

Abstract

A. N. Shvets,

Yu. N. Shvets,

A. V. Korobkova-Arzhannikova,
*State institution «Institute of Child
and Adolescent Health National
Academy of Medical Sciences of
Ukraine», 52-a Jubileynyi ave,
Kharkiv, 61000;*

*Kharkiv National University named
after V. N. Karazin, 4 Svobody Sq,
Kharkiv, 61022*

**MODERN KHARKIV TEENAGERS' ATTITUDE TO HEALTH
AND HEALTHY LIFESTYLE**

The article reveals the problem of that modern youth is characterized by negligence in relation to their health. In many aspects this is determined by the absence for a long period of time of the state's social policy in promoting of healthy lifestyle, sufficient medical care for the population, which leads to the spread of chronic pathology among children and adolescents, a decrease of the birth rate and an increase of mortality among working-age people. The characteristics of adolescents' health and the risk factors of the disorders among adolescents aged 14–18 in 2017 are presented.

The purpose of the study was to identify trends and factors of the state of health of the younger generation aiming to develop scientifically grounded recommendations for early detection and correction of violations in their health state in order to choose the optimal solution for introduction of health saving technologies in life.

Monitoring of detection of health state was performed during a comprehensive survey of adolescents in the process of their education. The study involved 387 Kharkiv pupils aged 14–18 (195 boys and 192 girls).

As a result of the study, 16 % of them have some chronic pathology of varying severity, and 52 % have functional disorders. Among adolescents aged 14–18, prevalence rates increased: diseases of the musculo-skeletal system – by 10 times; pathology of the organs of vision – by 2.8 times, and neuropsychic diseases – by 6.3 times.

The study revealed that today the common trends in the health state of the younger generation are increasing chronic pathology, underestimation of own health and growing popularity of bad habits among children and adolescents. The formation of violation of the health of young people is mainly due to: deviant and self-destructive forms of behavior; problems with the socialization of studied contingent; high aggressiveness of the social environment. It is well known that along with factors of heredity, the formation of adolescent health is strongly influenced by factors of the habits and living conditions: anthropogenic, educational, family-household, ideological and cultural. For the development of health and prevention strategies it is important to know what factors play a major role in shaping the health disorders of adolescents and young people at the present stage of development of Ukrainian society.

Keywords: adolescents, health, healthy lifestyle, risk factors, medical-prophylactic measures.

Corresponding author: *doctora@mail.ua*

Резюме

А. М. Швець,
Ю. М. Швець,
Г. В. Коробкова-Аржаннікова,
Інститут охорони здоров'я дітей та підлітків національної академії медичних наук України, проспект Ювілейний, 52-а, м. Харків, 61000;
ХНУ ім. В. Н. Каразіна, площа Свободи, 4, м. Харків, 61022

СТАВЛЕННЯ ДО ЗДОРОВ'Я ТА ЗДОРОВОГО СПОСОБУ ЖИТТЯ СУЧАСНИХ ХАРКІВСЬКИХ ПІДЛІТКІВ

У статті розкрито проблема того, що сучасна молодь характеризується недбалістю в ставленні до свого здоров'я. Багато в чому це визначено відсутністю протягом тривалого періоду часу соціальної політики держави в пропаганді здорового способу життя, достатній медико-профілактичної допомоги населенню, що тягне за собою поширення хронічної патології серед дітей та підлітків, зниження народжуваності та зростання смертності серед осіб працездатного віку.

Представлені показники здоров'я підлітків та чинники ризику його порушень серед підлітків 14–18 років в 2017 р (на прикладі м. Харкова). В результаті проведеного дослідження встановлено, що 16 % з них мають ту чи іншу хронічну патологію різного ступеня вираженості, а 52 % мають функціональні розлади. Серед підлітків 14–18 років збільшилися показники поширеності: хвороб опорно-рухової системи – в 10 разів; патології органів зору – в 2,8 рази і нервово-психічних захворювань – в 6,3 рази. Відзначено інтенсивне зростання показників поширеності: хвороб, що передаються статевим шляхом, наркоманії. Дуже високу смертність юнаків і дівчат 14–18 років обумовлюють суїциди і насильницькі причини.

