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ИССЛЕДОВАНИЕ ФАКТОРОВ АКАДЕМИЧЕСКОЙ УСПЕШНОСТИ СТУДЕНТОВ – МЕДИКОВ

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Аннотация

Введение. Академическая успешность студентов – медиков является залогом успешности их будущей профессиональной деятельности. Однако достижение академических успехов тесно связано с состоянием психического и эмоционального благополучия. **Цель исследования** – проанализировать имеющиеся в научной литературе данные по проблеме академической успешности и выявить основные факторы, влияющие на достижение академической успешности студентами – медиками в современном образовательном контексте.

Материал и методы. В исследовании использовались два основных метода: изучение научной литературы и опрос студентов медицинского университета. **Результаты.** Было выявлено, что в достижении академической успешности важную роль играет психологическое благополучие студентов, которое, в свою очередь, основано на ряде социальных и эмоционально – психологических факторов. Среди таких факторов важнейшую роль играет учебная автономность, основанная на самодетерминации, самооффективности и вовлеченности студентов – медиков в образовательный процесс. **Выводы.** Для улучшения учебных результатов студентов – медиков необходимо уделять особое внимание поддержке их психического и эмоционального благополучия, развитию их автономности, самооффективности, уверенности в себе, внутренней мотивации на достижение успеха, а также созданию позитивной учебной среды с поддерживающими отношениями между студентами и преподавателями.

Ключевые слова: академическая успешность, успеваемость, студенты – медики, студенческое благополучие, автономность, самооффективность.

INVESTIGATING ACADEMIC SUCCESS FACTORS FOR UNDERGRADUATE MEDICAL STUDENTS

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Abstract

Introduction. Academic success of medical students is the key to the success of their future professional activity. However, achieving academic success is closely related to the state of mental and emotional well – being. **The aim of the study** is to analyze the data available in the scientific literature on the problem of academic success and to identify the main factors influencing the achievement of academic success by medical students in the modern educational context.

Material and methods. The study used two main methods: a literature review and a survey among undergraduate medical students. **Results.** It was found that academic success of medical students is associated with their psychological well – being which in turn is based on a number of social and emotional – psychological factors. Among these factors, the most important role is played by student's autonomy which is based on self – determination, self – efficacy and engagement.

Conclusions. In order to improve medical students' academic achievement, special attention should be paid to supporting their mental and emotional well – being, developing their autonomy, self – efficacy, self – confidence, their internal motivation to success, and creating a positive learning environment with supportive relationships between students and teachers.

Keywords: academic success, academic performance, medical students, student's well – being, autonomy, self – efficacy.

INTRODUCTION

Academic success of medical students is an important factor of their future professional success. However, achieving academic success is closely related to many social and psychological factors including the state of mental and emotional well – being. In recent years, there has been a growing interest in studying the relationship between academic success and well – being of medical students. This is due to the fact that medical education is often accompanied by high levels of stress, anxiety and depression, which can negatively affect academic performance. Research shows that medical students are at increased risk of developing mental disorders such as depression and anxiety [1]. Therefore, the development of effective strategies to support students' well – being is crucial to improve their academic performance and future professional competence.

The aim of the study is to analyze the scientific literature on the problem of academic success in order to identify the main factors influencing the achievement of academic success by medical students in the modern educational context.

MATERIAL AND METHODS

The study used two main methods including literature review and survey among students of the Federal State Budgetary Educational Institution of Higher Education "Professor V.F. Voino – Yasenetsky Krasnoyarsk State Medical University" of the Ministry of Health of the Russian Federation (KrasSMU). To analyze the scientific literature on the research problem, scientific articles containing keywords “academic success”, “academic achievement”, “medical students”, and “student's well – being” we selected. We prioritized peer – reviewed articles published between 2001 and 2024, ensuring the inclusion of recent scientific advancements and details about the current understanding of this field. Based on the studied literature, a questionnaire was compiled, which was used to survey 1st and 2nd – year KrasSMU students majoring in General Medicine. The survey was conducted in 2024.

RESULTS

The results of the study emphasize the role of social and emotional factors in academic success. Specifically, studies report that self – regulated study behaviour, personal autonomy and self – efficacy are critical for university students to achieve academic success [2 – 6].

In addition, researchers note that there is a relationship between academic success and student well – being. In particular, it was found that a high level of well – being correlates with a higher grade point average (GPA) among university students [7].

Student well – being, in turn, is based on a number of social and emotional – psychological factors. Among such factors, the most important role is played by students' autonomy, based on self – determination, self – efficacy and involvement of medical students in the educational process [8, 9].

