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REGULARITIES OF THE DEVELOPMENT OF PSYCHOPHYSIOLOGICAL FUNCTIONS OF THE STUDENT YOUTH UNDER THE CONDITIONS OF USING THE PROGRAM OF PSYCHOPHYSIOLOGICAL IMPACT ON THE ORGANISM AND PSYCHOHYGIENIC CORRECTION OF PERSONALITY TRAITS OF YOUNG WOMEN AND YOUNG MEN

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The most important correlates of the processes of successfully acquiring a certain profession in a higher education institution, along with the level of professional success and adaptation opportunities and the degree of psychophysiological readiness, are the level of development of psychophysiological functions and personality traits of students [1, 2, 3].

At the same time, it should be noted that in conditions of significant deterioration of the somatic and mental health of representatives of modern students, which has been observed recently, it is important to find means that allow to effectively correct the processes of formation of mental and psychophysiological characteristics of young women and young men in order to prevent the development of changes, as well as pathological changes in the state of their mental health, prevention of the development of manifestations of mental pathology [4, 5, 6, 7].

The aim of the scientific work was to study the peculiarities of the development of the psychophysiological functions of the organism of young women and young men under the conditions of using the program of psychophysiological influence on the body and psychohygienic correction of the processes of forming the personality traits of students.



SECTION 27.

SCIENCES MÉDICALES ET SANTÉ PUBLIQUE

To implement the tasks, on the basis of the application of a number of modern methods of assessment of psychophysiological functions, the peculiarities of the processes of formation and development of the leading indicators of the functional capabilities of higher nervous activity, attention, the visual sensory system and the somatosensory analyzer of the movements of young women and young men were determined.

Subjects to be studied, namely: students of the 3rd year of the Faculty of Medicine, were divided into 2 comparison groups – a control group and an intervention group. Students who were included in the control group were distinguished by a traditional approach to the organization of educational activities and a disordered organization of free time. The defining feature of the daily activity regime of the students who were assigned to the intervention group should have been the use of a program of psychophysiological effects on the organism and psychohygienic correction of the processes of forming the personality traits of students, the main stages of the practical implementation of which are: assessment of the level of development of individual personality characteristics of each specific students and taking into account the leading trends of their formation in the specific conditions of the organization of the educational process (psychodiagnosis stage), correction of the main regime elements of students' daily activities (stage of rational organization of daily activities), use of the psychophysiological component of the proposed program (stage of psychophysiological influence), application of the psychohygienic component of the proposed program (stage of psychohygienic correction).

During the analysis of the features of dynamic shifts from the leading characteristics of the functional state of the higher nervous activity of the studied students, it was necessary to pay attention to very interesting and extremely important from the standpoint of determining the high degree of effectiveness of the application of the developed program and justifying the feasibility of its further use in the structure of everyday educational and extracurricular activities of girls and boys who studied in the conditions of a medical institution of higher education, which convincingly testified to the fact that the introduction of the program of psychophysiological impact on the body and psychohygienic correction of the processes of the formation of the personality traits of students, which was developed, ensured the appearance of pronounced positive shifts on the part of the leading correlate of a number of psychophysiological functions.

Among them, it was necessary to include the presence of favorable changes in the characteristics of the functional state of higher nervous activity, such as the speed of conditioned sensorimotor reactions, mobility and balance of nervous processes, which are determining indicators of adequate psychophysiological adaptation of young women and young men to stay in the conditions of a modern education

institution for modern educational institutions, as well as criterion characteristics of the functional capabilities of attention and mental capacity, the visual sensory system and the somatosensory analyzer.

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