

*Semenona Y. E., Malinovskaya N. V.*  
**THE PUZZLING PSYCHOLOGY OF ESCAPE GAMES**  
*Scientific Supervisor teacher Sakhnova O. I.*  
*Department of Foreign Languages*  
*Belarusian State Medical University, Minsk*

**Relevance.** Escape games are booming in popularity. For anyone searching for mystery, thrilling adventure, there's no need to look any further. Real-life escape games involve players being locked in a room where they have to solve puzzles in order to escape. This study takes a detailed look at the influence of escape rooms on the human psyche and examines both advantages and disadvantages of it.

**Aim of the study:** To understand how groups of people interact with each other in escape rooms, what opportunities escape games provide as learning environments for improving cooperation, and how the environment and atmosphere of escape rooms affect cooperation.

**Materials and methods.** We have conducted an observation and interviews with 12 escape room players to understand how groups of people collaborate in escape rooms. Different domestic and foreign scientific articles devoted to this problem, Internet websites, questionnaire and documentary films have been analyzed.

**Results.** Our results show that escape games provide people with opportunities to practice team work, yet not all events in escape rooms are similar to the situations into real world. We have found out that escape rooms can provide learning environments for exploring social questions of leadership, group hierarchy, conflict, proxemics, and distributed cognition.

**Conclusion.** Escape rooms make one think outside the box, so if you really let your imagination run wild, there are endless ways a puzzle could be solved for the benefit of your personality development.