe it's the taste of a snack or a drink.

This exercise is just one way you can use when you feel anxious or overwhelmed. There are many other techniques you can try.  
  
  
Source: <https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>  
  
3) What kind of psychological support the common student of your specialty may need during university times?  
  
  
The students' lives can be filled with a lot of stress due to various factors, such as studies, lack of family support, and part-time jobs. This can lead to situations where students need psychological support. However, it also depends on the individual's character and coping strategies. In my own experience, communication with family and friends, regular relaxation, and focusing on other activities besides studying (such as sports) have helped me maintain mental stability. I believe that this is general advice that can help most people, but of course, if you have a serious mental health issue, you should contact a professional.