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## COMPLEX HYGIENIC ASSESSMENT OF THE PROCESSES OF FORMATION OF LEADING INDICATORS OF THE SOCIAL AND PSYCHOLOGICAL ADAPTATION OF STUDENTS

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Social and psychological adaptation is the result of an active adaptation of a particular person to the conditions of constantly changing environment with the help of a variety of social means, is an integral component of its attitude to the outside world, the leading function of which causes a stable level of life, is an important component of the solution typical socially significant tasks using a variety of situational-possible behaviors [1, 2, 3, 4].

The aim of the work was to determine the patterns of processes of formation of indicators of social and psychological adaptation of students during the period of study at the institution of higher medical education.

To evaluate the peculiarities of the processes of formation of leading characteristics of social and psychological adaptation of student youth used a personal questionnaire of Rogers and Diamond, which caused the definition of such integral indicators as indicators of adaptation, perception, performance, emotional comfort, internality, as well as the desire for dominance.

The results of the studies determine the fact that in the structure of features of social and psychological adaptation, the indicators of which attest to the most intense course of students' adaptation processes to the conditions of stay in the institution and the adoption of others, the lowest – for the characteristics of internality, the characteristics of integral indicators of adaptation, self-acceptance and emotional comfort occupy an intermediate position.

The lack of pronounced statistically and significant gender differences ( $p > 0.05$ ) for representatives of one level of higher education, which are characteristic only for students of the 1st year in the case of determining the peculiarities of the characteristics of social and psychological adaptation according to the desire for dominance, is drawn attention. and the adoption of others ( $p < 0.05$ ), which are leading in the structure of the studied features of social and psychological adaptation.

It should be noted the presence of pronounced dynamic shifts of the characteristics of socio-psychological adaptation over the time of study among girls 1 and 3 courses ( $p < 0.01-0.001$ ) and 1 and 6 courses ( $p < 0.05-0.001$ ), unlike young men, which were characterized by a more stable nature of the changes that were registered.

The results obtained in the future should be taken into account both in the diagnostic (the development of comprehensive assessment of the state of adaptation resources of the body of young women and young men), as well as in preventive (developing effective health-saving technologies for the creation of a preventive educational environment in the institution of higher medical education).

Summarizing the data obtained, it should be noted that the definition of certain aspects of the adaptation process should inevitably envisage the implementation of a comprehensive approach to the simultaneous consideration of all its aspects: personality traits, the processes of formation of which, first of all, note the patterns of processes of mental adaptation; psychophysiological functions. integrative cerebral systems and mechanisms of vegetative-humoral supports of processes of psychophysiological adaptation, as well as features of microsocial interaction, characterizing the patterns of processes of social and psychological adaptation.

The study of this content is of particular importance in the case of determining the degree of stress of the adaptation process in the student environment, assessing the adaptive resources of large contingents of the population. Identifying increased risk groups in relation to adaptation processes, as well as establishing the most likely periods of such risks is an integral component of the development of adaptive technologies.

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That is why the fact that in the structure of features of social and psychological adaptation, the indicators of which attest to the most intense course of students' adaptation processes to the conditions of stay in the institution of higher medical education, the most significant is the level of development of characteristics for the desire for domination and acceptance of others, the lowest – of characteristics of internality, the characteristics of integral indicators of adaptation, self-acceptance and emotional comfort occupy an intermediate position should be taken into account during the general assessment of the course of adaptation transformations and the development in higher medical education institutions.

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