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Manchester, Great Britain
6-8.02.2025

Scientific Collection
InterConf

№ 234
February, 2025

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Scientific Collection «InterConf»

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Proceedings of the 17th International Scientific and Practical Conference «Science and Practice: Implementation to Modern Society»

(February 6-8, 2025). Manchester, United Kingdom

No 234

MEDICINE AND PHARMACY

Health state of student youth today: modern approaches to preservation and strengthening

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An extremely important task of modern preventive medicine is the scientific substantiation of effective technologies for preserving and strengthening the health of student youth, increasing the level of professional preparedness of young women and young men who receive certain professional knowledge, master a certain profession, and acquire certain production qualifications in a certain branch of the various industries [1, 2, 3, 4]. Training specialists who possess not only the necessary professionally significant qualities, but also have personal potential, which provides the opportunity to work effectively in conditions of constant introduction of the latest technologies, introduction of various forms of continuing education in order to improve the level of professional preparedness, involves solving a whole complex of problems that involve the implementation of scientific substantiation of approaches to preserving the health of student youth based on the introduction of health-preserving technologies, determining the patterns of formation of socially and professionally significant personality traits of students, scientific substantiation and implementation of preventive and psychohygienic means in the activities of higher education institutions, development of approaches to monitoring and prognostic assessment of the features of health formation processes, optimization of motor activity and increase of adaptive capabilities of the organism of young women and young men [5, 6, 7, 8, 9, 10, 11, 12].

During the research, according to the data of the assessment of the daily activity regime and, consequently,

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the lifestyle of students who master medical specialties in the conditions of study at a higher education institution, a number of significantly pronounced deviations from the leading indicators of the nature of its organization from generally accepted hygienic standards and regulations were identified. First of all, it was necessary to pay attention to the insufficient duration of night sleep, a pronounced excess of the regulatory parameters of the maximum permissible duration of daytime stay within the walls of a higher educational institution established by hygienic requirements, a low level of daily physical activity and insufficient time spent by young women and young men. The direct consequences of the identified problems should be considered the fact that diseases, the distinctive feature of which is the chronic course of the pathological process. As the most common diseases with temporary loss of working capacity during the research period, it was necessary to note diseases of the respiratory system, digestive system, nervous system, as well as injuries. At the same time, diseases of the nervous system, digestive organs and circulatory system significantly prevailed in the structure of chronic diseases.

According to the results of the quality of life assessment, it should be noted that the highest indicators in both girls and boys were recorded on the scales of physical functioning, the impact of pain on the ability to effectively perform daily activities, general health and the impact of physical condition on role functioning. In contrast, the lowest indicators in girls were observed on the scales of self-assessment of mental health, social functioning and the impact of emotional state on role functioning, in boys - on the scales of self-assessment of mental health, vitality and social functioning.

The data obtained indicated an urgent need to develop health-preserving technologies adequate to modern requirements, which are based on measures to correct the main regime elements of daily daily activities, psychophysiological impact on the body and psychohygienic correction of the processes of forming students' personality characteristics, etc.

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