



XI International Science Conference «Implementation of modern scientific opinions in practice» March 20 - 22, 2023 Bilbao, Spain

IMPLEMENTATION OF MODERN SCIENTIFIC OPINIONS IN PRACTICE

Abstracts of XI International Scientific and Practical Conference

Bilbao, Spain

(March 20 - 22, 2023)

UDC 01.1

ISBN - 9-789-40368-860-2

The XI International Scientific and Practical Conference «Implementation of modern scientific opinions in practice», March 20 - 21, Bilbao, Spain. 267 p.

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The recommended citation for this publication is: Radomskyi M.T., Radomska A.M. Movement of the objects and animated images in a modern portrait genre art works. Abstracts of XI International Scientific and Practical Conference. Bilbao, Spain. Pp. 21-29.

URL: https://eu-conf.com/ua/events/implementation-of-modern-scientific-opinions-in-practice/

TABLE OF CONTENTS

	AGRICULTURAL SCIENCES	
1.	Роїк М.В., Ковальчук Н.С., Ержебаєва Р. МЕТОДИ СТВОРЕННЯ ТА ДИФЕРЕНЦІАЦІЇ НОВИХ	10
	ВИХІДНИХ МАТЕРІАЛІВ ІЗ ЗАРОДКОВОЮ ПЛАЗМОЮ ДИКИХ ВИДІВ РОДУ ВЕТА ДЛЯ ЗБАГАЧЕННЯ ГЕНЕТИЧНОГО РІЗНОМАНІТТЯ НОВИХ ГІБРИДІВ ЦУКРОВИХ БУРЯКІВ	
	ARCHITECTURE, CONSTRUCTION	
2.	Кіяшко І.В.	17
	ЗАБЕЗПЕЧЕННЯ КОРИСТУВАЧІВ ДОРОЖНІХ ПОСЛУГ ОБ'ЄКТАМИ СЕРВІСУ	
ART HISTORY		
3.	Radomskyi M.T., Radomska A.M.	21
	MOVEMENT OF THE OBJECTS AND ANIMATED IMAGES IN A MODERN PORTRAIT GENRE ART WORKS	
	BIOLOGY	
4.	Гнатюк В.В., Ткаченко Т.І.	30
	ЕКОПЛОГІНГ ЯК ЗАСІБ ФІЗИЧНОЇ РЕАБІЛІТАЦІЇ ЛЮДИНИ	
5.	Ферлій В.К., Мамотенко А.В.	33
	ОЦІНКА РІВНЯ СТАТЕВИХ ГОРМОНІВ У ЩУРІВ САМЦІВ, ЯКІ ТРИВАЛИЙ ЧАС ЗНАХОДИЛИСЯ ПІД ВПЛИВОМ СВІТЛОВОГО НАВАНТАЖЕННЯ	
	ECONOMY	
6.	Flehantova A.	37
	COMPARATIVE ANALYSIS OF THE IMPACT OF QUARANTINE RESTRICTIONS DUE TO COVID-19 ON THE ACTIVITIES OF COMPANIES IN THE CREATIVE INDUSTRIES AND OTHER AREAS	
7.	Ostrovska H., Huzar U.	42
	GAMIFICATION IN THE HOSPITALITY INDUSTRY	
8.	Panasyuk V., Makovska K.	46
	ОСОБЛИВОСТІ ФОРМУВАННЯ ФІНАНСОВОЇ ЗВІТНОСТІ В КРАЇНАХ ЄС	

