

High	-	-
Average	60,7	57,7
Low	39,3	42,3

According to the results of K. Schreiner's methodology "How effectively do you cope with stress?", Carried out in the third stage, it was found that members of individual sports more effectively deal with stress and, probably, found more personal methods of self-regulation. According to the results of the methodology, we can conclude that all members of individual sports (100%) and the predominant part of team sports (96.2%) in a stressful situation behave quite restrained and are able to regulate their own emotions. These athletes do not break into other people and are not set to blame themselves. 3.8% of members of team sports do not always behave correctly in a stressful situation. Sometimes athletes of this group are able to control themselves, but there are also cases when they start up because of nothing and then often regret it.

Based on the analysis of the results of the study, it was found that neither individual nor team sports found members who were overworked, exhausted, unable to control themselves and lose their self-control [2].

### **Conclusions:**

The structure of stress resistance of athletes is presented as a systemic feature that appears at the time of sports training and performance, where stress factors are most expressed [1]. The direct responsibility of sports psychologists is the development and introduction of the necessary programs for the formation of constructive coping behavior among athletes. Based on the analysis of the results of the study, it was found that neither individual nor team sports found representatives who were overworked, exhausted, unable to control themselves and lose their self-control.

Thus, the analysis of these methods shows that athletes have developed mental and psychological stability in stress.

### **List of references:**

1. Ilyin E.P. Sports Psychology / Eugene Pavlovich Ilyin. - St. Petersburg: Peter, 2008. - 352 p. - (Series "Masters of Psychology).
2. Romek V.G. Psychological assistance in crisis situations / V.G. Romek, V.A. Kontorovich - St. Petersburg: Speech, 2004. - 256 p.
3. Rudakov A.L. Stress, stress resistance and sanogenic reflection in sport: monograph / A.L. Rudakov. - Krasnoyarsk, 2011. - 190 p.

УДК 811.111

**Korshunova K.V., Samoylova T.P.  
ENGLISH FOR RUSSIAN DOCTORS**

Department of Foreign Languages  
Ural State Medical University  
Yekaterinburg, Russia Federation

E-mail: Korshunova\_ksena@mail.ru

**Annotation.** This article is dedicated to the English language, which, in fact, can play important role in the career of Russian doctors.

**Keywords:** English, science, doctors, development, need

### **Introduction**

We can start with the fact that nowadays the knowledge of English language is very important. But we can see, that a few people, including doctors, think about the importance of learning it. This article reflects our position, which consists in the need for knowledge of English by Russian doctors.

**Objective** is to prove the necessity to learn English by Russian doctors, the development of general recommendations.

### **Materials and methods**

Among 41 first-year students of the Ural State Medical University, a sociological survey was conducted in which students answered questions about the role of English language for Russian doctors.

The following methods were used for research: the content analysis method (studying books, articles, extracting information from the Internet), the questionnaire method.

The questionnaire and students' answers are given below in Table 1.

Table 1

The role of English language for Russian doctors

Questions			
1. Do you agree with the fact, that the future doctor needs to know English?	Yes, I agree 35	No, I do not agree 6	
2. Do you think that one year of English at a medical university is not enough to learn it?	One year is enough 19	One year isn't enough 22	
3. What is your level of knowledge of English?	Very good language, knowledge is above average 6	Average knowledge of the language, enough for study 21	Very poor language knowledge 14
4. Do you know about the prospects of knowing English in your future profession?	Yes, I know 31	No, I think that there are as many prospects as without knowledge of the language 9	I don't know 1

As indicated in Table 1, the survey revealed that students positively assess the role of English in the life of a Russian doctor and, despite the lack of a sufficient number of hours for learning English at the university, most believe that English is necessary for their future profession and the number of hours at the university needs to be increased.

It is also necessary to inform students more about the prospects in medicine with knowledge of the English language, because a small percentage of people answered that they don't see huge prospects of using the language in professional activities.

