

To access this program is necessary to complete the application form, which can be found at the web site of the Chamber of Commerce and Industry of Republic of Moldova. The confirmation was received with established data and hour of the interview with the German representative. Throughout the entire program, participants are supported via the “Global Campus 21” internet portal. With this, they receive access to a network in which a total of over 10,000 executives from 17 countries are already active to date. I followed up the one-month program in Germany in an international group with 22 participants from 9 different countries.

Results: During the stage in Germany there are a lot of trainings and collective meetings in hospitals, private clinics and companies which produce medical instruments and technologies, but also 5 individual ones. Three of them were with managers of private dental studios and two with managers of company which produce medical instrumental and materials for dentistry – Ivoclar Vivodent. So were created the possibilities to get contacts with representative from Karls Storz, Aesculap, Ottobock, Biotronik, Siemens Healthcare and with Germany's most research-intensive medical institution – Charite Berlin.

Conclusion: It was a premiere to receive an application from Republic of Moldova for health sector in Manager Training Program. So it is an opportunity to get contacts with hospitals, private clinics and companies which produce medical instruments. This program offer the possibilities which can develop the medicine practice and make easier getting help to patients.

Key words: management, training.

241. THE PSYCHOHYGIENE OF ADAPTATION OF TEACHING STUDENTS TO PROCESS HIGHER EDUCATION INSTITUTIONS

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Introduction. Students adaptation in the teaching process in higher education is the basic factor that determines the efficiency of the teaching process, the success and efficiency of the person engaged in a particular activity. The phenomenon of adaptation involves a number of risk factors that lead to signs of inadequacy - a current problem in psychohygiene. A significant number of students (68%) experiencing signs of maladjustment in academic environment. These statistics correlate with the number of students affected by excessive stress (25-73%), which causes a lot of psychosocial, medical negative effects on health for young people in learning. Psycho-hygienic measures can fortify students' academic adaptability.

Materials and methods. This study is a synthesis of different scientific concepts, bibliographic studies for students to the teaching process over the years such as guides, theses, etc. Medicine, extract from statistical publications.

Results. After a study of Meazina M., PhD in psychological sciences in 2003, it turned out that the student's personality characteristics are most important in adapting to the university, particularly the

development of certain traits. Adaptation barriers encountered in teaching the students favoring induced stress (25-73%). The appearance of psychological barriers is favored by personal characteristics of the student related by the flexibility of psychological adaptability to external factors such as learning conditions (40%), change of status - from collegian to student (41%) - held as primarily and regime of the day, complexity of the program, policy and law and ministries as secondary. Psychological barriers, excessive stress were highlighted by psychosocial manifestations: emotional exhaustion; decrease in school achievement; 43% - loss of interest and pleasure without carrying out everyday activities; 37.82% - the state of indecisiveness, difficulty of making decisions; 26.42% - not an objective appreciation; 19.68% - unhappiness, medical and psychological manifestations: 40% - headache; 48.81% - restlessness and tension, which accuses mostly girls; 11.91% were thought to commit suicide at least once; 24.35% feel tired all the time. Suggestions to counteraction academic stress: organization and planning, balance between teaching and recreation, a healthy lifestyle techniques, anti stress, self-knowledge, cultivating interpersonal relationships, money management techniques, effective learning (method of color traffic light, study method PQRS, methods reading RICAR, formulas mnemonic), counteracting the stress tests have been shown to be effective in solving students' adaptation barriers, preventing excessive stress and improve teaching process to increase student success and satisfaction.

Conclusions.

1. A significant number of students (68%) face particular barriers to adapt to the university environment;
2. It turned out that the student's personality characteristics are most important in adapting to the university;
3. There is an obvious interdependence between adaptation barriers and stress;
4. The adjustment process is destructive influenced by communication, human and psychosocial barriers;
5. Maladjustment produces negative effects on health and psychosocial study group;
6. Recommendations for solving the barriers to adaptation can streamline the process and improve the quality of teaching.

Keywords: psycho-hygiene, adaptation, barriers, students, teaching process.

242. PUPILS' KNOWLEDGE FROM A PRIVATE HIGH SCHOOL FROM CHISINAU CONCERNING THE HEALTHY EATING

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Introduction: Because eating habits developed in youth are likely to be continued into adulthood, World Health Organization (WHO) calls states for early and continuous intervention, and one of the easiest and most cost-effective ways to improve the health and wellbeing starts with breakfast.