

М.В. Носкова – кандидат психологических наук, доцент

О.Ю. Ольшванг - заведующий кафедрой, кандидат филологических наук, доцент

### **Information about the authors**

V.A. Denisova\* – student

M.V. Noskova – Candidate Sciences (Psychology), Associate Professor

O.Yu. Olshvang – head of department, Candidate of Science (Philology), Associate Professor

\*Автор, ответственный за переписку (Corresponding author):

catleo55555@gmail.com

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## **ЛИЧНАЯ ГИГИЕНА И ЕЁ СОБЛЮДЕНИЕ СРЕДИ СТУДЕНТОВ УГМУ**

Ахмед Мехти Оглы Джавадов, Духа Лайт, Ирина Вячеславовна Мунина

Кафедра иностранных языков и межкультурной коммуникации

ФБГОУ ВО «Уральский государственный медицинский университет»

Министерства здравоохранения РФ

Екатеринбург, Россия

### **Аннотация**

**Введение.** Мы живем в мире, где бактерий и микробов больше, чем людей. Безусловно, есть и полезные бактерии, но, к сожалению, вредоносных больше. И мы, как разумные люди, должны защищаться от них путём соблюдения правил личной гигиены. В статье рассмотрена проблема несоблюдения правил личной гигиены среди студентов УГМУ. Изучены уровень знаний студентов о гигиене и удовлетворенность студентов личной гигиеной и указаны пункты соблюдения правил личной гигиены. **Цель исследования** – определить какая часть студентов 1 курса лечебного факультета следит за своей гигиеной, имеют ли они такую возможность и степень их осведомленности о правилах личной гигиены. **Материал и методы.** Были использованы различные методы исследования, среди которых было: анкетирование студентов УГМУ, изучение статей и дополнительной литературы, а также анализ всей полученной информации. **Результаты.** По исследованиям было выявлено, что большая часть студентов следит и удовлетворены состоянием личной гигиены. Возможности и осведомленность имеются у большинства опрошенных студентов. **Выводы.** Большинство студентов УГМУ следят за своей гигиеной и полностью осведомлены о правилах личной гигиены. Студентам следует соблюдать правила личной гигиены, потому что это самый лучший способ сохранить себе здоровье и защитить себя от многих болезней.

**Ключевые слова:** личная гигиена, здоровье, чистота, бактерии.

## **PERSONAL HYGIENE AND ITS OBSERVANCE AMONG USMU STUDENTS**

Akhmed M. Dzhavadov, Dukha Light, Irina V. Munina

Department of Foreign Languages and Intercultural Communication

Ural state medical university  
Yekaterinburg, Russia

## **Abstract**

**Introduction.** In our world there are more bacteria and microbes than people. Of course, there are also beneficial bacteria, but unfortunately, there are more harmful ones. And we, as reasonable people, should protect ourselves from them by observing the rules of personal hygiene. The article considers the problem of non-compliance with the rules of personal hygiene among students of USMU. The level of students' knowledge about hygiene and students' satisfaction with personal hygiene were studied and the points of compliance with the rules of personal hygiene were indicated. **The purpose of the study** is to determine which part of the 1st year students of the Faculty of Medicine monitors their hygiene, whether they have such an opportunity and the degree of their awareness of the rules of personal hygiene. **Material and methods.** Various research methods were used, among which were: a survey of USMU students, the study of articles and additional literature, as well as the analysis of all the information received. **Results.** According to the study, it was revealed that the majority of students monitor the state of personal hygiene and are satisfied with it. Most of the students surveyed have the ability to comply with personal hygiene rules and awareness. **Conclusions.** Most USMU students monitor their hygiene and are fully aware of the rules of personal hygiene. Students should follow the rules of personal hygiene, because this is the best way to preserve their health and protect themselves from many diseases.

**Keywords:** personal hygiene, health. cleanliness, bacteria.

## **INTRODUCTION**

Personal hygiene means taking care of your body. This includes brushing your teeth daily, keeping your clothes clean, regular water treatments, and overall your cleanliness. We are surrounded by a lot of bacteria and viruses that your body has to deal with and fight them every day. The simplest methods of following the rules of personal hygiene will help you protect yourself from external pathogenic microorganisms. Personal hygiene is the key to good health.

**The purpose of the study** is to determine which part of the students monitors their hygiene, what they do for this, whether the situation allows them to fully take care of themselves (students living in a dormitory) and the degree of their awareness of the rules of personal hygiene.

## **MATERIAL AND METHODS**

Various research methods were used, among which were: a survey of USMU students, the study of articles and additional literature, as well as the analysis of all the information received.

