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PECULIARITIES OF THE LIFESTYLE OF MEDICAL UNIVERSITY STUDENTS IN THE CONDITIONS OF EPIDEMIC RESTRICTIONS.

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Introduction. The pandemic triggered by COVID-19, which began in 2020, has made adjustments in the lives of people around the world and has created certain conditions for their existence. The main condition is the avoidance of dangers and risks arising from non-compliance with normal circumstances, much attention is paid to this. Thus, it was decided to quarantine the containment and spread of the virus. Additional activities include curfew for closing schools and universities. A large number of universities have suspended classroom instruction and switched to e-learning, thus radically changing students' lives.

The aim of the study was to assess the impact of adverse factors on the lifestyle of medical students in the context of epidemic restrictions.

Materials and methods. The data were obtained by surveying an anonymous format using a special service for online surveys survio.com. , a total of 250 students of KhNMU aged 18 to 21 took part in the survey. Among the questions of the questionnaire were those that characterized the lifestyle of students, namely sports, leisure, outdoor activities, namely general time, some features of the distribution of rest and working time, sleep and others.

Results. In the course of work and analysis of the obtained data, clear changes were identified that can characterize the daily routine and lifestyle of students of KhNMU before the introduction of quarantine and during its operation. It was found that in conditions without quarantine restrictions 66.1% of students prefer active recreation, and 46.2% spend it on social networks and computer games. Compared to the quarantine routine, the majority of medical students (71.8%) said they spend their

free time in front of a computer monitor or use other gadgets (63.5%). According to the results of the survey, the majority of respondents 75.1% do not do daily exercises. A large number of students, 60.7%, noted changes in the nature of nutrition, namely an increase in the volume and frequency of meals.

Conclusions. According to the results of the survey of students of KhNMU, it was found that the conditions of the epidemic restriction have a negative impact on the lifestyle of students. Frequent complaints revealed sleep disorders, frequent headaches, violations of on the part of the visual organs, the reason may be the restructuring of the daily routine, irrational approach to the organization of the workplace and time, information overload and hypodynamia in general. Thus, to reduce the impact of negative changes psycho-emotional state of medical students, during the pedagogical process it is necessary to use the latest, easy and dynamic methods of perception, the principle of which is to change different activities and mandatory use a variety of games and electronic simulation devices.