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## **CHANGES IN LIFESTYLE OF MEDICAL STUDENTS IN CONDITIONS OF RIGOROUS QUARANTINE RESTRICTION**

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Despite the fact that in 30 European countries, including Ukraine, vaccination against COVID-19 is underway, in no case attention to this problem should diminish and lose vigilance - especially given the emergence of new, more infectious variants of the coronavirus.. Quarantine and self-isolation are essential measures in a pandemic that save millions of lives. At the same time, compulsory constant stay in a confined space turns into problems not only in the social life of people, but also physical inactivity, depression, violations of the daily routine, etc. For this reason, the task of studying risk factors for the lifestyle and educational activities of students of a medical university who were in quarantine in the spring semester of the current year is urgent.

Foreign students of the 2nd year of the Faculty of Medicine were interviewed using a questionnaire about their lifestyle. A total of 86 people were interviewed using Google form.

According to the results of the survey, it was found that the majority of students points at significant changes in their lifestyle compared to the pre-quarantine period. A significant part of students signify that they spend a long time in bed during the day (25% - 3 hours, 41% - 4-5 hours). At the same time, 50% of students do not do physical exercises at all, 7% do them sometimes.

At first sight, students had the opportunity to organize themselves the correct diet staying at home most of the time, however 21 % of students pointed that they didn't have proper diet. «Main routine activities like eating or sleeping are more irregular. It's surely less productive and at some point disturbing also» (in the words

of one student). At the same time, 100% of students indicated that they observe the rules of personal hygiene, which plays a significant role in the prevention of diseases, in particular, coronavirus. They all recognize the need to take precautions. In addition, 12% of students complained of eye pain due to using the laptop for more hours.

Therefore, basing on the obtained results, we can conclude that the pandemic has had a sufficient impact on the lives of students. The restriction of sports sections and fitness centers contributed to a significant reduction in physical activity in more than half of respondents. At the same time, by the data of our previous studies, it was shown that medical students who are constantly engaged in physical culture are less prone to stress, better overcome anxiety, frustration and depression. Also, regular physical exercise has a positive effect on mental functions, forms mental and emotional resilience to intense intellectual activity.

Thus, it is possible to recommend that students pay more attention to basic types of physical activity, such as morning exercises and warm-ups during the day, as well as do exercises for the eyes.