Формування порушення здоров'я молоді головним чином обумовлено: девіантною і саморуйнівною формами поведінки; проблемами з соціалізацією цих контингентів; великою агресивністю соціального середовища. Таким чином, показники стану здоров'я підлітків та тенденції їх зміни вкрай несприятливі. Добре відомо, що поряд з факторами спадковості на формування здоров'я підлітків великий вплив роблять фактори середовища проживання і умов життєдіяльності: антропогенні, навчально-освітні, сімейно-побутові, фактори ідеології і культури. Для розробки оздоровчих і профілактичних стратегій важливо знати, які чинники і детермінанти грають головну роль в формуванні порушень здоров'я підліткового населення і молоді на сучасному етапі розвитку українського суспільства.

Ключові слова: підлітки, здоров'я, здоровий спосіб життя, чинники ризику, медико-профілактичні заходи.

Резюме

А. Н. Швець,
Ю. Н. Швець,
А. В. Коробкова-Аржаннікова,
Інститут охорони здоров'я дітей та підлітків національної академії медичних наук України, проспект Ювілейний, 52-а, г. Харків, 61000;
ХНУ ім. В. Н. Каразіна, площа Свободи, 4, г. Харків, 61022

ОТНОШЕНИЕ К ЗДОРОВЬЮ И ЗДОРОВОМУ ОБРАЗУ ЖИЗНИ СОВРЕМЕННЫХ ХАРЬКОВСКИХ ПОДРОСТКОВ

В статье раскрыта проблема того, что современная молодежь характеризуется небрежностью в отношении к своему здоровью. Во многом это определено отсутствием в течение длительного периода времени социальной политики государства в пропаганде здорового образа жизни, достаточной медико-профилактической помощи населению, что влечет за собой распространение хронической патологии среди детей и подростков, снижение рождаемости и рост смертности среди лиц трудоспособного возраста. Представлены характеристики здоровья подростков и факторы риска его нарушения среди подростков 14–18 лет в 2017 г. (на примере г. Харьков).

В результате проведенного исследования установлено, что 16 % из них имеют ту или иную хроническую патологию различной сте-

пени выраженности, а 52 % имеют функциональные расстройства. Среди подростков 14–18 лет увеличились показатели распространенности: болезней опорно-двигательной системы – в 10 раз; патологии органов зрения – в 2,8 раза и нервно-психических заболеваний – в 6,3 раза. Отмечен интенсивный рост показателей распространенности: болезней, передаваемых половым путем, наркомании. Очень высокую смертность юношей и девушек 14–18 лет обуславливают суициды и насильственные причины. Формирование нарушения здоровья молодежи главным образом обусловлено: девиантными и саморазрушительными формами поведения; проблемами с социализацией этих контингентов; большой агрессивностью социальной среды.

Таким образом, показатели состояния здоровья подростков и тенденции их изменения крайне неблагоприятны. Хорошо известно, что наряду с факторами наследственности на формирование здоровья подростков большое влияние оказывают факторы среды обитания и условий жизнедеятельности: антропогенные, учебно-образовательные, семейно-бытовые, факторы идеологии и культуры. Для разработки оздоровительных и профилактических стратегий важно знать, какие факторы и детерминанты играют главную роль в формировании нарушений здоровья подросткового населения и молодежи на современном этапе развития украинского общества.

Ключевые слова: подростки, здоровье, здоровый образ жизни, факторы риска, медико-профилактические мероприятия.

Автор, відповідальний за листування: *doctora@mail.ua*

Introduction

Many experts, studying young people between the ages of 10 and 19, often disagree about how to identify the group of people who are called adolescents. According to WHO, adolescence is a period of growth and development of a person who follows after childhood and lasts until reaching adulthood, that is, from 10 to 19 years. This is one of the critical transitional periods of the life cycle, characterized by rapid growth and changes, which are inferior only to the rates of growth and changes in infancy. Many aspects of such growth and development are controlled by biological processes, and the achievement of puberty marks the transition from childhood to adolescence. The biological determinants of adolescence are generally universal, but the duration and characteristics of this period may vary with time, culture and socioeconomic situations [1, 2, 3].

