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HEALTH STATE AND LIFE QUALITY OF THE MODERN STUDENTS

Summary:

The global social changes and instability of economic development, being observed in the last decades, and especially in the last year, in our country, influence all aspects of the young peoples' lives, leading to the particular changes of the life quality structure, namely to the deterioration of diet, living and housing conditions, psychological and family disadvantages, lack of motor activity, spreading of bad habits. Furthermore, the intensification of the learning process, increase of the information volume, raise of requirements to the quality of the young specialists' training make the task of preservation and strengthening of the students' health quite crucial and necessary.

Key words: population health, youth health, quality of life, risk factors, health indicators.

Goal of the research: Comprehensive study of the factors, reasons related to the negative impact on the students' health. Study of the health state both of the students and population in general is not only important social development indicator, reflecting the social and economic, and health-related welfare of the country, but a strong economic, labour, defensive and cultural potential of the society.

Material and methods. There were dealt with more than 250 information sources while working on this study, 90 of which were selected for the enhanced study using the system analysis, bibliography method, the method of establishing the cause and effect relationship between the factors and consequences.

Results.

In the modern world, which entered the third millennium, Ukraine's development is determined in the context of the European integration with commitment to the fundamental values of the Western culture. Due to the acceleration of scientific and technical progress, the requirements to the qualitative potential of the labour force, involved in generation, development and introduction of the new technological ideas, are raised. Under such circumstances, the consideration of the factors of social and economic development, among which a considerable role is allotted to the human factor, becomes especially crucial for our country. The education system takes on especial significance. The highly-educated youth is the main strategic reserve of the social and economic reforms in Ukraine, without which the

further development of society is impossible [Horpynych O.V., 2004 (Горпинич О.В.), 2004)].

The current political situation, the reforms being implemented in the country became an objective reality and convince of the need to influence the students' life quality [Tulaidan V. Comparative characteristics of the life quality of the students of different specialties / V. Tulaidan // Young sports science of Ukraine. – 2010. – Vol. 2 – p. 253-258 (Тулайдан В. Порівняльна характеристика якості життя студентів різних спеціальностей / В. Тулайдан // Молода спортивна наука України. – 2010. – Т.2. – С. 253-258)]. The downward dynamics of practically all health indicators of the students as the future of our country gives rise to especial concern.

Training of the highly-skilled professionals at the higher education institutions under the current conditions of rapid development of science and techniques is one of the most important prerequisites for the successful solving of the problems related to economic, cultural and social development of society [Blinova Ye.G., Kuchma V.R. Fundamentals of social and hygienic monitoring of the students/ learning environment in higher educational institutions. Hygiene and Sanitary 2012 (1):35-40 (Блинова Е. Г., Кучма В. Р. Основы социально-гигиенического мониторинга условий обучения студентов высших учебных заведений. Гигиена и санитария 2012 (1):35-40)]. This should be the priority task not only for the education system but also the main task of the country in general.

1.1 Modern students – psychophysiological aspects

There is nowadays no concurrent view of how the media influence the human mind, as well as of what consequences such influence has. However it is beyond doubt that the media profoundly affect the peoples' attitudes and world view, that they actually may change the social reality in a person's mind. Especially, when this refers to the young immature persons, in particular students.

The analysis of the results allowed to find that the information influence affects the nervous and mental state of students of different psychological types, but the testees of cycloid psychological type (hostility scale, state anxiety scale, "autonomic disorders") and schizoid psychological type (scale "autonomic disorders", "obsessive and phobic disorders", "hysteria", "asthenia") are most affected as watching of the positive movies did not allow to stabilize and return to the original indicators of the students' neuropsychic state according to the scales in view of such psychotypological features as susceptibility, reduced tolerance to elementary stressors (cycloid psychological type) and low tolerance to social and psychological stress situations and any impacts (schizoid psychological type). The testees of epileptoid psychological type (scale "autonomic disorders", trait anxiety) and those of hysteroid psychological type (hostility scale, trait anxiety scale) are less affected by the information as, after positive information influence, their performance (according to many scales) stabilized. It can be attributed to such perception features of the representatives of this psychological type as emotionality and expressiveness, as well as superficiality (epileptoid psychological type) and artificiality of the external emotional expressions, feelings

(hysteroid psychological type). Thus, we can state that the media have reached such a point of development that they may have a great influence on the society. [Yershova D.A., Yesayan M.L. INFLUENCE OF THE MEDIA ON THE STUDENTS' NEUROPSYCHIC STATE UNDER THE CONDITIONS OF INTENSIVE INCREASING OF INFORMATION FLOW. North Caucasian Federal University. 2014 (Ершова Д.А., Есаян М.Л. «ВЛИЯНИЕ СРЕДСТВ МАССОВОЙ ИНФОРМАЦИИ НА НЕРВНО-ПСИХИЧЕСКОЕ СОСТОЯНИЕ СТУДЕНТОВ В УСЛОВИЯХ ИНТЕНСИВНОГО УВЕЛИЧЕНИЯ ИНФОРМАЦИОННОГО ПОТОКА» Северо-Кавказский федеральный университет. 2014)].