9.	Гошовська В.В., Руденко Д.О., Скутин В.С.	48
	УДОСКОНАЛЕННЯ ОБЛІКОВОЇ ПОЛІТИКИ ТА АУДИТУ ОПЕРАЦІЙ З КРИПТОВАЛЮТОЮ В КОНТЕКСТІ ДІДЖИТАЛІЗАЦІЇ БІЗНЕСУ	
10.	Карпа М.І., Дум'як Ю.Л.	52
	ІННОВАЦІЙНІ НАПРЯМИ РОЗВИТКУ МИТНОГО КОНТРОЛЮ В УМОВАХ СТАЛОГО РОЗВИТКУ УКРАЇНИ	
11.	Кузенко Т.Б.	56
	МЕХАНІЗМ УПРАВЛІННЯ ФІНАНСОВИМИ РИЗИКАМИ ПІДПРИЄМСТВА	
12.	Морозова М.Е.	59
	ОРГАНІЗАЦІЯ РОБОТИ МЕНЕДЖЕРА НА ПІДПРИЄМСТВІ	
13.	Огренич Ю.О., Пилипенко А.О.	63
	"РОЛЬ СОЦІАЛЬНИХ МЕРЕЖ У СТИМУЛЮВАННІ ЗБУТУ ТА ПРОСУВАННІ БІЗНЕСУ"	
14.	Сазонова С.В., Насад Н.В.	68
	СТРАТЕГІЧНІ ОРІЄНТИРИ УПРАВЛІННЯ ТЕЛЕКОМУНІКАЦІЙНИМИ ПІДПРИЄМСТВАМИ В УМОВАХ ЦИФРОВОЇ ЕКОНОМІКИ	
15.	Сірко А.Ю., Іванова М.А.	72
	НБУ ТА ЙОГО РОЛЬ В ЗАБЕЗПЕЧЕННІ СТАБІЛЬНОСТІ БАНКІВСЬКОЇ СИСТЕМИ УКРАЇНИ	
16.	Щебликіна І.О., Хмельковська А.В.	74
	СУЧАСНИЙ СТАН РЕЙТИНГОВИХ АГЕНТСТВ НА ФОНДОВОМУ РИНКУ	
GEOGRAPHY		
17.	Рибалова О.В., Ільїнський О.В., Чорнс К.Є.	80
	АНАЛІЗ СТАНУ АТМОСФЕРНОГО ПОВІТРЯ МІСТА ЛУЦЬК	
GEOLOGY		
18.	Ішков В.В., Козій Є.С., Козар М.А.	86
	ЗВ'ЯЗОК МІЖ ВМІСТОМ СІРКИ І МЕРКУРІЮ У НАФТАХ З РОДОВИЩ ДНІПРОВСЬКО-ДОНЕЦЬКОЇ НАФТОГАЗОНОСНОЇ ОБЛАСТІ	

19.	Чернобук О.І.	94
	ОСОБЛИВОСТІ ЗВ'ЯЗКУ ГЕРМАНІЮ З ФТОРОМ У ВУГІЛЬНОМУ ПЛАСТІ С8В ШАХТИ "ДНІПРОВСЬКА"	
	HISTORY	
20.	Seyidova G.	102
	THE GREAT REPATRIATION ("GREAT RETURN")	
21.	Горбань Т.Ю.	106
	ОБРАЗ ІМПЕРАТОРА У ВІЗАНТІЙСЬКОМУ ОБРАЗОТВОРЧОМУ МИСТЕЦТВІ	
22.	Корольов О.О., Баранов А.М., Бричинський О.В.	109
	ПАНЦИРНІ ПОТЯГИ ГАЛИЦЬКОЇ АРМІЇ (1918-19 РР.)	
23.	Корольов О.О., Баранов Ю.М., Іванський В.М.	112
	ПАНЦИРНІ ЧАСТИНИ У ЛЮТОМУ – ЛИСТОПАДІ 1918 Р.	
24.	Литвин Н.М.	115
	КООПЕРАТИВНА ДІЯЛЬНІСТЬ В ОДЕСЬКОМУ ІНСТИТУТІ НАРОДНОГО ГОСПОДАРСТВА В 1920-Х РОКАХ	
25.	Стефанів В.В.	119
	МІЖЕТНІЧНА ГАРМОНІЯ НА УКРАЇНСЬКО-ПОЛЬСЬКОМУ ПРИКОРДОННІ: СОЦІАЛЬНИЙ КОНСТРУКТ ЯНА АНДРУШЕВСЬКОГО	
	JOURNALISM	
26.	Takhan S., Baigozhina D., Alimbekova D.	123
	THE IMAGE OF A POLITICIAN IN THE STRUCTURE OF MASS COMMUNICATION	
	JURISPRUDENCE	I
27.	Вереша Р.В.	128
	НЕОБАЧНІСТЬ ЯК ФАКТОР ЛЕГКОВАЖНОСТІ В ПРОЄКТІ КРИМІНАЛЬНОГО КОДЕКСУ УКРАЇНИ	
	MANAGEMENT, MARKETING	I
28.	Бабчинська О., Воловодюк А.	132
	ОСОБЛИВОСТІ ВИКОРИСТАННЯ СОЦІАЛЬНО- ПСИХОЛОГІЧНИХ АСПЕКТІВ В УПРАВЛІННІ ПЕРСОНАЛОМ	

