Справка

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[Расшифровка подписи]
THE STUDY OF HEMATOLOGICAL AND FUNCTIONAL INDICATORS IN STUDENTS DURING THE EXAMINATION SESSION

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Summary. The article considers the changes in hematological and functional indicators in students during the examination session. To assess the possible occurrence of violations of students' health status, ascertaining the level of the price of adaptation when influencing the students' body of university loads, the most informative indicators are determined. In terms of leukocyte status, 45% of students who have leukocyte counts within the reference values of the norm have a successful adaptation reaction corresponding to their health. When comparing hematological indicators and health indicators, the most unfavorable values were found in the form of elevated glucose, increased systolic pressure, and an increase in lymphocyte count. An increase in the lymphocyte count is considered as one of the indicators of unfavorable adaptation to higher education. At 33%, the average level of stress was found, 67% showed a low level of stress, which indicates a state of psychological adaptation to workloads. Adaptation of students to study conditions in higher education is a complex multi-level physiological process. The development of disadaptation during the training period can have a negative impact on the functional state of the organism and lead to the development of pathological processes.

Keywords: study load, students, lymphocyte, monocyte, adaptation.

Introduction. The relevance of this research consists in a social significance of studying of systemic homeostatic, psychophysiological and hematological indexes for assessment of extent of violation of the state of health at students. The relevance decides on the one hand, the existing urgent need in successful adaptation of students of the first and second years to educational activity, and on another, by prophylaxis of a possible aggravation of symptoms of health during this adaptation [1].

A large number of first-year students because of problems with adaptation to tutoring in higher education institution are annually deducted [2, 3]. Therefore researchers are faced by questions of selection of the most efficient methods and working methods which will provide selection and systems approach to process of adaptation of students of the first and second years. In the course of tutoring loads of the life-supporting systems of an organism of the student in general considerably raise. Against the background of, it in recent years, increase the number of the young men and girls having problems with health [4, 5, 6] is noted deterioration in physical health and emergence of diseases, the bound to violation of carbohydrate metabolism of glucose is observed. It is determined by existence of a large number of stresses which students in the course of tutoring, especially the first and second courses face.

In an organism of the students who entered to the university processes of adaptation to the new environment of tutoring are observed. Adaptation is a necessary link for transition just seeing educational activity to another. In this case process of transition from the pupil of school to the student of higher education institution means. Adapting to new conditions of tutoring: to the new system of requirements, new teachers and classmates etc to the student it is necessary to overcome the considerable difficulties. The lack of necessary skills for successful tutoring in higher education institution causes the strong emotional pressure in students that leads to deterioration in health of students. Process of overcoming such difficulties during the long-lived period of time can cause an overvoltage both on psychological and at the physiological level. There are various mechanisms of adaptation to educational activity in higher education institution which include biochemical changes in blood, both reorganization in bodies and fabrics. All this provokes an overload of systems of functions and leads to developing of stresses and as a result emergence of violations of health [7, 8].

Optimization of indexes of adaptation of first-year students and second-year students to tutoring conditions in higher education institution is impossible without adaptation process...