

portance of improving environmental conditions; inuring the motivation to be active in the protection of the environment [2].

The Biology Department of the Educational Institution "Belarusian State Medical University" teaches students the discipline "Medical Biology and General Genetics". The purpose of the discipline is to light the general biological processes revealing the fundamental conditions of life at different levels of its organization, the position of human in the system of nature and environmental factors that affect his health.

The curriculum [1] includes the topic "Variability", where the mechanisms of mutations; physical, chemical and biological mutagenic factors are described.

The curriculum has the topic "Hereditary diseases, genetic counseling", which studies the moral, ethical and juristic problems of genetic counseling.

The curriculum has the topic "Reproduction and the fundamentals of human ontogenesis", which studies the moral and ethical problems of overcoming infertility, euthanasia and biological ethics.

The program has a section "Ecology of human ", where adaptive types and their morphophysiological characteristics are studied; the role of doctors in the preservation of health and the development of environmental consciousness and thinking in the population.

Upon completion of the discipline, the student must know biological and medical features of ecology and valeology of human; the main types of variability and their manifestations in humans; the influence of genetic factors on human health; bioethical problems of reproduction and human ontogenesis; mechanisms of occurrence of ontophylogenetically caused malformations.

The study of these sections is given 8 hours of lectures, 12 hours of laboratory classes (28 % of all classroom hours of the curriculum), which of course is very small in order to form certain environmental competencies of the future specialist.

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### **THE INFLUENCE OF A LANDSCAPE ON THE PSYCHOLOGICAL STATE OF A PERSON**

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The article analyzes the changes in the psychological state of a person under the influence of the landscape.

*Keywords:* landscape therapy, psychological state, personality structure, nature.

The impact of the landscape on the body is caused by the climatic and weather conditions of the geographical area in which the person is located, as well as the aesthetic and emotional impact of the environment on the person [1]. Staying away from the city for a few days significantly reduces the feeling of anxiety, irritability in a person. Green belt along highways and roads reduce driver stress, as evidenced by changes in hemodynamic indicators.

There is a classification of types of psycho-emotional impact of different landscapes on the individual nowadays: the impact of "useful-irritating, the most active, causing creative inspiration"; "useful-exciting, active, causing cheerfulness and optimism"; "useful-sparing, inactive, causing reverie and introspection"; "useful-inhibiting, inactive, creating complete peace." [2]. In addition, the perception of the landscape by a person is divided into several scales: mystery, complexity of relief, harmony of individual elements. The characteristic features of each picturesque area have a positive and balancing effect on the human psyche.

Silhouettes of trees have a different effect on the nervous system. Arrays of firs, columnar cypresses add solemnity to life. Continuous alternation of large gardens, oak-juniper forests and parks contributes to a constant change of impressions, improves mood and functioning of the whole living organism [3].

Landscape therapy was developed based on the knowledge of how the landscape affects the psyche of any person. This type of therapy can be called one of the most effective methods of strengthening and restoring the human psyche. Landscape therapy includes many beneficial methods, such as: therapeutic effect; prevention of mental illness; rehabilitation of the human body through the use of geographical and cultural landscape.

In landscape therapy, seeing objects is considered a passive process. Aesthetic contemplation of the greatness of nature brings its results when there is an emotional and creative perception of natural effects.

The prolonged impact of objects of artificial landscape on people definitely changes their psycho-emotional status, causes the effect of the so-called color starvation, thirst for space. The surrounding world of the inhabitant of the metropolis consists mostly of artificially made objects factory replicated way, mechanisms. These objects are gradually replacing the impression of a man on the nature [3].

Thus, viewing works of art and architecture, as well as staying in the fresh air helps to relax. However, the maximum effect of such a positive action can also be manifested if the therapy offered to the patient by the landscape corresponds to the structure of his personality, the etiology of experiences and stresses and the nature of pathological changes.

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## ECOLOGY OF COMMUNICATION AND INTERPERSONAL RELATIONSHIP

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We cannot exist without society. Society cannot exist without relations and communication. One type of communication is the interpersonal relationships. Here we will consider the stages of formation of these relations and the types of communication from which these relations are formed.

*Keywords:* relationships, communication, communication, interaction.

In my opinion, communication is one of the most indispensable parts of our lives. After all, during communication we exchange knowledge, emotions and develop contacts between people. And this is what is called interpersonal relationships.

It is not difficult to notice that each person is connected by these or those relations and some interaction with each other. Their distinctive feature is that they arise and are formed on the basis of certain feelings born in people in relation to each other [1].

Interpersonal relationships can occur, for example, in the family, at the university, between friends and so on. That is, between people belonging to the same group, sharing common goals and objectives, having common interests and respecting each other to avoid misunderstandings and conflict in the relationship.

It should be understood that this relationship is not formed immediately, but in stages. One of the most important steps is acquaintance, it will help you to get to know a person and understand whether you have any attraction to him, to evaluate and understand each other. This is followed by a stage of intimacy, or this stage can be called a stage of friendship, namely a stronger relationship. You stop being strangers and start trusting each other. This is followed by a stage of continuation, in other words it can be called a stage of comradeship, in which like(?) your views meet together and you support each other, that is characterized by trust. However, it should be remembered that not all relationships can last very long, or even exist until the end of life. As they say, we lose something old, but in return we gain new.

As for the types of communication from which relationships are formed, they are quite diverse. It can be industrial relations that develop between employees of different organizations. Formal relations are those relations