

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**



МАТЕРІАЛИ

**106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
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OPTIONS FOR STRESS MANAGEMENT OF UNIVERSITY STUDENTS

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Introduction. The importance of current studies dealing with stress-related neurotic and somatoform disorders at a young age is determined by the necessity to find the new forms of psychological support in order to boost social adaptation and harmonious personal development of students.

The aim of the study. The examination of the ways of overcoming stress among students depending on NMD available, gender, and the year of education.

Materials and methods. 1235 university students of both genders were examined comprehensively including 852 students (68,99%) from Bukovinian State Medical University and 383 students (31,01%) from Yuriy Fedkovych Chernivtsi National University. All students (1,235 students) were divided into two groups - main (I) and comparative (II). The core group included 317 (25.67%) students who were diagnosed with non-psychotic mental disorders (NMD). To verify the clinical features of the NMD, as a comparative group, 918 (74.33%) non- NMD students, practically healthy, were surveyed.

The average age of the surveyed was 20.15 ± 0.05 years. In the gender distribution among all surveyed there were 365 men and 870 women, 29.55% and 70.45% respectively. The sample had no significant differences in gender and age composition, place of residence, form of study. The leading criterion for inclusion of a person in the study was his education in a higher education institution. The survey was conducted in the intersession period. The following methods were applied: clinical, psychodiagnostic, and statistical.

Results. The conducted study found that most often students used the following means to overcome stress: sleep - 70,35% and 71,24% in I and II groups respectively; walking in the open air - 58,99% and 60,02%; tasty food - 58,04% and 52,51%; communication with friends - 56,78% and 57,41% ($p \geq 0,05$). A reliable majority of students with NMD during the first examination indicated that they used cigarettes as a means to get over stress (34,38%) against 13,18% of students without NMD, and alcohol (26,81% and 13,73% respectively) ($p < 0,05$).

Significantly more students with NMD in the initial examination used cigarettes 34.38% versus 13.18% of students without NMD and alcohol 26.81% and 13.73%, respectively ($p < 0.05$).

Re-examination, a year later, revealed that significantly more students of the main group began to use the following stress relievers: break in study - 34,07% of students during the first examination compared to 47,95% ($p < 0,05$) after the second one; walks in the open air - it was 58.99%, it became - 68.77% ($p < 0.05$); hobbies - 45,43% and 60,88% respectively ($p < 0,05$); physical activity was 34.07%, and it increased to 53.31% ($p < 0.05$). Alcohol use decreased from 26.81% to 18.30% of students with NMD, and cigarettes from 34.38% to 25.87% ($p < 0.05$). Which testifies to the positive impact of our comprehensive treatment of students with NMD.

Analyzing how the relevance of various stress relievers varies, depending on the course of study, we will look at the most common harmful habit among young people - smoking. 20.55% of first-year students were found to have smoked in the main group and 4.62% - in the comparative group, in the second year - 34.29% and 9.30% respectively, in the third year - 33.33% and 15%, respectively. 6% of students of year one and year two, in the fourth year - 42,42% and 15,6% ($p < 0,05$), in the fifth year smoked - 37,78% of students with NMD and 18,90% of healthy students.

Conclusions. Therefore, the conducted study did not find any reliable gender differences in the choice of means to get over stress. The number of smoking students increases with every next year getting its maximum at the 4th year of studies. It decreases a little at the 5th year which should be considered in planning of preventive and therapeutic measures. Our comprehensive treatment of students with NMD reduced the rate of smoking 2,09 times, from 33,80% to 16,19% ($p < 0,05$), which is indicative of its high effect.