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Behavioral health strategies by the students of medical directions (sociological analysis)

This work studies the relationship between behavioral strategies in relation to health and its objective state among the students of medical specialties in the light of current sociological ideas about the models of health-saving behavior. The empirical part of the study was conducted on the basis of the Far-Eastern Federal and Pacific State Medical University using questionnaires and analysis of medical documentation. There were 827 medical students of both sexes. It was found that students generally assess the compliance of their behavioral stereotypes of the health-saving model with 2.7 points, while determining behavioral strategies as a role model they take the behavior of friends and the university professors. In the process of work, a high level of students' chronic morbidity was confirmed however, according to the data obtained, only a few behavioral stereotypes correlate with the average morbidity level: a habit of good nutrition, commitment to the basic hygiene rules, adherence to sleep and wakefulness. The analysis made it possible to suggest that the process of learning new social practices and the formation of behavioral strategies in relation to health and health protection among the students of medical directions is accompanied by a high level of imitation by significant others, which confirms the important role of copying behavioral by an individual installations in the process of adaptation to the new environmental conditions. At the same time, the authors do not find convincing evidence of the priority of planned behavior, the subjective expected utility, the motivation for protection, which may be due to the weak propensity for introspection and self-esteem among the young respondents studying at the medical universities. According to the authors, the obtained data also allow us draw a preliminary conclusion that the structural-functional approach is effective in studying and interpreting the functional relationships between the students' behavioral relations and environmental institutional factors.

Keywords: students of medical specialties, educational space, health-saving behavior, health-related behaviors, structural and functional approach, social processes.

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