

*Z. Boiaryn, Master Student
V. Kopetchuk, PhD in Ped., research advisor,
V. Maksymenko, language advisor
Zhytomyr Medical Institute*

SCIENTIFIC STUDY BASED ON THE RESULTS OF MEDICAL AND SOCIOLOGICAL RESEARCH OF APPLICANTS' LIFESTYLE DURING TRAINING IN THE INSTITUTIONS OF HIGHER MEDICAL EDUCATION (IHME) AS A RISK OF OBESITY

Topicality of our research. In recent years, the problem of overweight and obesity is becoming increasingly important [1; p.48]. In today's world, this problem has become global for today's people and is gaining turns to spread, even among countries with low living standards. So the scientist, A. Ametov, calls obesity - "epidemic", because obesity has signs of an epidemic on the scale of a socially significant problem [4; p.26]. Therefore, it is appropriate to focus on students, because this problem is alarming every three decades, because the figure doubles [2; p.21]. Motivation for a healthy lifestyle among applicants, the formation of a high level of behavior in relation to their lifestyle during education is a topical issue today [3; p.11].

Aim of research to analyze and study the lifestyle (eating behavior, physical activity, the presence of bad habits) of medical practitioners during training as a factor of obesity development.

Results and their discussion: We conducted a medical and sociological study. The study involved 200 applicants from Zhytomyr Medical Institute of Zhytomyr Regional Council (ZRC) and its separate structural unit Vocational College, aged from 15 to 52 years. Among them, 83,5% are female and 16,5% are male. The questionnaire contained three blocks of questions, each of which provided for the collection of the necessary information about the applicant, including: assessment of daily eating behavior, physical activity and compliance with the basic rules of HLS.

It should be noted that only 7,5% follow a healthy lifestyle (morning exercises, exercise, nutrition), and 65% try to follow. 31,5% rated their current health as "good", half of the surveyed applicants, and it's 55% rated their health as "satisfactory", 12% rated their health as "poor", and 1,5% as "very bad", with 32,5% of applicants emphasizing the presence of chronicity (chronic diseases), and 60% stressed the lack of genetic predisposition among close relatives and parents.

It should be noted that the applicants assess their knowledge level in relation to a healthy lifestyle - 64% have a medium level of knowledge, 33,5% - high and only 2,5% rated the level of knowledge as low, that is, summarizing the results, they indicate the students' awareness about the basic rules and principles of HLS.

The level of students' awareness about the causes of development and the consequences of overweight and obesity is also important for human health, which is quite sufficient:

- "sufficient" 52,5% (105 applicants);
- "average" 38,5% (77 applicants);
- "low" 9% (18 applicants).

The positive side is the applicants understand that obesity is a serious problem - 95%, and that only 32% have bad habits. According to the results' analysis, 13% have a level of academic success – «5»; 15,5% – have «4»; 52,5% study at «4-5»; 17% study at

«4-3», only 2% have a level of success «3». As a result, most students have an average level of success, but 13% of students still have an excellent success rate.

We should focus on the following question, which was read as follows: "Were you afraid to gain "extra pounds "?", to which 49% answered «Yes» and mostly those were female respondents, 21,5% are concerned about this question only occasionally. The situation is identical with the following question, as 76% had a desire to get rid of "extra fat" on certain parts of the body.

Unfortunately, in recent decades in Ukraine the diet of the population is increasingly not in line with WHO recommendations. Rational nutrition is a necessary condition in formation the applicants' health state at all stages of their development and is one of the main factors responsible for maintaining the health of students.

First of all, the applicants answered that they try to follow the right diet - 60%, while only 8,5% gave a clear answer that they follow the diet.

After processing the data, it should be noted that almost half of the surveyed students (44%) eat breakfast before going to school. On the positive side, the applicants have a full lunch – 64,5%, and after classes they usually have dinner – 73,5%.

45,5% say that they try to follow the time schedule of meals, while 23% do not follow these rules.

No less important issue is the students' control of the food portions size during meals:

- control – 32%;
- do not control – 32,5%;
- sometimes control– 35,5%, i.e. most applicants control or sometimes control the portion size.

We found that young students prefer meat, vegetables and fruits, pasta and bakery products, i.e. carbohydrates. Only 9,5% of the surveyed students regularly eat sweets and junk food in the form of "Mivina", chips, etc. However, among the proposed options, respondents answered that the most prevalent in their diet is meat and meat products – 44,9%.

48,5% sometimes notice a feeling of "fullness" when they get up from the table after a meal, 63% say they do not overeat, and 42% consume harmful food only occasionally.

Among the factors that affect applicants when choosing food are:

- the influence of comrades' and friends' opinion - 5%;
- the influence of advertising and the media (Internet, television) -7%;
- influence of parents and family traditions - 35%;
- financial opportunities to buy food – 41,5%;
- imitation and adherence to various diets and fashionable ways to lose weight -11,5%.

The main influence on students is the financial ability to buy food, parents and family traditions, imitation and adherence to various diets and fashionable ways to lose weight, the latter is common among female respondents.

More than half of the student youth – 59,5% say that they often / constantly eat fried, fatty, spicy food. Undoubtedly, chaotic food consumption affects the occurrence of overweight and obesity during training, which is confirmed by 90% of applicants' answers.

Applicants' assessment of their own physical condition and development: 5% rated their physical condition and development as "low", 78% rated it as "average", 17% rated it as "high". Among the questions presented in the questionnaire, the question which group of physical training the respondents belong to is extremely important, so the main group includes the majority of respondents – 51,5%, which is an excellent indicator.

95% believe that with the help of physical activity, exercise they can reduce extra body weight. Also identical indicators are obtained in the next questionnaire, i.e. 95% believe that systematically organized physical activity is required for the obesity prevention.

It should be noted that 27% are dissatisfied with their own figure or body weight which makes them exercise constantly, 50% of respondents noticed the presence of breath shortness when walking fast, climbing stairs.

Conclusions. Unfortunately, today's Ukrainian student youth does not realize that proper nutrition, physical activity and the absence of bad habits are the key components of healthy lifestyle. That is why every applicant must have the necessary knowledge to rationalize and modernize the way of life. In such conditions, the problem of nutrition, physical activity of student youth in modern conditions of education becomes relevant.

It is proved that the lifestyle of a modern applicant directly affects the occurrence of overweight or obesity. However, it should be noted that the results have also positive indicators, which show the applicants' solid position in relation to lifestyle during education.

Prospects for further research. Therefore, in the future it is necessary to scientifically substantiate the promising approaches in the form of practical recommendations for applicants' lifestyle rationalization as a part of obesity prevention system.

REFERENCES

1. N. Godun. Rational nutrition of modern teenagers as a health- saving factor. A young scientist. 2016. № 9.1 (36.1). p. 48.
2. M. Horobei. Problems of students' balanced nutrition . Pedagogy, psychology and medical and biological problems of physical education and sports. 2011. № 10. p. 21.
3. D. Diachuk, I. Zabolotna. Study of the organization of medical and sociological monitoring of children's obesity. The problem of nutrition. 2017. № 2. p. 11.
4. G. Sienohonova. Obesity is the XXI century disease. Technological audit and production reserves. 2013. № 5/4 (13). p. 26.