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

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PHYSICAL ACTIVITY AS A MEANS OF UNHEALTHY HABITS PREVENTION

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Introduction. It is well known that health is 50% dependent on the person's own choice – the lifestyle, 20% – on heredity, 20% – on the state of the environment, 10% – on the level of medical care. Despite the considerable number of studies [1, 2] and raising of people's awareness level about healthy lifestyle, WHO informs about increase number of noninfectious diseases in recent years associated with poor nutrition, unhealthy habits, sedentary lifestyle and more.

The aim of the research was to investigate the physical activity of adolescents aged 14–17 years as a means of unhealthy habits prevention.

Methods of the research. A sociological survey was made among 569 pupils (290 boys and 279 girls) aged from 14 to 17 years in Sumy. The level of functional capacity of the cardiovascular system of the body was determined by Ruffie test according to age norms. To determine the effect of unhealthy habits on the risk of vegetative-vascular dysfunction correlation analysis was used.

The presentation of the research material. The presence of unhealthy habits that have a significant negative effect on the nervous system and mind of children growing organism in adolescents 14–17 years requires special attention from the family and the school. According to the survey every day 0,43% students, 2,38% – every week, 2,81% – every month 29,16% – at least once a month consumed alcohol. Among children 14–17 years 65,23% of students never used alcohol. 2,35% of children smoked every day, 0,43% of students – every week, 0,64% of students – each month, 25,43% of adolescents – at least once a month. The biggest proportion of children of 14–17 years old (71,15%) did not smoke at all.

Frequent alcohol use in adolescents correlated with the feeling of stomach pain ($r = 0,16, p < 0,001$), irritability ($r = 0,11, p < 0,05$), nervousness ($r = 0,14, p < 0,01$) in the last six months, with worse scores according to questionnaire by A. M. Vein ($r = 0,12, p < 0,05$). Regular smoking was correlated with frequent bad mood ($r = 0,13, p < 0,01$) and nervousness ($r = 0,14, p < 0,01$).

Frequent alcohol consumption and regular smoking were in direct correlation with low power index ($r = 0,12, p < 0,05$).

Children who had a longer duration of classes during the day and bigger amount of classes of specially organized physical activity during the week usually did not have unhealthy habit of smoking ($r = 0,15, p < 0,005$). The greater number of classes of specially organized physical activity a week correlated with the absence of alcohol drinking by teenagers ($r = 0,12, p < 0,005$).

Correlation analysis indicates that the functionality of the cardiovascular system in children Rufie index was the higher, the longer was physical activity during the day ($r = -0,18, p < 0,001$), the longer they stayed outdoors ($r = -0,14, p < 0,01$), the less they used alcohol ($r = 0,11, p < 0,05$).

Conclusions. The study found statistically significant relationship between pupils physical activity and the frequency of unhealthy habits use ($p < 0,005$). These data demonstrates the importance of physical activity activation as a means of harmful habits prevention and of support of physical culture and sport programs development among adolescents.

Literature:

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