

информации о диагнозе необходимы определенные условия. Любое нарушение конфиденциальности, чрезмерное, неоправданное разглашение повлечет дискриминацию, а сокрытие – повышение риска заражения. Большинство опрошенных студентов привержены позиции именно на достижение баланса, между сохранением и максимальным раскрытием конфиденциальной информации, что само по себе является разумным компромиссом.

### **ВЫВОДЫ**

Таким образом, на основании всего вышесказанного можно сделать следующие выводы:

1. Студенты УГМУ понимают сложность проблемы конфиденциальности личных данных, в том числе диагноза, при ВИЧ-инфекции. Конфиденциальность касается правовых, этических и социальных аспектов.

2. Защита личных данных пациентов с ВИЧ важна для соблюдения их прав. И нарушение конфиденциальности может иметь серьёзные последствия. Таким образом доверие между пациентом и медицинским работником основывается на уважении со стороны врача к личным данным пациента и к нему самому.

3. Для обеспечения комфортной среды для ВИЧ-инфицированных пациентов необходимо предпринять следующие шаги. Во-первых, необходимо проводить специальное обучение медицинских работников правилам обработки конфиденциальной информации. Во-вторых, должна быть разработана система защиты данных пациентов с ВИЧ-инфекцией на законодательном уровне.

4. Реализация прав на конфиденциальность и автономию личности важна для безопасности людей с ВИЧ.

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## **ВЛИЯНИЕ ЖИЗНИ В ОБЩЕЖИТИЕ НА ПСИХОЛОГИЧЕСКОЕ ЗДОРОВЬЕ СТУДЕНТОВ УГМУ**

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### **Аннотация**

**Введение.** Как известно, переезд в другой город и жизнь в новых условиях — это большой стресс для организма и психики студентов. Жизнь в общежитии влияет на эмоциональный фон и психологическое состояние учащихся в высшем учебном заведении. Студентам приходится привыкать к новому ритму жизни и нагрузкам. Поэтому для организма важен качественный отдых, который не всегда можно обеспечить в условиях общежития. В статье

рассмотрен вопрос переезда в общежитие и его влияние на психологическое здоровье студентов медицинского университета. Была проанализирована статистика по студентам, имеющим трудности с адаптацией к жизни в общежитие. Изучены особенности быта и возможности сохранения личного пространства и эмоционального состояния студентов. **Цель исследования** – выяснить, какие негативные последствия несет переезд в общежитие для студента УГМУ Минздрава России. **Материал и методы.** В исследовании был использован метод анкетирования. Всего было опрошено 70 студентов с 1-го по 6-й курса УГМУ Минздрава России в возрасте от 18 до 23 лет. **Результаты.** В результате исследований было выявлено, что большинство студентов сталкиваются с трудностями при переезде из домашних условий в общежитие. У части студентов возникают трудности, связанные с психологическим здоровьем, а именно эмоциональное выгорание, высокий уровень стресса, апатия. Многие студенты сталкиваются с нехваткой личного пространства и построения дружеских отношений с соседями по комнате. **Выводы.** Трудности, связанные с ведением быта в общежитие, влияют на ментальное здоровье студентов и в некоторых случаях приводит к тяжелым или даже необратимым последствиям для психики учащихся. Учащимся следует чутко относиться к своему психологическому здоровью, при появлении серьезных проблем необходимо обращаться к специалистам.

**Ключевые слова:** студент, общежитие, психология, стресс здоровья, социализация

## THE IMPACT OF LIVING IN A DORMITORY ON THE PSYCHOLOGICAL HEALTH OF USMU STUDENTS

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### Abstract

**Introduction.** As you know, moving to another city and living in new conditions is a great stress for the body and psyche of students. Living in a dormitory affects the emotional background and psychological state of students at a higher educational institution. Students have to get used to a new rhythm of life and workloads. Therefore, high-quality rest is important for the body, which cannot always be provided in a dormitory. The article considers the issue of moving to a dormitory and its impact on the psychological health of medical university students. Statistics on students who have difficulties adapting to life in a dormitory were analyzed. The peculiarities of everyday life and the possibility of preserving the personal space and emotional state of students are studied. **The aim of the study** is to find out what negative consequences moving to a dormitory for a student of the UGMU of the Ministry of Health of the Russian Federation has. **Material and methods.** The survey method was used in the study. In total, 70 students from the 1st to the 6th year of the UGMU of the Ministry of Health of Russia aged 18 to 23 years were interviewed. **Results.** As a result of the research, it was revealed that most students face difficulties when moving from home to a dormitory. Some students have difficulties related to psychological health, namely emotional burnout, high stress levels, and apathy. Many students face a lack of personal space and building friendships with roommates. **Conclusion.** The difficulties associated with living in a dormitory affect the mental health of students and in some cases leads to severe or even irreversible consequences for the psyche of students. Students should be sensitive to their psychological health, and if serious problems arise, they should contact specialists.