Adolescence is a period of preparation for maturity, which is characterized by a huge number of key aspects in development. In addition to physical and sexual development, these aspects include progress towards social and economic independence,

as well as personal development, the acquiring of the skills necessary to establish the relationships and fulfill the roles in adulthood, and the formation of the ability to abstract thinking. Adolescence is a time of rapid growth and huge potential, but also a time of significant risks, when the social context has a powerful influence. The adolescent period, as a certain phase, the stage of the life cycle, is biologically universal, but its specific age limits, its social status and socio-psychological characteristics are socio-historical in nature and depend on the social system, culture and the socialization patterns of the given society [4, 5, 6].

The health state of Ukrainian adolescents is significantly worse than that of their peers in other countries. This is evidenced by self-reported health data of 15-year-olds. They consider themselves healthy: in Switzerland 93 %, in Sweden – 72 %, in France – 55 %, in Germany – 40 %, in Ukraine – only 28 % of adolescents. Modern teenagers are characterized mainly by negligence in relation to their health. In many aspects this is determined by the absence for a long period of time of the state's social policy in promoting healthy lifestyles. Health consists of several components. For example, WHO

defines health as a state of complete physical, mental and social well-being, where physical health means the ability to perform daily work, including taking care of oneself; mental – a state determined in harmony with oneself, and social – reflects the positive attitude of a person to other people, the willingness to help and the ability to accept it.

Many students of different educational institutions not only don't know how or don't want to take measures to promote health, but they also often undermine themselves and thereby worsen it.

Along with this, the social importance of adolescent health is due to the fact that they represent the nearest reproductive, intellectual, economic, social, political and cultural reserve of society. Therefore, their health is the potential of the nation and the country as a whole [7, 8, 9].

The problem of the formation of adolescent health is becoming especially important in recent years due to the increase in the prevalence of functional disorders and chronic diseases. So, according to the data of medical examination of children and adolescents in 2017, in adolescents, the greatest number of deviations in the state of health, both functional and organic, was revealed. The importance of the problem of the health status of children and adolescents is due to the special importance of this age period for the entire subsequent life of a person, as well as the presence of negative trends in the health status of the child and adolescent population [10, 11].

Self-preservation behavior and lifestyle patterns begin to be realized at this age, and therefore it is relevant to study this particular category of the population. That is why the issues of preserving and strengthening the health of adolescents, fostering in them the foundations of self-preserving behavior, a healthy lifestyle are relevant for specialists in various fields. In addition, the study of the health characteristics of adolescents and their way of life will allow us to outline the possibilities for optimizing it and the prospects for transforming its improvement [12, 13].

Purpose of the study

Based on the study and comprehensive assessment of the health status of adolescents, taking into account the individual characteristics of the organ-

ism, the purpose was to identify trends and factors of the state of health of the younger generation aiming to develop scientifically grounded recommendations for early detection and correction of violations in their health state in order to choose the optimal solution for introduction of health saving technologies in life.

Materials and methods of research

Monitoring of detection of the health state was performed during a comprehensive survey of adolescents in the process of their education. The study involved 387 Kharkiv pupils aged 14–18 (195 boys and 192 girls). Assessment of the state of health was carried out by standard methods. With the purpose of studying the level of formation of facilities for a healthy lifestyle, a survey was conducted on the questionnaire developed by the Institute for the Health of Children and Adolescents, which contained both alternative and ranked questions about the educational activity, medical and social characteristics of pupils, lifestyle, risk factors, adolescents' assessment of their health and the state of organization of medical care for students. Statistical processing of research materials was carried out using MS Excel packages, SPSS-17 by calculating relative and average values, representativity errors, and determining the degree of reliability of the results obtained. The level of $p < 0.05$ was considered as a probable [14,15].

The results of the study and their discussion

As a result of the survey, the main diseases are identified, which by the age of 17 had become chronic among the respondents. It is established that 16 % of adolescents have any chronic pathology of varying severity, 52 % have functional disorders and only 32 % are healthy (see Picture 1). The most frequently mentioned diseases are: scoliosis (22.6 %), myopia (8.7 %) and neuropsychic diseases (18 %) (see Picture 2). Among adolescents aged 14–18, prevalence rates increased: diseases of the musculoskeletal system – 10 times; pathology of the organs of vision – 2.8 times and of neuropsychic diseases – 6.3 times. After the completion of the learning process, students' health deteriorates, as evidenced by the processing of medical records of several Kharkov schools.

