

# FUNCTIONAL STATE OF THE NERVOUS SYSTEM IN STUDENTS

Khripunova T. V., Yatsenko E. Yu.

Scientific supervisor: assistant professor Derkach N. V.

National University of Pharmacy, Kharkiv, Ukraine

nfyzntv@gmail.com

**Introduction.** The nervous system is the main regulator of all body functions. Violation at any level of the nervous system leads to the development of various types of pathologies. One of the most common forms of pathology of the nervous system are neuroses. According to WHO, the incidence of neurosis in the world over the past 65 years has increased 24-fold and reaches 20-30%. Neuroses are a "disease of civilization". The widespread prevalence of neuroses is associated with the growing urbanization of the population, information overload, a decrease in the share of manual labor in the life of modern man, the impact on it of unfavorable social and domestic factors, numerous psychotraumatic situations. In connection with the situation in the east of Ukraine, economic changes, this issue is urgent, since the people living there, the returning military and the majority of the population are under constant stress. According to statistics, 50% of the population of our country, including students, suffer from borderline conditions (neuroses of all kinds, which include severe stress and depression). But only a third of them turn to doctors for help.

**Aim.** To study the functional state of the nervous system in the 2nd year students of the Faculty of Pharmacy

**Materials and methods.** The test for determining the level of anxiety among students.

**Results and discussion.** 70 students of 2 courses of the pharmaceutical faculty took part in the testing, 58 of them girls and 12 boys. Among the students surveyed, 54% (38 students) are constantly experiencing anxiety. 53% of students are in a state of tension. 96% are fatigued, irritability is observed in 90%. "Com in the throat" is experienced by 62% of students, a low mood is observed in 92%, 59% of students experience fears and grievances. To the specialists (psychologist or doctor), only 4 students from 70 applied, which amounted to 5.7%. Thus, most of the students (girls) interviewed are in a state of heightened anxiety. This indicates the borderline state of the nervous system of 2nd year students. The girls are characterized by a hysterical syndrome, the youth manifests more pronounced astheno-neurotic syndrome. The recommendations for students on the prevention and regulation of mental states were made.