

СПИСОК ИСПОЛЬЗОВАННОЙ ЛИТЕРАТУРЫ

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Hettithanthrige Don Ashel Nirmala Arunoda Hettithanthri, A. N. Krytskaya

Scientific supervisor: senior lecturer A. N. Krytskaya

*Educational Establishment
“Gomel State Medical University”
Gomel, Republic of Belarus*

STUDY OF SELF-ORGANIZATION OF NUTRITION BY FOREIGN STUDENTS OF GOMEL MEDICAL UNIVERSITY

Introduction

Actually, students' important time period of their life is university life. Foreign students come to Gomel Medical University from different countries. Without any doubt, taking care of themselves, including nutrition, falls entirely on them. The most important problem is different foods in countries of residence and training [1, 3]. As a result of different circumstances most of eating habits adapt to new conditions during university period [2]. Based on the data obtained, in the future it will be possible to study changes in the body mass index of foreign students. Therefore, this study initiates a cycle of future research.

Goal

The purpose of our research was to study how the nutrition of foreign students' changes during their studies at the university.

Material and methods of research

This study was conducted among 120 randomly chosen university students to assess their eating habits using an anonymous Google Form questionnaire. Here, questions such as age, gender, previous and present body weight, what food and how often others eat, drinking water levels, their exercising, etc. were considered. Based on the responses received, comparative charts were constructed for further data processing.

The results of the research and their discussion

Based on the results of our study, 52,3 % of female and 47,7 % of male were interviewed. Besides, out of them most of the students (85,6%) are in age range of 15–25 years and 13,5% students are in 25–35 year range. In the course of our research 31,2% of students are studying in 1st year, 31,2% of students are studying in 2nd year, 11% of students are studying in 3rd year, 11% of students are studying in 4th year, 3,7% of students are studying in 5th year and 11,9% of students are studying in the 6th year.

In turn, 47,6% of students are having only two main meals per day. However, only 40,7% students are having their three main meals. Additionally, 11% of students are having only one main meal. But on, the other hand, out of these 120 respondents 48,3% students are having at least one extra meal apart from their main meals. And also 35,2% of students having two extra meals and 6,2% of students additionally enjoy another three extra meals apart from the main meals. Finally, 10,4% of students are having more than three extra meals during all day. For these extra

meals most of the students using university or hospital canteen or cafe for fulfill their needs. It shows 71,7% from these students. Thus, despite getting main and extra meals, a majority of students (59,3%) skip their essential morning meal. Just only 40,7% students having their breakfast.

Everyone knows that water also very important factor to maintain wellness. Happy to say that out of these students most of the them drink a lot of water. Out of these students most of the them (46,9%) are drinking 1–2 liters of water per day. So, 29% of students drink 2–3 liters of water and 13,8% students drink just only less than 1 liter of water. Surprisingly, that 10,3% of respondents drink more than 3 liters in day. But unfortunately among these students, 77,9% of them didn't maintain the balanced diet program. At the same time just only 22,1% of students remember about importance of healthy balanced meal and how it affects well-being. So, they maintain their blance diet. In turn just only 22,8% of students doing exercises parallel to all these factors.

Based on our research we may note that around these students only 50,93% of them eat their traditional foods for their meals. And also 25,65% students eat fast foods such as burgers, chips, hotdogs etc. And 10,81% and 8,13% of students eat chocolate, ice cream, peanuts and Coca-Cola, Sprite and other drinks respectively. Special thing is students who are eating traditional food, they also eating fast food with the comparatively their traditional foods. Out of these students just only 4,48% of students eat Belarusian food as their meals. Pay attention to the fact that majority of students (70,4%) are making their own food. Just only 29,6% students uses third party to cook their meals. They tend to get fast food and get prepared by someone else. There is a clear difference between the weight of university students when they enter the university and their weight now. At that time most of the students are in 50–60 kg range.

There can be no doubt that restful sleep affects not only health but also dietary habits. Results of our study showed that 36,6% of students have 5–6 hours good sleep, then 29,7% of students have 6–7 hours' sleep and just only 10,3% students have 7–8 hours' sleep for a day. Besides, 18,6% of students sleep only 4–5 hours. Some 1,8% of students only having less than 4-hour sleep. Such a number of hours of sleep is usually associated with a heavy workload at the university in the junior years and the adaptation period to life outside the home.

Conclusion

This study shows that most of the students know about the importance of balance healthy food. But the busy and heavy schedule they have no time to think about their lives. As a result of that they used to eat fast and junk food. Then they skip their meals and very important breakfast also. Over time, students lose the desire to spend time preparing traditional food, because in another country it takes much more time to find more or less suitable products. Snacking and the availability of fast food contribute to the change from healthier eating habits to more harmful ones. Not only missing the meals but also they have no time and wish to do exercise, they have no much to sleep though. The student who enters the university in the first year most of the time he/she healthier person. But unfortunately end of their university life they used to do bad habits because of their busy and very often lazy life. So in our view all students must think about their healthiness. At least every university student must be think about their healthy life just only for 30 minutes from their busy day.

LITERATURE

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