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THE COMPARATIVE CHARACTERISTIC OF LIFESTYLE OF SENIOR PUPILS STUDYING IN BOARDING SCHOOLS

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Introduction. All over the world, the child is one of the most important priorities of the state, because the child is the future of this state. Educational and upbringing conditions play a major role in forming the health of school-age children and adolescents, especially children with disabilities, along with social factors. Studying the living conditions of organized children's collectives is very important for substantiating preventive measures and promoting the health of the rising generation.

Materials and methods. There were investigated conditions of life activity of senior pupils of 9-11 form, who were studying at specialized educational institutions: boarding schools for children with pathology of sensory system in Kharkiv. Four groups were under study: deaf teenagers, hard of hearing teens, blind and visually impaired pupils. It was used questionnaire "Way of life". For teenagers with vision problems we used special modification of the questionnaire involved the translation of the test material into an auditory modality.

Results. Life activity of pupils of special educational institutions for children with the defects of the sensory system, overcomes under the conditions of a good psychological microclimate, the evaluation of which is significantly higher in the groups of deaf and hard of hearing students (100% and 93.75%, accordingly), and quite high in the groups of the blind and visually impaired ($82.35 \pm 5.33\%$ and $84.12 \pm 5.44\%$, accordingly) compared to their healthy peers. Concerning motor activity, all groups of students in specialized schools showed a high enough level of this sign. It was found that $56.86 \pm 6.90\%$ of the blind students, $68.44 \pm 6.92\%$

of the visually impaired, $66.65 \pm 7.90\%$ of the deaf and $68.75 \pm 6.92\%$ of the hard of hearing students evaluated their own motor activity as optimal. However, compared to the control group, this indicator was significantly lower ($p < 0.01$).

The rational mode of the day was also observed by the majority of teens, showing results with mark "optimal" - $81.44 \pm 6.75\%$ of the deaf and $74.50 \pm 6.92\%$ of the hearing impaired. Most students with vision pathology gave an optimal assessment of their nutrition - $93.94 \pm 9.96\%$ of the blind and $68.75 \pm 7.30\%$ of the visually impaired. Also majority of students rated their personal hygiene compliance at the optimum level.

Conclusion. Thus, high school students with sensory system defects are characterized mainly by satisfactory fulfillment of the requirements of a rational regime of the day, good nutrition, good personal hygiene skills and observance of the rules of a healthy lifestyle. In general, the conditions of the students' life in specialized boarding schools for children with sensory system deficiencies are hygienic, have no negative impact on the health of children and adolescents and are aimed at improving health. All this ensures the proper organization of life of teens with disabilities from the point of view of maintaining their health and successful rehabilitation.