



Impact of Socio-Hygienic Conditions of Life on the Health of Students

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Abstract: This article summarizes the study of the Assessment of actual nutrition and issues related to the healthy lifestyle of students of the Samara State Medical University 4th year of the medical and preventive faculty (115 people: 94 girls, 21 boys) and 4th year of the Samara State Medical University (89 people: 40 girls, 49 boys) in the winter of 2021 was carried out using a questionnaire developed by us, which included 54 questions. The task of our work was to investigate the impact of social and hygienic living conditions on the health of students and to give a predictive assessment of their health status under the existing academic load, actual nutrition and lifestyle. To give a socio-hygienic assessment of the lifestyle of students of Samara State Medical University.

Key words: social and hygienic conditions of life, students.

Introduction: The problem of morbidity among students of higher educational institutions is extremely relevant due to the fact that today's young people are the future of our country. The state of health of students of medical universities is especially alarming, which is associated with the peculiarities of the organization of their education. These are the disunity of educational bases and the limited time for moving, the influence of various negative factors in the hospital environment, which can lead to the formation of a burnout syndrome. It is impossible not to note the excessive sensory load of students studying in specialties related to information systems and technologies. This type of load, as a rule, is accompanied by a long stay in a forced working position, tension of the visual apparatus, lack of time for decision-making, sleep and rest disturbances. A significant contribution to the violation of the state of health is made by irrational, unbalanced actual nutrition and lifestyle of students of both specialties.

Purpose: to investigate the impact of social and hygienic living conditions on the health of students and to give a predictive assessment of their health status under the existing academic load, actual nutrition and lifestyle. To give a socio-hygienic assessment of the lifestyle of students of Samara State Medical University. To predict which body systems in the future will be at the greatest risk of developing diseases with a given organization of nutrition and lifestyle of students.

Material and methods. The assessment of actual nutrition and issues related to the healthy lifestyle of students of the Samara State Medical University of the 4th year of the medical and preventive faculty (115 people: 94 girls, 21 boys) and the 4th year of the Samara State Medical University (89 people: 40 girls, 49 boys) in the winter of 2021 was carried out using the developed us a questionnaire that included 54 questions. Statistical processing of the obtained results was carried out using the computer program "Excel".

Results and its discussion. The health of students of both universities is influenced by the following environmental factors Hospital environment, Excessive consumption of carbohydrates, fats (violation of the law of nutritional adequacy), Frequent snacking, distribution of the main amount of food for dinner (violation of the law biorhythm logical adequacy of nutrition), Violation of sleep and rest, Frequent incidence of ARI, aggressive ecological environment. The presence of chronic diseases (among the respondents) is noted by 63.33% of students of Samara State Medical University and 16.67% of students of Samara State Medical University. The share of students doing morning exercises was 38.3% for Samara State Medical University and 13.5% for Samara State Medical University. Students of both universities equally often suffer from acute respiratory infections, however, students of Samara State Medical University are almost 3.5 times less likely to seek medical help, the reason for this is the lack of free time. 42% of Samara State Medical University students have three meals a day, but about 33% of medical students eat only 2 times a day, and the main share of food (in terms of calories) is for dinner. Students of Samara State Medical University eat food up to 5 times a day. More than 54% of Samara State Medical University respondents also note late eating at dinner (after 10 p.m.), which is associated with frequent work activities at night and a decrease in sleep time. Lack of breakfast: 71.6% of respondents of Samara State Medical University, 34.2% of respondents of Samara State Medical University. Excessive consumption of energy drinks is noted by 84.3% of Samara State Medical University students. The proportion of Samara State Medical University students who abuse them was 35.1%.

Conclusions: The systems most at risk of developing diseases in students of Samara State Medical University are: gastrointestinal tract, nervous, endocrine, immune. Target systems for the development of diseases in students of Samara State Medical University: musculoskeletal system, nervous system, respiratory system.

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