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Сведения об авторах

А.И. Асабина* – студент стоматологического факультета

А.Д. Фетисова – студент стоматологического факультета

И.В. Мунина – ассистент кафедры

Information about the authors

A.I. Asabina* – Student

A.D. Fetisova – Student

I.V. Munina – Department assistant

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

asabina_valeria_17@mail.ru

УДК: 618.177

ИССЛЕДОВАНИЕ ВОПРОСА СОХРАНЕНИЯ РЕПРОДУКТИВНОГО ЗДОРОВЬЯ МОЛОДЫХ ЛЮДЕЙ

Ахметшина Ильмира Фаиловна, Пенькова Елена Анатольевна, Волгина Ирина

Владимировна

Кафедра иностранных языков и межкультурной коммуникации

ФГБОУ ВО «Уральский государственный медицинский университет» Минздрава России,

Екатеринбург, Россия

Аннотация

Введение. Актуальность темы исследования обусловлена необходимостью формирования у молодёжи потребности в сохранении своего репродуктивного здоровья, что связано с недостаточным осознанием важности репродуктивной деятельности в жизни человека, значительным ухудшением репродуктивного здоровья молодёжи, и, как следствие, снижением рождаемости и увеличением количества людей с диагнозом бесплодие.

Цель исследования – определить уровень знаний студентов Уральского государственного медицинского университета по вопросу сохранения репродуктивного здоровья и актуальности уроков полового воспитания.

Материал и методы. Было проведено анонимное анкетирование 214 студентов первого курса Уральского государственного медицинского университета. Основным методом исследования стало анонимное анкетирование.

Результаты. Данные опроса выявили недостаточный уровень знаний студентов о сохранении репродуктивного здоровья и необходимость проведения мероприятий по половому воспитанию молодых людей.

Выводы. Предложены рекомендации по сохранению репродуктивного здоровья, которые могут стать частью методических материалов по половому воспитанию молодых людей.

Ключевые слова: репродуктивное здоровье, молодые люди, половое воспитание.

RESEARCH INTO THE ISSUE OF PRESERVING THE REPRODUCTIVE HEALTH OF YOUNG PEOPLE

Akhmetshina Ilmira Failovna, Penkova Elena Anatoljevna, Volgina Irina Vladimirovna

Department of Foreign Languages and Intercultural Communication

Ural State Medical University

Yekaterinburg, Russia

Abstract

Introduction. The relevance of the study is due to the need to preserve the reproductive health of young people. There is insufficient awareness on importance of reproductive activity in human life, a significant deterioration in the reproductive health of young people, and as a result, a decrease in the birth rate and an increase in the population diagnosed with infertility. **The aim of study** is to determine the level of knowledge of young people on the problem of preserving reproductive health and relevance of sex education lessons. **Material and methods.** An anonymous survey of 214 first-year students of Ural state medical University was conducted to achieve the aim of the study. **Results.** Survey data revealed an insufficient level of knowledge of students and proved the need for activities on sex education for young people. **Conclusion.** Recommendations were proposed to preservation of reproductive health as an integral part of methodological material for sex education of young people.

Keywords: reproductive health, young people, sex education.

INTRODUCTION

Currently, one of the urgent problems in the world is the deterioration of the reproductive health of young people. Reproductive health is the main component of human health in general. The protection of the reproductive health of the younger generation is in the focus of attention of scientists around the world. Maintaining health at this age is considered a promising contribution to the reproductive, intellectual, economic and social reserve of society. Life plans depend on the state of health in adolescence, including professional orientation, the desire for social development, the creation of a family, the birth of full-fledged offspring. The main direction in modern conditions should be the formation of the need to preserve the reproductive health of the younger generation. Unfortunately, the reproductive potential of Russian youth is currently declining.

