

PECULIARITIES OF ADAPTATION OF FIRST-YEAR MEDICAL STUDENTS TO THE EDUCATIONAL PROCESS IN HIGHER EDUCATIONAL INSTITUTIONS

The article analyzes and investigates the socio-psychological adaptation of first-year students. One of the most important prerequisites for successful educational activities of first-year students is their timely adaptation to the conditions of studying in higher education. The first year can be the basis of support for the student and can lead to various changes in behavior, communication, and learning because the first year is the time of formation of the attitude of a young person to learning, future profession, and self-realization.

Entering medical higher education, first-year students face a number of problems related to the beginning of adult life, in particular, the lack of psychological readiness for new learning conditions, changes in the social environment, the structure of relationships with classmates and teachers, with obstacles that arise in the social sphere, as well as uncertainty about the chosen profession.

The inability of students to get used to the new requirements can lead to frustration, passivity, and unwillingness to learn. A significant number of first-year students do not know how to properly organize educational activities and do not understand how to study at a higher education institution.

Solving these problems requires internal self-organization of students, and the ability to allocate time and effort to the educational model, therefore the process of adaptation of future professionals to the conditions of higher education is an important stage of training.

The aim of the article is to study the main problems of adaptation of freshmen to study in higher medical education through a survey. A study of the problems of adaptation of first-year medical students to the educational process at Ivano-Frankivsk National Medical University was conducted. 80 students took part in the survey. As a result of the survey, the main problems of first-year students studying at a higher medical educational institution were revealed.

The main reasons/difficulties that, in the opinion of students, slow down or prevent them from adapting faster at the university are the overload of the educational process, inability to work independently, and getting used to new forms and methods of teaching. Also, a significant problem for students, which appeared at the beginning of the study, is the lack of free time and inability to organize their work, assessment on the credit-module system, training on the first and second week, study in different buildings, insufficient schooling.

During the survey, students were asked to answer questions about their motives for choosing a future profession. Family traditions and parents' advice became an important motive in choosing a profession.

The answer of freshmen to the question - who helps to adapt to new forms of education and with whom you discuss this problem was quite interesting.

In particular, some freshmen believe that they need to solve their own problems, others, are willing to share with friends and classmates, seek advice from parents and relatives, asked for help from the group curator and teachers.

Also, freshmen had the opportunity to leave their wishes, in particular, "What needs to be done for faster and more successful adaptation of freshmen to learning?" Most of the wishes arose regarding reducing the amount of educational material, the number of study pairs during the week, reducing the number of fourth pairs, correctly scheduled classes; improving the living conditions in dormitories, increasing the number of places for students, regulating the supply of hot water, be able to properly organize their free time, much more actively participate in the community, volunteer activities, student government.

Analyzing the information collected from first-year students, it should be noted that the process of adaptation occupies an important place in the learning process because it is the key to the effectiveness and success of learning. Thus, the main factors of successful adaptation to student life are the expansion of first-year students' self-awareness, ability to overcome fears and anxieties, organize their learning and free time, and positive attitude to learning and future profession, thus constant self-improvement in personal self-development.