

THE IMPACT OF STRESS FACTORS ON STUDENTS WORKING IN RESUSCITATION, ADMISSION, AND INTENSIVE CARE UNITS – CONSIDERING PERSONALITY PSYCHOTYPES

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The health status of the future generation is one of the priority issues and significant challenges in modern medicine. During their university studies, students' mental, psychological, and physical well-being is adversely affected by a range of factors. Particularly significant among these are time constraints resulting from demanding daily academic and work schedules, socialization issues linked to information-related working concurrently in various medical facilities to foster professional growth or improve their financial situation; our study focuses specifically on those employed in resuscitation, emergency admission, and intensive care units. The deterioration of health observed among medical students stems from various risk factors—including heavy academic workloads, disrupted rest, sleep, and dietary patterns, increased stress, and irregular study and work-related physical exertion—leading to a dramatic rise in borderline health conditions, chronic diseases, and depression. A significant determinant of depression levels is the degree of socialization, which is linked to an individual's personality type—specifically, the extent to which they are introverted or extroverted. Assessing levels of neuroticism and the tendency toward introversion is also a key area of interest [4]. stress, financial concerns, and chronic disruptions to work, rest, and dietary routines [1]. An analysis of scientific literature regarding the factors underlying these challenges confirms the need for an in-depth study of this group's health status; the rise in neuroticism among students—driven by increased stress—has drawn significant public attention to the mental health of adolescents and young adults [2; 3]. Many students begin

The aim of the study was to assess the psycho-emotional and health status of students working under heavy workloads in these departments. The study was conducted in several stages. In the first stage, respondents completed an online questionnaire titled "Consequences of Sleep Disorders Among Students Working in Intensive Care Units." Although 189 students completed this questionnaire, the study included only those who also completed the Eysenck psychological questionnaire; this group consisted of 152 respondents.

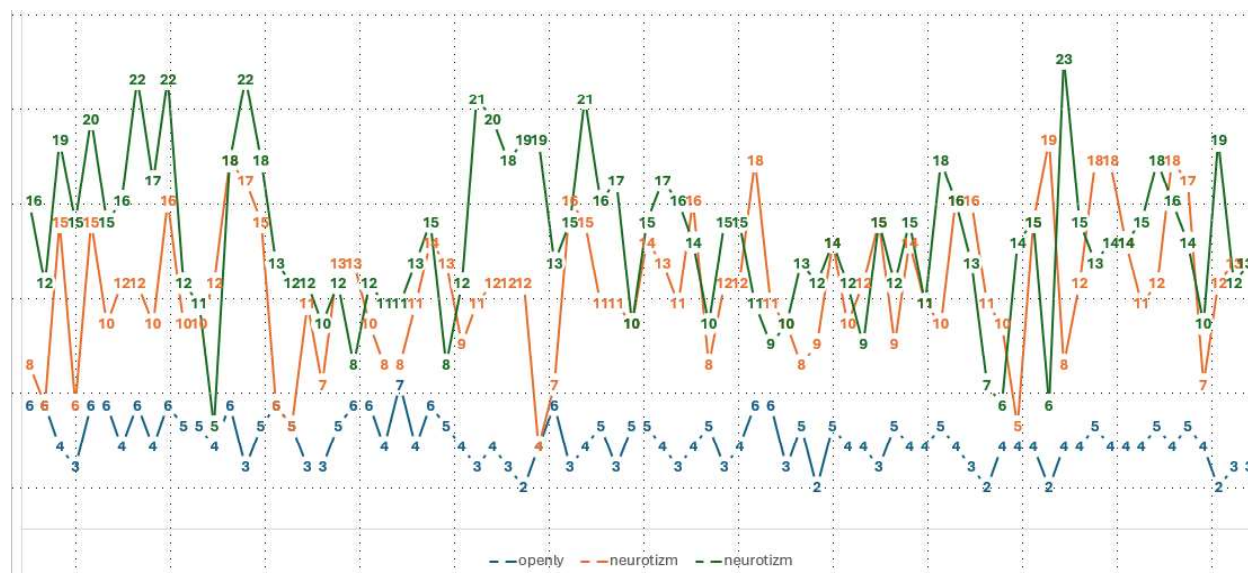
The questionnaires were filled out following lectures and seminars.

It should be noted that the vast majority of respondents were either ethnic Georgians or citizens of Georgia of other nationalities studying in Georgian-language medical degree programs (specifically, students in years 4 through 6 of the curriculum).

A case-control study was conducted, and the data were processed using SPSS statistical software. Thus, students are constantly exposed to a complex combination of factors; consequently, studying the risk factors affecting their health constitutes a significant area of research and provides a solid foundation for the effective primary prevention of adverse effects during their studies.

The questionnaire proved ideal for gathering the information relevant to our study. Students completed it at the end of their classes.

Results: The study surveyed students from Georgian-language faculties across three different universities who work in resuscitation, emergency admission, and intensive care units. The findings indicate a notably high risk of elevated neuroticism among medical students—31.3% (n=62)—which proved to be significantly higher than that observed among non-medical students in Georgian-language faculties (OR=17.406; CI=1.11-2.72; $p<0.05$).



Conclusion: Medical students successfully manage to engage in both work and academic activities despite the impact of stress. While the majority manage to function in both key areas, they often do so by neglecting vital factors such as adequate sleep, a balanced daily routine, and the management of demanding study and work schedules.

Further large-scale research is required to conduct a detailed analysis of these risk factors. The analysis of the challenges faced by students and their underlying causes underscores the necessity of developing and implementing healthy lifestyle programs.

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