

ANALISE OF STUDENTS HEALTH OF NUPH

Marchenko Ye. O.

National University of Pharmacy, Kharkiv, Ukraine

e.o.marchenko@i.ua

Introduction. Student youth are the future of the country. The health of students significantly affects to the process of learning, getting education, practical skills, participation in university life. In addition, throughout the training period they should take care of it and maintain by keeping fit, refusal of bad habits, availability of physical activity, timely appeals to doctors in case of illness. The future of the state, science and society directly depends from The state of health of the most valuable labor resource of society that is youth.

Aim: to determine aspects of health status of applicants higher education pharmacy.

Materials and methods: analysis of materials that was obtained by survey of students from first to fourth years of the National University of Pharmacy. The main method of research - sociological.

Results. In the study participated 70 applicants of higher education.

The average age of respondents in 60% was 20-24 years, up 20 years – 38.5%. 90% of respondents was of female representatives and 10% - men.

54.3% - are residents of the city and the rest - villagers.

48.6% are involved in sports or fitness. Hardening keep 14.3%.

30% of respondents smoke.

Asked how often suffer from colds, respiratory diseases, we have the next answer: one by month - 1.4%, every 2 months - 7.1%, 2 times in six months - 17.1%, 2 times a year - 38.6%, rarely - 35.8%.

The absolute majority of respondents (70.0%) rarely go to the doctor, 20% - 2 times a year, 10% - 2 times in six months.

Among carried childhood infections often noted chicken pox - 40%, rubella - 14.3%, streptococcal angina - 12.9%, measles - 4.3% parotitis - 1.4%. 27.1% feel difficulty to response, which is children's infection was carried.

11.4% have specific infectious or parasitic disease. In 34.3% of the interviewed applicants higher education present physical illness.

Students determine the next violations of health:

visual impairment - 18.6%,

vegetative-vascular dystonia (VVD) - 15.7%,
gastritis - 14.3%,
gynecological diseases - 11.4%,
allergic reactions - 7.1%,
osteochondrosis and other diseases of bones or joints - 5.7%, dysfunction of the thyroid gland - 5.7%,
other endocrine disorders - 1.4%,
biliary dyskinesia - 4.3%,
respiratory diseases - 4.3%,
urological diseases - 4.3%,
diseases of the skin, nails, hair - 4.3%,
gastric - 2.9%,
cardiovascular diseases - 2.9%,
hearing loss - 1.4%,
diseases of the gastrointestinal tract (GIT) - 1.4%,
neurological diseases - 1.4%.

Conclusions. There is the problem of keeping students' healthy lifestyle. More than half of them are not involved in sports. Only 14% support the hardening. More over to nearly a third of respondents smokes.

36% of respondents answer, that get sick hardly ever, but in this time call for doctor hardly ever 70% of them. This indicate that students get sick more often than call for treatment.

Natural acquired active immunity to rubella virus has 14% of respondents. It should be noted, the majority of respondents (90%) is women of reproductive age. It can be extremely dangerous infection with the virus for the first time during pregnancy. Consequently, it may be important issues young vaccination against rubella.

Almost a third of respondents have different physical illness severity and different combine. The most common diseases are the gastrointestinal tract illnesses (about 23%), visual impairment (18%), VVD (16%) and gynecological disorders (11.5%).