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**LAZINESS AND ITS EFFECT ON OUR LIFE**  
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**Relevance.** The problem of laziness is relevant and very important not only for students but for everybody as it may be part of daily lives and affects the quality of life. Laziness prevents to achieve what we want. There are such types of laziness as procrastination and idleness which are caused by three kinds of laziness: comfort orientation, loss of heart and “couldn’t care less”. This study takes a look at the influence of laziness on people’s mental and physical abilities.

**Objective:** to get statistical data about people’s laziness in Belarus; to show the impact of laziness on the mental and physical abilities of students and working people; to identify the main reasons of laziness and suggest ways to solve this problem.

**Materials and methods.** Internet websites, questionnaires, scientific articles and literature, documentary films and videos devoted to this problem have been studied.

**Results.** 180 students from different universities (BSMU, BSUIR, BSU) and 30 working people at the age of 23 years old were interviewed. Many people admit that they are lazy and think that it is necessary to fight with laziness. They regret ever being lazy. Using the method of interview and analysis the following results were obtained:

1. How often do you put your things off until “later”?

35% - few times for a day

22%- one time for a day

38%- few times for a week

5%- never

2. How often do you notice that you are lazy?

50%- few times for a day

19%- one time for a day

31%- few times for a week

**Conclusion.** Numerous studies show that people who are lazy have significant problems with mental and physical abilities: loss of concentration when performing certain tasks, memory impairment, etc. This may be due to the fact that laziness impacts the regulation of hormones, which leads to deterioration of the brain function. Parents play the most important role in solving the problem of laziness in their children. Nowadays a person should be active to maintain good mental and physical activity. It is necessary to follow a healthy lifestyle, the diet should include vitamins, proteins, carbohydrates and minerals. And of course going in for sports.