**Keywords:** student, dormitory, psychology, health stress, socialization

### INTRODUCTION

Student accommodation in dormitories is a common practice for teaching students. However, changes in the social environment, which are characterized by a lack of ideological guidance, a shift in value systems, unsupportive family and living circumstances, complex team dynamics, an increase in mental health issues and depressive states, have a negative impact on students who gain experience of living independently outside the family home. After all, the dormitory is not just a place for students to co-exist, but also a unique environment.

**The aim of the study** is to identify how living in a dormitory affects the psychological well-being of an USMU student. The target population consisted of 70 USMU students, 15 of whom were male and 55 were female. The average age of the participants was 18 to 23 years.

### MATERIAL AND METHODS

The study used a combination of survey and questionnaire methods. The results were converted to percentages.

The study used questionnaire method based on the structure of the Epworth questionnaire. The information received was carefully analyzed and structured using Microsoft Excel 2016 software to build statistical graphs and use mathematical calculations to convert data into a percentage ratio, taking into account measurement error.

The study involved 70 students from the first to the sixth year of the Ural State Medical University aged 18 to 25 years.

As a rule, young people significantly change their lifestyle when moving to another city to study. When moving to a dormitory, the student begins to adapt to new conditions. First of all, the mental health of the student suffers. For an objective assessment of the psychological state of students based on the Epworth questionnaire, a questionnaire was developed and presented to students, including the following questions:

- 1) Were you able to immediately find a common language with your roommates?
- 2) How long have you been getting used to your new lifestyle?
- 3) Do you experience a lack of personal space while living in a hostel?
- 4) How does living in a dormitory affect your emotional state?
- 5) Is it difficult for you to concentrate and do your homework while living in a dorm?
- 6) Do you often have nervous breakdowns / panic attacks / apathy attacks due to the peculiarities of the lifestyle in the hostel?
- 7) Has your dorm lifestyle deteriorated?
- 8) If there was an opportunity, would you move to live in a separate apartment?

## **RESULTS**

These statistics were compiled on the basis of a survey in which 70 people from 18 to 25 years old participated. This allows us to say that the results given below are reliable enough to draw conclusions about the impact of living in a dormitory on the psychological state of students of the USMU Ministry of Health of Russia. The average age of the respondents was 19-20 years old, a total of 70 people were interviewed, 91.7% of them were 1st year students, 4.2% were 2nd year students, and 4.2% were 3rd year students. Based on the results obtained, 66.7% of students immediately found a common language with their dorm neighbors; 29.2% could not immediately find a common language; 4.2% could not find a common language with their neighbors. As you know, one of the important factors of a comfortable stay in a hostel is friendly relations with neighbors. Statistics also showed that 50% were not immediately able to adapt to a new lifestyle; 33.3% - immediately got used to new living conditions; 8.3% - still could not get used to a new lifestyle; 8.3% - adapted to a new lifestyle for more than a year (fig.1). To the question "do you experience a lack of personal space while living in a hostel?" 54.2% responded positively, 20.8% rarely feel a lack of personal space; 25% do not experience any difficulties. Personal space is very important for a person, but in a dormitory it is not always possible to provide it. Therefore, the lack of personal space also affects the student's psychological health. This conclusion is confirmed by the result of the survey: 37.5% of respondents notice that their emotional background has deteriorated due to living in a hostel, 29.2% are positively affected by living in a hostel, and 33.3% of respondents are not affected by living in a hostel in any way. Also, living in a dormitory affects the concentration and academic performance of students. According to the results of the survey, 50% of respondents have great problems with concentration while living in a dormitory, 41.7% of students have mild problems with concentration, and 8.3% do not have problems with concentration. It was also investigated whether students often experience a nervous breakdown, an attack of apathy and panic attacks. According to the survey results, 58.3% often experience the above problems, 29.2% do not experience any problems, 12.5% experience the above problems on a regular basis. The final question in the survey was "has your dorm lifestyle deteriorated?" The answer to this question was as follows: 62.5% do not feel any changes, and 37.5% feel slight changes. According to the results of the survey, the following dependence can be identified: students experience the greatest problems with a lack of personal space, a deterioration in their emotional background and mental health.

