



ОСОБЕННОСТИ АДАПТАЦИИ ИНОСТРАННЫХ СТУДЕНТОВ В ВУЗАХ КЫРГЫЗСТАНА

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Резюме: В этом исследовании представлены данные изучения некоторых аспектов обучения и медико-социальные проблемы студентов МВШМ, которые имеют значимость для социальной адаптации их к условиям обучения и пребывания в ВУЗе. В конечном итоге адаптация влияет на их здоровье и качество образования.

Ключевые слова: адаптация, медико-социальные факторы, образование, иностранные студенты, здоровье

ЧЕТ ӨЛКӨЛҮК СТУДЕНТТЕРДИН КЫРГЫЗСТАНДЫН ЖОЖДА АДАПТАЦИЯСЫНЫН ӨЗГӨЧӨЛҮКТӨРҮ

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Корутунду: Бул изилдөөдө Эл Аралык Медициналык Жогорку Мектебиндеги студенттеринин окуусу жана медициналык жана коомдук маселелеринин кээ бир аспектерин изилдөөсү, алардын окуу шарттарына жана Жогорку Окуу Жайында жүрүшүндөгү коомдук шарттарга ийкемдешинин мааниси көрсөтүлгөн. Жыйынтыгында алардын шарттарга ийкемдешти, ден-соолугуна жана билим алуу сапатына таасир этет.

Негизги сөздөр: шарттарга ийкемдештиги, медициналык жана коомдук факторлор, билим алуу, чет өлкөлүк студенттер, ден-соолук.

ADAPTATION OF FOREIGN STUDENTS IN UNIVERSITIES OF KYRGYZSTAN

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Summary. This research project is intended to explore the some important matters of ISM students, which are related to their study, health, adaptation and behavioral changes during their study period in ISM. One of them is a process of the social adaptation of students to the conditions of the study and the stay at the ISM, which effect finally on their health and the quality of their education.

Key words: adaptation, medico-social factors, education, foreign students, health.

The aim of our work was to understand of life adjustment and academic factors for foreign students of International High School of Medicine (IHSM) in Kyrgyzstan.

Agree with literature sources exist three aspects of foreign students adaptation:

Psychological and pedagogical: increase in workload of study, an unaccustomed methods of teaching, increasing demands, necessity of assimilation a new information, switching from one subject to another, making independent schedule.

Social and psychological: breaking the stereotype of behavior, a new system of interpersonal relationships, separation from family, the problems of everyday life, traditions and culture

Biological: the change of climate and geographic environment of residence, the rhythm of life, the nature of food, mental and physical activity.

According to these points we divided our work in two stages:

In the first stage (2009- 2010) we focused on



social and living conditions, influence of climate and geographic, schedule of classes, level of students health, regime of food and nutritional values, possibility of cultural activities, bad habits.

We investigated 3 target groups of students: beginning (1 course), middle (3 course) and last (5 course).

Methodology: prepared and used students

the academic problems:

interaction between students in a group, students with teaching staff and administration, management and organize the study process, professionalism of teachers skills, analysis of students wishes for improving educational system and management and continued to study the health level of students.

Fig. 1. Hostel availability (2009)

