

# FACTORS THAT INCREASE EFFECTIVENESS OF MEDICAL STUDENTS' STUDING

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**Introductions.** Effectiveness of study is one of the most important issues for students of any year of study and university. There are many factors that influence this process. When we talk about preparation for classes, we have the image of an American student. He easily reads a book, listens to music, and can answer questions. And in the evening, go for a walk with his friends and stay up all night. But what result will he get from such training? And it can be different.

**Aim.** To determine the impact of a number of factors, namely, the use of caffeine-containing beverages, sound, room environment, and sleep duration on the effectiveness of third-year medical students.

**Materials and methods:** In the course of the work, a survey was conducted among students. They were asked to answer a few questions about concentration during training, the impact of drinking caffeine-containing beverages, changes in focus during sound, the need for interruptions, and duration of sleep on training effectiveness.

**Results and discussion.** The study found that out of 50 medical students, 38% were periodically distracted while preparing for classes and 24% very often, 34% consumed beverages containing caffeine 2-3 times a week, and 32% even daily, with 18% noticing memory impairment thereafter, 66% of students trying to engage in 7 complete silence precisely because 70% of students experience reduced attention while studying and watching a movie or listening to music. At

home, 62% of students make periodic pauses. 34% have the highest mental activity in the morning and 20% at night. 32% of students try to keep to sleep, and 32% do not. The duration of sleep should be 7-8 hours, which is observed only in 42%. Sleep reduction has a negative impact on the learning process of 80% of students.

**Conclusions.** During the course of work, it was found that to achieve maximum efficiency in teaching third-year medical students is most affected by quiet environment, periodic pauses and adherence to sleep.