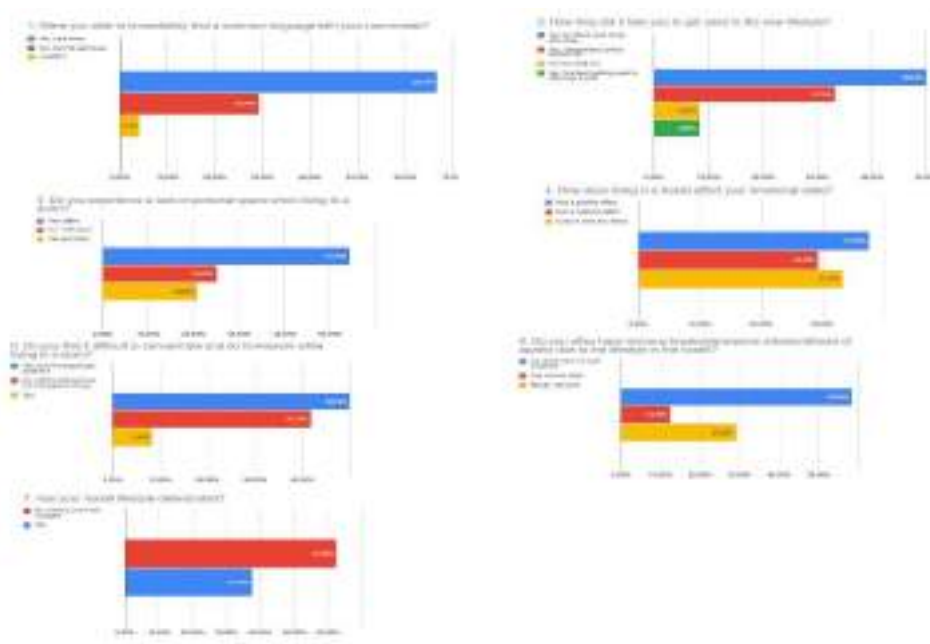


Fig.1 Comparative assessment of student response rates

## DISCUSSION

Psychological health is a state of mental well-being and an adequate attitude to the outside world, which is a necessary part of a person's life and his full-fledged development [1]

Based on this statement, an investigation was conducted among the students of UGMU in order to find out how living in a dormitory affects mental health.

According to the results of the survey, it was found that 37.5% of respondents notice a deterioration in their emotional background due to living in a hostel. And indeed, living in a dormitory affects the mental health of a student. When moving to another city to study, students face a difficult task - adapting to new living conditions. Heavy loads, a new team, different living conditions, all this is stress for a student at a higher educational institution. The period of adaptation to the conditions of living in a dormitory may not always be easy for many students. In such conditions, students' personal qualities are revealed, as well as their ability to overcome life difficulties. In addition, communication and interaction skills with other people are developed, and the student adapts to a new social and living environment. This is often due to their personal qualities and psychological stability, as well as their upbringing in the family. [2]

Studies have shown that 58.3% of students experience stress and apathy while living in a dormitory. If a student experiences stress on a regular basis, then mental health is at risk. There is a high probability of developing depression. If depression is not diagnosed at an early stage, then there is a risk of the patient developing suicidal thoughts. [3]

An important aspect for a student is the availability of personal space. "Personal space always acts as a developed space. Consequently, it is more or less systematized, and has a number of value accents on one or another content. In the world, the most organized and maximally developed space is housing" [4].

And a really important factor affecting psychological health is the availability of personal space. According to the study, 54.2% lack personal space. It is quite difficult to provide a student with personal space in a dormitory. Collective life always implies the violation of personal boundaries and space. Due to the lack of personal space, the student may become irritable, fatigue will accumulate and the body will often experience stress.

Also, according to the study, 29.2% of students noted that they could not immediately make friends with their roommates. "Social interaction" is "the process of influencing individuals, social groups or communities on each other in the course of realizing interests. At the same time, social formations can act as objects of mutual interests both directly and indirectly. In the first case, the

choice of individuals, social groups or communities is determined indirectly by their qualities; in the second case, the content is the results of their activities as means of realizing their needs." [5].

For a person living in a community, it is necessary to maintain friendly relations with other people. This is especially true for students living in a dormitory, as they have to share one room with several people.

Loss of concentration can also affect a student's psychological health. The period of study at a higher educational institution is one of the most difficult stages for a person. It is very important to quickly assimilate a large amount of information [3].

According to the results of the survey, 50% of respondents experience great problems with concentration while living in a dormitory. Due to the lack of concentration, the student may have problems with academic performance, which will inevitably lead to a deterioration in mental health.

The final question in the survey was "has your dorm lifestyle deteriorated?" 37.5% of students feel slight changes in their lifestyle. Before entering the university, each student lived in different conditions. A sharp change in housing conditions can dramatically worsen the level of psychological health. Since the student will have to adapt to a new way of life. The way of life that a student is used to before living in a dormitory will have to be changed, and any changes and leaving the comfort zone leads to an increase in stress levels.

Based on the survey, it became clear what difficulties the student is facing and how these problems affect psychological health.

### **CONCLUSION**

Based on all of the above, the following conclusions can be drawn:

1. Living in a dormitory affects the student's emotional state. Therefore, adaptation to life in a hostel requires taking into account certain factors.
2. Certain factors can have a negative impact on mental health.
3. Successful adaptation to dormitory factors can make the experience positive.

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## **ВИДЕОМАТЕРИАЛЫ КАК СРЕДСТВО СОВЕРШЕНСТВОВАНИЯ НАВЫКОВ АУДИРОВАНИЯ У СТУДЕНТОВ – МЕДИКОВ НА ЗАНЯТИЯХ АНГЛИЙСКОГО ЯЗЫКА В НЕЯЗЫКОВОМ ВУЗЕ**

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