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ASSOCIATIONS BETWEEN THE STUDENTS' MENTAL STATE AND ACADEMIC STRESSORS

Academic stress has been linked to many diseases of students, because modern medical education is characterized by higher level of informative load and emotional tension. Associations of academic stress with hypodynamia have a negative influence on the students' mental, physiological states and lead to the decrease of efficiency and the quality of the academic process.

According to World Health Organization (2014) mental health is viewed as «a state of well-being in which individuals realize to e their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and able to make a contribution to community».

The aim of this study was to the effect of academic stress induced by higher informative strains on the mental state of medical foreign students of the second-year of studying.

Forty-one students (17 males and 24 females at the age of 19-23) have been investigated in this study. The study used a questionnaire to identify of mental state of students during academic load.

To estimate the relationship between academic stress and mental state of students was used the Academic Stress Scale by Jinadong Sun (2012). It consisted of 16 statements with 5-point responses, measuring five factors of academic stress, such as pressure from study, work load worry about final grades, self-expectations and despondency. The following data were collected and analyzed.

According to results of research we observed that the academic stress of medical foreign students of the second-year of studying and changes of mental states are statistically correlated with each other. The result of study is showed that the results of academic load are direct proportional with the mental state of students. Mental state of students will be positive when they are more productive in their academic activities and vice versa. Emotional support of students by teachers is positively correlated with efficiency and the quality of the educational process.

Academic stress can be considered a mixture of physiological and psychological stressors. Our study provides understanding that the academic load has a different impact on students' mental state. This research was conducted to explore the academic stress during medical educational processes and its relationship with mental state of foreign students. Teachers of University can help to reduce intensity of academic stress by different techniques of relaxation and stimulation of academic activities of students.