

**Ekaterina K. Fedorishcheva** – Assistant of the department of public health, the Pacific State Medical University (690002, 2, Ostryakov avenue, Vladivostok, Russian Federation). *E-mail: katrina.kosilova@yandex.ru*

## **Comprehensive assessment of the students' health-saving behavior. Medical specialties and directions for its optimization**

*In the course of the study, the impact of diverse socio-economic, demographic, medical, everyday factors on the self-protective and health-saving behavior of medical students was evaluated, and the data obtained were compared with the objective state of their health in terms of a structurally functional approach to the theory of social processes. A set of empirical data was carried out from June 1 to December 1, 2018 at the Far-Eastern Federal University (FEFU, Biomedicine Schools) and the Pacific State Medical University (TSMU) using the principles of stratified by the gender and age signs of randomization. The sample included 989 students of both sexes (481 (48.6%) girls, average age 21.1 years and 488 (51.4%) boys, average age 21.5 years). The response frequency was 95, 1%. All students filled out a student self-assessment questionnaire (Pozdeeva, 2008; with additions of the authors), consisting of 5 blocks of questions. The objective state of health was assessed by the index of comorbidity, the number of diagnoses made in the previous year in the list of specified diagnoses, and the frequency of seeking medical help. For statistical processing of data arrays, two-way analysis of variance (ANOVA) was used. The correlation of indicators was determined with the calculation of the Spearman coefficient. In the course of the study, a number of imbalances were revealed in the students' assessment of the medical areas of factors of influence on health-saving behavior. The respondents' average assessments of current behavioral stereotypes regarding occupational health and recreation, as well as the level of psychological comfort and awareness on the issues of health and health-saving behavior, were high, while medical activity, physical culture and socio-economic status received low average ratings (range from 2.5 to 3.5). An analysis of the relationships between individual indicators associated with health-saving behavior and objective indicators of health status revealed at least 19 parameters that have a high level of correlation. Based on these results, the structural-functional approach allows you to create a two-component model that links the heterogeneous elements of students' behavior in relation to health and its objective state. Based on the created model of correlation of heterogeneous factors and health-saving behavior, a number of measures are proposed for administrative and socio-media management of students' health-saving behavior.*

**Keywords:** *health-saving behavior, socio-economic status, students, medical education, structural and functional approach, management of health-saving technologies, comorbidity index, questionnaire.*

### **References:**

1. Avar Khanov M. A. Technology of formation of health-saving behavior of students in the process of physical education at a university *Vestnik Moskovskogo gosudarstvennogo oblastnogo universiteta. Seriya: Pedagogika* [Bulletin of Moscow State Regional University. Series: Pedagogy], 2017, no. 2, pp. 258–264. (In Russian).

2. Akopyan A. N. Study of the pre-examination psychoemotional state of students *Vestnik vosstanovitel'noy meditsiny* [Bulle-

tin of regenerative medicine], 2010, no. 6, pp. 36–39. (In Russian).

3. Alekseenko S. N., Drobot E. V. Categories of vitality and quality of life among students of a medical university in conjunction with a self-esteem of health *Zemskoy vrach* [Zemsky doctor], 2014, no. 2 (23), pp. 41–44. (In Russian).

4. Babin V. S. Health problems of student youth *Molodoy uchenyy* [Young scientist], 2015, no. 11, pp. 572–575. (In Russian).

