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THE IMPACT OF BIORYTHMS ON STUDENT'S HEALTH AND SUCCESSFULNESS

Topicality of our research: Biorythm (greek „bios” and „rytmos” – life and concordance) is identified as number of periodic changes in the intensity of the course of physiological and mental processes depending on time. Biorhythms are inherent in all lifeforms on Earth and are a prerequisite for their normal existence in accordance with the basic rhythms of nature, caused by the rotation of the Earth around the Sun and the Stars, together with the associated changes, such as: the change of seasons of the year; alternation of day and night; the moon phases influence; sea tides etc.

Among many factors affecting the working capacity and health of modern youth, biorhythms continue to be underestimated. The study of biorhythms and their effects on the human body will allow us to rationally calculate the necessary amount of energy and effort needed to achieve a particular goal without overworking or causing a considerable damage to the organism.

Aim Of Research is to study the impact of biorhythms on student's health and successfulness (academic and non-academic), as well as its role of a «biological clock». To achieve this goal, a medical-sociological study (survey) is used.

Results and their discussion: It is known, that there is a certain link between physical activity, state of health, work ability (successfulness) and geophysical factors. We have determined, that a number of characteristics of well-being, performance indicators, including success rate (successfulness), depend on the biological rhythms of the human body, caused by the phases of the moon (new moon, first quarter, full, third quarter) and solar activity, which are superimposed on the individual rhythms of the "biological clock" of an individual.

The best performance indicators (concentration of attention and productivity) among students are observed at the peak (coincidence) of the intellectual, physical and emotional components of the individual biorhythm and vice versa. Changes in biorhythm parameters are possible during/because of pathological processes in the body (disease(s), disorders, trauma(s) etc). The research indicates a direct connection between the influence of biorhythms on the ability to work (success rate), the state of health and the activity of students..

Conclusions. The data obtained determines the necessity to identify and analyze each person's "biological clock" for proper planning of any kind of activity, including rest (sleep), emotional unloading (entertainment, communication with friends), physical (sports, fitness) and intellectual activity. It is necessary to have a rational approach to creating an individual graphic for each day and to calculate the optimal time for the pursuit of intellectual (training) and physical (sports, fitness) work.

Prospects For Further Research. The aim of our future research would be to experimentally confirm the impact of student's biorhythms on their successful work and new knowledge assimilation, as well as the effectiveness of individually calculated and adopted schedules and biorhythmic calendars.

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