MEDICINE		
29.	Drozd S.A., Koibichuk V.	135
	CONCEPTUAL ASPECTS OF THE STRUCTURAL AND FUNCTIONAL CONTENT OF THE HEALTH INDICATORS SYSTEM	
30.	Kolosovych I.	140
	PREVENTION OF GASTROINTESTINAL BLEEDING AS A CONSEQUENCE OF ENTERAL FEEDING AFTER SURGICAL TREATMENT OF COMPLICATED DUODENAL ULCER	
31.	Radchenko A.	142
	HEPATIC ENCEPHALOPATHY – TODAY'S PROBLEM	
32.	Кусовнік М.О., Кукса Н.В., Малярова Ю.М.	144
	СУЧАСНИЙ ПОГЛЯД НА РЕАБІЛІТАЦІЙНЕ ВТРУЧАННЯ ПРИ ЕНДОПРОТЕЗУВАННІ КУЛЬШОВОГО СУГЛОБА	
33.	Петренко С.О., Мкртчян С.С., Валентюк Н.О.	148
	СУСПЕНЗІЯ ЖИВОЇ ХЛОРЕЛИ: ПЕРСПЕКТИВИ ЕФЕКТИВНОГО ЗАСТОСУВАННЯ Й ВИКОРИСТАННЯ	
34.	Широков О.В., Томарева-Патлахова В.В., Тітов О.Г.	152
	ОРГАНІЗАЦІЙНІ ПІДХОДИ ДО ПСИХОЛОГІЧНОЇ ПІДТРИМКИ ТА РЕАБІЛІТАЦІЇ ВІЙСЬКОВОСЛУЖБОВЦІВ	
	PEDAGOGY	
35.	Kovalenko O., Zhygzhytova L.	155
	ACADEMY MOBILITY PROGRAM AS A WAY OF DEVELOPING INTERCULTURAL COMMUNICATION	
36.	Pylypenko-Fritsak N.	158
	THE FORMATION OF TOLERANCE AS A BASIC VALUE OF STUDENTS IN THE CONDITION OF INTERCULTURAL EDUCATION: THEORETICAL FRAMEWORK AND PRACTICAL IMPLEMENTATION	
37.	Tkachenko O.V., Fedotenkova N.M., Prylipka K.O.	162
	INTERDISCIPLINARY INTEGRATION BETWEEN PHYSIOLOGY, HYGIENE AND ECOLOGY AS ACADEMIC DISCIPLINES USED DURING THE EDUCATIVE PROCESS	