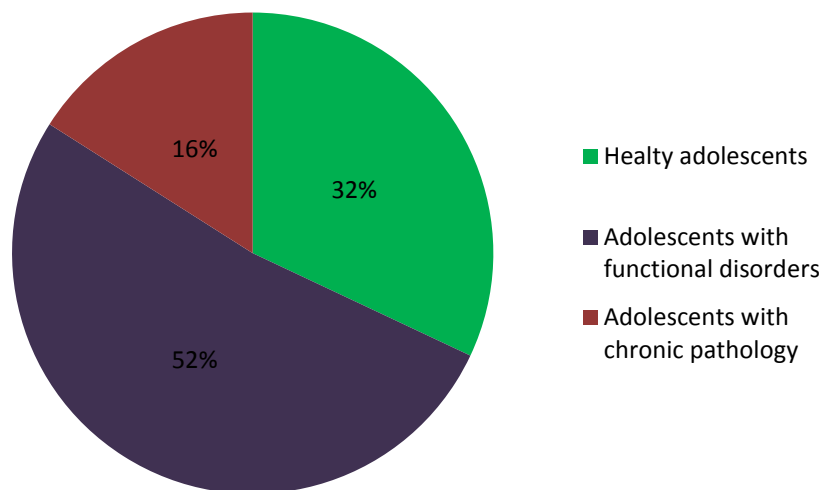


Figure 1 – Health condition of Kharkiv adolescents in 2017

The study revealed significant reasons that pre-determine the descending dynamics of health of the younger generation. Firstly, it is the influence of the "social funnel", i.e. sick parents give birth to sick children. Secondly, during the life cycle, the intensity of the health decrease in children is above the average, and the problems of morbidity move slightly from the elderly to the adolescent group. Thirdly, the health of each subsequent generation is lower than the previous one: the health of children is worse than that of parents, the health of grand-

children is even less than that of our children (every year newborns have less health potential: in 2012 – 14.7 % were born with any pathology and in 2017 – 38.9 %). Fourth, social conditions hamper the realization of human biological reserves. The development of the individual should continue until the age of 35, whereas in the late 1980s the "peak" of health was observed at 25 years, by the end of the 1990s it had decreased to 16 years, and by 2000, the person remained at that potential, with which he came to this world.

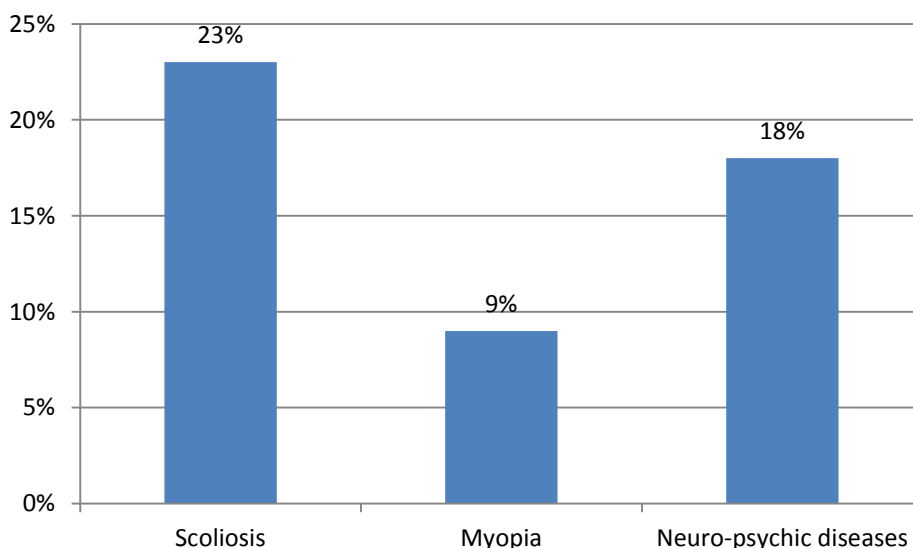


Figure 2 – Most common chronic pathology among Kharkiv adolescents in 2017

The situation in the country as a whole, and in Kharkiv in particular – is similar. There is some misconception that the higher the earnings of the population, the more opportunities to pay more attention to their health and to lead a healthy lifestyle. However, high earnings are not always a guarantee of healthy lifestyle and health. In Kharkiv families

with high earnings, only 13 % of the interviewed respondents describe their health as excellent and 41 % say it is normal, i.e. there are chronic diseases, 3.5 % rate it as completely bad.