Our findings are consistent with the above – mentioned results. Specifically, according to the survey results, two factors should be considered as critical in achieving academic success: student autonomy and student well – being. According to our research results, the most important aspects of the student autonomy that underlie both academic success and student well – being include.

- Self – Directed Learning as the ability to set personal academic goals and manage their own learning process fosters deeper engagement and ownership over education.

- Decision – Making that allows students to make choices regarding their learning (such as elective courses or study methods) and can increase motivation and satisfaction.

Accordingly, developing autonomy – supportive environment for medical students means providing opportunities to make choices regarding their learning, to receive and act on feedback that can empower students and help them take charge of their educational journey; ensuring positive relationships with mentors through providing students with guidance, encouragement, and a sense of direction to reinforce their sense of autonomy.

Previous research has shown that participation in extracurricular activities can have both positive and negative consequences for academic success, depending on the context [10].

There are studies proving the association between the level of success in learning and the level of emotional intelligence of university students [11].

Other studies emphasized the pivotal role of academic adjustment in predicting academic success in students [12, 13].

DISCUSSION

The overall analysis of the study results shows that the well – being of medical students is a key factor influencing their academic success. This is due to the fact that well – being includes not only the absence of negative emotions, but also the presence of positive experiences, such as life satisfaction and happiness [14, 15].

Autonomy, intrinsic motivation, self – efficacy and confidence in one's abilities play an important role in achieving academic success, especially in the early stages of study [8, 9, 13, 16 – 17]. However, it is also important to consider the influence of external factors, such as the quality of relationships with teachers and peers, as well as the conditions of the learning environment and the level of adaptation [18]. These factors especially significantly affect the motivation and engagement of international students in the educational process, which ultimately affects their academic success [19 – 21]. It should be mentioned, however, that motivational, emotional and behavioural factors did not influence GPA and credits directly but only through academic adjustment. Therefore, effectively regulating study behaviour, being intrinsically motivated to gain academic knowledge and being satisfied with the chosen degree programme did not necessarily mean students would keep their grades up and obtain all credits. However, this will increase their chances of being well – adjusted (i.e. able to cope with the academic demands of the new learning environment) Consequently, their academic adjustment will allow them to get a better GPA and more credits.

CONCLUSIONS

The academic success of medical students is largely determined by their psychological and emotional well – being, which, in turn, is based on a number of social and emotional – psychological factors. Among these factors, the most important role is played by educational autonomy, based on self – determination, self – efficacy and involvement of medical students in the educational process. In this regard, in order to improve medical students' academic achievement, special attention should be paid to supporting their mental and emotional well – being, developing their autonomy, self – efficacy, self – confidence, their internal motivation to success, and creating a positive learning environment with supportive relationships between students and teachers.

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ВЛИЯНИЕ СОЦИАЛЬНЫХ СЕТЕЙ НА ФИЗИЧЕСКОЕ И ПСИХИЧЕСКОЕ ЗДОРОВЬЕ ПОДРОСТКОВ

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Аннотация

Введение. Социальные сети прочно вошли в жизнь подростков, влияя на их социализацию, мировоззрение и самореализацию. Данное исследование посвящено оценке влияния социальных сетей на личностные особенности и социальные взаимодействия студентов, а также изучению их осведомленности о возможных последствиях для психического и физического здоровья. **Цель исследования** – изучить историю развития социальных сетей, проанализировать научные исследования, посвященные их влиянию на человека, провести социологический опрос на тему «Социальные сети в жизни подростков» и, на основе полученных данных, сформулировать выводы. **Материалы и методы.** Исследование проводилось методом анонимного анкетирования среди студентов Уральского государственного медицинского университета, был проведен анализ научных публикаций, посвященных изучению влияния социальных сетей на человека. **Результаты.** Опрос показал высокую популярность соцсетей (WhatsApp, ВКонтакте, Instagram, TikTok) среди студентов, которые используют их для общения, развлечений, получения информации и даже в учебе, проводя там от 1 до 5+ часов в день. Несмотря на это, большинство не испытывают сильных эмоций от посещения соцсетей и считают, что они помогают им социализироваться. **Выводы.** Исследование подтвердило важную роль соцсетей в жизни студентов, но подчеркнуло необходимость осознанного использования для избежания зависимости и информационной перегрузки.

Ключевые слова: социальные сети, интернет – зависимость, социальные взаимодействия, образование, эмоциональное благополучие, анкетирование.

THE IMPACT OF SOCIAL NETWORKS ON THE PHYSICAL AND MENTAL HEALTH OF ADOLESCENTS

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Abstract