

**Koltysheva L.A., Samoiloa T.P.
HARMEUL HABITS. SMOKING**

Department of foreign languages
Ural state medical university
Yekaterinburg, Russian Federation

E-mail: koltyshevalara@gmail.com

Annotation. The article deals one of the most harmful habits of a person – smoking. The questions of the reasons for the formation of this dependence are considered. And also why this is one of the most severe forms of dependence has become socially acceptable. We study the factors that influence the formation of this habit.

Key words: smoking, pupils, harmful habits, tobacco, health.

Introduction

Each person probably has a harmful habit, but many people are don't think about how destructive their habits are to health. A habit is an action, the constant realization of which has become a necessity for a person and without which he can live no longer. Pernicious habits are habits that damage a person's health and prevent from achieving his/her goals and using its abilities throughout his life. In modern medicine it is customary to distinguish such pernicious habits as: smoking, drug addiction, alcoholism, game addiction, shopaholic, Internet and TV dependence, overeating, habit of poking skin or nail biting, flipping joints. Many habits are formed in humans gradually. It may seem that if it does not harm me, it means safe.[3]

In my speech I want to tell about the effect on the human body of nicotine.

The aim of the research – to identify the state of the problem at this time in school, the study of theoretical aspects, the nature of harmful habits of young people, their impact on the health of pupils.

Materials and research methods

Tobacco smoking is a type of domestic addiction, the essence of which is to inhale the smoke of herbal products containing in its composition nicotine, which quickly gets from the respiratory organs into the blood and is spread throughout body, including the brain.

Smoking Tobacco (nicotinism) - a harmful habit, which is to inhale the smoke of the burning tobacco. It can be said that this is one form of toxic substance abuse. Smoking has a negative impact on the health of smokers and people around them.

The active start of tobacco smoke is nicotine, which almost instantaneously gets into the bloodstream through the alveoli lungs. In addition to nicotine, tobacco smoke contains a large number of products of combustion of tobacco leaves and substances used in technological processing, they also have a harmful effect on the human organism.

According to pharmacologists, tobacco smoke, in addition to nicotine, contains carbon monoxide, Piridine bases, hydrosulphuric acid, hydrogen sulfide, carbon dioxide, ammonia, essential oils and concentrate from liquid and solid combustion products and dry distillation of tobacco, called Tobacco tar. The latter contains about a hundred chemical compounds of substances, including radioactive isotope potassium, arsenic and a number of aromatic polycyclic hydrocarbons-carcinogens.[1]

It is noted that tobacco is harmful to the human organism, and primarily to the nervous system, first exciting, and then oppressing it. Memory and attention weaken, working efficiency decreases.

Initially, tobacco smoke gets in touch with the mouth and the nasopharynx. The temperature of smoke in the oral cavity is about 50-60°C. To inject smoke from the mouth and nose into the lungs, the smoker inhales a portion of air. The temperature of the air entering the mouth is about 40° below the smoke temperature. Temperature differences cause over time microscopic cracks of the teeth enamel. The teeth of smokers begin to decay earlier than in non-smokers.

The enamel degradation contributes to the deposition of tobacco tur on the surface of teeth, why the teeth get yellowish color, and the oral cavity produces a peculiar odor.

Tobacco smoke irritates the salivary glands. A part of the saliva the smoker swallows. The poisonous substances of smoke, dissolving in the saliva, act on the mucous membrane of the stomach that can lead to a stomach ulcer and a 12-gut intestine.

Constant smoking is usually accompanied by bronchitis (inflammation of the bronchial tubes with the primary lesion of their mucous membrane). Chronic irritation of the tobacco smoke of vocal cords affects the timbre of the voice. It loses the ringing and purity, which is especially noticeable in girls and women.[5]

As a result of smoke in the lungs blood in alveolar capillaries, instead of being enriched with oxygen, is saturated with carbon monoxide, which, connecting with hemoglobin, eliminates a part of hemoglobin from the normal breathing process

The oxygen starvation comes. This is why the cardiac muscle suffers from this. The sinic acid chronically poisons the nervous system.

Ammonia irritates mucous membranes, reduces lung resistance to various infectious diseases, in particular to TB.[3]

But the main negative effect on the human body when smoking is nicotine. Nicotine is a strong poison.

Among the high school students I conducted sociological research, these were obtained results:

Total number of interviewed is 154 people

8th grade-56, 9th grade – 58, 10th grade-20, 11th grade – 20.

1 Question: Do you smoke?

Yes - 50, No - 104.

2 Question: How long have you been smoking?

Several years - 5, More than a year - 17, Less than a year – 28.

3 Question: Do parents know?

Yes – 2, No - 48.

4 Question – Why did you start smoking?

Curiosity, Smoked Friends, Couldn't say no, It's fashionable, I don't know.

5 Question: Do you know about harm of smoking?

Yes – 154.

Research results and discussion

Deadly dose of nicotine for a person is 1 mg per 1 kg of body weight, ie, about 50-70 mg for a teenager. Death can occur if a teenager immediately smokes half a pack of cigarettes. According to WHO, every year around the world, 5 Million people are of tobacco-related illnesses.