It was found long before that the strong emotions, especially adverse ones, most often disorganize mental and motor activities, causing the expressed adverse changes in various body systems. Therefore, when it refers to optimization of the learning activity, the great attention is recently paid to the emotions, the influence of the emotional stressors on the information accessibility, as the emotions perform the function of regulating the human activity through reflecting the significance of the external and internal situations for ensuring life activities [Gerashchenko L.L. Manipulation in modern media. Moscow, 2006 (Герашенко Л.Л. Манипуляция в современном СМИ. М., 2006)].

In 2011, the experts of the UN World Health Organization published the report according to which about 1 million people commit suicide annually, i.e. every 40 seconds someone in the world takes his / her own life. While about half a million people committed suicide in 1970s, it is expected one and a half million cases in a year by 2020 according to WHO forecasts.

According to the Ministry of Emergency Situations, about 20 suicides are committed per 100.000 people in Ukraine. It is less than, for instance, in such economically developed countries as Finland (37/100.000), Switzerland (34/100.000), Austria (31/100.000), Hungary (27/100.000), Norway (24/100.000). But it is more than in poor African countries, poor Latin America, Islamic countries. But while suicides are mostly committed by the adults in Europe, mainly by men aged 55 and older, the rate of suicides among young people is much higher than that among the older generation. The highest mortality rate as a result of completed suicides was recorded in the industrial regions of Eastern Ukraine (33.6 per 100.000 on average) and in the regions, affected by the Chernobyl accident (34.5 on average). But the sociologists argue that the official statistics of suicides is much lower than the actual figures (in 2-4 times), because it includes only the obvious cases. The cases of the failed attempts to commit suicide, the number of which is 7-10 times more, are not recorded. [Ukrainian young people increasingly take their own lives. TSN (Television News Service). April 2012. – Svetlana Yeremina (Украинская молодежь все чаще сводит счеты с жизнью. ТСН. Апрель 2012. – Светлана Еремина)]

It shall be noted that the data of different researches show the leading role of the social and hygienic environment in creation of the conditions, determining the level

of the main life quality indicators such as mental, physical, psychological and moral health of students. In turn, the students' mental and physiological status is determined by the specific nature of the teaching and learning activities, the level of physical training, the anxiety level (mentioned above) etc. [Ivanova A.A., Mamedova N.D., Subbotin K.S., Pichugina N.N. Evaluation of the first-year students' psychoemotional state. Bulletin of the medical online conferences, 2013 (Иванова А.А., Мамедова Н.Д., Субботин К.С., Пичугина Н.Н. Оценка психоэмоционального состояния студентов-первокурсников. Бюллетень медицинских интернет-конференций 2013)].

The effectiveness of vocational training at the higher education institutions, the preservation of mental capacity at an optimal level, maintenance of a stable emotional state, prevention of didactogenic and other painful conditions may be undoubtedly ensured only by a set of scientifically based hygienic, as well as social measures at the national level.

1.2 Students' health as the most important criterion of social and economic welfare of society

The health status of students and the population in general is not only an important indicator of social development, reflecting the social and economic and hygienic welfare of the country, but a strong economic, labour, defensive and cultural potential of the society, a factor and a component of welfare. Therefore, the study of the principles of its formation is very important, both for the state in general and for each citizen. Traditionally, the health status of the population is characterized by a system of the statistical factors, determining the features of reproduction (medical and demographic characteristics), reserve of physical strength or capability (physical development index), particularities of adaptation to environmental conditions (morbidity rate).

There are a lot of definitions of the term "health". The most known definition is that of the World Health Organization: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity" (1958).

Health is one of the most important values of human society. The preservation and strengthening of health is the major problem of almost all countries of the world. The health of the nation is regarded nowadays as an indicator of the country's civility, reflecting the social and economic status of the society. In view thereof, the health status of the Ukrainian population, especially that of the part which refers to working-age population, has become an issue of national safety.

