**IMPACT OF STRESS ON THE PHYSICAL HEALTH OF STUDENTS**

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**Relevance:** Modern life constantly confronts us with stress and experience. Stress has a negative impact on a person’s health, both physically and emotionally. There is no way to live without stress. The professional activity of health-care workers involves emotional saturation, psychophysical strain and a high percentage of stressors. Stress situations during studies and in practice are common and frequent. During the sessional period, the amount of information available for study increases. However, the possibilities of human perception are not unlimited. Such congestion sometimes causes stress, which can lead to a breakdown in adaptation.

**Objective:** The study examines the results of a survey among medical students on the influence of stress and its causes, the mechanism of physiological stress.

**Materials and methods:** The objects of observation were 128 students of the first course of CNMU 16-20 years: 37 boys and 91 girls. Questionnaires, interviews and student tests were used in the work

**Results:** The survey found that 64 per cent of students were suffering from poor stress resistance, 26 per cent were suffering from high stress and 10 per cent were suffering from low stress. An interview was offered to determine whether students were exposed to psychological reactions typical of stressful situations. It turns out that responses typical of stressful situations occur frequently - 27 percent, sometimes 65 percent, rarely 8 percent of students. Students were offered tests to detect anxiety associated with stressful situations. Fifty-five percent of students tested have low reactive anxiety, 30 percent have moderate anxiety, and 15 percent have high anxiety. Experiments have shown that in the stage of pathological emotional stress and constant anxiety, brain functions suffer, neurotic reactions occur. As a result, various pathological conditions can develop and the ability to remember new information is reduced. Such phenomena are exacerbated when psycho-emotional overloads are repeated quite frequently.

**Conclusions:** Despite the impact of stressors, stress resistance in students is not beyond the norm. In a stressful situation, a person needs a good adaptive capacity, which will help to survive the most difficult life experiences. One of the ways to prevent anxiety in medical students is to build emotional resilience in the learning process. His perspective is based on the fact that emotions are as good at training and nurturing as our muscles.