38.	Барбашова I.A.	166
	ОРГАНІЗАЦІЯ ЗАСВОЄННЯ МАЙБУТНІМИ ВЧИТЕЛЯМИ ПОЧАТКОВИХ КЛАСІВ ЕКОНОМІЧНИХ МЕХАНІЗМІВ РОЗВИТКУ СФЕРИ ОСВІТИ	
39.	Давиденко В.Б., Лапшин В.В.	173
	ОСОБЛИВОСТІ ВИКЛАДАННЯ ДИТЯЧОЇ ХІРУРГІЇ ВІТЧІЗНЯНИМ СТУДЕНТАМ У ВІЙСЬКОВИЙ ЧАС	
40.	Кокнова Т.А., Краснощоких А.Ю.	175
	ЗМІСТ ТА СТРУКТУРА АНГЛОМОВНИХ ФРАЗЕОЛОГІЧНИХ ОДИНИЦЬ У СУЧАСНІЙ ЛІНГВІСТИЦІ	
41.	Короткова Ю.М.	178
	ОРГАНІЗАЦІЯ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ТА ПЕРЕПІДГОТОВКИ ПОЛІЦЕЙСЬКИХ У ГРЕЦІЇ	
42.	Рысқұлбек А.Б., Нұрдәулетқызы Ұ.	180
	ОҚЫТУДЫҢ ИННОВАЦИЯЛЫҚ ӘДІСТЕРІНІҢ МЕКТЕП ОҚУШЫЛАРЫНЫҢ БИОЛОГИЯ ПӘНІНЕ ТАНЫМДЫҚ ҚАБІЛЕТІ МЕН ҚЫЗЫҒУШЫЛЫҒЫН АРТТЫРУДАҒЫ РӨЛІ	
43.	Середа І.В.	187
	ФОРМУВАННЯ ДЕОНТОЛОГІЧНОЇ КУЛЬТУРИ МАЙБУТНЬОГО СПЕЦІАЛЬНОГО ПЕДАГОГА	
44.	Сівак Ю., Добровольська Л.С.	190
	НОВИЙ ПІДХІД ДО ВИВЧЕННЯ АНГЛІЙСЬКОЇ МОВИ В УМОВАХ НОВОЇ УКРАЇНСЬКОЇ ШКОЛИ	
45.	Третяк О.М., Краля Х.В.	194
	ІНКЛЮЗІЯ В ОСВІТІ ЯК КЛЮЧОВА ПАРАДИГМА РОЗВИТКУ СУЧАСНОГО СУСПІЛЬСТВА	
46.	Шамардіна Г.М., Панченков Б.С.	201
	INTELLECTUAL DEVELOPMENT OF CHILDREN OF PRIMARY SCHOOL AGE	
47.	Шелестова Л.В.	204
	ОСОБЛИВОСТІ НАВЧАННЯ УЧНІВ ПОЧАТКОВОЇ ШКОЛИ В УМОВАХ ВІЙНИ	

PHARMACEUTICS		
48.	Khanina N., Kanin V., Georgiyants V.	209
	DETERMINATION OF FLAVONOIDS IN HERBAL PREPARATIONS	
	PHILOLOGY	
49.	Bohovych O.	213
	CONSIDERING THE PECULIARITIES OF THE STUDENTS' PERCEPTION IN THE PROCESS OF LEARNING A FOREIGN LANGUAGE	
50.	Prenko Y.O.	215
	THE ROLE OF LEARNING A FOREIGN LANGUAGE IN THE PROFESSIONAL ACTIVITY OF A FUTURE POLICE OFFICER	
51.	Литвинко О.А.	217
	ПРОБЛЕМА СИСТЕМНОСТІ ЛЕКСИКИ (НА МАТЕРІАЛІ СУЧАСНОЇ АНГЛІЙСЬКОЇ ТЕРМІНОЛОГІЧНОЇ ПІДСИСТЕМИ НАСОСОБУДУВАННЯ)	
52.	Шкіль К.	219
	ЛІТОТА ЯК ЕЛЕМЕНТ ФОРМУВАННЯ ІНДИВІДУАЛЬНО- АВТОРСЬКОГО СТИЛЮ (А. ФЕТА)	
	POLITICS	1
53.	Герасіна Л.М., Підкуркова І.В.	224
	КОНЦЕПТУАЛЬНІ МОДЕЛІ ГЕОПОЛІТИЧНОЇ КОНСТРУКЦІЇ СВІТУ, ЯК СИСТЕМНОЇ КОНФІГУРАЦІЇ	
	PSYCHOLOGY	1
54.	Лугова В.М., Луговий Б.В.	229
	ПРОКРАСТИНАЦІЯ ТА ШЛЯХИ ЇЇ ПОДОЛАННЯ	
55.	Туриніна О.Л., Дудко М.В.	233
	СЕКСУАЛЬНІСТ ЖІНКИ ЯК ФАКТОР ЇЇ САМОРЕАЛІЗАЦІЇ	
	TECHNICAL SCIENCES	.1
56.	Щербаков Д., Галясний І.В.	240
	АСПЕКТИ РОЗРОБКИ ФІРМОВИХ ПЕРШИХ СТРАВ УКРАЇНСЬКОЇ КУХНІ	

