

The influence of training conditions on the student's health status

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Introduction

Health status of medical students is of great importance. Attention should be paid to the specific character of training of medical students, which is characterized by disunity of clinical bases (clinical and territory), and this, in turn, involves significant time costs. The process of obtaining information during training in clinics is associated with negative feelings, such as pain, trauma, death of the patients. Physical, chemical and biological factors of the hospital environment can help reduce the level of protective mechanisms in the body and cause allergic reaction.

Aim of the study

To assess the impact of training conditions on the student's health status at the Faculty of General medicine of Belarusian State Medical University and give the key to maintain the health.

Materials and methods

In the course of the work, a sociological survey method was used, implemented through an anonymous questionnaire, which was conducted among students of 1-6 courses of the Faculty of General Medicine of Belarusian State Medical University at the age of 17-30. The survey involved 578 respondents, namely: 1 course- 107 students, 2 course- 89 students, 3 course- 83 students, 4 course- 147 students, 5 course- 109 students, 6 course- 43 students. Among them there were 68% of girls and 32% of boys. The anonymous questionnaire contained 78 questions concerning the evaluation of the social and hygienic, medical and biological, mental and functional status of students. These questionnaires were systematized according to the years of training, entered into spreadsheets and statistically processed. For comparative evaluation, the student's state of health provided by the "33 city student polyclinic" was used.

Results

The student's health became worse in the learning process. Most students associated unsatisfactory state of health with the presence of chronic diseases, frequent colds, depressive conditions and the wrong regime of the day. Half of the students have had chronic diseases since the first days of study at the University. The predominant number of students of 2-3 courses took care of their health only periodically. The main reason for such disinterest in their own health was the lack of time. Assessing the impact of environmental factors, it was found that transport affected the well-being of students. Long trips significantly reduce the attention of students during the lessons, but students cannot do without public transport due to the disunity of training bases.

Conclusions

Deterioration in the student's health state in the learning process is established. This deterioration is associated with high training load, disunity of bases and negative emotions. It was noted that many students used sedatives. The best way to maintain the health of the body, avoid different diseases is a healthy lifestyle which includes a healthy diet and doing sports.