The situation in Russia is characterized by a lack of information among the population, including young people, about what reproductive health is, how to preserve it, what consequences there may be from leading an unhealthy lifestyle and how this may affect family planning [1]. This is due to the lack of information and educational work with young people, qualified specialists organizing various forms of work. Thus, the problem lies in insufficient awareness of the importance of reproductive activity in human life, in a significant deterioration in the reproductive health of young people and, as a result, a decrease in fertility and an increase in the population diagnosed with infertility. It is necessary to maintain health not only in adolescence and young age, but also in prenatal and infancy. This is not accidental, since young people under 25 make up half of the world's population [2]. The events that determine the beginning of reproductive life and the age at which they occur are important factors that have a pronounced impact on a person's future life. The importance of an integrated approach to solving the problems of adolescent reproductive health protection and their sex education is quite obvious. The interdisciplinary research should become the basis for the creation of modern effective programs to improve the system for the prevention and reserving of reproductive disorders caused in the student population and will help improve reproductive health of young people [3].

The aim of the study is to determine the level of knowledge of young people on the problem of preserving reproductive health and relevance of sex education lessons.

A hypothesis was put forward. Russian youth and adolescents, due to their age characteristics, do not sufficiently consider the consequences of bad habits affecting their reproductive health, and also have an insufficient level of knowledge about the main forms and methods of preserving reproductive health.

MATERIAL AND METHODS

The study involved 214 first-year students of Ural state medical University. An anonymous questionnaire consisting of 25 questions was offered to their attention to answer in any form or to choose one or more answers from the proposed ones. Basic research method was anonymous survey.

RESULTS

The studied group included girls (78%) and boys (22%) (214 people), aged 17-28 years. 70.6% were individuals aged 17-18 years; between the ages of 19-20 years were 15.4%; between the ages of 21 and 28 made up the remaining 14%.

During the anonymous survey the 25 questions were asked in order:

- 1) to identify the level of awareness among students about the concept of reproductive health of young people,
- 2) to find out what factors affect reproductive health of young people,
- 3) to clarify students' awareness of sexually transmitted infections and their impact on reproductive health of young people,
- 4) to determine the level of awareness about contraceptive methods and the consequences of promiscuous and unprotected sexual intercourse,
- 5) to find out what forms and types of work on familiarization with the culture of reproductive health should be introduced into educational activities.

The survey revealed that 79% of respondents are familiar with the term reproductive health, 16.4% roughly understand the meaning of the term, and 4.6% have never heard or do not know about

the existence of the term reproductive health. When asked about their attitude to their reproductive health, some respondents - 34.6% - answered that they have checkup at specialists once a year, 32.7% turn to a specialist if there are complaints, 21.5% do not see the specialists, 8.9% undergo examination every six months and 2.3% undergo examination every two years. When asked about the level of awareness about the reproductive health of young people in our time, 40.2% believe that they are insufficiently informed, 29.9% believe that they are not informed at all, 16.8% have not thought about this issue and 13.1% believe that they are sufficiently informed. 55.1% are confident in their own awareness of reproductive health, 15.4% have not thought about this issue, 17.3% consider themselves insufficiently informed, and 12.1% do not know in principle whether they are informed or not in this area. In the question of awareness about the structure and functioning of the reproductive systems of the body, 71.5% consider themselves sufficiently informed, 14% are insufficiently informed, 9.8% are not informed and 4.7% do not know the answer to this question.

The majority of students 61.7% did not study issues related to sexual relations and reproductive health at school (methods of contraception, issues of pregnancy, the spread of STIs), 38.3% got acquainted with these issues at school.

Respondents were asked the question "What of the above parents ever talked to you about" with a multiple choice of answers. 58.4% touched on the topic of the future family in conversations with parents, 10.7% discussed the topic of abstinence from sexual contact with a partner before marriage, the issues of pregnancy were analyzed together with parents 38.3%, the topic of infections, 41.6% discussed sexually transmitted diseases, 46.3% discussed contraception, and 50% discussed relationships with the opposite sex. Some respondents answered that so they know everything and do not need additional discussions 22.4% and 19.2% have never touched on these topics with their parents.

DISCUSSION

A review of the literature on the research topic showed that the past 5 years in Russia, children under the age of 14 have become ill 12.5% more often, 15% of conscripts are not fit for military service for health reasons, many adolescents have serious chronic diseases with complications when entering sexual life, 20% of adolescents need treatment or constant follow up of the reproductive sphere [4]. The foundations of sex education should be laid from an early age and taught throughout the adulthood of a young man or girl, but unfortunately, sex education is the least disclosed and least studied issue in pedagogy and psychology. In the transition age, adolescents do not think and have insufficient ideas about sex education and about their reproductive health as a result of insufficient discussion of important topics with their parents [5].