The students' health is especially important because, according to the experts, about 75 per cent of the adults' diseases is the result of living conditions in childhood and youth. According to T.Yu. Krutsevich, more than 70 per cent of students have low or below-average levels of somatic health. In Ukraine, the population is mostly affected by cardiovascular, endocrine, oncological, infectious, hereditary diseases, as well as diseases of the nervous system. The cardiovascular diseases are responsible for over 60 per cent of premature deaths of the Ukrainian citizens [World health report // Public health action for healthier children and populations. – Geneva: World Health Organization, 2005. –

153 pp. (Состояние здравоохранения в мире // Действия общественного здравоохранения в целях улучшения здоровья детей и всего населения. – Женева: Всемирная организация здравоохранения, 2005. – 153 с.)].

Health is influenced by the social environment both through the material conditions of life (the amount and composition of food, air and water contamination levels, solar radiation level, etc.), which change as a result of industrialization, urbanization and economic differentiation of social groups, as well as through perception of the social environment.

The modern society is characterized by the growing importance of mental health factors. The students' health state is a prerequisite and determining factor of welfare of the society and its progressive development.

This issue is especially crucial in the current situation, when the economic difficulties lead to scaling the system of free medical care down, deterioration of diet quality, intensification of teaching and learning activities, liquidation of the effective forms of physical education, limitation of opportunities to get vocational education. This, in its turn, causes increased incidence rate, social alienation of students, and, in particular, university students ["The content of the process of the foreign students' adaptation to study at the Ukrainian higher education institutions". Taras Shevchenko National University of Luhansk-2012 («Содержание процесса адаптации иностранных студентов к обучению в вузах Украины». -ЛНУ им. Тараса Шевченко-2012)].

Therefore, the analysis of the research results shows the adverse trend related to the students' health state, and conditions the necessity of the further, more enhanced study of the factors, influencing it. All this shows the need to improve a person's valeological culture, contributing to the formation and preservation of the students' physical and mental health.

1.3 Students' lifestyle and health state

Lifestyle is named as one of the first risk factors, influencing the health, in the WHO strategy for prevention of diseases. According to the estimates of various domestic and foreign experts, the health state depends on the state of environment (20-40 per cent), genetic factors (15-20 per cent), lifestyle (25-50 per cent) and the activities of the public health authorities (10 percent).

Lifestyle is a concept characterizing the peculiarities of peoples' daily life, covering work, household activities, ways to use free time, to meet the material and spiritual needs, participation in political and public life, norms and rules of human behaviour, skills in the field of strengthening own health, medical activities [Kuchma V.R. et al., 2000; Yakovenko M.L., 2002 (Кучма В.Р. и др., 2000; Яковенко М.Л., 2002)].

A great number of factors affecting the students' health may be divided into:

- objective, related to the organization of living conditions: duration of an academic day; academic load density; diet and its frequency; sleep and its duration; organized physical activity, etc.

- subjective, personal characteristics: orderliness and discipline; motivation for a healthy lifestyle; the

presence of harmful habits; formation of the person's physical education and its active component.

The specialists in traditional medicine cannot solve the problem of formation, preservation and strengthening of the students' health, as the peculiarities of the process related to education of the students, presupposes that the student himself / herself shall be obliged to have conscientious attitude to his / her health. Therefore, the promotion and inculcation of the principles of a healthy lifestyle are the most important direction for improvement of the youth health. [MONITORING OF THE HEALTH STATE OF THE STUDENTS OF THE KHARKIV HIGHER EDUCATION INSTITUTIONS / Balamutova N.M., Kolomyitseva O.E. - National University "Yaroslav the Wise Law Academy of Ukraine". - 2013 (МОНИТОРИНГ СОСТОЯНИЯ ЗДОРОВЬЯ СТУДЕНТОВ ХАРЬКОВСКИХ ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЙ/ Баламутова Н. М., Коломийцева О.Э. - Национальный университет «Юридическая академия Украины им. Ярослава Мудрого». - 2013]

But what can be observed in our country today?

The number of working first-year students grew tenfold over the last 11 years. The modern students are much more concerned with the work but not with the study. The Ukrainian young people who grew up under capitalism, put a priority on making money, and begin to work, being the first-year students. According to the weekly "Focus", which referred to Director of the State Institute for Family and Youth Policy Andrey Mishin, while earlier the young people began to work alongside studies, being the third-year students, now every third first-year student already works or had experience of getting a job, though in 2001, the number of part-time employees among the first-year students was tenfold less. Andrey Mishin was also sure that the students employed consider themselves more successful, that is why they find work as soon as they enter the higher education institution. According to the Institute, 47 per cent of students do not work in the field of their future profession. One more popular reason for working is commercialization of education: the students have to pay for the hostel, buy course books, spend money on other education-related services. Only 15 per cent of students begin to work for the sake of self-fulfilment. According to the weekly, the issue is about the education system as well: the European student attends 1-5 courses, while the Ukrainian one — 10 and more. Under such circumstances, it is simply to lose interest in studying. [issue of the weekly news magazine "Focus". - December 2012 (выпуск еженедельного журнала «Фокус».-декабрь 2012)]