5. Bakaev V. V., Bolotin A. E. Indicators of students' readiness for health-saving be-

- havior *Uchenyye zapiski universiteta im. P.F. Lesgafta* [Uchenyye Zapiski universiteta im. P.F. Lesgaft], 2013, no. 12 (106), pp. 36–39. (In Russian).
6. Bilovus, V.K. Attitudes of youth on health-saving behavior / V.K. Bilovus, L. A. Minasyan *Sozdaniye usloviy v uchebnykh zavedeniyakh vysshego professional'nogo obrazovaniya, obespechivayushchikh okhranu i ukrepleniye fizicheskogo, psikhologicheskogo i sotsial'nogo zdorov'ya obuchayushchikhsya, formirovaniye ustoychivoy motivatsii na zdorov'ye i zdorovyy obraz zhizni* [Creation of conditions in higher education institutions providing protection and strengthening of students' physical, psychological and social health, formation of sustainable motivation for health and a healthy lifestyle: mat. interuniversity. Scientific Pract. conferences], Mines, 2008, pp. 68–79. (In Russian).
7. Bobyleva O. V Health status of students as a socio-environmental problem. 2013. Bulletin of TSU, vol., 18, no. 3, pp. 852–854. (In Russian).
8. Bolotin A., Mironova O. V., Lukina S. M., Yarchikovskaya L. V. Content and organizational aspects of the formation of healthy lifestyle skills among university students *Teoriya i praktika fizicheskoy kul'tury* [Theory and Practice of Physical Culture], 2016, no. 6, pp. 18–20. (In Russian).
9. Borisova L. M., Belokurova E. S., Lopatin S. A. Health-saving technologies - as preventive measures to preserve and strengthen the health of university students *Bezopasnost' zhiznedeyatel'nosti* [Life Safety], 2014, no. 8, pp. 21–26. (In Russian).
10. Brusneva V. V., Klimenko T. V. Significant factors and living conditions that influence and shape the health status of students of the city of Stavropol *Meditinskiy vestnik Severnogo Kavkaza* [Medical Herald of the North Caucasus], 2012, no. 3, pp. 82–86. (In Russian).
11. Vishnevsky Yu. R., Shapko, VT T. Sociology of youth - about youth, for youth *Aktual'nyye problemy sotsiologii molodezhi, kul'tury, obrazovaniya i upravleniya* [Actual problems of the sociology of youth, culture, education and management: materials of the All-Russian scientific-practical conference. Yekaterinburg, February 28, 2014], Yekaterinburg: UrFU, 2014, vol. 1, pp. 5–9.
12. Gareeva I. A. Social barriers of the modern healthcare system *Sovremennyye problemy ekonomicheskogo razvitiya predpriyatiy, otrasley, kompleksov, territoriy* [Modern problems of economic development of enterprises, industries, complexes, territories: international materials. scientific-practical conf. (Khabarovsk, April 25, 2016): in 2 volumes T. 2.], Khabarovsk: Publishing house of Pacific national university, 2016, pp. 275–278. (In Russian).
13. Gareeva I. A. Inequalities in the social space of public health *Transformatsiya chelovecheskogo potentsiala v kontekste stoletiya* [Transformation of human potential in the context of the century: international materials. scientific-practical conf. in the framework of III All-Russian. scientific Forum "Science of the Future - Science of the Young", Nizhny Novgorod September 14–15. 2017: in 2 vol. T. 2.] N. Novgorod, 2017, pp. 16–19. (In Russian).
14. Gareeva I. A. Modernization of the healthcare system and differentiation of access to medical services [Electronic resource] *Uchenyye zametki TOGU* [Scientific notes of the Pacific National University]. Khabarovsk, 2013, vol. 4, no. 4, pp. 699–705. (In Russian).
15. Gareeva I. A., Sobolevskaya T. V. The role of social barriers in the formation of behavioral strategies in relation to students' health *Materialy sektsionnykh zasedaniy 56-y studencheskoy nauchno-prakticheskoy konferentsii TOGU* [Materials of breakout sessions of the 56th student scientific and practical conference of the Pacific National University: in 2 volumes T. 2.] Khabarovsk : Publishing house of Togu, 2016, pp. 127–130. (In Russian).
16. Gatiyatullina L. L. Health-preserving space in medical educational organizations *Kazanskiy meditsinskiy zhurnal* [Kazan Medical Journal], 2018, no. 1, pp. 110–116. (In Russian).
17. Donchenko V. I. Structural model of training medical students in health-saving technologies *Kontsept* [Concept], 2015, no. 10 (October), pp. 111–115. (In Russian).
18. Juraeva N. S. Health, health-saving behavior and quality of life of students. Models, systems, networks in econ. tech. nature and the island. 2014, no. 3, pp. 155–160. (In Russian).
19. Evseviev M. E., Koshel V. I., Eremin M. V. et al. Screening of student health resources and the formation of an intra-university preventive environment: clinical, educa-

tional and pedagogical aspects *Meditsinskiy vestnik Severnogo Kavkaza* [Medical Bulletin of the North Caucasus], 2015, no 1, pp. 64–69. (In Russian).

