

# BIOMEDICAL EDUCATION OF BELARUSIAN YOUTH AS AN ADAPTATION FACTOR DETERMINING THE WELL-BEING OF THE REPUBLIC

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A person, like any biological object, is under the influence and impact of numerous factors that come from living conditions and places of residence.

The processes occurring in the external environment equally affect all living organisms, and only the degree of their adaptation increases the chances of survival of some and dooms others to death. A person, as an intelligent creature, is by definition obliged to foresee all risks and be prepared for most of the unfavorable moments that arise throughout his life.

The very mechanism that will subsequently allow young people to avoid most problems of social and physiological orientation is obtaining the basics of medical and biological education, which will provide the opportunity to correctly navigate in a fairly aggressive environment. This knowledge, obtained by young people at the beginning of their lives, will allow them not only to avoid the risks of disruption of the physiological and psychological state, but also to help correctly navigate in choosing a healthy lifestyle for themselves and their immediate environment.

*Keywords:* medical and biological education, adaptation process, healthy lifestyle, young generation, infectious pathology, preventive measures.

Historically, people with a certain amount of biological knowledge are better adapted and feel more confident in the transition to independent life. There are many reports, both scientific and trivial stories from people's lives, indicating that young people who have had experience communicating in the biological spheres of human life adapt much more easily to society.

And, on the contrary, young people who have an insignificant level of biological awareness and a minimal amount of medical and biological knowledge have a much harder time adapting to independent life and have a harder time coping with even low levels of psychological challenges (problems).

In Belarus, a sufficient number of successfully functioning educational institutions have been created, which provide young people with the opportunity to obtain knowledge of various levels of complexity and focus. Biological, medical-biological and, specifically, medical education stand separately - which truly provide a high level of bio-focus in the adaptation processes of the period of entry of young people of the Republic of Belarus into independent life [1, 2].

All educational institutions of Belarus, without exception, in the programs for training specialists in the areas not mentioned above, have included, without fail, educational subjects that provide a certain minimum of medical and

biological knowledge. This knowledge allows young people of Belarus to feel confident in any situation that they have to face not only at the beginning of their lives, but also in subsequent periods [3].

One of the key educational institutions that has included medical and biological subjects in its educational programs is the UO "International Ecological Institute named after A.D. Sakharov" of the Belarusian State University, where every year, along with specialist diplomas, a large number of young people receive a start in life, who become worthy members of Belarusian society.

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