

## 20. METHODS FOR STIMULATING THE COGNITIVE ABILITIES USED BY STUDENTS IN THE LEARNING ACTIVITY

**Author:** Majeed Aisha Meeran Rawther

**Scientific adviser:** Mariana Cernitanu, MD, Associate Professor, *Nicolae Testemitanu* Department of Social Medicine and Management, *Nicolae Testemitanu* State University of Medicine and Pharmacy of the Republic of Moldova.

**Introduction.** Cognitive skills are a very important part in the students' learning activity. Students use different methods to stimulate their cognitive abilities, it can be either healthy methods like physical exercise, meditation, yoga etc. and unhealthy methods like smoking, use of psychoactive drugs( MDMA, Codeine etc.) without doctor prescription etc.

**Aim of study.** To conduct a survey and to analyze the methods for stimulating the cognitive abilities used by students in the learning activity in *Nicolae Testemitanu* SUMPh.

**Methods and materials.** A self-prepared questionnaire of 12 questions related to methods for stimulating the cognitive abilities used by students in the learning activity was used to collect data. 105 students from *Nicolae Testemitanu* SUMPh participated in the survey.

**Results.** 91.4% of students are between 19 to 24 years old, 6.7% of students are greater than 25 years old and the rest of them are less than 18. 46.7% of students spend 3-4hrs learning and 19% of them spend more than 4 hrs. 45% of students prefer walking as their physical activity, 15.2% prefer meditation, 17.1% prefer workout and the rest of them do other physical activities like swimming, dancing etc. Another important factor is sleep and among these students 53.3% sleep less than 7hrs and rest of them have sleep for 7-9hrs. 38% of students drink caffeinated drinks and others prefer sometimes or occasionally. Among 105 students, 84% students never smoked, the rest of the students used cigarettes either occasionally or used when stressed and a very few are chain smokers. When asked about the alcohol consumption. 65.7% responded that they never drink, 14.3% drink at least once a month, the other 14.3% at least once a year and the rest of them every day. Students use energy drinks 30.5% occasionally, 11.4% seldom and 58.1% never used. The results when it comes to the use of drugs like Ritalin, Adderall without the doctor prescription 100% of students said never used but 4% of students declared using psychoactive drugs (marijuana, crack, MDMA) occasionally and most 96% never used.

**Conclusion.** Majority of students prefer healthy methods (physical exercise, walking, meditation etc.) for stimulating their cognitive ability. Some students prefer both combined methods as they prefer healthy method at the same time they may prefer unhealthy methods like smoking, use of psychoactive drugs which is not prescribed by a doctor and only very few of them chooses complete unhealthy method to stimulate there cognitive abilities in learning activity.