

and more young people in Russia are showing active citizenship and are ready to take responsibility for solving environmental problems by participating in volunteer projects and implementing their own initiatives.

The article «Ecological Consciousness of the Population of Modern Russia» emphasizes the importance of the development of environmental awareness of the population of modern Russia notes the importance of the development of environmental infrastructure for sustainable development. It talks about the need to recycle waste and use renewable energy sources [5].

In our study comparing the environmental consciousness of young people in Russia and Germany, we also confirm this importance. However, underdeveloped infrastructure in Russia hinders the realization of eco – friendly practices, even with high motivation of young people. Despite this, we agree with the article's conclusion about the key role of infrastructure in improving the environmental situation. It is necessary to develop it to increase environmental responsibility.

CONCLUSIONS

Russia can learn several key aspects from Germany: developing infrastructure for recycling, stimulating environmental behavior through legislative initiatives, and increasing the availability of environmentally friendly products. It is also important to support public initiatives aimed at environmental protection.

There is a need to move towards conscious actions based on knowledge and understanding of environmental issues, not just individual efforts. Sustainable environmental behavior should become part of the culture, which is possible only with the joint efforts of the state, educational institutions and society as a whole.

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ВЛИЯНИЕ НЕПРАВИЛЬНОГО ПИТАНИЯ НА ПСИХОЭМОЦИОНАЛЬНОЕ СОСТОЯНИЕ СТУДЕНТОВ МЕДИЦИНСКОГО УНИВЕРСИТЕТА

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Аннотация

Введение. Неправильное питание является одной из ключевых проблем, влияющих на здоровье студентов. Несбалансированный приём пищи и злоупотребление мучным приводит к нарушениям работы нервной системы. Обучающиеся сталкиваются с такими проблемами, как снижение концентрации, ухудшение памяти, быстрая

утомляемость, увеличение уровня тревожности и стресса. **Цель исследования** – изучить влияние неправильного питания на психологическое здоровье, эмоциональное состояние и успеваемость студентов Уральского государственного медицинского университета Минздрава России. **Материал и методы.** В ходе исследования был использован метод анкетирования. Участие приняли 125 студентов в возрасте от 18 до 25 лет, из них 70 девушек и 55 юношей. **Результаты.** Большинство опрошенных регулярно питаются неправильно, что сказывается на их психологическом состоянии. **Выводы.** Питание человека является важным фактором для поддержания здоровья, в том числе и психического. Студентам необходимо обратить внимание на свой рацион питания, а университету следует внедрить образовательные программы по питанию, а также организовать доступное здоровое питание в корпусах.

Ключевые слова: питание, студенты, эмоциональное состояние, психическое здоровье, стресс.

THE IMPACT OF UNHEALTHY EATING ON THE PSYCHO – EMOTIONAL STATE OF STUDENTS OF MEDICAL UNIVERSITY

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Abstract

Introduction. Improper nutrition is one of the key issues affecting students' health. An unbalanced diet and excessive consumption of refined carbohydrates lead to disturbances in the nervous system. Students face problems such as decreased concentration, impaired memory, rapid fatigue, increased anxiety, and stress. **The aim of the study** is to examine the impact of unhealthy eating on psychological health, emotional state, and academic performance among students at Ural State Medical University, Ministry of Health of Russia. **Materials and methods.** The study used a survey method. Participants included 125 students aged 18 to 25, consisting of 70 female and 55 male respondents. **Results.** The majority of respondents reported regularly consuming unhealthy foods, which negatively affected their psychological well – being. **Conclusions.** Nutrition is a crucial factor in maintaining overall health, including mental health. Students should pay more attention to their dietary habits, and the university should implement educational programs on nutrition while also ensuring access to healthy food options on campus.

Keywords: nutrition, students, emotional state, mental health, stress.

INTRODUCTION

Modern medical education places high demands on students, requiring intense cognitive effort and emotional stability. However, many medical students develop unhealthy eating habits due to academic overload, irregular schedules, and limited access to balanced meals. In the modern world, the problem of malnutrition is often raised. Any balanced breakfast, lunch or dinner contains all the nutrients and vitamins necessary for the body [1]. Poor nutrition, characterized by excessive consumption of fast food, skipped meals, and low intake of essential nutrients, has been linked to various mental health issues, including increased stress, anxiety, and cognitive decline. This study examines how improper dietary patterns affect the psycho – emotional well – being of students at Ural State Medical University.

The aim of the study is to analyze the dietary habits of medical students, assess the correlation between poor nutrition and psychological health (stress, anxiety, cognitive function) and provide recommendations for improving students' dietary habits to enhance mental well – being and academic performance.

MATERIAL AND METHODS

The study involved 125 students (70 female, 55 male) aged 18 – 25 from Ural State Medical University. The cross – sectional survey method was conducted via using Google Forms platform to evaluate respondents' dietary habits and emotional state. The questionnaire consisted of 10 key questions evaluating: frequency of meals, fast food consumption patterns, intake of fruit and vegetables, and emotional state using the DASS – 21 scale (measuring depression, anxiety, and stress levels). The collected data were systematically summarized, statistically analyzed, and presented as percentage distributions to identify significant patterns

RESULTS

The analysis revealed concerning patterns in students' nutritional behaviors and their psychological consequences. 78% of respondents reported consuming fast food three or more times per week, while 65% admitted to regularly skipping breakfast. Only 22% met the recommended daily

intake levels for fruit and vegetables. These poor dietary habits showed strong correlations with negative psychological outcomes: 62% of participants exhibited high stress levels, 48% reported moderate to severe anxiety symptoms, and 35% showed signs of depression. Academic performance was also affected, with 72% experiencing concentration difficulties during lectures and 58% reporting study – related fatigue.

DISCUSSION

The findings confirm that poor nutritional habits are prevalent among medical students and significantly impact their mental health and academic performance. The demanding nature of medical education, with its consecutive back – to – back classes, requires students to maintain exceptional focus and cognitive stamina throughout the day [2]. This academic rigor is further compounded by the substantial mental energy expenditure needed for memorizing vast amounts of medical knowledge and solving complex clinical problems during self – study sessions [3]. Our results demonstrate that students experiencing hunger or inadequate nutrition face particular challenges when engaging in the learning process. When the body's basic physiological needs remain unmet, cognitive resources are diverted from academic tasks to more primal survival mechanisms, creating a significant barrier to effective learning [4]. This physiological reality helps explain why students with poor eating habits reported greater difficulties in concentration (72%) and higher fatigue levels (58%) compared to their peers.

Several physiological mechanisms may explain these relationships: blood sugar fluctuations from irregular eating patterns contribute to mood instability; deficiencies in essential nutrients like B vitamins and magnesium impair proper neurotransmitter function; and disruption of the gut – brain axis may increase inflammatory responses to stress [5].

CONCLUSIONS

These results of the study demonstrate that poor dietary habits among medical students significantly correlate with increased stress, anxiety, and reduced academic performance. The findings highlight the particular importance of maintaining proper nutrition to support both cognitive function and emotional well – being in demanding academic environments. To optimize both physiological and mental health, students should prioritize balanced meals rich in fresh fruit and vegetables, protein sources, and probiotic – containing dairy products.

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