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# ТЕЗИ ЗА МАТЕРІАЛАМИ

ХVІ ВСЕУКРАЇНСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ  
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measures, it is necessary to study the transmission from the human-animal-ecosystem point of view. When studying this virus from the “One Health” perspective, it is crucial to pay attention to ecological and epidemiological modeling methods to identify and predict the geographic areas susceptible to the disease outbreaks and to study the ecology of the MPXV. In addition, this information will allow scientists to answer the question whether MPXV can circulate solely through human-to-human transmission, or whether it requires the presence of multiple reservoir species.

**PROBLEMS OF SEXUAL LIFE AMONG SEXUALLY INACTIVE YOUTH, ON THE  
EXAMPLE OF FOREIGN MEDICAL STUDENTS OF NATIONAL PIROGOV  
MEMORIAL MEDICAL UNIVERSITY, VINNYTSYA**

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For the first time on the basis of National Pirogov Memorial Medical University, Vinnytsya in October 2021, the discipline "Fundamentals of Sexology and Sexopathology" was launched as an elective on the basis of the Department of Obstetrics and Gynecology N 1. The students were asked to complete an anonymous survey, with the help of a questionnaire that included 25 questions on various aspects of the sexual life of the respondents. Comprehensive clinical and psychological examination was conducted of 984 students of the 4-5th year of the NPMU, V from Lower-Middle-Income Countries. We used pathopsychological methods for self-assessment of depression (Patient Health Questionnaire - PHQ-9) and the test for detecting signs of autonomic changes (A. Wayne`s test).

The results of the survey were a real surprise for us.

We divided students into two groups: domestic and foreign students. 63.5% - were foreign students. The average age of the interviewees was 22.5 years. Among them - 58.3% of medical students were virgins. The prevalence of depressive disorders was significantly greater in sexually inactive medical students compared with sexually active.

We also evaluated their academic performance in the educational process; sexual orientation; religious views; attitudes towards sex and masturbation; awareness of methods of contraception; experience of oral /anal sexual intercourse and sexually transmitted diseases, HPV and admissibility of sexual contacts before marriage.

Among the main reasons of absence of sexual life among young people were the following reasons: religion, lack of awareness in this area, fear before sexual contact, fear of sexually

transmitted diseases, unpreparedness for sexual debut, preservation of virtue before marriage, absence of suitable partner or permanent partner and violence in the past. About 5% of students noted psychosomatic disorders associated with childhood, when parents severely physically punished for unacceptable touching of genitals, for the questions asked, homosexual or heterosexual interest ect.

Despite the average age of the respondents being 22.5 years, there are students aged 26-28 who are not ready for sexual debut. Students were also offered the opportunity to ask questions they were interested in anonymously. The most popular questions: how to start sexual life properly, how to choose the right sexual partner, what examinations must be completed before the sexual debut, the best and most reliable methods of contraception.

Several articles have been published based on the results of our research: Comparative characteristics of the prevalence of autonomic dysfunction and depressive disorders among sexually active and inactive foreign students of National Pirogov Memorial Medical University, Vinnytsya; Factors associated with academic performance among sexually active and inactive international students of National Pirogov Memorial Medical University, Vinnytsya; Aspects of sexual life that are associated with the occurrence of depressive disorders and autonomic dysfunction among medical students of National Pirogov Memorial Medical University, Vinnytsya and others.

## **THE IMPORTANCE OF SEXUAL EDUCATION AMONG YOUTH IN UKRAINE**

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Sexual education is necessary in all educational institutions. Starting from preschool`s and school`s periods of education. Unfortunately, this problem is not covered in our country. Children don`t receive any information about sexual maturation and development in general. Previously, there were certain disciplines in the school, which were engaged in educational activities in the school departments of education, such as valeology. Over the last ten years, all disciplines have been eliminated.

Lessons that highlight puberty are considered only in biology classes, after 9 years of schooling, at the age of 14-15. It is clear, that it is already too late. It is known that such information should be provided to children as early as possible from the age of 10 at least, if possible, from elementary school.

In Europe, sexuality education as a school curriculum subject has a history of more than half