20. Zhuravel VV Behavioral health factors of student youth *Kul'turnyye trendy sovremennoy Rossii: ot natsional'nykh istokov k kul'turnym innovatsiyam* [Cultural trends of modern Russia: from national sources to cultural innovations: collection of books. Papers V All-Russia. (with international participation) scientific-practical. conf. students, undergraduates, graduate students and young scientists; in 3 t./holes ed. S. N. Borisov, I. E. Belogortseva, V. S. Ignatova, E. V. Bronnikova], Belgorod, 2017, pp. 241–244. (In Russian).

21. Zborovsky G. E. Lessons from failed modernization *Sotsial'naya strategiya rossyskoy sistemy obrazovaniya* [Social Strategy of the Russian Education System], SPb. : Russian State Pedagogical University, 2016, pp. 39–44. (In Russian).

22. Student health: sociological analysis / Otv. ed. I.V. Zhuravleva. Institute of Sociology RAS. M., 2012, pp. 252–257. (In Russian).

23. Zudin A.B. Various aspects of changes in Russian healthcare. Problems of social hygiene, healthcare and the history of medicine. 2017, no. 25 (1), pp. 68–72. (In Russian).

24. Ivakhnenko G. A. Health-saving technologies - as preventive measures to maintain and promote health: a sociological analysis *Sotsiologiya meditsiny* [Sociology of Medicine], 2010, no. 1, pp. 30–33. (In Russian).

25. Irikhin N. V., Zhuravlev Yu. I., Zhernakova N. I., Chefranova Zh. Yu., Irikhina I. V. Comparative analysis of objective and subjective assessments of students' health during the implementation of the innovative educational program "Health Saving". 2009. Bulletin of TSU, no. 6 (74), pp. 149–153. (In Russian).

26. Karpenko Yu. D. Dynamics of the functional state and adaptation processes in students. *Hygiene and sanitation*, 2012, no. 4, pp. 61–63. (In Russian).

27. Kartisheva S. I., Popova O. A., Grosheva E. S. Self-assessment of the health and lifestyle of students of the Pedagogical University *Gigiyena i sanitariya* [Hygiene and Sanitation], 2015, no. 9, pp. 18–20.

28. Kienko T. S. Institutional and non-institutional factors in the formation of

health-saving behavior *Sovremennyye problemy nauki i obrazovaniya* [Modern problems of science and education], 2015, no. 1-1, pp. 1443. (In Russian).

29. Kornienko D. S., Kozlov A. I., Otavina M. L. The relationship of self-assessments of health and psychological well-being in healthy young people with chronic diseases *Gigiyena i sanitariya* [Hygiene and Sanitation], 2016, no. 6, pp. 577–581.

30. Lepikhina T. L., Karpovich Yu. V. Analysis of factors shaping the health-saving behavior of workers *Fundamental'nyye issledovaniya* [Fundamental research] 2014, no. 8–2, pp. 400–403. (In Russian).

31. Merton R. Social theory and social structure. M. : ACT: ACT MOSCOW: KEEPER, 2006.873. (In Russian).

32. Minnibaev T. Sh., Melnichenko P.I., Prokhorov N.I., Timoshenko K.T., Arkhangel'sky V.I., Goncharova G.A., Mishina S.A., Shashina E.A. Study the impact of conditions and the organization of instruction on student performance and health *Gigiyena i sanitariya* [Hygiene and Sanitation], 2015, no. 4, pp. 57–60. (In Russian).