IMPLEMENTATION OF MODERN SCIENTIFIC OPINIONS IN PRACTICE

57.	Драган А.П., Стебелецька Н.М.	242
	МОДЕЛЮВАННЯ ТЕХНОЛОГІЧНОГО ПРОЦЕСУ	
	ВИГОТОВЛЕННЯ ГОФРОВАНИХ ГВИНТОВИХ ЕЛЕМЕНТІВ	
	СІЛЬСЬКОГОСПОДАРСЬКИХ МАШИН	
58.	Керімбек М., Умбетов А.	246
	ФИЗИКАЛЫҚ ЕСЕПТЕР НЕГІЗІНДЕ ОҚУШЫЛАРДЫҢ ҒЫЛЫМИ КӨЗҚАРАСЫН ҚАЛЫПТАСТЫРУ	
59.	Дубовкіна М.Ю.	251
	ОПТИМІЗАЦІЯ ВТРАТ ТЕПЛА ЧЕРЕЗ ВОГНЕТРИВНУ	
	КЛАДКУ АГРЕГАТІВ ПЕРІОДИЧНОЇ ДІЇ	
60.	Машихіна П.Б., Козачина В.В., Побєдьонний Р.П.	253
	ЧИСЕЛЬНІ МОДЕЛІ В ЗАДАЧАХ МАСОПЕРЕНОСУ	
61.	Стефанович І.С., Стефанович П.І., Красноус А.С.	255
	ЕВАКУАЦІЙНІ ЗАХОДИ ПІД ЧАС НАДЗВИЧАЙНИХ	
	СИТУАЦІЙ	
62.	Чирков А.О., Чирва М.В., Коваленко А.С.	262
	МОДЕЛЮВАННЯ СИСТЕМ ОЧИСТКИ СТІЧНИХ ВОД	
62	Hamming O. Domoniuk I. Wandanian A	264
63.	Haranina O., Romaniuk I., Vardanian A.	204
	THE DEVELOPMENT POTENTIAL OF RECYCLING OF	
	TEXTILE MATERIALS IN UKRAINE	

MEDICINE IMPLEMENTATION OF MODERN SCIENTIFIC OPINIONS IN PRACTICE

CONCEPTUAL ASPECTS OF THE STRUCTURAL AND FUNCTIONAL CONTENT OF THE HEALTH INDICATORS SYSTEM

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Introductions. The concepts most often associated with health are physical fitness and mental stability. Health is often identified as our combined physical and mental state. But health is much more than it seems at first glance.

Aim. Definition of health indicators that are part of the general economic category and affect the general health in society and at the state level.

Materials and methods. The methodology used in the development of the article is the analysis, synthesis and detailed description of health subcategories.

Results and discussion. Every component of health is equally important in the pursuit of a full life. When working with health, we need to rely on its generally accepted definition given to us by the WHO. Health, as defined by the World Health Organization, is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (Constitution of the WHO. 2006). The WHO definition of health introduces the concept of "well-being". It has both subjective and objective components. Based on the definition of health, this is a multifaceted category that includes an extremely large number of physical, social, medical, economic, mental indicators (Yelnikova, J., Kwilinski, A. 2020).

In the following, we will describe the attributes of some of the possible aspects. The physical aspect of health is the most decomposed part of the economic category, namely: self-assessment of general health; study of symptoms of malaise and risk factors; request for medication; activity level request; request for the use of medical services; clinical examination; assessment of nutrition and diet (Vasylieva, T., Kuzmenko, O., Rashid, M. N., Vojtovic, S., Kascha, M., & Lieonov, H. 2020).

Mental attributes of a mentally healthy person include the following set of presets: free from internal conflicts; well-adapted: knows how to get along well with others; accepts criticism and is not easy to upset; seeks identity; has a strong sense of self-worth; knows himself, his needs, problems and goals; has good self-control, balances rationality and emotionality; faces problems and tries to solve them wisely, that is, copes (Surmyak Yu., Kudrik L. 2012.).

Social health communication is based on "Positive material of the environment" and "Positive human environment", which is connected with the social network of the individual (Medani P. Bhandari 2019).

MEDICINE IMPLEMENTATION OF MODERN SCIENTIFIC OPINIONS IN PRACTICE

This spiritual dimension, apparently, cannot be specifically defined. It includes: honesty; principles of ethics; purpose of life, commitment to a higher being; belief in concepts that do not obey the "modern" explanation (Gallo, P., Mihalcova, B., Vegsoova, O., Dzurov-Vargova, T & Busova, N. 2019).

