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**THE STATE OF HEALTH OF STUDENTS IN A PANDEMIC AND
DISTANCE LEARNING**

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Relevance: The pandemic has forced the academic community to turn to new teaching methods, including distance and online learning. This occasion has proved difficult for both students and teachers, who are forced to overcome the negative emotional, physical and economic consequences of the disease, while helping to combat the spread of the virus. As for the consequences, we can say about irritability and sleep disturbance. Students began to lead a sedentary lifestyle, and also stopped communicating live. After all, communication is necessary for us to form ourselves as a person.

In addition, during a pandemic, not only the health of students deteriorates, but also the quality of education. Various complex factors affect the decrease in the student's performance, which include a lack of oxygen, since the student is less likely to go outside to breathe fresh air; improper student nutrition; sleep disturbance. With regards to nutrition and sleep, you should not forget that, depending on the form of education, they can change. Some have improved their sleep during distance learning, while others have gotten worse. We can consider the same for nutrition.

Objective: To understand how pandemic and distance learning affects on student health.

Materials and methods. To solve current problems and achieve the goal, several research methods were used. Firstly, and the most thorough, is theoretical. The study, and in fact, the analysis of methodological and scientific literature, which made it possible to substantiate the essence of the problem.

Next stage is observation, questionnaires. The educational experiment is to determine changes in productivity among students of the Kryvyi Rih Medical College, because that is where teenagers and adults study together. A survey conducted by students of Kharkiv National Medical University about a couple of weeks ago and among one hundred and twenty students made it possible to understand how their physical and mental activity has changed.

The usage and statistical methods of processing the obtained data allowed to identify reliable characteristics of research work.

Research results. Investigating this topic, we conducted a survey to determine the activity of adolescents during the pandemic, students of Kryvyi Rih Medical College, after this survey the results were as follows: 40% of respondents said that productivity was reduced due to unwillingness to learn online ; 50% - answered that their mental activity has not changed, and distance learning has improved their knowledge; 10% of respondents have started self-development and want to leave school. Before the research, students were offered a questionnaire in which several questions related to the research topic were asked.

Against the background of the coronavirus pandemic, 100% of students were transferred to distance learning, so each student had the opportunity to participate in this survey. In total, the students surveyed mentioned four factors that they associate with their productivity in performing the tasks assigned to them by teachers, regardless of whether they study offline or online. These are social connections, psychological and physical condition, as well as the availability of the necessary training materials.

Most students lack the informal communication that was in college. The students also noted in the questionnaire that every fourth student cannot concentrate on distance learning and create all the necessary conditions for productive learning. The statistics which we made through the survey showed that most students were very happy to be transferred online, it was he who gave them more time to study, and thanks to modern technology to even improve their performance.

But if we go beyond distance learning, we can see that thanks to the pandemic, teenagers have begun to value time outside the home and now spend as much free time walking in parks, doing sports in gyms or playgrounds. Reluctant to get sick, one in two respondents said that they began to spend more time on their health (many students began to clean and disinfect the room more often, to ventilate the premises), and these activities improved the feelings of young people. Although the pandemic has left a negative mark on most adolescents, ophthalmologists working at the college and treating about 350 people told issues which prepared a researches from Kharkiv National Medical University students that after the first months of quarantine, according to local statistics, the number of young people who started eye diseases increased by 35%. Doctors say that students most often develop accommodation spasm, but each of the ophthalmologists explains this problem with the increase in the time that the student began to spend on computer technology. In 20% of adolescents, the spasm worsened over time, resulting in farsightedness and astigmatism.

As for other aspects of life, in the questionnaire, students indicated that their sleep had improved. Almost every student began to have more time to rest, arguing that you can wake up in front of couples much later. We also asked young people how their diet had improved / deteriorated. The results we received were disappointing: 70% of respondents began to complain of being overweight, due to frequent snacks; 30% of adolescents said that on the contrary, quarantine has become a motivator to maintain or even improve the figure.

Respondents were divided into three groups: 66% of students quarantine positively, they notice the shortcomings, but say that the positive aspects are more; 24% of respondents are waiting for the quarantine to end, but are neutral about the pandemic; 10% think badly about the virus and the changes it has brought to their lives.

Conclusion: Therefore, we can summarize that almost half of the students, being on the territory of the pandemic and receiving education remotely, nevertheless changed their lifestyle, which led to a decrease in the quality of their productivity. A very small percentage of students began to engage in self-development. It is also important to note that the decreased productivity of many

students had practically no effect on the health status of students. There were only ophthalmologic pathologies in some students. Despite the consequences associated with ophthalmology, most students still enjoy distance learning more. But do not forget that there are also some students whose mental activity was reduced, as they were not ready to study online. And a very small part even decided to leave the university, since they began to engage in selfdevelopment themselves.