



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР

МАТЕРІАЛИ

**XIV ВСЕУКРАЇНСЬКОЇ
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ
СТУДЕНТІВ, АСПІРАНТІВ ТА ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

«TO MAKE THE WORLD SMARTER AND SAFER»

26 березня 2020 року



Сумський державний університет
(вул. Римського-Корсакова, 2, м. Суми, Сумська обл., 40007)

**Суми
2020**

HOW LACK OF LOVE AFFECTS OUR BODY

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Love may well be one of the most studied, but least understood, behaviors. There's good reason to suspect that romantic love is kept alive by something basic to our biological nature.

The biological anthropologist Helen Fisher made some investigation about this.

Experiment 1: Look in to the brain to study the madness of love

Ventral tegmental area: tiny factor near the base of the brain. Activity was found in the a10 cells which produce dopamine (a natural stimulant) and spray it to many brain regions.

The VTA is part of the brain reward system, and it is way below the cognitive thinking process, blow emotions. The VTA is part of the reptilian core of the brain, which is associated with WANTING, MOTIVATION, FOCUS, CRAVIN.

This same regions is active when an individual feels the rush of Cocaine. But romantic love is much more that a cocaine high, since you come down from a cocaine high.

Romantic love is an obsession. It possess you. You lose your sense of self, you can't stop thinking about another this other person (somebody is camping in your head).

Wild is love. The obsession can get worse when you've been rejected.

Experiment 2: looking at people who had just been dumped.

Activity was found in three brain regions

1. VTA: Same region active during intense romantic love. (you don't forget them, you just love them harder). "The less my hope, the hotter my love" Roman poet Terence.

This region of Want, motivation, focus and craving becomes more active when you can't get what you want.

2. Core of Nucleus Accumbens: Brain region associated with calculating gains and losses. Also the brain region that becomes active when you're willing to take enormous risks for huge gains and huge losses. Becomes very active as you're measuring your gains and losses of you lost love.

3. Region associated with deep attachment to another individual.

No wonder people suffer around the world and we have so many crimes of passion.

The substances of affection are oxytocin and vasopressin.

The desire for pairing is associated with two "hormones of emotional bonds" - oxytocin and vasopressin. Oxytocin is released by the pituitary gland and acts on the ovaries and testes, regulating reproduction. Oxytocin levels rise when couples watch romantic films, hug, or hold hands. In general, in men, the level of oxytocin is normally lower, with the exception of periods after orgasm, when it rises by 500%. Oxytocin promotes a feeling of intimacy and love with regular sex with one partner.

The occurrence of affection in a man gives the hormone vasopressin. This hormone is involved in the regulation of sexual constancy, confidence, dominance and in the labeling of the territory. In men, its concentration is higher.

Physical intimacy plays a huge role in a woman's life. It affects the mood, vitality and, of course, the state of health of a woman. In the absence of physical proximity, the hormonal background of the body changes. During orgasm, endorphins are released into the bloodstream. They affect not only our mood, but also the female hormonal background. In the absence of sex or orgasm, a woman may experience headaches, mood swings, menstrual irregularities, uterine fibroids, and ovarian dysfunction.

If men are single, their body still continues to produce sex hormones, which is harmful to health.

Scientists claim that single men are characterized by neurotic conditions, irritability, aggression, obsessions, mania,

phobias, a split personality and even the desire for suicide. In the throes of unspent love, they sleep poorly, abuse food and alcohol. As a crown to everything - the threat of prostatitis and dysfunction of the genital organ. Just imagine that you lay in a coma for several months and suddenly you need to run a marathon!

Romantic love is one the most addictive substances on earth.

Romantic love is an addiction.

A perfectly wonderful addition when all goes well, and a perfectly horrible addition when its going poorly. Love has all the characteristic of addiction: you focus on the person, you obsessively think about them, you crave them, you distort reality, your willingness to take enormous risks to win this person.

Love has the three main characteristics of addiction:

- a. Tolerance: you need to see more and more and more
- b. Withdrawals.
- c. Relapse.

BACTERIOPHAGES AS ALTERNATIVES TO ANTIBIOTICS

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The history of the discovery of bacteriophages began almost a century ago. In spite of the appearance of antibiotics, bacteriophages are still extremely promising. Bacterial infections are an urgent public health problem, due to the increasing of antibiotic resistance and negative health consequences. Thus, phages are currently considered as an alternative treatment, which are going to replace antibiotics.

Bacteriophages-viruses containing its own genetic program, infect and multiply in the presence of a certain bacteria. The usage of bacteriophage for treatment and preventing infectious diseases is rising. They affect only pathogenic bacteria