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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
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INFLUENCE OF THE TYPES OF LEISURE ON THE RISK OF DEVELOPING OF VEGETATIVE- VASCULAR DYSFUNCTION IN CHILDREN AGED FROM 14 TO 17 YEARS

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The topicality of the research is caused by the increasing of indicator of teenagers' morbidity with nervous system diseases in recent decades [1; 2]. Disorders of the nervous system are one of the main etiologic and pathogenetic factors of vegetative-vascular dysfunction in children (V. I. Makolkin, S. A. Abbakumov, 1985; N. A. Belokon, M. B. Kuberger, 1987; A. M. Wayne, 2000; S. M. Kushnir, 2001; V. G. Maydannik, 2013).

The aim of the research was to analyze the well-being of children aged from 14 to 17 years with different types of leisure.

A sociological survey was made among 460 pupils aged from 14 to 17 years in Sumy. The presence of vegetative dystonia was determined by questionnaire by A. M. Wayne. To determine the effect of the type of leisure on the risk of vegetative-vascular dysfunction correlation analysis was used.

The important aspect in children's lives is their occupation and spare time preferences. Thus, the warning fact is that a large percentage of children 14-17 years in their spare time prefer such activities as watching TV, playing computer games, listening to music. These activities raise pupils' psychoemotional strain and lead to nervous asthenia. Instead, only 56,17% of pupils went in for sports during after school hours (fig. 1).

Children who did not attend sport clubs often had headache ($r=0,10$, $p<0,05$), bad mood ($r=0,13$, $p<0,01$), irritability ($r=0,12$, $p<0,01$), evaluated their health worse ($r=0,26$, $p<0,001$), more often took medicines for a headache ($r=0,11$, $p<0,05$), had higher scores in the questionnaire by A. M. Wayne ($r=0,15$, $p<0,01$).

Teenagers who listened to music in their free time more often had headaches ($r=-0,12$, $p<0,01$), bad mood ($r=-0,16$, $p<0,001$),

irritability ($r=-0,16$, $p<0,001$), nervousness ($r=-0,12$, $p<0,01$), difficulty with falling asleep ($r=-0,15$, $p<0,01$), dizziness ($r=-0,11$, $p<0,05$), higher scores in the questionnaire by A. M. Wayne ($r=-0,22$, $p<0,001$).

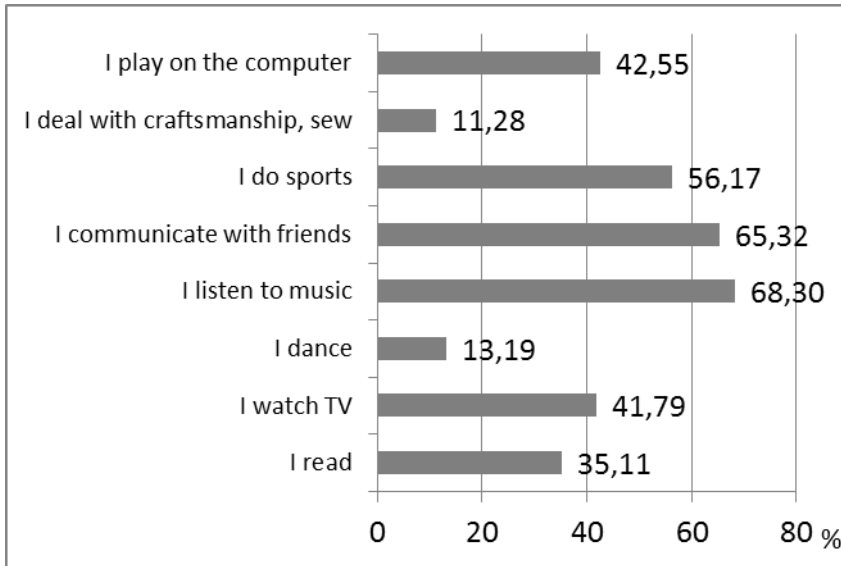


Figure 1 – Distribution of the answers of children 14-17 years to the question "What types of activities do you prefer in free time?"

Pupils who in their spare time preferred reading usually had more volume of workload at school ($r=-0,10$, $p<0,05$) and longer homework time ($r=-0,13$, $p<0,01$), and liked tinkering and sewing in spare time ($r=0,16$, $p<0,001$), more often had back pain ($r=-0,12$, $p<0,01$), bad mood ($r=-0,16$, $p<0,01$), irritability ($r=-0,14$, $p<0,01$), nervousness ($r=-0,12$, $p<0,05$), difficulty with falling asleep ($r=-0,17$, $p<0,001$), had lower self-rated health ($r=-0,13$, $p<0,01$), higher scores in the questionnaire by A. M. Wayne ($r=-0,12$, $p<0,01$). Watching television in the spare time correlated with frequent playing computer games ($r=0,17$, $p<0,001$) and common sense of nervousness in adolescents ($r=-0,12$, $p<0,01$).

The well-being of children 14-17 years had a statistically significant correlation with indicators of the presence of vegetative dystonia according to questionnaire by A. M. Wayne. The higher scores the teenagers had in the questionnaire by A. M. Wayne, the more they felt headache ($r=0,48$, $p<0,001$), heart pain ($r=0,38$, $p<0,001$), stomach pain ($r=0,40$, $p<0,001$), back pain ($r=0,31$, $p<0,001$), leg pain ($r=0,23$, $p<0,001$), bad mood ($r=0,41$, $p<0,001$), irritability ($r=0,43$, $p<0,001$), nervousness ($r=0,43$, $p<0,001$), difficulty with falling asleep ($r=0,48$, $p<0,001$), dizziness ($r=0,46$, $p<0,001$), the lower pupils' self-rated health was ($r=0,44$, $p<0,001$), the more children took medicines for cough ($r=0,12$, $p<0,01$), headache ($r=0,36$, $p<0,001$), insomnia ($r=0,15$, $p<0,01$), cold ($r=0,17$, $p<0,001$), stomach pain ($r=0,29$, $p<0,001$) nervousness ($r=0,23$, $p<0,001$), vitamins ($r=0,16$, $p<0,001$).

Self-rated health of pupils 14-17 years was higher in children who attended sport clubs during after school hours ($r=0,26$, $p<0,001$), had a smaller volume of workload at school ($r=0,11$, $p<0,05$), felt good ($r=0,40$, $p<0,001$), did not take drugs during the last month ($r=0,31$, $p<0,001$).

So the study revealed a significant correlation between well-being, self-rated health, taking drugs during the last month and the presence of vegetative dystonia according to the questionnaire by A. M. Wayne ($p<0,001$). Statistically significant correlations of the impact of intellectual and psycho-emotional overstrains after school and sedentary lifestyles on the well-being, on the self-rated health and on the risk of vegetative-vascular dysfunction in adolescents aged from 14 to 17 years were established ($p<0,05$).

Literature:

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