

Fotso B. M.

**THE RELATIONSHIP BETWEEN LIFESTYLE, STRESS/ANXIETY
AND ACADEMIC PERFORMANCE**

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As we all know, physical activity is essential in a healthy lifestyle. Being active allows us to be healthier, live longer and lowers the risk of us developing diseases. However, with the development of technology, we end up being more and more sedentary and less and less people are involved in daily physical activity. This is especially true for students, even more so for medical students. As a matter of fact, with the long hours spent studying in university, most students tend to spend the majority of the day, if not all of it, sited or with only light activity. Thus, the question we are asking ourselves is the following: “Does physical activity and a healthy lifestyle have any impact on the academic performance of students?”. In order to answer this question, a study was conducted among the students of the Belarusian State Medical University.

The purpose of this study is to identify the relationship between lifestyle, level of stress and anxiety, and the academic performance in medical students, as well as identify the differences between first year students and students from courses above. Around 250 students were selected to participate in this study. The students' age ranges from 16 to 29 years old and a total of 11 different nationalities were present, making it possible as well to see the difference between each culture. The lifestyle, anxiety level, and the academic performance are taken from an anonymous survey filled by students. The survey will then be analysed to determine if there is a correlation between a student's lifestyle and his well-being, as well as the effect those two have on their academic performance. We will also be able to determine the difference between early year medical students, just coming out from high school and more experienced students, close to becoming doctors. If any characteristic pattern presents itself, it will be identified and allow us to propose a solution to improve the quality of life and the performance of future medical students.