## **RESULTS**

After conducting a survey among the 1st year students of the medical faculty of USMU (including foreign ones), it turned out that most of them (84%) are completely satisfied with their personal hygiene and only 16% are partially satisfied with hygiene, also 95% of students manage to fully monitor their hygiene and 74% are

fully aware of the rules of personal hygiene, 24% are partially aware, and only one of the participants is poorly informed about the rules of personal hygiene.

## **DISCUSSION**

**Washing hands.** We catch most infectious diseases when we eat food with unwashed hands that have germs on them. And infections are also picked up when people touch our food with dirty hands, for example, when cooking, the cook did not wash his hands. Hands are treated with antibacterial soap, or antiseptic. Dry our hands on a towel or under the dryer. Hands are washed:

- 1) Before and after visiting the restroom (toilet)
- 2) After contact with any animals
- 3) If you have been near someone who is sick. It is surrounded by a lot of bacteria
- 4) Before cooking or eating food [1].

While living in a dormitory, a student must necessarily follow basic hygiene tips in order to enjoy living in a dormitory as a student.

To ensure personal hygiene, it is necessary to maintain cleanliness. Cleanliness is an essential factor of health and avoiding diseases. Students learn general hygiene at home itself but once they start staying in a hostel, cleanliness becomes mandatory to follow. Among many other students, their habits, as well as due to lack of opportunity, it is very difficult to constantly maintain public hygiene, and even more so personal. Now let us consider various ways to stay clean in the hostel [2].

**Bad breath.** It is necessary to brush your teeth daily with a toothbrush and use dental floss. Bad breath may indicate an infectious disease of the oral cavity, most likely gum or dental diseases. Also, bad breath may appear due to some foods, such as onions. Mouthwash and flavored chewing gum can temporarily eliminate bad breath, but there are problems with oral health, you need to see a dentist [3].

**Washing clothes regularly.** Cleanliness arises from maintaining personal hygiene. Washing clothes regularly keeps germs at bay and keeps your body healthy and fresh. Bed sheets, pillow covers, socks, tee shirts or tops must be cleaned regularly.

All food must be stored in a container or in a bag. It is necessary to ensure that leftovers are not scattered around the room, because this can lead to the spread of flies and, accordingly, numerous diseases caused by them.

Before you start cleaning, you can put yourself in order. Take a shower everyday, wash your hands before and after meals to get rid of germs and dirt from your body. The purity and beauty of a person gives him self-confidence.

**Cleanliness in the room.** After you have cleaned yourself up, you must keep your surroundings clean as well. It is necessary to start at least by removing dust in your room, put things in order, and it will be more pleasant for you to be in the room yourself.

**Use trash cans.** They are usually located outside or inside a dorm room. It is necessary to immediately throw out excess garbage in the trash, and not to accumulate it on the table or on the bed. This will make your room more spacious!

**Disposable dishes** can be used if the student does not have time to wash the dishes (for example, before preparing for an exam) and dispose of the dishes

immediately after use. In addition, the student must have both dry and wet wipes in the room to wash his face, hands and remove dirt from any surface.

## **CONCLUSIONS**

Personal hygiene regime:

1. It is necessary to regularly observe at least the minimum rules of personal hygiene. Over time, you will get used to it, and it will become a part of your life.

2. As an incentive, you can reward yourself and your loved ones for following the rules of personal hygiene. For children, this is the best method.

3. Do not skimp on your health, buy quality food, not a cheap copy. It will bring you great benefits.

4. Set a reminder on your phone, this will help you never forget about your hygiene and how important it is primarily for yourself [4].

Following the rules of personal hygiene should be an integral part of our life, because the simplest methods of personal hygiene will warn you against various types of infectious diseases, as well as strengthen your self-esteem. Because a neat appearance greatly affects social life and is an indicator of our social status. These tips will help you to follow a personal hygiene regime and strengthen your health.

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## **Сведения об авторах**

А.М.Джавадов\* – студент

Духа Лайт – студент

И.В. Мунина – ассистент кафедры

## **Information about the authors**

A.M. Dzhavadov\* – student

Dukha Light – student

I.V. Munina – department assistant

**\*Автор, ответственный за переписку (Corresponding author):**

axmed.dzhavadov@bk.ru

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**ГИГИЕНА СНА И ЕЁ СОБЛЮДЕНИЕ СРЕДИ СТУДЕНТОВ УГМУ**

Данила Андреевич Кутьков, Ирина Вячеславовна Мунина

Кафедра иностранных языков и межкультурной коммуникации

ФГБОУ ВО «Уральский государственный медицинский университет»

Министерства здравоохранения РФ