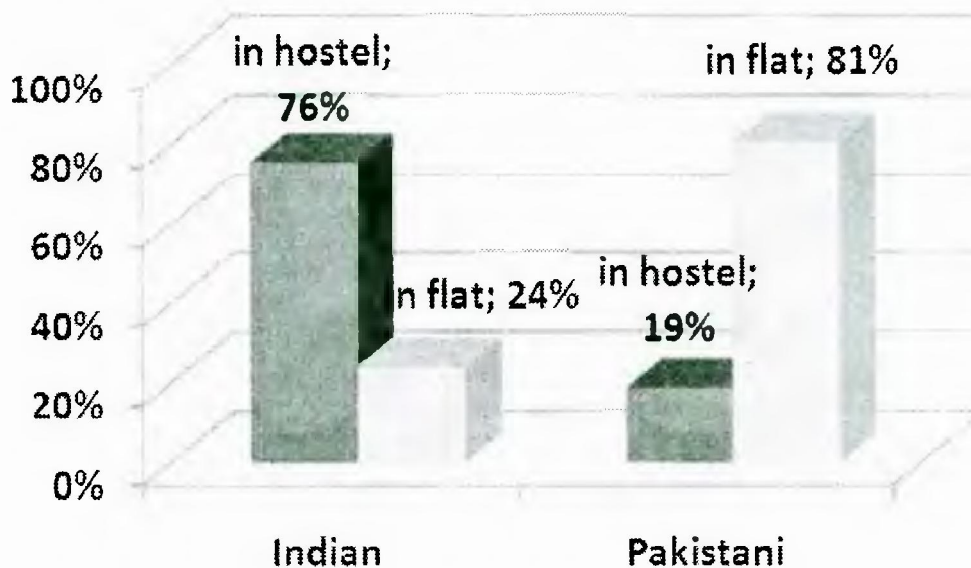
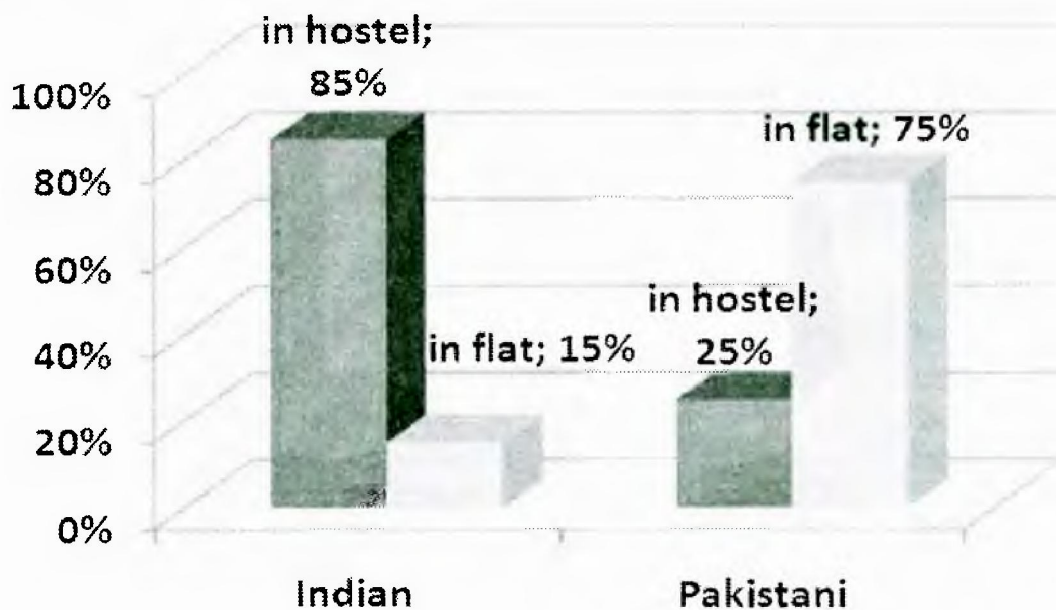


Fig. 2. Hostel availability (2011-12)

Methodology: prepared and used a new



forms, open ended interviews, food menu, schedule of classes, regime of daily life, analysed students medical record books, statistical method.

The second stage (2011-2012) we focused on

anonymous questionnaire, interviews, analysed students medical record books, statistical method

According to students forms and open ended interviews hostel availability difference among

