**REACTIVITY MECHANISMS ADAPTATION MEDICAL STUDENTS TO STUDY LOAD**

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Overcurrent changes in body reactivity have individual characteristics. The student's body is constantly under stress. These overloads can sometimes cause stress, which can lead to a breakdown of adaptation.

From reactivity depends on the adaptability of the human body to the environment, the maintenance of homeostasis.

The purpose of the study. Analyse the mechanisms that form the basis the reactivity. To reveal psychophysiological state of health of students living in different household conditions

Materials and methods. The subjects of observation were students of 1 - 3 courses of Kharkov National Medical University (254 students). The mental health index included generalized data on pedagogical control and psychological testing.

Results. Two groups of students were identified as a result of the study. The first group is students with stable sufficient adaptation (52%). Almost all of them are engaged in additional motor activity. The second group of students (48%) was characterized by weak adaptive capabilities. The success of adaptation of students to educational activities depends not only on morphoffunction and psychophysiological development, emotional and intellectual self-regulation, but also the ability to compensate for some personal properties, as well as on the fulfillment of hygienic requirements for the organization of the educational process and the conduct of a healthy lifestyle.

Students change their place of residence, their social environment, and their old habits are destroyed. There is a transition to independent adult life, while new material difficulties arise, doubts about the correctness of the choice of a specialty, the need for self-service increases.

А medical student regards the quality of life as good, which depends on 4 components: material security (1.3 more often in girls, р<0,01), housing conditions, health and relationships in the family. These components are not accidental, since it was revealed that 86.2% of respondents contain parents, an additional earnings have 15.3% of girls and 17.8% of boys, and only 1/3 of respondents receive a scholarship, while twice as often girls (р<0,001).

Conclusions. The focus on a healthy lifestyle and the formation of self-protective behavior is a powerful way to prevent the emergence of pre-painful conditions in medical students. It is necessary to study components of a healthy way of life, which influence the success of adaptation of students to educational loads.