

1. Based on the research, we have ascertained that school anxiety depends on learning motivation and vice versa.

2. The lower the learning motivation, the worse the academic performance and consequently the anxiety increases, as low motivation is followed by pressure from parents and teachers, constant stress and emerging graduation fears.

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**ГИГИЕНА ЖИЛЫХ И ОБЩЕСТВЕННЫХ ЗДАНИЙ**

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### **Аннотация**

**Введение.** Большинство студентов проживают в неблагоприятных условиях. Это приводит к ухудшению состояния здоровья на уровне демографических показателей и распространению среди студентов ряда инфекционных и неинфекционных заболеваний. **Цель исследования** – изучить благоприятность жилых и общественных зданий. **Материал и методы.** Осуществлен обзор специальной литературы, а также был проведен анонимный опрос студентов по исследованию этой проблемы и нахождения путей ее решения. **Результаты.**

Большее половины опрошенных имеют проблемы с гигиеной жилищных условий. **Выводы.** Студентам необходимо тщательно подбирать место проживания. А застройщикам следует соблюдать гигиенические нормы и санитарные требования к выбору территории под населенные пункты и организации.

**Ключевые слова:** здоровье, гигиенические нормы, жилищные условия.

## **HYGIENE OF RESIDENTIAL AND PUBLIC BUILDINGS**

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### **Abstract**

**Introduction.** Most students live in unfavorable conditions. This leads to a deterioration in the state of health at the level of demographic indicators and the spread of a number of infectious and non-communicable diseases among students.

**The purpose of the study** is to study the favorableness of residential and public buildings. **Material and methods.** A review of special literature was carried out, and an anonymous survey of students was conducted to study this problem and find ways to solve it. **Results.** More than half of the respondents have problems with hygiene of living conditions. **Conclusions.** Students need to carefully select the place of residence. And developers should comply with hygiene standards and sanitary requirements for the choice of territory for settlements and organizations.

**Keywords:** health, hygiene standards, living conditions.

### **INTRODUCTION**

People build dwellings to protect themselves from the effects of adverse climatic factors, as well as to create optimal conditions for work and leisure. A person spends a significant part of his life in a home, so his role in influencing the health, emotional state and performance of a person is extremely large. [1] The problem of housing hygiene has increased with the increase in the urban population, which is why new settlements began to be built with non-compliance with hygiene and sanitary requirements. The hygienic characteristics of the environment in cities are not fully included in the documents regulating the formation of the urban environment. Most students choose housing closer to the educational institution where they study, regardless of the quality and sanitation of the premises. This increases the risk of the spread of communicable and non-communicable diseases. [2]

**The purpose of the study** is to study the favorableness of residential and public buildings.

### **MATERIAL AND METHODS**

A review of the specialized literature was carried out. Which further prompted a survey among students regarding the favorableness of their living conditions. As part of the work, a written survey was conducted on the hygiene of residential and public buildings among 50 students. The survey revealed that the majority of students have problems with hygiene and sanitary standards of housing.

## **RESULTS**

From the article "Problems of the Living Environment" we found out the main reasons for the unfavorable hygiene of housing conditions and the impact of these problems on human health. What prompted the creation of a survey among students in order to analyze the percentage of people dissatisfied with the quality of living space.[3]

As a result of the survey, about 64% (32 people) of the respondents complain about the lack of heat at high heating costs, which affects their moral and physical health; excessive humidity is not a frequent problem, in 28% (14 people), but it is the cause of the development of various fungi, which significantly worsen further living; lack of light (10 people, accounting for 20%); poor soundproofing is a common problem in public buildings (26 people, representing 52%); poor water treatment and poor-quality wastewater disposal is a large-scale problem that significantly worsens the quality of life, about 26% (13 people) are at risk of spreading infectious or non-communicable diseases.

## **DISCUSSION**

The materials presented in these articles by Russian authors and the survey data of students confirm the fact that most of them (39 people, which is 78%) prefer the proximity of housing to the convenience of living. Because of this, students are more susceptible to the spread of various infectious or non-communicable diseases. Which significantly affects performance and further life.

The articles described the formation of conditions for the development of a number of diseases, in other words, their significance lies in the fact that, not being the cause of the disease, they are capable of causing pre-pathological non-specific changes in the body. In real conditions, this is manifested in an increase in the general morbidity of the population under the influence of, for example, unfavorable housing factors. [3]

## **CONCLUSIONS**

In Conclusions, we can say that students do not approach the choice of housing in an organized manner, which is why various health problems appear.

To create reliable information characterizing the quality and comfort of living conditions, it is necessary to develop a methodology that allows a quantitative assessment of its compliance with the current sanitary legislation. [3]

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## ИНДУСТРИЯ МОДЫ: ПРОБЛЕМА ПРОИЗВОДСТВА И ПОТРЕБЛЕНИЯ ОДЕЖДЫ

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### Аннотация

**Введение.** Освещаются негативные последствия производства и потребления одежды и исследуются способы их устранения. **Цель исследования** – определить возможные решения биоэтической проблемы чрезмерного производства и потребления одежды в экологическом, психологическом и социальном аспектах. **Материал и методы.** Проведен обзор существующей литературы и данных об экологическом, психологическом и социальном воздействии одежды с использованием качественных и количественных методов. Организован опрос иностранных студентов Уральского государственного медицинского университета. **Результаты.** Производство и утилизация одежды оказывают значительное негативное воздействие на окружающую среду, психологическое благополучие и социальное равенство. **Выводы.** В статье подчеркивается вредное воздействие одежды на окружающую среду и общество и рекомендуется продвигать этические принципы индустрии моды.

**Ключевые слова:** биоэтика, экология, одежда, загрязнение окружающей среды, общество потребления.

## FASHION INDUSTRY: THE PROBLEM OF PRODUCTION AND CONSUMPTION OF CLOTHING

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### Abstract

**Introduction.** Highlights the negative impacts of clothing production and consumption and explores ways to address them. **The purpose of the study** is to identify ways to solve the bioethical problem of excessive production and consumption of clothing in environmental, psychological, and social aspects.