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ембріологів та топографоанатомів України**



## **МАТЕРІАЛИ**

**науково-практичної інтернет-конференції  
з міжнародною участю**

**СУЧАСНІ ПРОБЛЕМИ ВИВЧЕННЯ  
МЕДИКО-ЕКОЛОГІЧНИХ АСПЕКТІВ ЗДОРОВ'Я ЛЮДИНИ**



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**CHANGE OF EEG FREQUENCY IN THE FRONTAL AND OCCASIONAL  
PART OF THE CEREBRAL CORTEX DUE TO THE INFLUENCE OF THE  
EXAMINATION PROCESS IN 21-YEAR-OLD STUDENTS WITH  
SANGUINIC TYPE.**

**Key words.** EEG waves, amplitude, emotional stress, situational and individual excitement, sanguine type of temperament

The research work is devoted to the change of the oscillation of alpha-, beta-, delta- and theta-waves in the forehead and occipital part of the brain during the exam process in V-year students, depending on the temperament of the nervous system. Before starting the study, temperament types of the students' nervous system, their individual and situational anxiety levels were studied.

The amplitude of alpha-, beta-, delta- and theta-waves in the foreheads of students of different temperament types was determined and recorded using an electroencephalograph (EEG) device in all 3 groups: on normal days (ND), before the exam (BE) and after the exam (AE).

It was determined that there is a noticeable difference in the electrical activity of the brain of students in the V course at all stages.

The analysis of the obtained results shows that significant differences in the frequency of certain EEG waves are noted in the forehead and occipital parts of the brain of 21-year-old V-year sanguine temperament students during the examination process.

No other straight differences are observed in other waves. The level of emotional anxiety increases during the exam process at some of the students in this course. Therefore, the frequency of EEG waves recorded in the lobes of the brain of sanguine students increases in the frequency of EEG waves before and after the exam. In fact, the exam is a psycho-emotional stress exerting various effects on the functional state of the whole body.

The emergence of emotional tension during the exam is the price of both the subjective and objective state of the student. Therefore, before the exam, the level of individual and excitement in V-year students varies within the range of high scores.

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