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SOCIAL ADAPTATION OF STUDENTS IN HIGH EDUCATIONAL MEDICAL ESTABLISHMENTS

The most important social requirement for the higher educational establishments is the focus of education is not only on the adoption of specific volume of professional knowledge, but also on the development of student's personality, successful socialization in society and actively adaptation to the conditions of the labor market. For educational system the main problem is teaching students how to adapt in university. From the success of educational adaptation undergraduate university largely depends on the further professional career and personal development of the future specialist.

The object of research is a medical universities as a environment of students adaptation. Subject of research is a first year student of medical university, as a subject of psychological adaptation.

Psychological adaptation is a process of psychological positioning of the individual in the social system, socio-psychological and professionally – activity-related relationships, and compliance of the relevant roles and functions in certain social groups. Psychological adaptation is currently an important social criterion for evaluating of the possibility of the person in system of different social relations.

Psychological adaptation of the person is a two-way process of interaction. During this process, there are various changes in personality and in the environment directly surrounding a person. The adaptation process is a restoration of internal harmonic of sensations and emotions with the outside world [1].

At the biological level the psychological adaptation depends from the condition of the nervous system and its ability to regulate the processes of inhibition and excitation. Temperaments, instincts, emotions, mental abilities often refer to congenital foundations of adaptability. Prolonged emotional load, lack of rest and recovery, as a rule, ends the depletion of the physiological resources of regulation and reduction of adaptive properties of the nervous system [2].

Students are a social group that is exposed to stress and exhaustion of different types (mental, emotional, and physical) in a sufficiently high extent. Particularly large nerve loads experiencing students of medical universities, as they have a great responsibility, responsibility for human life. Also students-physicians often suffer from hardships in the form of various examinations and modules, because of their training in universities which is more serious than learning other specialties.

Throughout the all period of study, students of all courses are constantly faced with various difficulties, and it often causes significant mental discomfort. The first training course is often recognized as the most difficult of all and this is due to the problems which a freshman encounters every day, for the most part they are extremely commonplace, but it exposes newly students to a state of permanent, chronic stress. This is the concept of «adjustment problems», and it is relevant for first-year students.

A necessary condition of the success of the students' activity is mastering new rules for his/ her living and studying at the Medical University. At the first year there is a process of the first-year student entry in the student group, forming skills of rational organization of mental activity, producing the best mode of work and leisure, developing and educating professionally significant qualities of the person, there is a process of building personal relationships between members of the team, in addition, for medical students an important factor is making decision itself in this sector of activity, the adoption of rules of dress code and hygiene. Also, a process of adaptation to work with various materials of human origin (in particular working with cadaveric material) is very difficult for young people, that is not always easy due to various types of temperament and a particular model of education.

The process of adaptation of first-year students can be divided into several stages: adjustment to the new system of education; adaptation to changes of the education mode; joining in the new team; awareness of the importance of the requirements for the appearance of the student; for students from other cities, there is another very significant factor – getting used to the new environment, lack of knowledge of the city, problem of searching of housing and adaptation to the conditions of the life in it [3].

The main problem arising among the first-year students of medical university is a long and laborious adaptation to new conditions and requirements of the educational system. The process of training of health workers is very time-consuming, so it is very difficult to cope with this

big volume of information for students. Even if a student has a high level of knowledge, it is still difficult to digest and process the huge flow of training courses on a great variety of subjects. Young people are not ready for this and quickly despairing and begin to doubt in their abilities and in the rightness of their choice. In these moments more than ever students need to have faith in themselves.

The second important factor of the emergence of stress among first-year students is the changing of the training regime. Any changes to the regime of the day are the hit of the psychological stability and internal harmony of the individual. The student must learn how to streamline his day and not to forget about the importance of the rest and the organization of leisure time.

