**FEATURES OF THE REACTIVITY AND FUNCTIONS OF THE ENDOCRINE SYSTEM IN THE ADAPTATION OF MEDICAL STUDENTS TO THE EDUCATIONAL WORKLOAD**

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**Introductions.** The characteristic changes in reactivity of the body have individual characteristics of reactivity in each individual. A modern young person links the importance of health to the possibility of self-fulfilment and effective, successful socialization, and is therefore obliged to work for the preservation of health.

**Aim.** The aim of the study was to study the lifestyle of the students and to uncover mechanisms for influencing the reactivity of the hormones of the anterior pituitary gland, which stimulate the secretion of adrenal cortex hormones. Health needs to be considered not in static, but in the dynamics of environmental changes and ontogenesis.

**Materials and methods.** The adrenal glands in the reactivity mechanism are mainly determined by the hormones of the corticosteroids. The adaptation of students to the new social conditions associated with higher education has its own specific features.

The subjects of observation were 184 students of Kharkiv National Medical University. Students were interviewed on the questionnaire we developed. The respondents were for the most part girls between 19 and 21 years of age.

**Results and discussion.** The adaptation of medical university students to the academic load is accompanied by moderate (medium) anxiety, but some students (38.4%) experience high situational anxiety, while only 34.3% of students have high personal anxiety.

By the third year of study at a medical university, the majority of students (77.9%) are fully adapted to the workload and the environment due to the activation of the parasympathetic department of the autonomic nervous system, which indicates the use of a more economical way of adaptation for the body.  
When comparing the dependence of anxiety levels on the level of cortisol in the blood, it was found that visiting students have higher cortisol levels than normal, which, along with the revealed sympathicotonia, indicates the tension of regulatory systems that provide adaptation to a new lifestyle.

**Conclusions.** The high plasticity of the central nervous system when using physical and mental corrective training allows you to adapt the entire body and its individual systems to increasing physical and psycho-emotional stress throughout the entire educational process. The most energetic efforts of doctors can not guarantee our health. To be healthy, you need to want to become one.