It is interesting to analyze the responses of adolescents to the question of what health means for them, i.e. for the majority (34 %) – it is always a

good mood and well-being, 27 % – believes that health is determined by a healthy lifestyle, 23 % by health understand the absence of chronic diseases,

16 % – that it is the main wealth and value (see Picture 3).

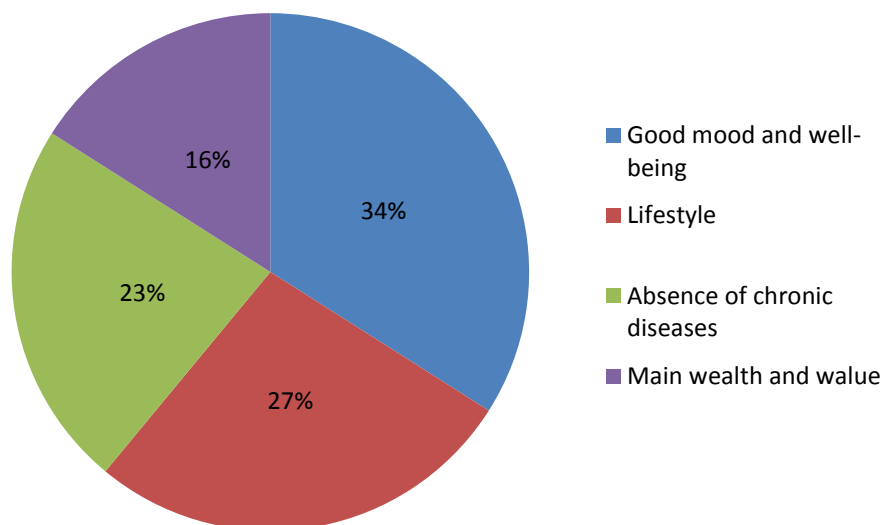


Figure 3 – Definition of the “health” concept by the inquired adolescents

As survey shows, most teenagers already have bad habits. Polls reflect very negative indicators:

- 38 % of young men and 25 % of girls tried or smoke cigarettes,
- 42 % of boys and 33 % of girls regularly drink alcohol,
- about 10 % of teenagers tried drugs.

Analyzing the data on smoking, it has to be noticed that the older the respondent participating in the survey, the less often there are answers about the desire or need for smoking. Almost every second schoolboy smokes, a quarter of them do not consider this a bad habit. In general, the data reflect a very acceptable situation for smoking (compared to drinking) among young people.

At the same time, more than half of the respondents (66 %) consider moderate consumption of alcoholic beverages possible during the holidays. Most of them (53 %) do not include various low-alcohol cocktails and beer. Almost 8 % consider the use of beer and other low-alcohol drinks to be acceptable, even without any reason.

Conclusions

Today, the common trends in the health state of the younger generation are increasing of amount of chronic pathology, underestimation of the own health and growing popularity of bad habits among children and adolescents.

In groups of risk of social deviations, the adolescents turned out to be the most likely group to

Not less disturbing are results on the problem of drug abuse: from the interviewed about 10 % tried drugs or, what is the most dangerous and incomprehensible, want to do this, not understanding that drugs have a destructive effect on human health. Dependence arises quickly, and there is a constant need to increase the dose of harmful substances taken. The result of the addiction is death from an overdose or a strong deterioration in the body.

Obviously, many factors affect the health and well-being of the body. Among the negative factors affecting health, the respondents most often call the following factors: bad ecology (70.32 %), unhealthy lifestyle (bad habits) (36.40 %), learning conditions (26.15 %), living conditions (residence) (6.71 %).

