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У збірнику представлено результати наукових досліджень фахівців та молодих науковців з навчальних закладів Харкова, 12 міст України, вчених із Швеції, Італії, Чехії, Сербії, Індії, Туреччини, Білорусії, Польщі, Хорватії, Німеччини, Вірменії. Доповіді присвячено гендерним аспектам медицини та екології, а також дослідженню перспектив гендерної медицини у контексті пандемії covid-19. Для науковців, викладачів, аспірантів та всіх зацікавлених.

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The collection presents the results of scientific research of specialists and young scientists from educational institutions of Kharkiv, 12 cities of Ukraine, scientists from Sweden, Italy, Czech Republic, Serbia, India, Turkey, Belarus, Poland, Croatia, Germany, and Armenia. The reports focus on gender aspects of medicine and ecology, as well as research on the prospects of gender medicine in the context of the covid-19 pandemic. For scientists, teachers, graduate students, and anyone interested.

GENDER PECULIARITIES OF PSYCHOLOGICAL ADAPTATION TO QUARANTINE IN FOREIGN MEDICAL STUDENTS

The COVID-19 pandemic has become a landmark event and a rather difficult test for the majority of the population. Stressors are always present in our lives and affect the level of adaptation and people react to them in different ways. It depends not only on the content of the stressful situation but also on the physical (level of general health) and psychological components.

These include, first of all, the type of higher nervous activity, personality traits, and previous experience. Recently, much attention has been paid to the gender component of psychological adaptation.

Our study aimed to investigate the features of psychological adaptation to quarantine conditions, depending on gender.

The contingent of the study was represented by 43 foreign medical students of 5th-6th courses of study, aged 22.4 ± 1.1 years. It was divided into 2 groups.

The first group consisted of 21 male foreign medical students.

The second consisted of 22 female foreign medical students. In our research, we used the method of clinically directed conversation, questionnaires.

The results of the study showed that the majority of respondents (40 students; 93 %) had quarantine experience for the first time in their lives. Although more than half (23 students; 53,4 %) of the contingent expected a lockdown, it was a harsh stressor. Students noted an increase in sleep duration (36 students; 83,7%) and in time spent on social media (41 students; 95,3 %).

At the same time, there is evidence of gender differences in responding to the quarantine situation. Most male students spent their time watching movies and TV series (19 students; 90,5%) as well as walking in the street (16 students; 76,2%). For female students was typical spent their time developing new skills (14 students; 63,6 %) and preparing food (20 students; 90,9 %).

Also, male students tended to smoke and drink alcohol. The female students tended to overeat (19 students; 86,4 %).

Thus, we can say that with the general reaction of the studied contingent, there are gender differences in the methods of adaptation to quarantine as a stressful situation.

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