Smoker – man loses on average 6.7 years of life and a woman - 5.3 years.

It should be noted that, according to health professionals, addiction to tobacco smoking is akin to drug addiction: people smoke not because they want to smoke, but because they can not quit this habit.

Socio-pedagogical prerequisites for getting involved in harmful habits.

The beginning of the addiction to harmful habits, as a rule, refers to the teenage age. The following groups of the main reasons of youth's socialization into harmful habits can be singled out:

Lack of internal discipline and sense of responsibility. Because of this, young people often conflict with those on whom they depend. But at the same time they have quite high demands, although they are not able to satisfy them, because they do not have the appropriate training, social or financial opportunities. In this case the harmful habit becomes a kind of rebellion, protest against the values professing by adults or society.[4]

Lack of motivation, clearly defined life goal. Therefore, such people live the life for a day, momentary pleasures and do not care about their future, do not think about the consequences of their unhealthy behavior.

The feeling of dissatisfaction, unhappiness, anxiety and boredom. This especially affects people with low self-esteem, whose life seems to them unenlightened people around seem indifferent and they don't understand them, it is difficult to enter into close relationships with parents, teachers, classmates. These people easily fall under bad influence.

Therefore, if there are harmful substances among the peers, they are easier to push ("Try it, and ignore the fact that it is bad"). Sensing under the influence of these substances libe and lightness, they try to expand the circle of acquaintances and increase their popularity.

Experimentation. When a person hears from others about pleasant sensations from the use of harmful substances, he, although he knows about their harmful effects on the human organism, wants to experience these sensations. Fortunately, most experimenting with this stage of familiarity with harmful substances are limited. But if any of the mentioned provoking reasons are peculiar to the person, then this stage will become the first step to the formation of bad habits.

The desire to get away from problems is probably the main reason for the use of harmful substances by teenagers. The fact that all harmful substances cause braking in Central nervous system results in a person's "Shuts down" and how he would go away from its problems. But this is not a way out of this situation — problems are not solved, but are aggravated, and time goes away.

It is necessary to note once again special danger of action of harmful substances on teenagers. It is connected not only with the processes of growth and development, but first of all with very high content of sex hormones in their organism. Just the interaction of these hormones with harmful substances and makes the teenager extremely sensitive to their action. For example, it takes 2 years for an adult to go from a beginner to a complete alcoholic, but for a teenager it takes 3 to 6 months. Of course, for a 14-15-year-old schoolboy, who is preparing to enter youthful age, this consequence of the use of harmful substances is particularly dangerous.

From what has been said it makes clear the crucial importance of the work on the prevention of bad habits in children and teenagers. It proves to be effective if there are following conditions:

- * It is necessary to educate and form healthy life needs, to create socially significant motivation of behavior;

- * Children and parents should be provided with objective information about harmful habits, their impact on humans and the consequences of their use;

- * Appropriate information should be implemented taking into account the age and individual characteristics of the child;

- * Children's understanding of the essence of bad habits should go in parallel with the formation of stable negative personal attitude to psychoactive substances and interpersonal skills with peers and adults, the ability to cope with conflicts, to manage emotions and feelings;

- * Students should gain experience in solving their problems without the help of psychoactive substances, learn to deal with interests of relatives and friends;

- * Students should have skills of a healthy lifestyle;

- * Influence the level of children's claims and self-esteem;

- * In the fight against harmful habits the child, parents, teachers must be united: to help the child to give up (or want to give up) from harmful habits himself/herself.

1.3 billion nicotine-dependent people live on Earth now. The number of them is growing all the time. Globally, 31% of men and 10% of women smoke in the world. Over the last fifty years, the number of tobacco lovers around the world has doubled.[2]

Conclusion:

The most frequent reasons for development of pernicious habits are:

- social cohesion- if in the social group to which the person belongs to is considered to be the norm of this or that model of behavior, for example, smoking, then most likely he will also follow it to prove his belonging to this group, hence there is a fashion for pernicious habits;

- indisposition in life and alienation;

-pleasure is one of the main reasons why the influence of bad habits is so great, it is the constant pleasure that leads to the fact that people become alcoholics or drug addicts;

-idleness, inability to use leisure time properly;

-curiosity

-stress avoiding.

Absolutely pernicious habits have a direct or indirect effect on human health. Fans of nail biting can become infected with parasites, fans of computer games often suffer from diseases of the eyes and spine.

However, the most severe consequences are the habit of using drugs, nicotine and alcohol, which quickly grow into addiction and can lead to the development of a number of complications, even to death.

I believe that all residents of our country are interested in reducing the number of smokers and the formation of the majority of citizens is the need for a healthy lifestyle.

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**Mukhitdinov A.A., Olshvang. O. Y.
ANIMAL THERAPY: HEALING OR MYTH?**

Department of foreign languages
Ural state medical university
Yekaterinburg, the Russian Federation

E-mail: crazyalex9782@gmail.com

Annotation: The article analyses the influence of animals on the physical and psychological health of a person. Positive bioenergetic relationship of domestic animals with people disabilities is shown in this report.

Key words: animal therapy, bioenergy, disadaptation, communicative field, canis therapy.

Introduction