Several sources [1, 2, 3] prove that career and work efficiency of Russian doctors with knowledge of foreign language (English) is much higher than those of doctors without this necessary knowledge.

### **Results and its discussion**

A lot of students, who study English at the medical university, want to ask this question. In fact, if the goal of doctors is to improve their skills and desire to develop in their chosen specialty, and even more so, to collaborate with foreign colleagues and share knowledge with them, the question of the need of English in doctor's profession become meaningless. Let's look at points of how English can help Russian doctors.

First of all, knowledge of English allows the doctors to admit foreign patients in clinics and hospitals. For patients, it is always important to be understood by the doctor, and patients want to make sure that doctor will make the correct diagnosis. For the doctor, the patient's comfort is very important, which impacts his or her health. To be ready to help foreign patients, doctors need to know English language, which is impossible without it.

A doctor, who speaks English, is more informed in medicine innovations. Owing to knowledge the English language, doctors can freely read foreign medical journals, most books about innovations in medicine, read posts in English on medical websites. Regardless, many will ask: why doctors couldn't read all books and articles in Russian language? Because scientific publications are primarily available to a wide range of readers only in English, and this can take a long time before they will be translated into Russian. And all future doctors need to understand, that in the scientific community, and not only there, English is the language of international communication.

Knowledge of English allows doctors to participate in medical conferences abroad. Prestigious clinics and hospitals are interested in ensuring that their doctors take part in various medical events abroad, such as conferences on certain medical issues. Therefore, if a doctor works in a clinic or in a scientific research institute, he has the opportunity to go on a business trip abroad, but these doctors need a good knowledge of the English language, because such events are usually held in English.

Doctors can also continue their medical education abroad. If you have already become a clinical practitioner and would like to grow professionally, you can take an internship in a foreign clinic, to participate in medical international research projects. But you need to understand, that it is all impossible without knowledge of the English language.

Studying the material on the topic and through a survey of USMU students, we made it possible to clearly formulate points, which reflect the need in studying English by Russian doctors and medical students.

**Conclusions:**

In conclusion of the article, it should be noted that importance of English language for Russian doctors is difficult to overestimate. But despite the prospects of knowledge of English, at the medical universities, the foreign language is studied only in first year. All of us should think about increasing the number of hours at the medical universities, because language is necessary for building a future career and for our development. In conclusion, we can point out that English language will soon reach a new level for Russian doctors, which will certainly affect the quality of work and introduction of new technologies in treatment of people.

**List of references:**

1. Ерофеева О.В. Актуальность изучения английского языка в медицинском вузе / О.В. Ерофеева // - Екатеринбург.: Сборник научно-практической конференции с международным участием УГМУ, 2015. – с. 37-39.
2. Importance of the English language in medicine // Modern scientific researches and innovations. - 2017. - № 2.
3. Марданян М.З. Роль английского языка в обучении студента медицинского института и в профессии врача // [Электронный ресурс]: Режим доступа: URL: <https://scienceforum.ru/2017/article/2017035484> (дата обращения: 13.01.2020).

УДК 1.18:616.89-008.47

**Selivanova A.S., Shaidurova E.V., Zabolotskikh K.I., Yarunina I.V.  
LEONARDO DA VINCI'S CEATIVITY AND ATTENTION DEFICIT  
HYPERACTIVITY DISORDER**

Department of Philosophy, Bioethics and Cultural Studies  
Ural State Medical University  
Ekaterinburg, Russian Federation

E-mail: [evsh2008@mail.ru](mailto:evsh2008@mail.ru)

**Annotation.** The article discusses a correlation between the character and life of Leonardo da Vinci and possible manifestations of his attention deficit disorder.

**Key words:** ADHD, creativity, attention deficit, hyperactivity, anxiety.

**Introduction**

According to statistics, there are more than 1 billion people suffering from various mental disorders in the world.

Recent studies [2] have shown that there is a certain correlation between the creativity and mental abnormalities. Scientists have analyzed the condition of people