

5. Research showed that the Internet addiction is quite popular and common among young people, especially those who are only children. In fact, every fourth child is addicted to the Internet.

We decided to find out whether some of these data are true for the students of SSMU.

Here are the results of the research:

About 70 % of SSMU students spend more than 5 hours a day surfing the Net. And only 2 % of them spend less than 1 hour a day in the Net.

52 % of respondents are able to spend a few days without the Internet.

When the students were asked if they often spend more time in the Internet than they have planned, 55 % of them answered: «sometimes». And only 7 % said that they did not exceed the limit of time.

To the question: «What do you usually do in the Internet?» Students could choose 1 or more variants of answer:

— 83 % of students use the Internet for communication with friends;

— 73 % use the Internet only if they need to find necessary information;

— More than 40 % surf the Net all the time.

The last question was, if they think they are addicted to the Internet. The majority of the students (it's about 60 %) don't think they are addicted. So they don't even realize that they are addicted.

Summarizing all the results, we can see that most of the students can't live without the Internet. The effects of the Internet addiction can be very serious. Scientists found out that all process/behavioral addictions change the brain. Specifically, the Internet creates new neural pathways in the brain that replace others, healthier neural pathways or completely blocks the formation of healthy neural pathways altogether. Internet addiction impacts all senses, which makes the addiction so strong. It is affecting the neurotransmitter called dopamine in the brain. Internet addiction shrinks the brain's gray and white matter fibers which results in changes to emotional processing and brain functioning. The brain will continue to negatively transform, as long as the addiction continues. There are some signs of the Internet addiction: feelings of guilt, anxiety, depression, dishonesty, inability to keep schedules, avoiding doing work, absence of time, isolation, agitation when one cannot get on the Internet.

### ***Conclusions***

Internet addiction is a great problem nowadays. Our research showed that about 70% of SSMU students spend more than 5 hours a day surfing the Net, and more than 40% surf the Net all the time. This is a real problem. Now we know that the Internet addiction does exist in our University. We should learn how to cope with this problem.

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## **ADJUSTMENT OF ENGLISH-SPEAKING INTERNATIONAL STUDENTS TO BELARUSIAN WEATHER, LIFESTYLE, CULTURE, FOOD AND LANGUAGE**

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### ***Introduction***

Getting an education is one of the most important things in a man's life. Not only does it make the world better, it brings us closer and lets us in on the lifestyle and culture of other people and this is one of the many reasons why students decide to further their education in

other countries. However, leaving your comfort zone, which is home, for a different country can be tough at first, and for some, it does not get better even with time. So the objective of this study was to evaluate how foreign, english-speaking students dealt with the difficulties and pressures of studying in Belarus during the first few years of their stay [1].

#### ***Aim***

First, to assess how easy or difficult it is for foreign medical students to adapt to Belarussian way of life, considering the difference in weather, language, culture, food, and lifestyle.

Second, to help other prospective students from all walks of life, who might be uncertain of how they would fit into the system, in making a decision of studying in Belarus.

#### ***Material and Methods***

A developed questionnaire «Adjustment of english-speaking international students to Belarussian weather, lifestyle, food and language», by the research team, was given to all the consenting students from Nigeria, India, Sri-Lanka and Arabian countries. A total of 80 students were interviewed for this study; 20 students from 2nd, 40 students from 3rd year and 20 students from 5th year. 62.5 % of them were females and 37.5 % were males; all within the age group of 18–25.

#### ***Research result and Discussion***

##### **Language**

Among the 2nd year students, 18.8 % of them found it easy to learn Russian and speak averagely. 20 % learnt the language in less than a year and 5 % learnt it within 6 months. 12.5 % preferred learning through textbooks and Russian literature, 25 % preferred speaking with random natives and the other 6.3% learnt by practicing with their friends. Among the 3rd year students, 31.3 % found it difficult to learn Russian. 18.8 %, who found it easy to learn can speak averagely. 35 % learnt Russian in less than a year, 13.8 % learnt it within 6 months and 1.3 % in a year. 36.3 % preferred learning by talking with natives, 10 % preferred chitchats with friends and only 3.8 % preferred reading textbooks. Among the 5th year students, 18.8 % found it difficult to learn but could speak averagely within 6 months and 6.3 % learnt it within a year.