As for the issues related to diet, it is important to note that the organization of healthy diet is one of the factors, determining the health state of not only the present generation, but also of the future ones. The study of the processes of adaptation of foreign and domestic students to new living conditions and diet has shown that a significant proportion (50.4 per cent) noted unusual nature of food. Most students (76 per cent) use the services of the public catering enterprises. But the number of students, attending canteens instead of refectory, what is

connected with the deterioration of their financial situation. The violation of dietary pattern most often reflects in the absence of breakfast and reduction of the number of eating occasions during a day [Sutula V.A. Prerequisites for formation of the demand for a healthy lifestyle within the society. Pedagogy, psychology and biomedical problems of physical education and sports: collected scientific papers [edited by prof. S.S. Yermakov. - Kharkiv: Kharkiv State Academy of Design and Arts, 2011 (Сутула В.А. Предпосылки формирования в обществе потребности в здоровом образе жизни. Педагогіка, психологія та медикобіологічні проблеми фізичного виховання і спорту: зб. наук. пр.[за ред. проф. С.С. Єрмакова. - Харків: ХДАДМ, 2011].

The formation of the students' physical education in the educational process of the higher education institution is manifested in their attitude to the physical education values and the level of their own physical education development. The students, who participated in the research, according to the survey, depending on their attitude to physical education and the level of physical and sports activities, may be conditionally divided into four typological groups by time spent on exercises: 1. Students who do not show any physical and sports activity; they spend no more than 1 hour per week on exercises (14.8 per cent of respondents). 2. Students with low physical and sports activity; they spend less than 6 hours per week on exercises (60.0 per cent of respondents). 3. Students with the optimal physical and sports activity; they spend 6-7 hours per week on exercises (17.2 per cent of respondents). 4. Students with a relatively high physical and sports activity;

they work out 8 hours and more per week (8.0 per cent of respondents).

The analysis of the data shows that the following factors significantly influence the level of the students' physical and sports activity: desire

to improve their physical fitness (52.1 per cent); the need to optimize the weight and improve the body shape (49.6 per cent); the need to get a credit

in Physical Education (44.5 per cent); the possibility to relax, increase efficiency (22.4 per cent); to train a will, to form a character (12.1 per cent).

According to the students, their needs, interests and motives of involving into the physical and sports activities are determined by the state of the material and sports resources,

direction of the learning and training processes, availability of equipment, sports suits, friendly atmosphere.

The internal factors which prevent the formation of motivation and a positive attitude to physical and sports activities are the following: lack of time, lack of demand for physical and sports activities, bad habits (alcohol, smoking, etc.), health state etc. [Belykh S.I. Peculiarities of the modern university students' values and mental health // Pedagogy, psychology and biomedical problems of physical education and sports. — 2013. — No. 7 — p. 7-14 (Белых С.И. Особенности ценностей и психического состояния студентов современного университета // Педагогіка, психологія та медико-біологічні проблеми фізичного виховання і спорту. — 2013. — № 7 — С. 7-14)]

It is mostly typical for the students non-compliance with the sleep pattern, what causes the development of neurotic disorders, developing, in turn, into chronic diseases. The average duration of the students' sleep is 6-7 hours a day, what is not sufficient for this category of the population [Tulaidan V. Comparative characteristics of the life quality of the students of different specialties / V. Tulaidan // Young sports science of Ukraine. – 2010. – Vol. 2 (Тулайдан В. Порівняльна характеристика якості життя студентів різних спеціальностей / В. Тулайдан // Молода спортивна наука України. – 2010. – Т.2)].

It is known that bad habits are responsible for the occurrence, and aggravate the progress of almost all somatic and neuropsychiatric human diseases, disrupt expansion, development, formation of mental abilities of children and adolescents, dramatically reduce efficiency, the duration of active life, cause irreparable damage to the family, society, state, create a number of challenges related to ensuring of the youth's health culture.