Fig. 3. Frequency of illness (2011-2012)-junior students

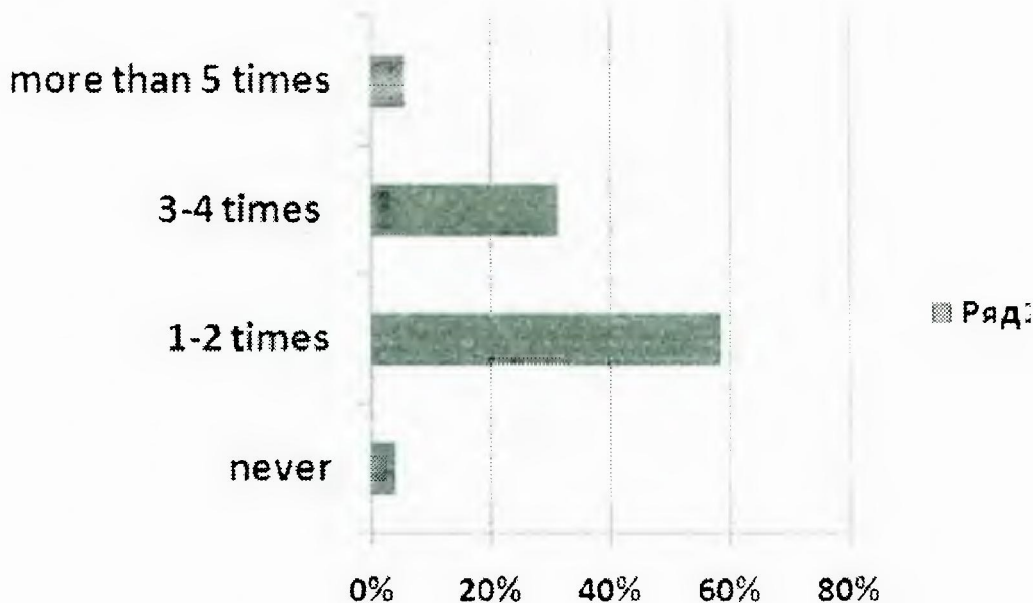
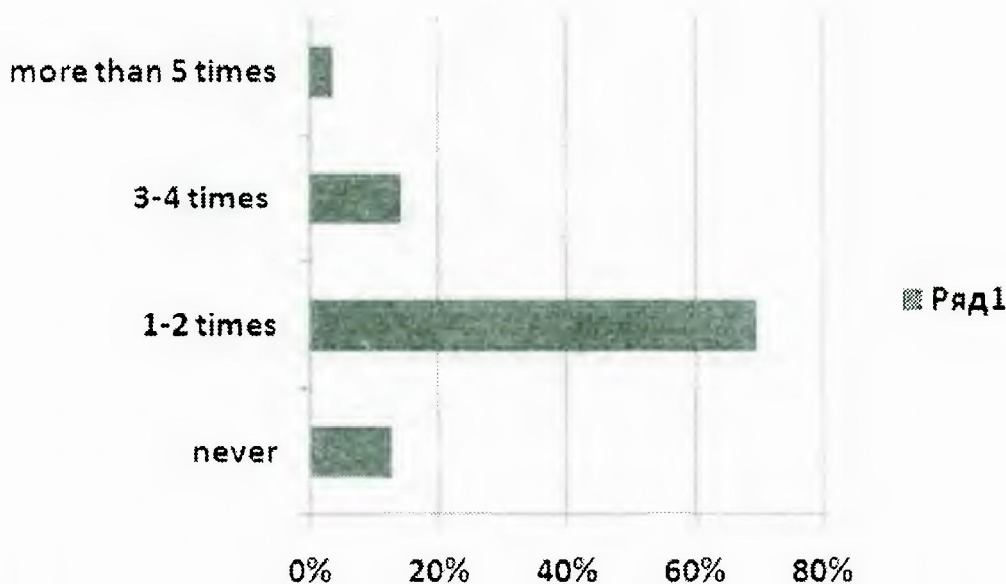


Fig. 4. Frequency of illness (2011-2012) - senior students



Indian and Pakistani students in both stages and change in proportion by years (Fig.1, Fig.2).

Analysis of daily regime and schedule of classes shows only 26% of first year students and 38% of 5th year students are keeping correct.

Junior students average sleep 6-7 hours, senior – 8. Only 11% of the students do morning exercises. 25% of the students involved in sports. Duration of classes in a day average 6 hours. Students have problems with schedule of classes, because not enough time between classes to get to next class in 30 minutes, due to this they don't have time for proper meal. Schedule problems and illness due to change in climate causes absence in classes.

