
ENVIRONMENTAL IMPACT ON MENTAL HEALTH

T. Gromova, N. Kozelko

*Belarussian State University, ISEI BSU,
Minsk, Republic of Belarus
tati1999anka@gmail.com*

In this paper, an analysis of the results of a sociological study to study the attitude of students of the International Sakharov Environmental Institute of Belarussian State University on the impact of the environment on the mental health of the population.

Keywords: students, mental health, ecological disasters, environment, university.

In recent years, the number of studies on increasing environmental problems, on the increasing pathogenic effects of environmental factors on human health has grown significantly. On the other hand, significant and rapid changes are taking place in the crisis picture of the mental health of the population in most countries of the world, especially in the last quarter century [1].

In order to determine the students' opinion on the environmental impact on the mental health of the population, a questionnaire survey was conducted. The survey was attended by 40 respondents, including 32,5 % of boys and 67,5 % of girls, aged 17–24 years. The questionnaire was conducted on a voluntary and anonymous basis, with the aim of reaching more students and receiving more open and truthful statements. The survey was conducted with students of the Faculty of Environmental Medicine.

To the question "Does the environment influence mental health?" Students answered as follows: 77,5 % of respondents gave a positive answer, 7,5 % gave a negative answer, 15% of respondents found it difficult to answer.

To the question "Do environmental disasters influence the formation of mental health?" Students answered as follows: 77% of respondents answered positively to the question about the impact of environmental disasters on mental health, 10% of the respondents gave a negative answer and 13% of respondents are not sure about this.

It follows that more than half of students believe that the environment affects the mental health of the population, including environmental disasters that have become more frequent recently. Another part of the students had difficulty in answering or even denied the influence of the environment on mental health, which is most likely due to the low awareness of students in this topic.

When asked about the exaggeration of the negative impact of environmental disasters on human health and in particular on mental health, the following answers were received: yes – 12 %, no – 30 %, sometimes – 58 %.

It is worth noting that at present, the human impact on the biosphere as a whole and on its individual components has reached enormous proportions. The quantity and quality of pollutants has increased significantly. This has a very negative effect on human health. This can cause stress. The study of personality stress tolerance is the most relevant and central to the diagnosis of mental resources. In this regard, there has been an increase in the number of studies aimed at identifying strategies to overcome stressful situations.

Thus, one of the main tasks is the need to teach people to function effectively and use their mental health in the face of constantly increasing demands on environmental conditions.

BIBLIOGRAPHY

1. *Обухов, С. Г.* Курс лекций по психиатрии: пособие для студ. лечеб. факультета медицинских ВУЗов: учеб. пособие / С. Г. Обухов. – Гродно: ГрГМУ. 2006. – 137 с.

THE DOSE ESTIMATION WITH A VARIABLE OF FRACTIONATION SCHEME OF THE RADIOTHERAPY COURSE

K. Hancharova, A. Haida, V. Zorin

*Belarusian State University, ISEI BSU,
Minsk, Republic of Belarus
katsiaryna.hancharova@gmail.com*

Changing the fractionation of the course of radiotherapy can have a significant impact on the results of treatment. The article is dedicated to the issues associated with the assessment and the possibility of dose adjustment for the effectiveness of radiotherapy.