The results of the study showed that, in the modern world, young people (medical students) do not have enough knowledge about reproductive health and ways to protect it.

To increase the level and quality of knowledge about preserving reproductive health and responsible reproductive behavior, information work is needed that contributes to the formation of reproductive culture of students.

CONCLUSION

The aim of the study was achieved. The study allowed us to determine the insufficient level of knowledge of students of the Ural State University on the issue of preserving reproductive health. To raise the level, activities(lessons) on sexual education of young people are needed.

Based on the research, some recommendations were proposed for the preservation of reproductive health:

- to avoid prolonged exposure to the cold if you are too lightly dressed,
- to actively engage in the prevention and treatment of sexually transmitted diseases,
- adequate treatment of all sexually transmitted infections,
- to lead a healthy lifestyle,
- to raise awareness of young people on problems related to reproductive health disorders,
- to strictly observe the rules of personal hygiene,
- to introduce cycles of educational programs aimed at students' acquisition of knowledge and skills to preserve and strengthen health, to form a health culture.

These recommendations are not innovative, but they remind young people of need to maintain reproductive health and can become part of sex education materials.

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Сведения об авторах

И.Ф. Ахметшина* – студент
Е.А. Пенькова – старший преподаватель
И.В. Волгина – старший преподаватель

Information about the authors

I.F. Ahmetshina* – Student
E.A. Penkova – Senior Lecturer
I.V. Volgina – Senior Lecturer

*Автор, ответственный за переписку (Corresponding author):

ilmiraekbahlm@yandex.ru

УДК: 616.71-008.1

РАСПРОСТРАНЕННОСТЬ ДЕФИЦИТА ВИТАМИНА D У СТУДЕНТОВ

Барышева Анастасия Владиславовна, Тимеева Лидия Владимировна, Мусина Олеся Ракибовна

Кафедра иностранных языков и межкультурной коммуникации

ФГБОУ ВО «Уральский государственный медицинский университет» Минздрава России

Екатеринбург, Россия

Аннотация

Введение. Витамин D, по-другому – кальциферол, регулирует обмен веществ. Дефицит витамина D приводит к вымыванию кальция и фосфора из костей. В детском возрасте на фоне дефицита витамина D развивается рахит, во взрослом – размягчение костной ткани (остеомалация) и разрежение костной ткани (остеопороз). **Цель исследования** – изучить распространенность дефицита витамина D на основании показателей распространенности рахита и остеомалации. Провести анализ частоты встречаемости данной проблемы на исследуемых группах. **Материал и методы.** Материалом исследования послужили студенты Российских университетов. Методы исследования – сбор статистических данных и статистическая обработка результатов. **Результаты.** Большая часть пациентов имеет здоровые показатели, но у некоторых наблюдаются патологии. **Выводы.** Результаты дают понять об актуальности дефицита витамина D среди населения.

Ключевые слова: витамин D, обмен веществ, рахит, остеомалация.

PREVALENCE OF VITAMIN D DEFICIENCY IN STUDENTS

Barysheva Anastasia Vladislavovna, Timeeva Lidia Vladimirovna, Musina Olesya Rakibovna

Department of Foreign Languages and Intercultural Communication

Ural State Medical University

Yekaterinburg, Russia

Abstract

Introduction. Vitamin D, also known as calciferol, regulates metabolism. Vitamin D deficiency leads to leaching of calcium and phosphorus from bones. In childhood, rickets develops due to vitamin D deficiency; in adults, softening of bone tissue (osteomalacia) and thinning of bone tissue (osteoporosis) develop. **The aim of the study is** to study the prevalence of vitamin D deficiency based on the prevalence rates of rickets and osteomalacia. Conduct an analysis of the frequency of occurrence of this problem in certain groups. **Material and methods.** The research material was students of Russian universities. Research methods – collection of statistical data and statistical processing of results. **Results.** Most patients have healthy indicators, but some have pathologies. **Conclusion.** The results highlight the relevance of vitamin D deficiency among the population.

Keywords: vitamin D, metabolism, rickets, osteomalacia.