

Thus, as a result of a comprehensive assessment of the effectiveness of the use of RIT in the treatment of patients with autoimmune diseases of the thyroid, carried out in our study, high efficiency and availability of radioiodine therapy methods has been proven.

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EFFECT OF STRESS FACTORS IN TRAINING ON ADAPTATION PROCESSES OF STUDENTS

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It is studied how far students of different courses (1st and 5th) are exposed to stress during the exam session and after it, and what stress resistance they have. It was established that 58.8% of the 1st year students are the most sensitive to stress during the examination session compared to the students of the 5th year – 52.9%, who have a normal level of stress resistance.

Keyword: stress, distress, eustress, adaptation, stress stability, stress reactions.

It is studied how far students of different courses (1st and 5th) are exposed to stress during the examination session and after it, and what stress resistance they have.

When determining the level of stress resistance in 1st year students during the examination session, it can be noted that 58.8% of students are dominated by a poor assessment of stress resistance. This can be explained by the fact that freshmen have a reaction to stress factors, which can be expressed as an aggressive reaction or expectation of unsatisfactory evaluation, fear of poor attitude towards them, nervousness.

Students of the 5th course during the examination session have a satisfactory assessment of the level of stress resistance (in 52.9%). It can be concluded that the students of the senior courses have an adequate response to the learning activity, pay less attention to the effect of stress factors, are confident in themselves and their actions.

For students of the 1st and 5th years after the examination session, based on the results obtained by us, it is evident that the majority of 58.8% of the students of the 1st and 47.1% of the 5th year students have a satisfactory assessment of stress resistance.

When comparing the stress resistance of students of the 1st and 5th courses, one can say that they have a normal level of stress resistance, which corresponds to the measure of the intense life of the active person. This can be explained by the fact that most students after the session develop an adaptive reaction of the body, at which the optimal restoration of the body functions is achieved.

The influence of stress on health is currently impossible to avoid, since it can be met under any conditions of life (at work, at school, in personal life). But thanks to many approaches and training you can learn to resist its adverse effects, since stress is the cause of many diseases and harms human health, and health is one of the most important conditions for a comfortable life of a person.

The most exposed to stress are students, so the formation of their stress resistance can cause them to succeed in the future.

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