The main reasons for smoking are the following: smoking friends – 46.9 per cent; respondents want to look older – 24.4 per cent; smoking people around – 14.2 per cent; smoking parents – 4.4 per cent; respondents failed to explain the reason related to tobacco addiction – 2.0 per cent; other reasons – 8.1 per cent. The concern is that, among non-smokers, their friends smoke in 30.6% of cases. In our opinion, it is not only passive smoking, but it may cause the occurrence of this bad habit in future. [New methodologies and criteria for monitoring the efficiency of the Ukrainian current comprehensive program *Physical Education – Health of the Nation* - G.V. Okhromii, O.M. Kasiuha (Dnipropetrovsk). -2013 (Нові методології та критерії контролю ефективності діючої в Україні комплексної програми «Фізичне виховання – здоров'я нації» - Г.В. Охромій, О.М. Касюга (Дніпропетровськ). -2013)].

It is required to strengthen the preventive measures aimed at ensuring the students' healthy life-style.

1.4 Life quality: concept, assessment methodology

The history of the life quality science originated in 1947, when professor at Columbia University (USA) D.A. Karnofsky published his work: *Clinical Evaluation of Chemotherapeutic Agents in Cancer*, where he comprehensively studied the person, suffering from somatic diseases. Since the 1980s, the snowballing growth of the scientific publications concerning the fundamental research of life quality has been recorded [Fletcher A.E. et al., 1987; Guyatt G.H. et al., 1993; Guyatt G.H. et al., 1991]. In the early 21st century, the concept "life quality" has become a subject of scientific researches, as well as it has become more precise - "health-related life quality" Now it is a reliable, informative and efficient method of assessing the patient's health both at the individual and group levels.

The approaches to the determination of life quality for the most common chronic diseases are being intensively developed and improved in the world in view of the recognition of the life quality criteria as an integral part of the comprehensive analysis of new methods of

diagnostics, treatment and prevention, innovation in the field of health care, evaluation of the results of treatment, quality of care provided, etc. There is a boom in research of life quality in the world, and Ukraine does not stay on the sidelines. The researches of life quality in our country are declared to be priority. The scientific researches conducted using the multi-purpose instruments which meet the requirements of social, regional and linguistic differences, are also recognized.

It is appropriate to divide the objective factors of life quality into the social and biological ones. The social status of a family, which is conditioned by financial support of a family, quality of the family members' diet, as well as the housing conditions, plays an important role in ensuring the life quality. In addition to the above-mentioned, the characteristics related to the state of environment, health care and education (being the subject of separate research) are the quantitative parameters. Today, the information support begins to play a very important role, as the availability, completeness and promptness of the data required create a new mode of modern human behaviour, influence his character and redistribute the nature of physical and mental loads [Analysis of the main life quality parameters of the students of different specialties. Kulchitskyi Z.Y., Kurko Ya.V. Ternopil Ivan Puliui National Technical University. - 2013 (Анализ основных параметров качества жизни студентов разных специальностей Кульчицкий З.Й., Курко Я.В. Тернопольский национальный технический университет им. Ивана Пулюя.-2013)]

The inadequate assessment of health and the lack of personal responsibility for its state are typical for the student-age population: low level of the students' general and hygienic culture, the shortcomings in the organization of catering, health care, sanitary and hygienic living and learning conditions at the education institutions. It was established that the students' health state, as rule, deteriorates for the period of studying. Medical activity (timely visit to a doctor, taking of medicines according to the doctor's advice) is observed in less than 20 per cent of cases.

The living conditions are also characterized by significant poorness. The situation of the students, who live in hostels, is particularly unfavourable. Living in insanitary and overcrowded conditions, being typical for the hostels, increases the likelihood of chronic diseases, what, in turn, leads to deterioration of self-esteem, health state and life quality of most students.

CONCLUSIONS

Summing up the analysis of the domestic researchers' main works, the following most important issues related to the students' life quality may be singled out. Despite the active study of the problem, the role of the main social and economic, biomedical, psychological and pedagogical factors in forming the students' life quality, has not been largely determined. In the meantime, there are a lot of the data indicating the acuteness of the existing problems related to health, mental and physical development of the student-age population of our country.

The global social changes and instability of economic development, being observed in the last decades,

and especially in the last year, in our country, influence all aspects of the young peoples' lives, leading to the particular changes of the life quality structure, namely to the deterioration of diet, living and housing conditions, psychological and family disadvantages, lack of motor activity, spreading of bad habits. Furthermore, the intensification of the learning process, increase of the information volume, raise of requirements to the quality of the young specialists' training make the task of preservation and strengthening of the students' health quite crucial and necessary.

At the same time, the issues related to the monitoring of the youth's life have not been properly recognized yet. Moreover, the methodological framework of such researches remains undeveloped.

In view of the foregoing, it may be concluded that, despite the great importance of the issue related to the life quality of the population of our country, and the significant number of researches, a lot of issues remain unsolved. The need for the further study of the issue related to the students' life quality in the modern Ukraine is especially pressing.

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