

# ASPECTS OF ADAPTATION BACKGROUND FOR STUDENTS OF A MEDICAL UNIVERSITY ENROLLED AFTER UNIFIED STATE EXAM

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**ABSTRACT** — The review article examines main aspects of students' adaptation to the medical university environment. The problem of students' adaptation is closely related to their health, prevention of diseases caused by the conditions of education in the university and the development of methods for correcting the state of the organism. Studies are considered that are devoted to the formation of an adaptation background for students of medical institutions of higher education, received in the USE format.

**KEYWORDS** — medical high school, social adaptation, disadaptation, student, student group.

Under adaptation (from the latin *adapto* — adaptation, adaptado adaptability, adaptable) in a broad sense is meant adaptation to environmental conditions. The concept of *adaptation* is leading in the scientific research of the organism, because it is the adaptation mechanism, developed as a result of evolution, that can provide an opportunity for adaptation of the organism to the environment [1]. If we turn to the psychological dictionary, then we consider three aspects of adaptation: biological, psychological and social. The psychological aspect of adaptation is understood as the adaptation of a person as a person to existence in society in accordance with the requirements of the given society and with their needs, motives and values. Adaptation is realized through the assimilation of norms and values of a particular society. Psychological adaptation occurs in each individual in the course of his individual development and professional development.

Admission to the university for most students is, more often than not, a new and highest step in life. It is on the first year of study at the university that an understanding of oneself, of one's personality begins, an attitude to learning, to its future professional activity is formed. Adaptation of students to the conditions of the university is at present one of the most urgent and significant problems [1]. If the first stages of adaptation are destabilization of the physiological functions of the organism, then the further process of adaptation to the new learning and functioning conditions is also characterized by the tension of the regulatory mechanism. This, in turn, has an impact not only on adaptation to

environmental conditions and studies, but also on the state of health of students.

The problem of adaptation of medical students is directly related to their health, as well as the prevention of diseases caused by the conditions of education in the university and the development of tools and methods for correcting the functional state.

In the study, Malkova T.G. [2] it was found that for students enrolled in the university is characterized by a low level of student health. Among freshmen, 52% have 3–4 groups of health. At present, there is a tendency to increase the chronic diseases of first-year students. From the course to the course, the number of students who have a 1–2 group of health decreases. Decreased quality of health occurs due to increased prevalence and degree of myopia, hypertension, chronic cholecystitis, chronic gastritis.

Study by S.G. Shestopalova dealt with the process of social adaptation of foreign students to study at the medical faculties of the Russian university, associated with weak pre-university training, lack of appropriate language skills, insufficient knowledge of the host country, and the lack of necessary domestic skills for living at a hostel [3].

Thus, the genesis of the adaptive background of the students of the medical university received in the USE format is characterized by the inclusion of optimizing the functioning of the organism, as well as maintaining a balance in the *organism-environment* system. The genesis of the adaptive background among the students of the medical higher educational establishment entered in the unified state examination format coincides with the process of socialization to new conditions, as well as the formation of a new social status, the sphere of communication and interests, therefore, from the socio-psychological climate that forms in the student group, and the comfort of students in it depends not only successful adaptation, but also the effectiveness of further education at the medical university.

## REFERENCES

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