Introducing with the new team is a very exciting moment for everyone. For most young people this is frightening situation because of their temperament and character traits. The student may have a lot of worries and fears related with it. At first, young people are experiencing about leaving school community, as there were already established contacts and friendly relations with the most of the team members. In the new environment this is yet to come the building of the good relations, and it is not always possible. New staff is not only a group in which the learning process takes place directly, but also teaching staff. Many students may have various situations of conflict with some teachers, and the reasons for this may be diverse. To avoid all this discomfort each student must learn how to communicate openly with people and not to be afraid of new acquaintances. They should follow the speech culture, practice conflict-creative communication and learn how to accept different people with all the advantages and disadvantages as an independent person having the right to express their own independent opinion [4, с. 8-14].

Adaptation to already set requirements for the appearance and shape of clothing. Because in the most of Ukrainian secondary schools there is no generally accepted form, it is difficult for the former pupils to reconcile with the requirements of the dress code at the Medical University. Young people tend to desire for self-expression, and mostly it happens through the details of clothing, so many students complain about the need of a wearing a medical gown and cap. For beginners physicians these rules are unaccustomed, and to some extent, this is also a negative impact of the adaptation process in the new school. But if the students entering to medical school, doing it carefully and wisely, he shall unconditionally accept these rules and constantly monitor the cleanliness

and tidiness of their uniforms, because it is an integral part of every medical worker.

Also a medical student must learn to respond intelligently to the objects of study, with which he constantly encountered in classrooms and laboratories. Do not be afraid or be squeamish various training materials, including those of human origin. Novice physicians should realize the importance of various educational manipulations (which is not always pleasant and acceptable to young minds) and treat them as an integral part of the learning process.

Socio-economic problems are more common in students from the other cities, but it is possible that a similar problem is faced to the student, who lives in his hometown. It is can be the big problem for a freshman student to find housing, for various reasons may cause problems with the settlement in the hostel or if the student unwilling to live in a dormitory, with the search for suitable housing. But even after student yet decided a question about the place of residence, economical and psychological problems do not become less. Furthermore, for young people appears more difficult and daunting tasks such as a long process of adaptation to the conditions of residence and the acquisition of housekeeping skills.

Summing up, it is necessary to repeat the basic principles of successful adaptation of first-year students of medical university: the following of regime of the day, work and leisure; forming the skills of planning and organizing their own activities; creative approach to the preparation of independent assignments, rational distribution of its complexity, understanding yourself as a physician, and accepting of all rules and regulations required by the profession; support of family and friends.

Implementation of these recommendations will contribute to a more successful social and psychological adaptation of students in the university, the development of social cohesion, social activity and self-determination of the personality of the modern representative of the student community.

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ОСОБЛИВОСТІ НЕГАТИВНИХ ПСИХІЧНИХ СТАНІВ ТА ЇХ СУТНІСНІ ХАРАКТЕРИСТИКИ

Сучасна соціальна дійсність вимагає від особистості змін щодо максимального її розкриття індивідуально – своєрідного творчого потенціалу та підвищення показників нормативної поведінки.

Дослідження вказують, що у студентському віці на виникнення та перебіг негативних психічних станів особистості впливає організація навчального процесу, побуту, відпочинку й дозвілля. Адже, в цих видах діяльності задовольняються багато потреб студентів, а психічні стани органічно пов'язані з потребами. Зменшення часу для улюблених занять, порівняно обмежене коло спілкування, ускладнені звичні зв'язки з рідними й близькими, неминуча відмова від деяких своїх бажань і звичок заради інтересів суспільства та виконання формальних групових вимог – все це впливає на психічний стан людини.

За Н.Д. Левітовим психічний стан – це сукупність певних ознак психічної діяльності людини у конкретний момент часу. Розрізняють стан розумової діяльності, емоційний стан, стан мобілізації або розслаблення, що виражаються, наприклад, у спокої, роздратуванні, тривозі, радості та ін. Психічні стани людини розглядаються як самостійна «цілісна характеристика її психічної діяльності за визначений період часу, що вказує на своєрідність перебігу психічних процесів, залежно від предметів та явищ дійсності, що відображаються, та попереднього психічного стану і психічних властивостей особистості» [2].