

THE PROBLEM OF THE FORMATION OF SOCIAL HEALTH IN MEDICAL STUDENTS

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ABSTRACT — the article examines the main component of health of medical students — social health. Arguments of research work put forward factors that shape social health in the student environment. Social health is considered in the context of successful adaptation to the conditions of education in a medical college. The statistics of diseases during the training of medical students is given. A scientific analysis has been carried out to the concept of *social health*. Also, the influence of various factors on the social health of medical students in the educational environment is considered.

KEYWORDS — health, medical students, social health, adaptation, social health factors, medical high school.

In a higher educational institution, not only qualified specialists are educated, but also full-fledged individuals. One of the main problems that a medical college faces is the health of students. In this article, we consider the main component of health — this is the social health of the individual. The state of social health of medical students is one of the acute problems of modern society. Medical students are the main personnel reserve of domestic health care, therefore the main task of the medical educational institution is the training of physically healthy people who can be effective specialists.

Training in a medical college is accompanied by enormous psychological, physical, mental expenses, which, in turn, affects the level of health of medical students. A difficult situation has developed, characterized by the fact that, on the whole, the young people of Russia, who logically should be the healthiest part of society, are not. The situation is aggravated by the fact that public attention to the health of young people is now reduced, as the number of preventive examinations is reduced, dispensary observation system does not work, research interest to the problems of the younger generation is reduced.

The health of medical students in the learning process, as a rule, worsens. This trend is proved by numerous studies.

Studies of many authors [8,9] according to the data on the incidence and turnover of students

revealed that, in the structure of problems, fatigue occupies the first place (50% of students noted), mild ailments (26%), depressed psychological state (25%), headaches (18%). The level of colds (21%), diseases of the cardiovascular (14%) and digestive system (14%) does not decrease.

Researchers VB. Mandrikov, I.A. Ushakov, M.P. Mitsulina, cite information that medical students have lower health indicators compared to students from other universities. According to the data, the number of students assigned to the I group of health is from 23.8 to 30.0%, to II — from 32.8 to 40.0% and to III — from 30.0 to 43.4% [1, p.78].

It is established that in the course of training students of the medical profession have digestive disorders and metabolic disorders (40.3%), a high incidence of endocrine system diseases (35.8%), respiratory system organs (35%), eye diseases (28%), circulatory system (26.3%), bone, muscle and connective tissue (23%), genitourinary system (7.6%) [2, p.131].

Also, the situation with diseases that require more attention from students, and from relatives and doctors remains significant. For diseases of allergy indicate 11% of medical students, teeth — 10%. A characteristic feature is a high tendency to chronization of pathological processes. At the same time, many authors [2, p.231] note a relatively low average annual rate of increase in the indicator for the group of respiratory diseases. The main factors that have a negative effect on health are: large intellectual loads, disruption of the daily regimen and diet, insufficient physical activity, the presence of bad habits. In this regard, there is a need to optimize the activity of a medical university in the sphere of health care for medical students, unite the efforts of all employees of the educational process in order to involve students in a healthy lifestyle. High level of health of students in medical universities is a key condition for obtaining vocational education.

The very specifics of the educational process with inevitable tests and exams, during which a state of stress develops, can be the cause of somatovegetative disorders and a decrease in the functional state of the central nervous system [3].

Students who have a high grade score are very often characterized by either a low level of health or a low coefficient of mental adaptation [1]. When training in intensive programs, they were significantly more likely to detect various violations of refraction and accommodation.

In this article the social health of students is examined. The level of social health of medical students is an indicator that characterizes the quality of life, showing the level of economic and cultural development of the society. Sociologists consider health as a sociological category, as a phenomenon, a system of interaction between an individual and society in the form of social activity and social processes.

By social health is meant *a state of the individual that allows him to realize his own functions in the process of life, to lead a social, active, saturated life* [3] *As a category characterizing the state of the viability of society as a social organism.* An important component of social health is a harmonious relationship with surrounding people.

The components of health in general are physical, psycho-emotional and social health. The basis of physical health is morphological and functional reserves, providing adaptive responses. Psycho-emotional health is a state of general mental comfort, providing an adequate behavioral response. The social component of health is influenced by parents, friends, classmates at school, fellow students at the university, work colleagues, and housemates and reflects social connections and interpersonal contacts [1].

Following the sociological understanding of social health, we can say that in its most general form it is a complex social phenomenon arising in the process of interaction of an individual with a social environment, within which there is a constant mutual influence and mutual transformation [1]. That is, social health is understood as a measure of social activity, the active attitude of the individual to the world, its social relevance.

The methodological basis for the study of social health was the medico-social direction, namely the integration of the sociocentric and sociogenic approaches. Sociocentric approach involves the study of the characteristics of the inclusiveness of the personality of a young person in society, ensuring self-actualization of the individual, the development of society, and the harmonious interaction of the individual with society [1].

Sociogenic approach involves the study of the effect on health of the characteristics of individual involvement in society, the determination by social health of physical and mental well-being (social well-being) [3].

The combination of the socio-centric and sociogenic approaches (in the terminology of L.V. Kolpina) allows us to investigate the objective and subjective characteristics of the state of social health of young people. Objective criteria provide an opportunity to assess the involvement in social contacts, subjective -

satisfaction with their position, social well-being.

According to this opinion, a person can be considered socially healthy if he feels comfortable in the social environment, in social groups, fulfills and accepts the norms and values that are accepted and existing in them, which are held by the majority of individuals. Particular importance in the conditions of training in medical universities is the activity that is aimed at strengthening the social health of medical students, which, in turn, together with professional competence, is an indicator of the quality of training of highly qualified specialists, showing the economic and social well-being of society.

The development of the social health of medical students is the pedagogical conditions in the educational institution, which, with the help of established rules, norms, values, affect the level of social health among students.

In the formation of social health in students in learning conditions, this scheme can be presented in the form of four stages:

- 1) social adaptation to the conditions of the university;
- 2) individualization of students;
- 3) integration into the university environment and social functioning in the conditions of the university. Thus, social health is a very important component in the life of medical students. It can be defined as a comfortable interaction between a person and society on the basis of universal human values and social norms.

Social health is determined by the willingness to accept universal human values and social norms by the individual. Based on the above, it seems necessary to have a comprehensive study of the health status of students, including medical students, in conjunction with socio-hygienic medically organized risk factors, on the basis of which recommendations should be developed on the improvement of the system of organization and medical and social assistance to students of medical educational institutions.

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