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**THE WAY OF DEFENDERS OF THE FATHERLAND:
THE INFLUENCE OF THE MILITARY MEDICINE INSTITUTE CADETS'
LIFESTYLE ON THEIR HEALTH AND PERSONALITY GROWTH**

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Relevance. Since immemorial time oil, minerals, money, territories have been the main reasons of wars. As long as mankind exists, international conflicts will be permanent. Military conflicts are one of the most topical problems of modern history. In the changing geopolitical environment where large-scale events are preformed, it is vital to stay strong to be able to protect independence of our loved Motherland.

The main goal of training cadets of the Institute of Military Medicine of Belarusian State Medical University is to prepare well-informed, highly flexible specialists with a wide knowledge of medical and military disciplines, well-developed physical and mental strengths as well as stable leadership qualities. This requires constant monitoring of cadets' health, improvement of physical training techniques and advancement of personality development programs. It is also essential to understand and study in depth the risk factors which might adversely affect cadets' moral qualities to minimize their influence.

Aim: to identify the challenges associated with cadets' lifestyle and to determine the degree of their impact on cadets' health and personality development.

Materials and methods. The research involved a systematic review of eLibrary and PubMed databases to analyze information regarding the specific features of cadets' daily routine, nutrition, physiological training, ceremonial drill, living conditions and their effect on cadets' health and personality growth.

A questionnaire consisting of 80 questions was developed for cadets of the Institute of Military medicine to find out the changes in their health and personal traits resulting from their study at BSMU. The statistic data of the survey involving 124 cadets were analyzed and systematized.

Results and their discussion. When studying at the Institute of Military Medicine the cadets often face challenges such as large academic workload (associated with both mastering clinical subjects and special military disciplines), high physical workload (including ceremonial drill training), necessity to follow a strict daily routine with a wide range of military duties; sleep deprivation, circadian disruption, prolonged separation from family, etc.

The survey has shown that 80% of the respondents have adapted to the challenging conditions of cadets' life. The participants of the research consider that for the period of study they have become more tempered (e.g. only 13.3% of the respondents have had respiratory diseases since their admission to BSMU), punctual and well-organized (74% of the respondents attend scientific circles, sports, dancing and other clubs), strong-willed and determined; have improved their self-esteem and developed leadership qualities. None of the respondents have experienced disappointment with the choice of their future profession.

Conclusion. The complex of educational and extracurricular activities at the Institute of Military Medicine of Belarusian State Medical University significantly improves the cadets' general health, enhances their sense of patriotism, responsibility, self-discipline, resilience, determination and endurance.