

А. С. Свердликова, Г. Э. Повелица
**КАК УЛЫБКА ВЛИЯЕТ НА ФИЗИЧЕСКОЕ И ПСИХИЧЕСКОЕ
СОСТОЯНИЕ ЧЕЛОВЕКА. ВЗАИМОСВЯЗЬ КОЛИЧЕСТВА ЧАСОВ СНА С
НАСТРОЕНИЕМ У СТУДЕНТОВ**

Научный руководитель: ст. преп. Т. А. Проволоцкая

Кафедра иностранных языков,

Белорусский государственный медицинский университет, г. Минск

Резюме. Улыбка – это выражение лица, сформированное сокращением мышц в уголках рта или глаз. Процесс улыбки активизирует нейронную передачу, которая приносит пользу вашему здоровью. Улыбка активизирует высвобождение нейропептидов, которые позволяют нейронам общаться. Они способствуют передаче сигналов по всему телу, когда мы счастливы, грустим или взволнованы. Мир станет лучше, если вы улыбнетесь.

Ключевые слова: улыбка, эмоции, человеческая мимика.

Resume. A smile is a facial expression formed mainly by flexing the muscles at the sides of the mouth or by contracting the muscles at the corner of the eyes. The act of smiling activates neural messaging that benefits our health. Smiling activates the release of neuropeptides that allow neurons to communicate. They facilitate messaging to the whole body when we are happy, sad or excited. The world is simply a better place when we smile.

Keywords: smile, emotions, human gesture.

Relevance. We live in a fast moving world. The pace of life has increased. People seem to be so busy that they hardly find time to communicate, or just forget to smile at each other. Scientists have proved that the smile and physical health are interdependent, that is why it is important to know and understand the role of the smile in the human life.

Aim: to reveal how the smile depends on physical and emotional health; to understand what role the smile plays in communication.

Tasks:

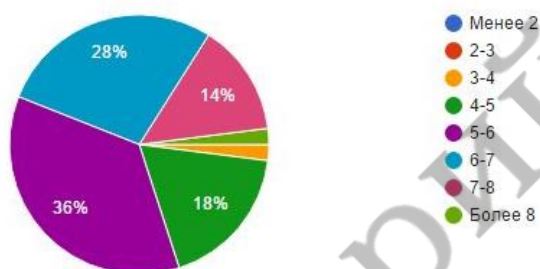
1. To reveal how the smile affects human physical and mental state.
2. To characterize the act of smiling.
3. To prove the correlation between the number of hours students sleep and their mood.

Materials and methods. We used native and foreign literature as a source of information, Google forms for questioning.

Results and its discussion. In the mid-19th century Charles Darwin revealed that human gesture is continuation of his facial expressions that are common of anthropoid apes. Using facial expressions primates expressed threat, concern, scare, showed peaceful or aggressive intentions. According to Darwin, at first human gesture expressed readiness to attack, movement, protection, and only in the process of human development facial expression began to convey information about mental state of the man, about his desire to communicate with other people. American scientist Paul Ekman developed Darwin's ideas. While conducting research on the physiology of facial expressions he suggested that emotions which appear on people's faces are the same in any part of the world. They don't depend on their race, sex, age, or education. All people on Earth can smile and laugh, because emotions are genetically determined. American psychologist Carroll Izard developed his ideas and stated that the smile is a brain process, which is provided by congenital neural programs. In our

