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SKIN DISEASES AND CONDITIONS AMONG STUDENTS OF ZHYTOMYR MEDICAL INSTITUTE

Skin diseases are common and often have an impact on an individual's health-related quality of life. Skin diseases are a common problem among young adults. There is a paucity of data about it among medical students. This study aimed to find out the pattern of skin disorders and to describe their association with various factors among medical students.

Skin disorders can cause patients significant emotional and psychological distress, which may surpass the physical effects of the condition. The youth, in particular, tend to be more aware of their body and beauty, thereby exacerbating their anxiety.

Many factors determine the pattern and prevalence of cutaneous diseases among the youth such as gender, personal hygiene, quality of skin care, and diet. In some instances, patients appear to produce their skin lesions as an outlet for nervous tensions arising from interpersonal conflicts, situations in the country, and unresolved emotional problems.

However, very few studies have been carried out in the Zhytomyr region to find out the problem of skin diseases and that especially among the medical students.

This study was conducted in January 2023 in Zhytomyr Medical Institute. 18 medical students were chosen from the first year of studies, using a Google questionnaire. The students were briefed about the objective of the study and written informed consent was taken for participation.

Most of the participants (75%) were of the age group 17-19 years and majority were females (86%). The most common hair/skin morbidities suffered in the past one year were acne (65%) and hair loss (61%). Fungal infection and severe type of acne were seen significantly more. Hair loss or split ends of hairs were seen significantly more among female students.

Considering the significant impact on the individual, the family, the social life of patients, and their heavy economical situation, the public health importance of these diseases is underappreciated. This study has shown that various types of skin morbidities are common among medical students. It has been reported that younger adults suffer more social and stress problems as a result of skin problems.

Skin disorders, particularly the cosmetic problems are very common among medical students. Stress was found to significantly influence the development of certain morbidities.

From the findings prevalence of various skin disorders, we conclude that skin morbidities are very common among medical students, particularly cosmetic problems like acne or hair loss.

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