33. Novokhatskaya E. A., Yakovleva T. P., Kalitina M. A. The incidence of students due to the nature of nutrition in modern learning conditions *Problemy sotsial'noy gigiyeny i istoriya meditsiny* [Problems of social hygiene and the history of medicine] 2017, no. 5, pp. 281–285. (In Russian).

34. Pobedinskaya IV. Health-saving activities of a teacher: research thesaurus. 2017. News of Voronezh State Pedagogical University, no. 1 (274), pp. 32–41. (In Russian).

35. Pozdeeva T. V. Scientific substantiation of the concept and organizational model of the formation of health-saving behavior of students: diss. Doct. honey. Sciences: 14.00.33: it is protected 09.09.2008 / Pozdeeva Tatyana Vasilevna. M., 2008. 340 p. Bibliography: p. 57–58, Appendices 1, 2.

36. Rasskazova E. I. Models of the stages of behavior change in the psychology of health: opportunities and limitations *Vestnik Moskovskogo universiteta. Seriya 14. Psikhologiya* [Moscow University Physics Bulletin. Series 14. Psychology], 2014, no. 4, pp. 102–119. (In Russian).

37. Grove Ya. M. Social differentiation and educational strategies of Russian students and schoolchildren: a newsletter. M.: SU-HSE, 2007. (In Russian).

38. Savich L. Ye. Health saving of mankind as a socio-humanitarian problem: cultural, historical and modern aspects *YUNESKO: strategiya razvitiya kul'tury, nauki i obrazovaniya v kontekste novogo gumanizma* [UNESCO: development strategy of culture, science and education in the context of new humanism: mat. Int. scientific-practical conferences (within the framework of the International Forum "The Saving of Humanity as an Imperative of Sustainable Development")], Kazan, 2016, pp. 236–242. (In Russian).
39. Sagidullina L. S., Ksetaeva G. K., Orynbasarova K. K., and others. External factors affecting the performance of university students *Vestnik KazNGMU* [Bulletin of KazNGMU], 2017, no. 4, pp. 290–294. (In Russian).
40. Serov D. V. Medical and social characteristics of the health-saving behavior of the adult population of a megalopolis *Vestnik Rossiyskogo universiteta druzhby narodov. Seriya: Meditsina* [Bulletin of the Peoples' Friendship University of Russia. Series: Medicine], 2016, no. 1, pp. 150–157. (In Russian).
41. Trapeznikova M.V., Savkin V.V. Monitoring and forecasting of the psychophysiological status and performance of students of the I – II course of a medical university. *Hygiene and sanitation*, 2015, no. 1, pp. 104–107. (In Russian).
42. Tyurina Yu. A. Strategies of adaptation of the Far Eastern youth in the context of higher education - employment *Sotsial'nyye i gumanitarnyye nauki na Dal'nem Vostoke* [Social and Human Sciences in the Far East], 2013, no. 3 (39), pp. 184–193. (In Russian).
43. Ulumbekova G. E. Challenges to the healthcare system of the Russian Federation: solutions *Glavvrach* [Head physician], 2012, no. 5, pp. 13–22. (In Russian).
44. Ulumbekova G. E., Kalashnikova A. V. The concept of the federal project "Ensuring the step-by-step availability of medical care". *ORGZDRAV: news, opinions, training. Bulletin of the Higher School of Education*, no. 3, 2018, pp. 21–40. (In Russian).
45. Filonenko V. I. Contemporary Russian students in a transitive society: contradictions and paradoxes of socialization: a monograph. Rostov-on-Don: IPO PI SFU, 2009, p. 334. (In Russian).

---

**Reference to the article**

---

Fedorishcheva E. K. Comprehensive assessment of the students' health-saving behavior. Medical specialties and directions for its optimization // *Power and Administration in the East of Russia*. 2019. No. 3 (88). Pp. 97–116. DOI 10.22394/1818-4049-2019-88-3-97-116

---