

INFLUENCE OF PHYSICAL ACTIVITY ON THE MENTAL STATE OF FOREIGN FIRST-YEAR STUDENTS OF BSMU

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Annotation. The article considers features of mental condition of first-year students of BSMU engaged in athletics and students of the main group of education. The test results revealed differences in stress tolerance among students during different periods of study activity. Based on the testing of students, the levels of stress are determined according to somatic, emotional and behavioral characteristics.

Keywords: university, students, stress, stress resistance, physical culture.

Purpose: to determine the influence of physical exertion on the mental state of foreign students BSMU.

Background: Adapting to a first-year college of higher education can cause poor academic performance and communication problems. This is most often due to the emergence of a large number of subjects simultaneously in a relatively short time. During the adaptation process, students experience high academic workload. The tension experienced by the body of modern youth against the background of intellectual and emotional loads in the process of studying, often leads to deterioration of their health [1]. Training in medical university requires students to switch from one object to another rather quickly. The nervous system helps to stay focused on one material for a long time. It directly affects the productivity of students' educational activities.

Considering the main problems of freshmen, the most common of them were: fatigue, a large amount of information, the need to take comfortable seats in the audience (to get to the front row), not keeping up with the teachers, problems with nutrition. The least common difficulties were: orientation in the building, use of the library, relations with fellow students. If we look at the central nervous system, we can say that the main type of adaptive reaction of freshmen is increased activation, which is one of the general non-specific adaptive reactions that evolve in response to external average force. This reaction, which lasts for a short time, allows to achieve optimal synchronization of functions of the body, as well as stimulate non-specific resistance of the body to high levels of reactivity, as opposed to stress reaction, which is the response to the strong, extreme stimuli.

Preparation of a person for professional activity begins in the university. At the same time, a person's success in the profession, and in general in life, is largely determined by the degree of formation of a healthy lifestyle. Physical education plays a significant role in the training of future specialists, since one of the main components of a healthy lifestyle is high motor activity [3]. In recent years, due to the high academic workload at the university and home and other reasons, most young people have a deficit in the mode of the day, insufficient motor activity [4].

The complexity of the initial stage of training in medical universities lies in the fact that the student is restructuring the whole system of cognitive orientation of the person. New ways of cognitive activity are learned and certain types and forms of interpersonal relationships and relationships are formed. The effectiveness of adaptation of first-year students of BSMU to training in the medical university in the future will actively contribute to the general psychological comfort, personal motivation to training, focus and nature of educational activity at the senior courses, and then at work in medical institutions. In the process of evolutionary development, humans have developed certain behavioral responses to stress. The physiological response, primarily the release of adrenaline into the blood, prepares the person for emergencies. However, in modern, civilized living conditions, the body cannot properly use the energy released by physiological changes. This increases the degree of fatigue and wear. Sports practice allows constructive and purposeful use of this energy,

protecting the body from exhaustion. That is why, from a physiological point of view, sport plays an important role in coping with stress, helping to channel energy into useful channels and safely use it. In addition, at the physiological level: Endorphin production during the stress experience, athletes increase their cortisol-hormone stress level, and there is a lack of endorphins, hormones of joy that are formed during sports; oxygen saturation of organs and tissues; regulation of blood sugar (glucose) levels.

At the same time, on a psychological level during stress, a person can feel disappointment, irritation, guilt, shame, apathy, hopelessness, loneliness. In behavior there is a glitch from the occurrence of unforeseen and unusual circumstances, and the person intuitively tries to return to his usual ways of behavior. At any physical activity, endorphins, «happiness hormones» are produced in the body. Indeed, the production of endorphins positively affects the emotional background, helps to get rid of the depressed mood. This is what relieves depression during physical activity, such as exercise. The most useful exercise performed outdoors: in the street, in the park, in the forest, as when a person is in the sun, he produces serotonin, which also increases the emotional background [4].

Materials and Methods. In order to achieve this goal, we tested 40 students of the 1st course of the medical faculty of the Bashkir State Medical University. The study was attended by 20 first-year athletics (pilot group) and 20 first-year students of the core group of physical education (control group). The students were given the PSM-25 test (Lemur-Tessier-Fillion scale), which consists of 25 statements reflecting various vital manifestations of stress. The PSM-25 scale measures the phenomenological structure of stress. The test measures the level of stress based on somatic, emotional and behavioral factors. Comparing this with his condition in the last few days, the student gave approval rating in points (from 1 to 8) depending on the degree of conformity of judgment. The number of points is directly proportional to the level of stress that may have been low, medium or high.

