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DYNAMICS OF CHANGING THE MEMORY OF STUDENTS DURING THE SEMESTER
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Introduction. According to statistics, on average, a person spends about 40 days a year just to remember the necessary data. During this period, a heartbeat arises in the human embryo, the circulatory system closes, and the first brain impulses appear.

Aim: Identifying the dynamics of changes in cognitive abilities of students in the learning process, find out the best time to memorize the material.

Materials and methods. In the course of this study, two surveys were conducted - at the beginning of the school year and before the session. The data of 625 students of both sexes between the ages of 17 and 33 years were investigated, each of whom was assigned an individual participant number. All students passed 6 different memory tests. After which the statistical processing of the obtained data and their comparative analysis was carried out.

Results and discussion. As a result of the study, it was revealed that during the school year the memory undergoes certain changes.

63.7% of the studied students noted that the duration of their sleep decreased before the session, they began to feel worse: more tired (62.8%), nervous (46%), some of them are in a state of apathy (19.6%). Lack of sleep is manifested in the form of stress syndrome. At first, the students did not experience a drastic lack of sleep and successfully coped with the testing until November. Subsequently, the body went into a state of decompensation (exhaustion), which affected the test results - students became less attentive and made more mistakes, which were associated not so much with the ability to remember, as with the ability to concentrate attention on the task. For example, student O. in October and early November solved all types of tests correctly by 90-100%. By early December, its results fell sharply and began to show abruptly from 40 to 80%. During the school year, she regularly trained her cognitive abilities through tests, learning and reading books, but the fatigue that developed as a result of lack of sleep and energy, these efforts level.

By December, many students felt that they were learning with great difficulty, and 20% of the subjects began taking medicines and dietary supplements to improve their health and facilitate the learning process (including nootropics, antidepressants, tranquilizers, etc.).

Conclusions. In 85% of cases, students report a change in the general state of the body by the end of the school year. Many have a deterioration in mood, a state of apathy, loss of appetite, a decrease in motivation to learn, and exhaustion of the body. This is due to the neglect of the day regimen, sleep-wakefulness, nutrition, and your overall health.

Consequently, the knowledge gained at the beginning of the semester is absorbed better than that acquired by the student at the end.