

МАТЕРІАЛИ

У ВСЕУКРАЇНСЬКОЇ СТУДЕНТСЬКОЇ НАУКОВОЇ

КОНФЕРЕНЦІЇ

19 КВІТНЯ 2024 РІК • М. ТЕРНОПІЛЬ, УКРАЇНА

РОЗВИТОК СУЧАСНОЇ НАУКИ:
АКТУАЛЬНІ ПИТАННЯ ТЕОРІЇ ТА
ПРАКТИКИ


ISBN 978-617-8312-43-5

DOI 10.36074/liga-ukr-19.04.2024





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 **19 КВІТНЯ 2024 РІК**
 **м. ТЕРНОПІЛЬ, УКРАЇНА**

УДК 082:001

Р 64

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Рекомендовано до видання Вченою Радою Інституту науково-технічної інтеграції та співпраці. Протокол № 32 від 18.04.2024 року.



Конференцію зареєстровано Державною науковою установою «УкрІНТЕІ» в базі даних науково-технічних заходів України та інформаційному бюлетені «План проведення наукових, науково-технічних заходів в Україні» (Посвідчення №25 від 05.01.2024).

Матеріали конференції знаходяться у відкритому доступі на умовах ліцензії CC BY-SA 4.0 International.

Р 64

Розвиток сучасної науки: актуальні питання теорії та практики: матеріали V Всеукраїнської студентської наукової конференції, м. Тернопіль, 19 квітня, 2024 рік / ГО «Молодіжна наукова ліга». — Вінниця: ТОВ «УКРЛОГОС Груп», 2024. — 246 с.

ISBN 978-617-8312-43-5

DOI 10.62732/liga-ukr-19.04.2024

Викладено матеріали учасників V Всеукраїнської мультидисциплінарної студентської наукової конференції «Розвиток сучасної науки: актуальні питання теорії та практики», яка відбулася 19 квітня 2024 року у місті Тернопіль, Україна.

УДК 082:001

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ISBN 978-617-8312-43-5

СЕКЦІЯ 20.**МЕДИЧНІ НАУКИ ТА ГРОМАДСЬКЕ ЗДОРОВ'Я**

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HEALTH PROMOTION OF MEDICAL STUDENTS

Health care of students is considered one of the most important social tasks of society. The successful training of highly qualified personnel is closely related to the strengthening and protection of health, increasing the working capacity of student youth. With the beginning of a full-scale war in Ukraine in 2022, the youth is the most vulnerable category, experiencing great stress for the psyche and the body as a whole. Young people experience the greatest negative impact of the environment, as their sexual and physical development coincides with the period of adaptation to new, changed for them living conditions, education, high mental workload. The health of students is especially important, while according to experts, approximately 75% of diseases in adults are the result of the living conditions of childhood and youth. However, students do not value their health as capital that must be preserved and multiplied in order to reap the benefits in the future. In view of this, the problem of professional training of future doctors to realize the goal of preserving and strengthening the health of young people in war conditions is urgent.

The purpose of the study is to determine the motivation for a health promotion among first-year medical students. The following research methods were used: analysis of scientific and methodological literature, questionnaires, pedagogical experiment, methods of mathematical and statistical processing of the obtained data.

Research results and their discussion. The solution of the set experimental tasks was carried out on the basis of Sumy State University. 90 students aged 17–20 took part in the study. In the context of our research, we proposed questionnaires for life priorities, among which we singled out: safety, study, family, work, health, friendship, sports, scholarship, etc.; a questionnaire of readiness for a healthy lifestyle; self-esteem of the individual; adaptation to the beginning. According to the results of the study, it was established that the surveyed students value their safety and family first of all (68% of respondents), second is a scholarship (18% of respondents), and then 11% of respondents prioritized health promotion.

When analyzing the data at the beginning of the study, it was established that in 36% of the respondents, the state of health led to a decrease in the performance of the planned activities. In turn, 64% of respondents did not observe any manifestations of limitations in the performance of important professional tasks or important daily activities. By the end of the first semester, it was characterized by a change in indicators, which led to a decrease in the implementation of planned activities in 25% of the respondents, which was 5% less compared to the indicator at the beginning of the academic year. In 86% of respondents, the

state of health did not limit the performance of important professional tasks, therefore, this indicator increased by 12% by the end of the semester. Thus, we can state that the adaptive state of first-year students of the medical institute to study and change of living conditions increased by 12% during the year.

It should be especially noted the high level of restrictions on social activity and activities in social life (rare meetings with friends and acquaintances due to heavy employment and separation in connection with the transition to a new school). At the level of 60%, limitations in the functioning of mental health in the performance of usual actions were noted, which led to a relatively low assessment of mental health (feelings of inner restlessness were noted by about half of the respondents).

Conclusions. Based on the results of the research, it can be stated that the priority directions for first-year medical students are safety and family, and receiving a scholarship comes second. This shows that first-year students rely most on their parents, both in the financial sphere and in friendly relations. Regarding the life strategies of student youth and the value component: in building their life plan, young people most often focus on such goals as personal growth, career achievements, etc., in our case, it is the desire to receive a scholarship. In the last city, we discovered such a value in first-year medical students as preserving and strengthening health. Therefore, students of medical universities are often not prepared to implement the socially important task of raising a healthy generation, are not able to organize the educational process based on health-preserving educational technologies, do not take enough care of their health and do not follow a healthy lifestyle. Identifying the need to support physical and mental health and providing access to modern technologies for ensuring a healthy lifestyle in war conditions is important in solving this problem. Because this will have an impact on the formation of an educated, creative personality.