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TIME MANAGEMENT, BALANCE BETWEEN STUDY AND PERSONAL LIFE

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Relevance. The problem of lack of time for privacy life is extremely high due to the growth of educational loads, digitalization. Planning skills help students to increase productivity, reduce stress and find time for rest, which is critical for mental health and achieving goals. Study gives knowledge (hard skills), and personal life (communication, sports, volunteering, hobbies) gives communication and time management skills. Time management is a technology for organizing actions and setting priorities for conscious control over the time used to achieve goals. A person who knows how to relax and set priorities becomes a more adaptive and stress-resistant specialist.

Aim: to study students' ideas about the concept of "work-life balance" and offer practical recommendations for the time management and balance between study and personal life.

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

Results and their discussion. The survey covers 70 people. 53% of interviewed students are familiar with the concept of "work-life balance", 31% are not familiar with it, 16% have never thought about this concept. 25% of participants often choose studying over getting enough sleep. 51% of interviewed students sometimes tried to have balance between study and personal life, 24% rarely try to have balance. 56% of participants do not have balance between study and personal life at all, 44% of respondents keep this balance. 72% of interviewed students describe their state as a constant rush which causes severe fatigue, 28% have achieved a balance between their study and personal life. 31% of participants consider the study load quite difficult, while 5% of respondents consider studying very difficult, 64% of participants do not have problems with studying, 63% often postpone important educational tasks till the last moment, 37% do not have problems with deadlines. 73% of participants want to have more time to communicate outside the university, 27% of participants have enough time for communication outside the university; 50% of respondents allow themselves to have only one day a week without any study, 23% of interviewed students allow themselves to have a couple of times per month without any study, 19% of participants rarely have a rest, 8% devote all their time to their studies; 54% of interviewed students have the opportunity to enjoy their hobbies, 33% do not have enough time, 13% have no hobbies at all; 20% of respondents use special applications for time planning, 80% of participants do not use these applications; 97% of respondents consider this topic relevant.

Conclusions. Research has shown that many students suffer from lack of personal time. They do not like the idea of sacrificing sleep and their favorite hobbies to complete all the necessary tasks. Sleep has a significant impact on the body and mind, but students still choose to study at night. This means that they do not know how to organize their time and cannot avoid the development of some disorders and pathologies. At this point, finding a balance has become more than just a "wish", it has become a necessity for survival in a stressful and information-overloaded environment. The most important thing we can do is to give valuable advice on how to competently allocate students time and at the same time have time to do everything avoiding unnecessary stress and emotional overload.