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REGULARITIES OF INTERDEPENDENCE OF THE CHARACTERISTICS OF THE ADAPTATION CAPABILITIES OF THE STUDENTS' ORGANISM

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One of the most significant problems of implementing a comprehensive assessment of the health of modern students, which requires a mandatory and adequate solution, is the implementation of a prognostic assessment of the features of the course of students' adaptation processes and, above all, the processes of socio-psychological, psychophysiological and mental adaptation that occur in the organism, who is receiving a certain specialty in the conditions of study in higher education institutions [1, 2, 3].

In the course of research conducted among students of various courses of the National Pirogov Memorial Medical University, the purpose of which was to establish the patterns of the relationship and interdependence of the main characteristics of the adaptive capabilities of the students, hygienic, psychophysiological, psychodiagnostic and statistical methods were used.

Analysis of the data obtained, which were obtained through the use of leading methods of correlation analysis, it was noteworthy that the level of academic success in young women was most closely related to data on the duration of night sleep ($r=-0.38$) and the degree of study intensity ($r=0.44$), characteristics of basic nervous processes ($r=-0.43$), indicators of the speed of visual-motor reaction ($r=-0.39$) and coordination of movements ($r=-0.44$), the level of neuroticism ($r=-0.43$), state ($r=-0.45$) and trait ($r=-0.41$) and the general internality of the level of subjective control ($r=0.32$), in young men – indicators that noted the degree of prevalence of additional paid work outside of school hours in order to improve one's own material well-being ($r=0.45$), the presence of certain personal problems (feeling of constant fatigue, poor health, etc.) ($r=0.43$), the characteristics of the basic nervous processes

($r=-0.41$), coordination of movements ($r=-0.56$) and the level of neuroticism ($r=-0.43$), state ($r=-0.45$) and trait ($r=-0.41$) anxiety, the level of expression of indicators of depression (D) ($r=-0.45$) and psychopathy (Pd) ($r=0.43$), correlates of the neuropsychic state ($r=0.41-0.53$), the degree of expression of indicators of accentuations of the character of the dysthymic ($r=-0.46$) and anxious ($r=-0.44$) types, the level of subjective control in the field of family ($r=0.46$) and professional ($r=0.47$) relationships, as well as in the field of attitude to health and illness ($r=0.37$).

Thus, the obtained data showed the presence of sufficiently close and stable relationships between the criterion signs of the success of the processes of professional formation and professional adaptation of students and a number of indicators of the level of educationally significant adaptation, features of the functional state of the organism and personality characteristics of young women and young men and, above all, indicators that reflected such leading correlates of psychophysiological and mental adaptation as the degree of expression of the characteristics of neuroticism, state and trait anxiety, asthenic and depressive states, character accentuations, the level of subjective control, the speed of visual-motor reactions and the balancing of basic nervous processes.

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