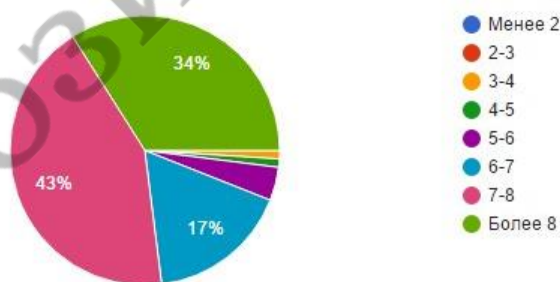
view the smile is an indicator of human health. This became the subject of our research. In Google Forms, we have created a special survey, which contained 10 questions. For 5 days, 100 students of the Belarusian State Medical University filled out a Google Form. 74% of the participants were women and 26% of them were men. 36% of the interviewed students sleep not more than 5-6 hours (picture №1). As expected, most of the students need 7-8 hours of sleep to feel well (picture №2). The absolute majority of students (79%) answered that the number of hours they sleep affects their mood (picture №3). The smile helps to build up relationships with people in most cases. However, the students' opinion on this issue differs. We decided to include another question in the form: "How often do you see a smiling student in the clinic or university?" Patients seem to feel relieved when they see a smiling doctor. It helps to establish an atmosphere of sincerity and confidence. The patient calms down, and the doctor can easily find out all the necessary information about the patient. On the basis of the answers to the question: "What do you feel at the sight of a man smiling at you?" we can conclude that the smile can help get acquainted. Our mood immediately improves. We feel warm, pleased and happy.

Сколько часов Вы в среднем спите ночью? (100 ответов)



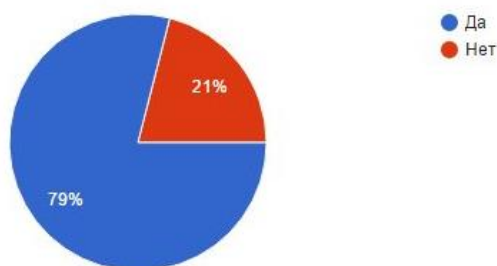
Picture 1 – The results of answers to the question: “How many hours do you sleep at night?”

Сколько часов сна вам требуется, чтобы быть в хорошем настроении? (100 ответов)



Picture 2 – The results of answers to the question: “How many hours of sleep do you need to be in a good mood?”

Влияет ли количество часов сна на Ваше настроение? (100 ответов)



Picture 3 – The results of answers to the question: “Does the amount of sleep affect your mood?”

Conclusion. A smile produces a favorable influence upon the people you deal with. You are actually better looking when you smile. When you smile, people treat you differently. People think of you as attractive, reliable, relaxed and sincere. When you see an attractive smiling face, it activates your orbitofrontal cortex, the region in your brain that processes sensory rewards. This means that when you see a person smiling, you actually feel rewarded.

A. S. Sverdlikova, G. E. Povelitsa

**HOW THE SMILE AFFECTS HUMAN PHYSICAL AND MENTAL STATE.
CORRELATION BETWEEN THE NUMBER OF HOURS STUDENTS SLEEP
AND THEIR MOOD**

Tutor: T. A. Provolotskaya

*Department of Foreign Languages,
Belarusian State Medical University, Minsk*

Reference

1. How does seven to eight hours of sleep affect your body? [Электронный ресурс]. – Электрон. дан. – Блог Healthline, 2005. – Режим доступа: <http://www.healthline.com/health>. (дата обращения: 04.03.2017).
2. How much sleep do we really need to work productively? [Электронный ресурс]. - Электрон. дан. – Buffer, 2017. – Режим доступа: <https://blog.bufferapp.com/how-much-sleep-do-we-really-need-to-work-productively>. (дата обращения: 06.03.2017)
3. How smiling affects your brain [Электронный ресурс]. – Электрон. дан. – Psychology today, 2002. – Режим доступа: <https://www.psychologytoday.com/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>. (дата обращения: 04.03.2017).
4. Smiling is a natural response [Электронный ресурс]. – Электрон. дан. – Сервис обмена знаниями Quora, 2009. – Режим доступа: <https://www.quora.com/What-are-the-health-benefits-of-smiling>. (дата обращения: 01.03.2017).
5. Turn that frown upside down [Электронный ресурс]. – Электрон. дан. – Science in our world, 2014. – Режим доступа: <https://sites.psu.edu/siowfa14/tag/smiling/>. (дата обращения: 04.03.2017).