Professional the importance of this aspect is manifested when people suddenly lose their jobs or face the need to retire (Druzhynina, V., Likhonosova, G., & Lutsenko, G. 2018). For some this dimension may be just a source of income, but for others it can be a source of self-esteem and success (Alabdullah, T.T.Y., Asmar, M. 2022). Achieving goals and self-realization at work is a source satisfaction and increase of self-esteem (Kotenko, N., & Bohnhardt, V. 2021).

Manage your resources to live within your means, make sound financial decisions and invest, set realistic goals, and prepare for short- and long-term needs or emergencies. Awareness that each person's financial values, needs and circumstances are unique (Mohsen, Yo., Hussein, H.M., Mahrous, A.A. 2018).

Environmental health covers all different areas of the environment that affect the quality of your life and overall health (Minchenko, M., & Demchuk, K. 2021). These may include air quality, food sources / quality, water sources, exposure to chemicals and a cleaner lifestyle (Keliuotytė-Staniulėnienė, G., Daunaravičiūtė, K. 2021). Over the past few years, the beauty, food and lifestyle industries have been incredibly boosted to provide the general public with more environmentally conscious products (Njegovanović, A. (2020). And as more and more research emerges on how certain substances affect our integumentary, respiratory, endocrine, and reproductive systems, people are becoming more aware of what they are consuming (Kyslyy, V., Bondar, T., Kabluchko, Y., & Lieonov, H. 2021). Good environmental health means a deeper understanding of what you consume and use (Martins A. 2022).

Understanding how your social, natural and built environment affects your health and well-being Awareness of the volatile state of the Earth and the impact of your daily habits on the physical environment. Demonstration of devotion to a healthy planet (Singh, SN. 2019).

Concerns about money are one of the main causes of stress and illness. Your employees can reduce this stress by better understanding the role of money in their lives (Prokopenko, O., Shcherbachenko, V., & Kulibaba, V. (2020). Also by learning financial skills, more efficient use of personal resources and developing a plan for the future (Kyrychenko, K. I., Samusevych, Y. V., Liulova, L. Y., & Bagmet, K. 2018). Indeed, the good feelings that come with real financial prosperity can help you stay healthy (Gupta, A., Guha, M. 2018).

People need a goal in life. Depression and anxiety thrive when we lose our sense of purpose. Purposeful health looks like. When our work seems meaningless or when we lack a specific calling in our lives, feelings of futility and insecurity follow. But once the goal is found, everything else seems to fall into place. (Tovmasyan, G., Minasyan, D. 2020).

Nutritional health is maintained by balancing nutrient intake with your specific daily energy needs. It includes a sensible diet, portion control and a balanced diet. When I say "diet", I do not mean a specific type of diet (Atkins, Keto, Vegan, etc.), but

MEDICINE IMPLEMENTATION OF MODERN SCIENTIFIC OPINIONS IN PRACTICE

only a balanced daily intake of fruits, vegetables, carbohydrates, proteins and fats. Understanding what you eat, where it came from, and how it got on your plate are important things to keep in mind when it comes to healthy eating (Tenytska, T., Myroshnychenko, Iu., & Lomia, K. 2020).

Other dimensions include philosophical, cultural, socio-economic, educational, therapeutic and preventive (Antosova, I., Hazuchova, N., Stakova, J. 2019).

Conclusions. The paper describes in detail the aspects of health such as: physical, mental, social, professional, economic, environmental, spiritual, food.

These are the main aspects that can be identified among the many facets that can change health depending on the changes taking place in the world. Every change in the world has a tremendous effect on health. Understanding and tracking changes in key aspects will help people quickly find unwanted changes in life and work all available actions to return to normal (Hinrichs, G., Bundtzen, H. 2021).

Every dimension of health needs to be considered, as systematically ignoring one of the factors will negatively affect others over time, and ultimately affect health, well-being and quality of life.

However, they do not have to be equally balanced. Instead, we must strive for the "personal harmony" that is most authentic to us. We naturally have our own priorities, approaches and aspirations, including our own views on what it means to live fully.

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