

# **The factors influencing the health of the students of the Grodno State Medical University**

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## **Introduction**

Students are a certain contingent for which a number of negative effects, such as stress, poor nutrition, bad habits and unsatisfactory living and social living conditions, may lead to poor health in the future. Education at the University usually occurs a person's life during an age from 17 to 25 years. This period is characterized by the completion of physical and mental maturation of personality.

## **Aim**

The study and analysis of the possible influence of various factors on the health status of students of the GrSMU.

## **Materials and methods**

An anonymous survey of students was conducted in 2015 for the study of their daily routine, the system of training to employment, recreation, the possible presence of harmful habits and attitudes to the concept of a healthy lifestyle. Total number of surveyed is 116 people. The average age of respondents is 21,45 years.

## **Results**

Among all surveyed gender aspect quantitatively dominated by female – 60,35%, male - 39,65%. On average, students spend 3-5 hours in preparation for classes, almost as much time they spend at the computer monitor. 16,38% of respondents combine study with work. In his spare time, 66,38% of respondents combine active and passive recreation, 19,83% prefer walks on the street and sports, 13,79% - reading and watching TV. 73,28% of students eat in the dining room or in the cafeteria during the study day, 21,55% are «destroying» food supplies brought from home, 5,17% of the respondents do not eat or satisfy hunger chewing gum. 82,76% of students don't have enough sleeping on weekdays, their sleep duration is 6 hours or less. 36,21% people smoke every day, 63,79% have avoided this addiction, 91,38% objective and subjective acknowledged that sometimes drink alcohol, but 8,62% categorically deny the alcohol consumption. 16,38% of respondents rated their level of physical condition as low, 66,38% - as average, 17,24% - higher than the average. 78,45% of the students think about the correctness of the choice of their lifestyle. 82,76% endorsed the statement that a healthy lifestyle contributes directly to the success in other areas.

## **Conclusions**

1). Studies in GrSMU requires the mobilization of all forces of the body, most appropriately seeks to combine work and leisure hours. 2). On weekdays the overwhelming number of students haven't enough sleep. 3). Future doctors try not to abuse addictions. 4). Most of respondents believe that a healthy lifestyle promotes success in other areas.