

## THE INFLUENCE OF VARIED LEVEL OF PERSONAL ANXIETY ON THE ADAPTIVE CAPACITY OF STUDENTS

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The effect of the level of anxiety on the adaptive capacity of students during the examination session was studied. The results of the study showed the interrelation between the adjustment level and the anxiety level of students.

*Keywords:* adaptive capacity, anxiety, students.

Adaptation has an individual character, which largely determines the degree of its impact on the student's personality, his health, success in acquisition of new material, social interaction, etc. The impairment of adaptation mechanisms is able to make it difficult for students to adapt to the learning process and cause unfavorable alterations in the body, leading to health deterioration. One of the main criteria for the inability to adapt is the increased level of anxiety.

*The purpose of the study* is to examine and evaluate the adaptive capacity of the circulatory system of students with different anxiety levels during the examination session.

To collect the necessary information the Spielberger – Khanin anxiety scale was used. It is designed to identify the anxiety state and uneasiness as treats of personality and is based on a subjective assessment of the person's own experiences, sensations, and actions. The calculation of the adaptive capacity of the circulatory system was carried out considering the body weight, height, age, pulse rate and blood pressure. Using the scale, the adaptation level was assessed. Thirty virtually healthy third year students of ISEI BSU took part in the study.

According to the Spielberger – Khanin tests, the students examined were divided into 3 groups according to the level of trait anxiety: low (3 %), medium (43 %) and high (53 %). In addition, the level of state anxiety was assessed. Thus, 63 % of students have an average level and 30 % of students have a high level of this indicator, which is quite expected and can be explained by the reaction of young people to such a social and psychological stressor as a session. The assessment of the degree of adaptation of organism to the identified adaptive capacity showed that 43 % of the test subjects had satisfactory adaptation, 56 % of the test subjects had the tension of the adaptation mechanisms, poor adaptation and adaptation breakdowns were not identified. At the same time, the students with a high value of the adaptive capacity tended to have high values of the level of trait anxiety.

Thus, the results of the study showed that the adaptive capacity depends on the level of trait anxiety. A high level of trait anxiety affects not only the quality of communication, social-psychological indicators of performance efficacy, relationships with friends, conflicts, but also autonomic and somatic functions, which can contribute to the development of health problems.

## THE PARAMETERS OF CARDIAC RHYTHM IN INDIVIDUALS OF DIFFERENT AGE UNDER THE INFLUENCE OF PHYSICAL ACTIVITY

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The research of the regularities of the adaptation's process of the organism associated with environment change is one of the most important problems of modern physiology and medicine. The given theme is actual nowadays, as it promotes the development of sports, helps to reach or improve sports achievements. The obtained results are used for the prevention and treatment of many diseases; allow us to identify opportunities for physiological mechanisms.

*Keyword:* physical activity, adaptation, cardiovascular system, blood pressure, heart rate, evaluation.