However, there is also a positive trend for young people to maintain their own health: about 45 % regularly do sports and 23 % monitor the nutritional status of their food.

change their behavior under the forces of negative socioeconomic and sociocultural factors. The high prevalence of socially conditioned diseases has the most negative impact on the quality of the labor, defense and reproductive potential of the country. The society must pay special attention to strengthening the social institutions of the state-family, political-legal system, social morality, professional system, as the main and most effective means of

setting social relations in a teenage environment.

Summarizing the above, adolescents are the basis for the development of any society and they always have the most direct relation to its future prospects. Our "tomorrow" depends entirely on the values of life and the lifestyle of the younger generation. The poor health of adolescents cannot ensure high-quality reproduction. In such conditions, the "social funnel" will increasingly drag, not giving the opportunity to develop in any innovative direction. Therefore, it is necessary to take a course on

improving the health of the younger generation and promoting healthy lifestyles, since young people are the strategic reserve of the nation.

Preparing for a healthy lifestyle of a teenager based on the health saving technologies should become a priority for each of them. The health state of the younger generation is the most important indicator of the well-being of the whole society, reflecting the present situation and giving a forecast for the future.

References (список літератури)

1. Grinshpun SS. [«Academy X»: preparing american students for life and work]. *Rus. Ped. J.* 2014; 4 (12): 102 – 107.
2. Orlov AI. *Prikladnaya statistika* [Applied Statistics] Moscow: Ekzamen, 2004: 656 p.
3. Vasserman LV, Erishev OF, Klubova EB. *Psyhologhycheskaia dyahnostyka yndeksa zhyznennoho stylya* [Psychological diagnostics of the index of life style]. SPbPubl., 2005, 50 p.
4. Aherne D. Mindfulness based stress reduction for medical students: optimising student satisfaction and engagement. *BMC Medical Education* 2016; 16 (1): 208.
5. Kolomoets MY. *Professiyni khvoroby*. [Occupational diseases]. Kyiv: Zdorov'ya, 2014. 525.
6. Kötter T, Niebuhr F. Resource-oriented coaching for reduction of examination-related stress in medical students: an exploratory randomized controlled trial. *Advances in Medical Education and Practice*. 2016; 7: 397.
7. Andreeva LI. *Professionalnoe samoopredelenie shkolnikov v usloviyah innovatsionnoy deyatelnosti obsheobrazovatel'nogo uchrezhdeniya* [Professional self-determination of schoolboys in the conditions of innovative activity of educational institution]. Kharkiv: Health Publ., 2010. 245p.
8. Variy MI. *Zahalna psyhologhiia* [General Psychology]. K: Tsentр uchbovoi literatury" Publ., 2007, 968 p.
9. Zhizhin KS. [Information technology in the context of accelerating the training specialist]. *Applied Informatics*. 2014; 6 (12): 19–21.
10. Pushkova ES, Lenskaya LV. [Longevity in Saint-Petersburg]. *Russian biomedical journal*. 2003; 4: 34–38.
11. Sheh SA. Career guidance for young people: The impact of the new duty on schools (literature reviewer). *Sixth Special Report of Session*. 2013; 18 (9): 1-16.
12. Dus TE. *Podgotovka starsheklassnikov k osoznannomu v yboru professii v protsesse sotsialnoy raboty s molodezhyu* [Preparing high school students to make a conscious choice of profession in the process of social work with young people]. Vinnitsa: New book Publ., 2014. 255 p.
13. Serdyuk AM, Polka NS, Serheta IV. *Psyhohyhyena detei y podrostkov, stradaiushich khronycheskymy somatycheskymy zabolevaniyamy* [Psychohygiene of children and adolescents suffering from chronic physical illnesses]. Vinnitsya: Novaknyha Publ., 2012, 336 p.
14. Hornquist JO. The concept of quality of life. *Scandinavian Journal of Social Medicine*. 1982; 10: 56–60.
15. McLaren M. *The role of meaning and purpose in the career development of adolescents: a qualitative study*. Colorado: Plenum Publishers, 2011. 77 p.

(received 16.10.2018, published online 25.12.2018)

(одержано 16.10.2018, опубліковано 25.12.2018)