##### **Food**

12.5 % of the 2nd year students said they found it easy to adjust to Belarussian food but still had food sent to them from their respective countries mainly because of the difference in cuisine. Also, more than half, 21.3 % of the students preferred Belarussian snacks to food, which they also ascribed to the difference in cuisine. Moving on the 3rd year students, 37.5 % of them said it was easy to adjust to Belarussian food and of these 30 students, 12.5 % preferred Belarussian food. 12.5 % didn't like Belarussian food. However, they all had food stuffs sent over to them from their home countries. 41.3 % students preferred Belarussian snacks than food and 8.8 % ate fast foods regularly for a long time. Among the 5th year students, although 20 % found it easy adjusting to Belarussian food, but still had food sent to them from their countries. 21.3 % of them preferred Belarussian snacks over food.

##### **Weather**

Among the 2nd year students, 3.8 % said winter was their favorite season, 12.5 % liked summer, 5 % preferred autumn and 3.8 % preferred spring. However, those whose favorite season was spring, said Autumn is the most beautiful season in Belarus. Those who liked winter, said spring is the most beautiful season. The weather badly affected 15 % of the students in relation to their studies and they ascribed it to extremely cold weather (5). Among the 3rd year students, 22.5 % said autumn was their favorite season, 7.5 % chose spring, 2.5 % chose winter while 17.5 % chose summer. Those whose favorite season was autumn, also thought it was the most beautiful, however those whose favorite season was winter, though summer was the most beautiful season. The weather badly affected 35 % and for the same reason as 2nd year students. Among the 5th year students, 6.3 % said spring was their favorite season, 12.5 % chose summer and 6.3 % chose autumn. In their respective opinions, 15 % chose summer as the

most beautiful season, 5 % chose autumn, 2.5 % chose spring and the 2.5 % chose winter. 97.5 % of the total number of students said the weather was generally unstable.

### **Lifestyle**

Most foreign English-speaking students come from Africa & Asia and have peculiar lifestyles. Coming over to Eastern Europe, it must have been an entirely new experience and this was confirmed by 99 % of the students.

On the cost of living in Belarus compared to their respective countries, 13.8 % of 2nd year students were of the opinion that cost of living in Belarus was more expensive than in their motherland, 6.3 % said it was cheaper, and 5 % said there was no difference. 35 % of 3rd year students said it was more expensive in Belarus and the other 15.0% said there was no difference. Among the 5th year students, 7.5 % said it was more expensive, 5 % said it was cheaper and 12.5 % said it gradually got more expensive.

On rating how good living conditions were in Belarus, 22.5 % 2nd year students rated it 83 %, 48.8 % 3rd year students rated it 87 % and 22.5 % 5th year students rated it 80 %. Almost all the students, 97.5 % gave Belarus a 98 % rating on security tightness and protection.

The study suggests that learning Russian language in Belarus has improved over the years, probably due to provisions of more interesting language books to the students, hence why more than half of the 2nd year students preferred learning through textbooks as opposed to the other year groups, who preferred interacting with natives and practicing with friends.

Majority of the students preferred speaking with natives and practicing with their friends as opposed to learning from textbooks.

From the results, as students understood the language more, the country became livelier during the day, which could be because they could interact more with the natives and mingle more.

### **Conclusions**

This study article concludes that studying in a foreign country, away from family, is never easy, considering the change in environment, language, way of life and food but one thing is clear, life in Belarus for foreign students has improved over the years and is getting better by the day. In the next few years, their history and art will be better appreciated by foreigners as exposure spreads.

### **REFERENCES**

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## **SPECIALITY PREFERENCE OF 4<sup>TH</sup> 5<sup>TH</sup> AND 6<sup>TH</sup> YEAR INTERNATIONAL STUDENTS OF GOMEL STATE MEDICAL UNIVERSITY AND FACTORS AFFECTING THEIR CHOICES**

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### **Introduction**

Recently there have been an increasing appreciation of the issues of career preference in medicine as it may affect student learning and academic performance [1]. Various factors might influence the specialty choices of medical students. Out of the incentives and factors that converge to result in the final result are presence of role models in the family, good