Research findings. When analysing stress levels on the PSM-25 scale, the following was found among all students (Fig.1)

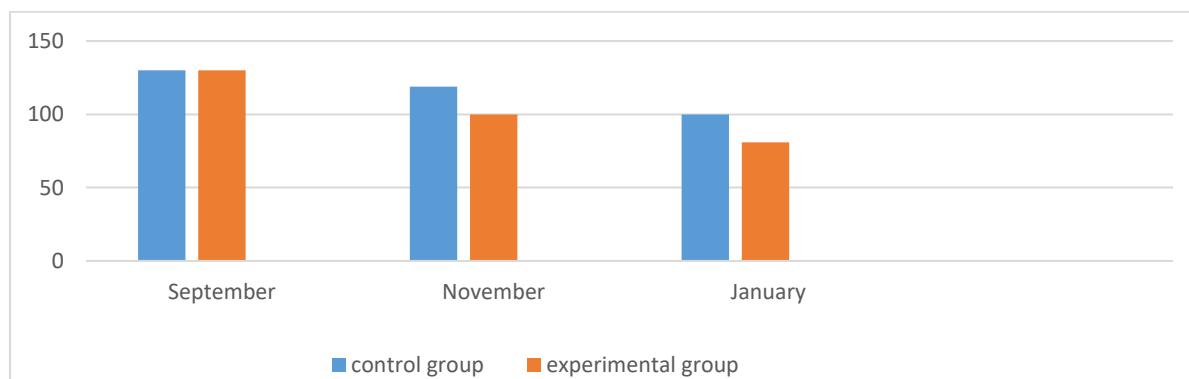


Fig. 1. Stress level on the PSM-25 scale in students.

According to figure 1, there was a high level of stress (130 points) among all students at the beginning of the school year (September). In November, the stress level decreased by 8% in the control group 119 points, the experimental one 23% to 100 points. In January, the stress level of the test group -100 points, compared to November, decreased by 16%, which corresponds to the average level of stress, and the experimental group -80 points low level of stress, compared to November decreased by 20%.

Conclusions. 1. It has been determined that the mental state of students of the first year is subjected to stress, as there is a restructuring of the whole system of cognitive orientations of the person, New ways of cognitive activity are learned and certain types and forms of interpersonal relationships and relationships are formed.

2. It was revealed that students of the first year of the medical faculty of BSMU at the beginning of the academic year (September) have a high level of stress. In November, there was a marked downward trend in stress among students, the experimental group, as opposed

to the control group. In January the stress level in comparison with the beginning of the year has significantly decreased in students, experimental group, and students control group stress level remained average, therefore, regular sports, uninterrupted in exams, help students better organize a healthy lifestyle, maintain an optimal level of stress resistance, prevent fatigue and stress.

Conclusion Stress affects a person's mental capacity, physical activity and behavior. Every student should be mindful of the need to maintain mental balance, especially during the session. Exams, tests, practical skills, tests are a reasonable cause for stress, but the further development of events: aggravation of the illness or overcoming the problems that arose, depends on how much a person is able to protect themselves from stress and resist it.

Physical activity during the examination session increases resistance to negative stressors. This is evidenced by the shifts in the physiological and psychomotor functions of students who regularly engage in sports and show a lower level of anxiety on the exam, compared to other students.

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FEATURES OF USING INTERNET RESOURCES IN TEACHING RUSSIAN AS A FOREIGN LANGUAGE

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In this article usage of chat bots, bots in Telegram, the Quizlet application and the Quizizz platform in teaching students Russian as a foreign language is being observed. This paper describes algorithms for working with the proposed resources in the classroom and in the extracurricular time. The authors also describe the benefits of using new technologies to effectively master foreign vocabulary and grammar.

Key words: learning a foreign language, Russian as a foreign language, chatbots

The confident and rapid development of technologies strictly affects the presentation and transmission of information in the context of academic education. Increasingly, inventions in the field of artificial intelligence are correlated with the issues of learning, mastering new knowledge. Thus, this allows creating a new cognitive telecommunication environment for acquiring a foreign language and virtual linguistic interaction in the information educational space (Esionova E.Y. *Iskusstvennyj intellekt kak alternativnyj resurs dlya izucheniya inostrannogo yazyka*: [sayt]. URL: <https://clck.ru/33QVco>). In addition, the forced shift in focus on online education has stimulated teachers to explore the opportunities that the Internet offers us in detail and adapt them to educational goals. Many modern researchers, practitioners (Budnikova A.S., Babenkova O.S. *Ispolzovanie chat-botov pri izuchenii inostrannogo*