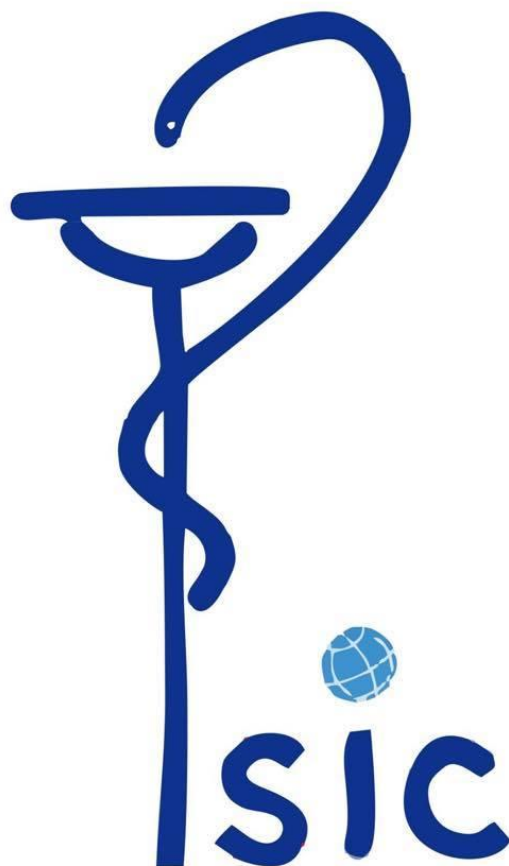




***IXth International Interdisciplinary  
Scientific Conference of Young  
Scientists and medical students  
«Actual problems of clinical and  
theoretical medicine»***

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***«Actual Problems Of Clinical And  
Theoretical Medicine»***



# BIOMEDICAL SCIENCES





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these data is of practical value for doctors and scientists for the improvement and development of new drugs to prevent septic

complications occurrence in burn patients, as well as carrying out and developing new treatment strategies.

**Chirva A.V., Sokol E.N.**

**STUDY OF THE EFFECT OF BACKGROUND COLOR AND FONT OF TEXT DOCUMENTS ON THE PROCESS OF ADAPTATION OF MEDICAL STUDENTS TO INTELLECTUAL LOADS**

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**Actuality:** Introduction. Paramount importance in the process of analytical and synthetic afferentation of the space surrounding belongs to the visual sensory system. For intelligent people, whose professional activity is connected with the reading of a large number of text documents relevantly is the efficiency of the visual analyzer.

**The Aim:** the goal of the study was to determine the optimal background and font to enhance mental performance and the efficiency of the visual analyzer in the process of formation of adaptive reactions to intellectual exertion.

**Materials and methods.** The study was made among 69 students of the 2nd course of medical University, has signed a voluntary consent to perform this study. Mental stability, indicators of attention, the efficiency of visual perception process was determined

using "Schulte Table", tests Münsterberg and Bourdon. Mental capacity and mental rate was evaluated by the method Kraepelin.

**Results and discussion.** At the 1st stage we were using Münsterberg and Bourdon methods a black font on a white background. The level of concentration divided students into 3 groups: 1st – high level of 35.6%; 2-nd – medium – 55,2%; 3rd – low of 9.2%. At the 2nd stage we were using a green font on a white background. As a result, the level of concentration in all study groups was significantly increased, and redistribution in groups in the direction of increasing the number of students with a high degree of concentration. At the 3d stage used a green background and red font (green is calming, red – activates). As a result, all indicators had increased, but especially its volume. By using "Schultz Tables" the results of high concentration showed 48.3% of the subjects; the



average is 46.8 %. At the 2nd stage we were using purple and yellow font on a white background. Results significantly decreased and increased the task completion time, errors appeared while working with the 4th and 5th cards that testified to the fatigue of visual perception in continuous operation with the yellow font. Such association of colors has caused tension mechanism of the differential sensitivity of the visual analyzer. Only 37,3% of the students retained high.

**Conclusion.** The results of these studies allow us to conclude about the influence of background color and font of text documents on the indicators of attention (concentration, volume, distribution). Red font on a green background and green font on a white background improves the process of distribution and concentration. The optimal reactions to adjust and adapt to intellectual loads must correspond to the effective functioning of the visual sensory system.