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REGARDING THE ROLE OF TIME DEFICIENCY FACTOR IN DEVELOPMENT OF EMOTIONAL STRESS IN MEDICAL STUDENTS

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emotional stress, time deficiency, time management, medical students, intellectual performance.

ABSTRACT

The article is dedicated to problem of time deficiency and its influence on stress level in students of medical university. The review of existing literature sources was made, the importance of time management skills in emotional stress prevention was indicated. Research results are represented showing the inverse correlation between time structuring abilities and perceived stress levels in medical students. The negative influence of increased stress level in people with low time management skills on intellectual performance leading to lowering of grades and aggravation of psychological state. The conclusion about usage of effective time management and introduction of special time management courses aimed at improvement of time structuring abilities of students as an easy method of improvement of mental health, psychological state, and as a result the academic achievements of students was made.

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Background. Appearance of complex of non-specific reactions in response to various stimuli, known as stress, occurs in human organism under the action of different factors. Emotional stress, according to informational theory of emotions, may appear as a result of impossibility of satisfaction of organism's need, deficiency of adequate amount of energy, lack of information and time necessary for need fulfillment [5]. Due to variety of existing devices, informational resources, Internet and mass-media services, the search for information has become easier, thus deficiency of it is partly corrected. However, due to high tempo of modern life, the problem of time remains, as there is no possible way how to increase the number of hours per day. Thus, the development of easy methods of available time arrangement aiming to achieve all goals that were set according to their priority are currently in high demand [1, 2, 3]. Time economy is constantly improving with introduction of new technologies however, it still greatly depends on one's ability to create an adequate structure of personal available time [4].

Even though time structuring abilities are equally important for all the people, specific risk groups can be emphasized, and among them students take one of first places [1, 2, 4, 7]. Absence of experience and lack of ability to prioritize the importance of goals, numerous subjects and projects assigned to students in universities and colleges, anxiety coping during exams altogether aggravate the already existing time deficiency and may become the cause of distress. Psychic and physical changes accompanying distress are a good basis for pathological conditions development, thus deteriorating one's health and decreasing the health of whole population in general. Decreased mental performance, falling grades, dissatisfaction with studies and oneself, disappointment with own choice and absence of confidence in future career cause deep

psychological problems in young people [1, 4, 7]. Thus, the connection of time deficiency and stress level remains an important problem from both medical and pedagogical points of view.

Materials and methods used for current research included a survey conducted among 93 students of Kharkiv National Medical University including 41 young men and 52 young women aged 18-21. The survey included 2 questionnaires – Perceived Stress Scale (PSS) by Sheldon Cohen and Time Structure Questionnaire (TSQ) by M. J. Bond and N. T. Feather. With the aim to evaluate the interconnection between stress perception level and time management skills the Pearson's correlation coefficient (PCC) was calculated. Analysis of electronic registers containing results of academic achievements was made. All examined people gave their written consent to take part in research.

Research results. According to results of PSS questionnaire all examined people were divided into 3 groups according to stress level. 1st group included 9% of examined persons with low perceived stress level, 2nd group with average stress level was the biggest and included 83% of students, and in 3rd group were 7% of persons with high stress perception. It already shows the existence of peculiar group of students that might not show the grades corresponding to their knowledge level as the result of anxiety that may decrease intellectual performance especially in stressful situations like during exams and control works time. The following study of time structuration skills among students of all groups showed that the 1st group contained 82% of people with high time management abilities and 18% with average time skills, 2nd group had the greatest diversity as it included 3% of people with high level of time management, 89% with average and 8% with low, and 3rd group constituted solely of student with low time management skills. Study of gender differences in time management behavior didn't show significant difference between examined young men and young women. Aiming to reveal the influence of time management skills on stress level, PCC was calculated and was equal to - 0,31 that is reliable when $p < 0,01$. Such coefficient shows the existence of weak negative correlation between time structure quality and perceived stress, proving that those two parameters are inversely proportional.

Aiming to determine the peculiarities of time structuring abilities that could possibly be related to gender, the results of examined people of both groups were analyzed separately for men and women. Among men, 24% determined their time management skills as low, 65% as average, and 11% had high TSQ scores that corresponded to well-developed time structuring skills. Young women that took part in current research reported that 28% of them have low skills regarding time structure, 69% have moderate, and only 3% determined their time abilities as high. Those results correspond with stress levels determined in young men and women, as examined women showed relatively higher stress perception level simultaneously with lower time management abilities. However, that may be a result of psychological peculiarities related to gender and features of young age of participants, as some studies show that middle-aged women have in general the best time management abilities. Moreover, time skills are greatly influenced by peculiarities of one's occupation, family issues, and personal life, so gender and age differences may vary.

Analysis of electronic registers containing academic achievements of examined students on example of scores in discipline "Physiology" showed that in average the marks were higher in young people with higher time management skills (mean values were 3,7 for students with low time structuring skills, 3,9 for people with average time skills, and 4,0 in students with high time organization). That can be explained by possible negative influence of increased stress level in people with low time skills on intellectual performance leading to lowering of scores. However, more profound study of academic results is necessary as student score in different subjects may vary. Even though, it can be said that inadequate time management skills may cause or increase procrastination in students, and vice versa, forming a vicious circle that aggravates stress and causes such people to start lagging behind in their studies even more. Increased stress enhances feelings of anxiety and impatience, disrupting usual life rhythm and lowering the initial time management ability even more.

Conclusions. Current research results proved the negative influence of time deficiency and inappropriate time structuring skills on stress level, as it was established that in people with higher time management skills the stress level was lower, and weak negative correlation was proved. Effective time management improves academic achievements of students, while low ability to organize available time decreases students grades both through mental state disruption and studying hours decrease. Considering all mentioned above, special time management courses aimed at improvement of time structuring abilities of students might be an easy method of improvement of mental health, psychological state, and as a result the academic achievements of students. That would lead to increase of working efficiency and job performance in future medical specialists, thus aiding both educational and healthcare systems.

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