

and how he should do, as well as what results will be obtained and what goals are achieved. This creates additional motivation for the student. The proposed material should be divided into logical blocks and clearly structured (by topic, by difficulty level, etc.), and also contain the entire list of materials that will be necessary to master a specific topic, discipline, etc. The volume of mobile content should be such that the student has the opportunity to master it, understand it, without losing interest and motivation for learning, and also complete all the proposed tasks, without resorting to third-party sources of information. It is strictly forbidden to set obviously unrealistic requirements. Subject to these rules, mobile learning technologies can significantly improve the quality and effectiveness of the learning process. There are currently many resources for creating educational mobile content [1–4]. This allows the teacher to combine approaches and use the most appropriate resources to improve the quality of learning.

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### **IMPACT OF THE NATURAL ENVIRONMENT ON HUMAN HEALTH AND LIFE - SUICIDOLOGICAL APPROACH TO THE PROBLEM**

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Suicide is a very important problem in the 21<sup>st</sup> century. There has been an increase in this phenomenon over the past 50 years. There are more and more suicides in the countryside, which is associated with the disintegration of this environment.

People feel increasingly alienated and lonely in the city. Another important issue is that more and more children and young people are reaching for these drastic solutions. Lack of general support for the environment negatively affects people's perception of reality. The growing number of cities, adaptation difficulties at work, lack of space for active rest and regeneration of strength means that people are increasingly unable to deal with mental problems.

This is an interdisciplinary problem that is worth solving on various levels. An integral approach to the topic is needed here.

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### **ASSESSMENT OF ADAPTATION OPPORTUNITIES OF UNIVERSITY GRADUATES**

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The study presents the results of an empirical assessment of the state of the circulatory system and the psycho-emotional status of university graduates. It should be admitted, that most university graduates received scores that show the boundaries of the norm, which indicates the normal course of adaptation processes. However, there are graduates with a tendency to impair neuropsychic activity and reduce the functional capabilities of the body.

**Keywords:** psychological and physiological adaptation, adaptive potential, neuropsychic stability, functional capabilities of the body.

The study of the process of students' adaptation today is becoming increasingly important in connection with the growth of educational institutions and increasing requirements for the quality of education. The quality and quantity of material learned by students depends on the successful course of this process, which means the effectiveness of education of future specialists. The study of psychophysiological indicators will allow to distinguish at the early stages autonomic, neurological and personality disorders, based on which, it is possible to predict the adaptive capabilities of the body of university graduates.

Due to the relevance of the topic, an empirical study of graduates of the International Sakharov Environmental Institute of Belarusian State University was carried out. The study involved 100 people, of which 77 were girls and 23 were boys. To assess the psychological adaptation of students, the methodology for determining the level of neuropsychic stability and identifying individual signs of personality disorders developed by V.Yu. Rybnikov, and a test developed by researchers at Boston University Medical Center were used. [2]

The level of physiological adaptation was determined using the calculated integral indicator characterizing the adaptation reserves of the circulatory system – the adaptive potential according to R.M. Boevsky taking into account age, body weight, height, heart rate and blood pressure [1].

In the study of the psychological aspects of the adaptive capabilities of the organism of final-year students, scores were obtained that indicate the boundaries of the norm. That is, 44 % of graduates adequately perceive situations associated with stress, anxiety and nervousness, due to socio-psychological and domestic conditions, and, therefore, can calmly and logically act in a specific environment. On average, 34 % of students are prone to disruption of neuropsychic activity and a decrease in the functional capabilities of the body, which increases the likelihood of neuropsychiatric breakdowns with significant mental and physical stress. This, in our opinion, is a consequence of maladaptive processes caused by a number of factors, primarily related to an increase in the amount of academic work during this period (undergraduate practice, the graduation project development and preparation for final exams), as well as the emotional characteristics of the body and condition of health.

The assessment of the level of physiological adaptation showed that 61 % and 68 % of graduate students have a satisfactory adaptation and balance of the sympathetic and parasympathetic parts of the autonomic nervous system, which indicates the normal course of adaptation processes, which are characterized by high functional capabilities of the body. Poor adaptive potential of the circulatory system occurs in 12 % of graduates, which is the evidence of reduced performance when exposed to stressful factors.

The predominance of a sympathetic type of response was admitted in 18 % of graduates, which may be the result of mental and emotional overstrain aimed at mobilizing the reserve capabilities of the body. A parasympathetic type of response occurs in 11 % of graduates, which contributes to more successful adaptation to stress situations that cause functional stress.

Thus, the study of psychophysiological indicators will allow to distinguish vegetative, neurological and personality disorders in the early stages, on the basis of which, adaptive abilities of university graduates can be predicted.

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## SCHOOLCHILDREN'S ECOLOGY OF MOTIVATION

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Nowadays, we are increasingly faced with a lack of motivation among students. Lack of motivation has a big impact on young people and their studies. This is a big problem, that we will try to understand.

*Keywords:* youth, motivation, education.

I am a second-year student of the University and every day I face a lack of motivation, in myself, in the friends and students around me. I think the main problem is that a child does not understand how important new knowledge is for him.