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NEW WAYS OF EARLY PRENOZOLOGICAL PROPHYLAXIS AS A CURRENT PROBLEM OF MODERN HYGIENE OF CHILDREN AND ADOLESCENTS

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The negative trends in the dynamics of the health of children and adolescents in Ukraine, characteristic of the present day, unfortunately, continue to persist. Although in recent years it has been possible to achieve a slight decrease in the growth of morbidity rates in this contingent due to the stabilization of the level of infectious morbidity, a decrease in general disability and child mortality, the level of congenital malformations, the incidence of tuberculosis and HIV in the child population continues to grow, and, therefore, the overall situation as a whole remains threatening.

The main reasons for the negative trends in the health of schoolchildren are the increase in educational and psycho-emotional stress, the inconsistency of the material and technical provision of schools with modern hygienic requirements, nutritional disorders, a lack of physical activity and a pronounced decrease in muscle effort.

These reasons, first of all, lead to an increase in the percentage of "school diseases": anomalies of refraction and accommodation disorders, diseases of the musculoskeletal system; functional deviations from various body systems, especially cardiovascular and digestive; a decrease in the degree of resistance and, as a result, an increase in the frequency of acute respiratory diseases; lag in physical development and a decrease in physical performance; stress reactions and neuropsychiatric disorders, neuropsychiatric maladaptation.

The high frequency of registration among adolescents of pronounced forms of socially significant pathology indicates the need to introduce organizational



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technologies for active detection of functional disorders and initial forms of chronic diseases, which allow to conduct medical, health-improving and preventive activities adequately to existing realities. The primary task today is to develop principles and models of selective diagnostics and correction of borderline states. A breakthrough in this direction will allow to clarify the nature of many prenosological conditions and functional disorders. In the course of the studies that were conducted, in order to determine the integral criteria of the functional state of the organism, a detailed psychophysiological (the speed of visual-motor reaction, the balance of nervous processes, critical frequency of merging of light flashes and coordination of movements were assessed) and psychohygienic (the properties of temperament and anxiety, character accentuations, the level of subjective control and the features of the neuropsychic state were determined) examination of about 390 pupils of secondary schools in Vinnytsya aged 12–15 years was carried out. In addition, in order to carry out an objective assessment of the health status of the studied individuals, an in-depth medical examination was carried out, which included laboratory diagnostics, ultrasound examination, spirometry and cardiography in its structure. For each age group of young women and young men the average values were determined for such important indicators as the level of neuroticism, state and trait anxiety, internality, the degree of accentuation of the personality, as well as the structural features of the distribution of the studied values.

Thus, the level of neuroticism in the group of adolescent young women ranged from 13.68 ± 4.62 to 15.88 ± 3.86 points, and among young men from 11.25 ± 3.81 to 13.20 ± 4.57 points; the level of state anxiety in young women ranged from 41.32 ± 6.25 to 44.80 ± 8.96 points, in young men – from 39.40 ± 6.32 to 42.17 ± 6.34 points; the level of trait anxiety in young women ranged from 47.44 ± 7.18 to 44.00 ± 7.83 points, in young men from 39.85 ± 7.34 to 44.39 ± 8.51 points. It should be considered very interesting that in the group of young men all indicators gradually increased, reaching the highest level at 15 years old, and among young women the opposite was observed: at 15 years old the lowest level of indicators was observed, and they reached their peak at 13 years old. The level of internalization was the highest in 14-year-old young women (3.96 ± 1.50 points) and in 13-year-old young men (4.00 ± 2.08 points), the lowest, respectively, in 15-year-old young women (3.50 ± 1.79 points) and in 15-year-old young men (3.18 ± 1.36 points). In the course of the conducted studies, the average values were determined and the features of their correlation with age and gender of the level of efforts in various areas according to the level of subjective control method, accentuations of the character of adolescents were established. It should be noted that these average values either corresponded to the upper limits

of the norm or exceeded them. At the same time, in each group, the proportion of adolescents with indicators significantly exceeding the established norm was very high.

For example, among young men at the age of 12 years old, an increase in the level of neuroticism was detected in 50% of those surveyed, with almost half of them registering very high values, at the age of 13-14 years old – in 40% of those surveyed, at the age of 15 years old – only in 25%. Among young women the picture was reversed – an increased level of neuroticism was detected only in 30% of 12 years old young women, gradually increasing in the future and at the age of 15 years old already being registered in 53% of those surveyed. A correlation analysis was also carried out to determine the most interconnected and significant indicators. In all groups, the strongest correlation was between neuroticism and trait anxiety, to a somewhat lesser, but significant, extent with situational anxiety and character accentuations. We believe that these indicators can be used to conduct a hygienic assessment of the functional state of adolescents and should be included in screening programs for prenosological diagnostics of borderline conditions, which must necessarily take into account the psychophysiological and personal trait of the organism, the purpose of which is to activate the health-improving potential of a modern school and preserve and strengthen the health of pupils.

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