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HYPOKINESIA IN MEDICAL UNIVERSITY STUDENTS DURING THE WAR AND METHODS OF CONDITION CORRECTION

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Limitation of the volume of muscle activity - hypokinesia, is an actual problem in Ukraine, which affects a large number of people and directly affects students of the medical university.

Hypokinesia, present in a person's lifestyle, leads to numerous changes. In scientific studies, regarding the problem of limiting the volume of muscle activity, it has been shown that under.

Under the influence of this factor, to a greater extent, the changes relate to the musculoskeletal system.

Today, due to the war in Ukraine, the lifestyle of a medical student has changed. Physical activity has decreased to a minimum due to limited opportunities to spend free time energetically, using physical activities: outdoor training, walking, and cycling.

The purpose of this work was to develop physical exercises and methods of their use for medical students aimed at minimizing the effects of hypokinesia.

The design of the study was 40 second-year students, III medical faculty of Kharkiv National Medical University. In the observation group, there was a daily limit of the volume of muscle activity up to 11-12 hours a day. All subjects at the time of the study were healthy and denied injuries and any pathological conditions on the part of the musculoskeletal system. The somatic status in the observation group was without features.

Prior to the use of the set of measures developed by us, all students filled out a special questionnaire, which collected information about the general condition, complaints, sleep patterns, and mood. The results of the survey showed that mood deterioration was noted in 35 people (87.5%), and 20 people (50%) noted stiffness of movements after a long stay in a sitting position. Discomfort in the legs was felt by 25 subjects (62.5%). Sleep disturbance was recorded in 30 observations (75%).



Students are asked to perform daily a set of exercises, which is a morning and evening workout, lasting 20-30 minutes, and warm-up pauses, every 2-3 hours, lasting up to 10 minutes. The exercises provided for the inclusion in the activity of large joints of the arms and legs. Classes were designed to be performed in a limited space.

After the method of using the complex developed by us, all the subjects disappeared with discomfort in the legs. Stiffness of movements, after a month of training, was noted only by one student (25%). The entire observation group noted an improvement in mood and normalization of sleep.

Thus, for students of a medical university who are during the day for a long time in conditions of limited muscle activity, it is necessary to apply physical activity involving large joints of the arms and legs. It is advisable to distribute physical activity into two large workouts (morning and evening), lasting 20-30 minutes, and 3-4 small workouts during the day.

Taranska Hanna

**FACTORS WHICH CAUSED THE INCREASE IN THE FREQUENCY OF
PSYCHOSENSORY DISORDERS IN CHILDREN OF YOUNGER AGE
TODAY**

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Relevance: The qualitative and quantitative characteristics of the development of speech play a huge role in the further physical and mental development, personality formation, and future socialization of a young child. Most often, delay in language development (further on DLD) is a concomitant pathology in children suffering from various psychosomatic or neurological diseases acquired in the prenatal or postnatal period. However, the rapid spread of the corresponding pathology among healthy children causes concern among specialists not only in preventive medicine, but also in the practical sphere.

Purpose: To establish the presence of a tendency towards an increase in the frequency of occurrence of psychosensory disorders in children born after 2010, as well as to determine the main factors that affect it.



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