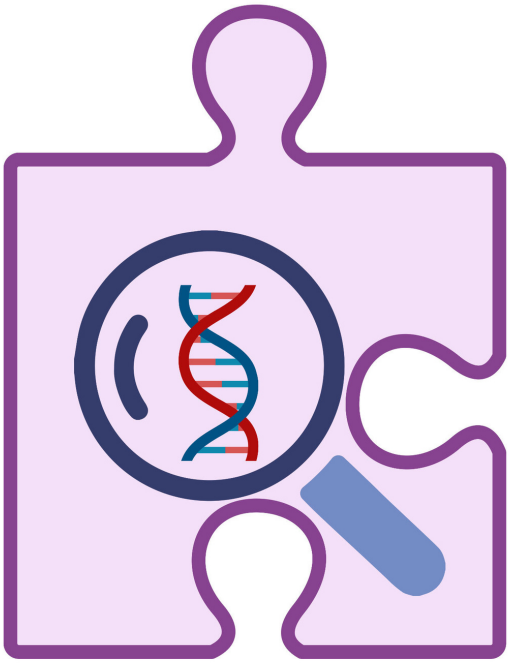
1ST INTERNATIONAL CONFERENCE FOR YOUNG SCIENTISTS

BIOMARKERS OF CIVILIZATION DISEASES

April 21, 2023



BOOK OF ABSTRACTS

Abstract book

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Bialystok, 2023

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Poster presentations

IMPACT OF HYPODYNAMIA CAUSED BY PROLONGED DISTANCE EDUCATION ON HEALTH OF MEDICAL STUDENTS

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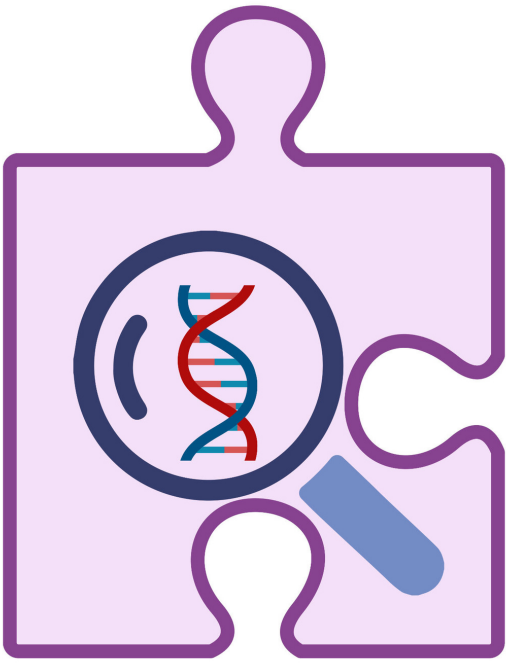
During the COVID-19 quarantine and the full-scale invasion, many students in Ukraine have been forced to study remotely. This has led to the fact that Ukrainian students have the sedentary lifestyle. Sedentary behavior can lead to poor health quality. The aim of the study is to investigate the impact of hypodynamia caused by distance learning on students' health. The study involved 100 students from the 1st to 6th year of Kharkiv National Medical University, 53 of whom were female and 47 of whom were male. The students were surveyed using a special questionnaire in Google forms. It was found that 72% of respondents began to move significantly less compared to full-time study, while 28% did not notice any changes or began to move more. The emotional state of 74% of respondents has deteriorated, of which 58% attribute this to physical inactivity: 54% have deteriorated in physical health, and 44% attribute the deterioration to physical inactivity. The health of 46% of respondents has no changes. 12% of students spent 3–4 hours in front of the computer, 16% - 4–5, 32% - 5–8, 10% - more than 10 hours, 30% - all day. 78% spend this time sitting stooped or with their legs bent, 2% sit correctly, and 20% lie down. 50% of respondents report the onset or increase in pain in the joints and various parts of the spine. 50% of respondents feel overweight, 38% attribute this to physical inactivity, and 24% feel significant discomfort. 42% of students have noticed a reduced vision, and complain of more frequent headaches. Thus, the analysis of the study results showed that most students suffer from the effects of physical inactivity due to excessive time spent behind the monitor screen, often in unhealthy positions. This was manifested by weight gain, musculoskeletal disorders, reduced vision and emotional instability, as well as more frequent headaches.



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