



ISIC-2022 International Scientific Interdisciplinary Conference





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In the 2nd group, a pattern of physical and indirect aggression was observed. The deviation from the upper limit of the norm of the guilt indicator (which is a variant of autoaggression) on the 1st was found to be 74% against 59% on the 2nd. In the 1st group, exceeding the levels of the norm by the resentment and suspicion scales, which in turn form the index of hostility, were established in 74% and 76% of cases, against 61% and 66% in the 2nd.

Conclusions. Thus, among the factors potentiating the development of the disease, a significant specific weight was found, such as female sex, smoking, psycho-emotional stress, working at night, insufficient physical activity and unbalanced nutrition against the background of eating disorders. A set of psychological variables (aggression, hostility, feelings of resentment, negativism, etc.) in patients with the syndrome has been identified, which can simultaneously be psychological risk factors for the development of the syndrome (psychosomatic influences) and a consequence of somatic pathology.

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DISCOVERY OF RISK FACTORS OF CARDIOVASCULAR DISEASE IN STUDENTS

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Introduction. Cardiovascular diseases are the leading cause of death worldwide. According to the World Health Organization, 17.1 million people die annually as a result of heart attacks and strokes. They are increasingly diagnosed in young people. As established by numerous studies, cardiovascular diseases appear as a result of various risk factors, although some of the main risk factors are not amenable to change, other factors can be avoided by changing skills and lifestyle. According to the above statistics, the incidence rate of diseases of the cardiovascular system among the population is 1,810 per 100,000 and the mortality rate is 166.35 per 100,000 over the past 5 years. The most important factors that negatively affect the health of young people are: low physical activity; ineffective physical education; deterioration of



nutrition; smoking; an increase in the number of stressful situations, etc. That is why the issues of early diagnosis of chronic diseases of the cardiovascular system among young people, which can later lead to early disability and death, are now the most urgent.

The aim of the study. The purpose of our study is to identify risk factors for cardiovascular disease in young people.

Methods used: 65 students participated in the study. A questionnaire was conducted according to a specially developed methodology.

Research results. The average age of the study participants is 20.3 ± 1.4 with an average BMI of 22.5 ± 3.3 . According to the survey results, 29.22% smoke. 15.38% started or tried smoking from the age of 12, 18.46% from the age of 12 to 18, and 24.6% from the age of 18. 66.91% have smokers in the family, 50.7% of them have one family member who smokes, the rest have two or more. At the same time, 90.73% of their friends have smoking friends. The average number of cigarettes smoked varies from 3-5 cigarettes per day. Among students who smoke, 3.07% do not want to quit smoking and 4.61% want to, but cannot quit. According to statistics, 36.9% of students drink alcohol, with a frequency of 1-2 times a month. Moreover, 59.7% do not have a balanced diet. Based on all of the above, 27.7% of students experience headaches and 11% of students have chest pains, in addition, 13.8% of students have mixed type of shortness of breath. In addition, 32.3% have a genetic predisposition to arterial hypertension.

Research conclusions. The main risk factor among students is smoking (active and passive). Most of the subjects have an unbalanced diet. The main clinical manifestations are headache, chest pain and shortness of breath.