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# STUDY OF THE MENSTRUAL CYCLE IN FOREIGN FIRST-YEAR STUDENTS OF RUDN UNIVERSITY

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**ABSTRACT** — Educational migration of young people is often accompanied by serious violations in human physiology. Almost all representatives of hot countries who have entered countries with a temperate and cold climate show changes in the menstrual cycle to one degree or another. The little-known culture of the new country also negatively affects the psycho-emotional state of foreign students. A study showed that all foreign students have menstrual irregularities. It also revealed a fluctuation in weight, which was reflected in the overall performance of students.

**KEYWORDS** — foreign students, menstrual cycle, entry, adaptation, academic performance, weight, countries, migration, stressful situations.

## INTRODUCTION

Over the past 50 years, the rate of increase in student flows has exceeded the rate of spread of higher education. According to UNESCO, the level of international student mobility has increased over the past 25 years by 300%. According to experts, the number of students studying abroad is 2.8 million, and by 2025 it will be 4.9 million. Getting into a foreign country, in a different culture, many young people experience discomfort, psychological stress and often get sick, which can lead to various complications. Unfortunately, some students return home without completing their education (1). Students who have moved from hot countries to countries with a more moderate, continental and sharply continental climate are worse at adaptation. Experience shows that even under the most favorable conditions of international contacts, when entering a new culture, many, as a rule, have various kinds of difficulties and problems. Often, representatives of different countries and cultures know little about each other, are guided by stereotypical ideas, have false and sometimes distorted, negative information about another culture and are biased towards it, which cannot but affect the length and complexity of their adapta-

tion to another sociocultural environment. All this actualizes the problem of social adaptation of foreign students (2).

According to the observations of many gynecologists, stress and psycho-emotional experiences are often reflected in the menstrual cycle in the form of various disorders. Moreover, there are changes in the hormonal system of foreign students. It is no secret that psycho-emotional fluctuations can contribute to the launch of new diseases in the female body. According to the gynecologist Lev Daise, the risk group includes young active and practically healthy girls, in whom the body reacts to a large physical and psycho-emotional load, and possibly to excessive demands on themselves (3). Thus, a relationship was established between the stress state and hormonal imbalance.

## PURPOSE

To study changes in the menstrual cycle in foreign students of the first year of study at the university.

## OBJECTIVES

Identify changes in food culture; identify weight changes and study the psycho-emotional state of students.

## MATERIALS AND METHODS

To solve the tasks, we have developed a special questionnaire, consisting of 15 points, including such questions as age? Weight? The beginning of the menstrual cycle? Which country? Having sex, etc. The questions are designed in such a way that it is possible to identify the pattern of change in the menstrual cycle in stressful situations or to refute the relationship between them.

## RESULTS AND DISCUSSIONS.

The survey involved 43 students, 13 of them are studying at the preparatory faculty, and 30 in the first year. The distribution of female students by faculty, is presented in Fig. 1.

The study involved foreign students in their first year of residence in Russia. Survey results showed that 21 of one girl's weight increased from 6 to 17 kg, and 17 students lost weight from 4 to 20 kg. Only 5 girls showed a slight change in weight by an average of  $\pm 1.2$  kg. It should be noted that one foreign student of the Faculty of Economics (Colombia) lost 20 kg

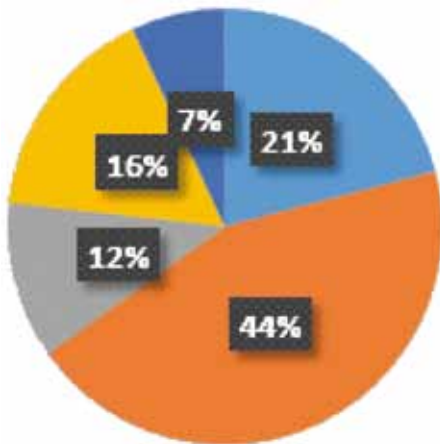


Fig. 1.

in weight, while a student of the Faculty of Medicine (North Caucasus) showed an increase in weight of up to 17 kg over 1 year. Also, according to the results of the survey, we found that 18 girls had a complete cessation of menstruation from 2 to 6 months. It was revealed that in 23 girls menstruation became more plentiful, painful and prolonged. Of all the examined, only 2 girls had no menstrual irregularities. Perhaps this is due to the fact that students took birth control drugs 1.5 years before moving to Russia. It turned out that the smallest violations of the menstrual cycle in

students from neighboring countries compared with students from Latin America.

## RECOMMENDATIONS

1. It is necessary to first study the climatic and social characteristics of the country of entry in order to reduce the negative effects on the body of the educational and psycho-emotional load.
2. Before coming to colder countries, it is advisable to take medications to maintain immunity.
3. Parents conduct educational work with children on the food ethics of the child.

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