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AN EXAMINATION OF LIFESTYLE CHANGES AMONG MEDICAL STUDENTS AND THEIR IMPACT ON OVERALL WELL-BEING

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Relevance: ambitious medical students often encounter numerous obstacles in their pursuit of becoming exceptional specialists, making it crucial for them to comprehend the intricacies of the profession. They must learn a substantial amount of material within a limited timeframe, as well as attend numerous training sessions, among other obligations. Consequently, certain students may experience health and/or psychological issues, including stress, migraines, fluctuations in weight, sleeplessness, etc. Stress may lead certain students to start smoking or consuming alcohol. Furthermore, due to their intense focus on academic achievement, medical students often become socially isolated, have limited exposure to outside environments, and engage in fewer physical activities.

Therefore, it is crucial to understand what is happening with regard to lifestyle changes among medical students in order to gain a greater awareness of the issue and take action.

Purpose of work: the study aimed to determine and analyze lifestyle changes among medical students and their impact on overall well-being.

Research methods: the study included 170 students from Bogomolets National Medical University. The information was collected through an anonymous survey of the students from the first to the fifth years of medical studies. The questionnaire was created using the «Google Forms». The survey results were processed using pie charts, which helped compare students' lifestyles during their school years and years at the medical university.

Results: according to our findings, there is a decrease in the number of students who do sports: 11.2% of respondents did not do any sport during their school years vs. 49.4% after entering the university.

Dietary habits also underwent some changes. Some students try to have regular meals: 62.4% eat two to three times a day, compared to 70% during school years. However, 27.6% of respondents ate four or more times a day during their school years, and only 2.4% ate one time a day. Today, the situation is different, with 33.5% of respondents eating only one time a day and 4.1% eating four or more times a day.

The most remarkable changes are observed with regard to a night's sleep. Before the university, 91.8% reported sleeping for seven or more hours, while just 14.7% currently do so.

Out of 156 people who had hobbies before the university, 62.9% respondents don't have time for them now, while 37.1% still do.

Out of 71 respondents who smoked before the university, 49 (69%) smoke more and 22 (31%) smoke less now, 25.3% began smoking.

93.5% respondents feel more stressed compared to their school years.

As a result, 74.4% of students are dissatisfied with their overall well-being.

Conclusions: the questionnaire results indicate that a majority of students changed their usual lifestyle upon entering university, leading to dissatisfaction with their overall well-being, the development of bad habits or the exacerbation of existing ones, and a reduction in sleep duration.

Key words: lifestyle changes, students, school and university years.