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PHYSIOLOGICAL AND PSYCHOLOGICAL CHARACTERISTICS OF STUDENTS WITH DIFFERENT EYES COLORS

The aim of this study was experimentally to prove the possibility of using iridodiagnostics in the forecast of individual development of human abilities among students of Zhytomyr medical institute. Our research was carried out by means of anonymous questionnaire and diagnostic examination of visual acuity and refraction during ophthalmology, changes in the frequency of heart rate and blood pressure during physical education classes. These studies were received and analyzed. It would be interesting to trace whether there is a relationship between the individual features, in particular the color of the eyes, with the physiological and psychological characteristics of a person. If such a relationship exists, which is quite possible from the point of view of the action of genes, it would allow to evaluate the functional capabilities of a person without resorting to a complex, time-consuming diagnosis. Therefore, we decided in our work to investigate the relationship between the color of the iris and the physiological and psychological characteristics of students [1].

The research objective is to determine the relationship between the features of the structure of the iris and the abilities that are genetically predetermined in development. Identify informative iridologic markers.

Among the surveyed students, roughly the same number of people with brown, gray-green and gray-blue eyes were detected. Students with black and yellow iris were not identified.

Visual acuity was higher among students with gray-green eyes[4].

The weight of the body of students with brown eyes corresponds to their growth, and students with gray-green eyes found excessive body weight [5].

The respondents with brown, gray-green and gray-blue iris revealed a normotonic type of reaction to standard exercise [3].

In people with brown eyes, slower recovery of heart rate occurs after standard exercise. The analysis of scientific literature has allowed us to assert that with the help of genetic markers it is possible to predict morpho-functional parameters and motor abilities of a person. Study of special literature on iridodiagnostics allowed us to assume the possibility of an individual forecast of the development of motor abilities of a person on the features of the structure of the iris of the eye, because the iris is an indicator of genetically predisposed signs of man.

We have identified the relationship between the structure of the iris and the level of development of motor abilities of students. The most informative in the individual forecast of the development of motor abilities of a person are the following iridological features: type, density, color of the iris of the eye [2].

Iridological genetic markers should be used in the process of controlling the individual development of abilities and properties of a person that are necessary for it in the field of motor activity. Together with other technologies, they can be used in the individual projection of motor skills of students.

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