39% of students missed classes 3-6 days and 8% - more than a week.

Average 65% students living in hostel usually do not have their breakfast, 35% - have regular breakfast.

According to study food menu lack of caloric intake is – 300-350 Kcal in vegetarian students comparison with non-vegetarian students (2946 Kcal/day: 3483 Kcal/day).

Correlation of proteins, fat and carbohydrates for non-vegetarian students is 1:2:4, for vegetarian students is 1:2:8, that does not satisfy nutritional standards (1:1:4).

Analysis of students medical record books

Fig. 5. Types of diseases (1-3 courses)

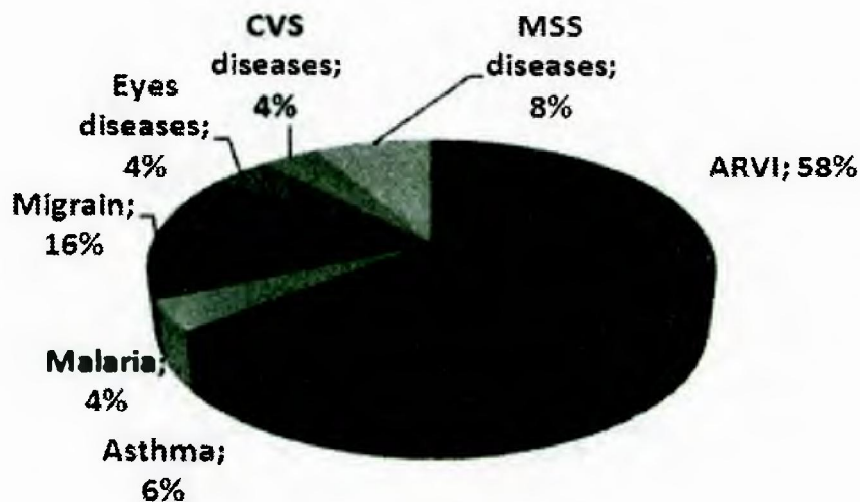
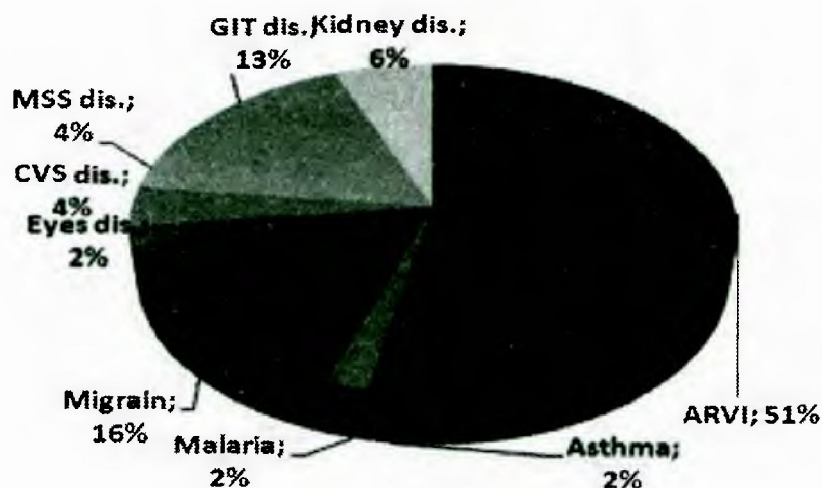


Fig. 6. Type of diseases (4-5 courses)



shows incidence of diseases in junior students-135 cases per 100 students/year and 91 cases per 100 senior students. Difference of frequency of illness among junior and senior students shown below (Fig.3. Fig 4)

Distribution of nosological forms of diseases is distinct between different courses.

In general the junior course students get sick more often then senior course students (1,5 time more) and suffer more through acute respiratory viral infection (ARVI). It is related to adaptation of 1st course students to a new reality.

Wishes and recommendations of students:

Include more clinical training from first course

Built a campus at one place

Remotness in educational system
Activation of healthy cultural acitivities of students

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