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**QUESTIONNAIRE SURVEY OF THE CHILDREN WHO ARE  
TAUGHT ACCORDING TO DIFFERENT SCHOOL CURRICULA (COMMON  
QUESTIONS)**

В настоящее время, все большую популярность получают школы нового образца, где дети учатся по определенным программам (коллегиальные и кадетские школы, лицеи и гимназии). Это, в свою очередь приводит к увеличению количества времени проводящего в школе и за выполнением домашних заданий.

Нами была поставлена цель - выявить факторы негативно влияющие на здоровье школьников, обучающихся по различным школьным программам, используя анкетирование.

Материалы и методы: в исследовании приняли участие 115 детей 9 – 16 лет, из которых 74 школьника обучающихся по коллегиальной программе и 41 – по общеобразовательной. Всем детям были розданы анкеты, на которые они должны были ответить дома с родителями. Данные вопросы были касательно образа жизни: какое время дети проводят обычно в школе и за подготовкой домашних заданий, что они делают в свободное от уроков время, гуляют ли на свежем воздухе и вопросы касательные сна (время засыпания и длительность).

*Ключевые слова: анкетирование, различные программы обучения, школьники, режим дня, факторы риска, заболевания тканей пародонта.*

В даний час, все більшу популярність отримують школи нового зразка, де діти навчаються по особливим програмам (колегіальні і кадетські школи, ліцеї та гімназії). Це, в свою чергу, призводить до збільшення кількості часу, протягом якого діти знаходяться у школі та за виконанням домашніх завдань.

Нами була встановлена мета - виявити фактори, які негативно впливають на здоров'я школярів, що навчаються по різними шкільним програмам, використовуючи анкетування.

Матеріали і методи: в дослідженні взяли участь 115 дітей 9 - 16 років, з яких 74 школяра, що навчаються по колегіальній програмі і 41 - по загальноосвітній. Всім дітям були роздані анкети, на які вони повинні були відповісти вдома з батьками. Ці питання були відносно способу життя: який час діти проводять, звичайно, в школі і за підготовкою домашніх завдань, що вони роблять у вільний від уроків час, гуляють чи на свіжому повітрі і питання стосовно сну (час засипання і тривалість).

*Ключові слова: анкетування, різні програми навчання, школярі, режим дня, фактори ризику, захворювання тканин пародонту.*

Nowadays innovative schools, where children study in accordance with some specific curricula (collegiate and cadet schools, lyceums and grammar schools), become more and more popular. In its turn it leads to increase of amount of time which students spend at school or while doing their homework.

On the basis of the foregoing the purpose of our research is to identify factors which negatively influence health of schoolchildren who are taught in accordance with different academic curricula by means of questionnaire survey.

Materials and methods: 115 children aged 9-16 took part in the research: 74 students studying in accordance with collegiate curriculum and 41 students studying according to general education curriculum. All the children received questionnaires which were to be answered at home with the participation of their parents. The

questions concerned the students' lifestyle, i.e. how much time they usually spent at school and for doing their homework, what they do when they do not have classes, whether they walk out of doors and questions as for sleep (sleep onset time and duration).

*Key words: questionnaires, schoolchildren, education load, lifestyle, risk factors, disease of periodontal tissue.*

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The data obtained by S. Spangenberg, B. Boev [1] show that both academic load (type of education, total number of classroom hours, success, private classes etc.) and quality of teaching environment (factors of microclimate of teaching environment, workplace illumination, heating and others) and also school service quality (nutrition, sporting activities, buildings and main classrooms etc.) have a significant influence on health of students to the same extent. Moreover, the above-mentioned factors influence not only general morbidity, but also the one which is specific for school age, i.e. diseases of sense organs, cardiovascular and nervous systems, gastrointestinal and some endocrine disorders [1, 2].

It is known that a good night's sleep provides restorative functions of the cerebral cortex cells after long day activity. The data, found in the literature, point that students reduce active rest out of doors and nocturnal sleep. Disorders of day regimen among the students of educational establishments of a new type turned out to be more apparent. Excessive load and inefficient rest provoke tension of regulatory systems, cause a range of difficult changes which lead to decrease of adaptive abilities of the human body [2, 3, 4].

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### **Results of the own research**

The analysis of the answers has made it possible to obtain the following results: the majority of children of the main and experimental groups spent from 5 to 7 hours at school every day (75.7% and 61.0%). 21.6% of the schoolchildren who represent the first group and 31.7% of the ones of the second group stay at school till 5. Thereafter 2.7% of the pupils of the collegiate curriculum and 7.3% of the ones of the general education program spent 7 hours and more at school.

The main part of the first group children (62.2%) and of the second one (61.0%) usually spend about three hours a day to do homework. 20.3% of the students who are taught according to the collegiate curriculum and 7.3% of the students of the general education program need more than three hours for doing homework. And 17.6% of the children of the enhanced education curriculum and 31.7% of the ones of the general program need less than 1 hour a day for their homework.

When the children were asked about the way they got used to spend their leisure time, they could give several answers at once. 50.0% of the schoolchildren of the collegiate curriculum and 43.9% of the pupils of the general education program prefer to be out of doors. 45.9% and 50.0% of the first group children and 39.0% and 34.1% of the second one are interested in watching TV and playing computer games.

44.6% of the children taught by means of the enhanced education program and 34.1% of the children taught according to the general one prefer reading. 52.7% of the main group schoolchildren and 36.6% of the experimental group pupils spend their free time at circle classes or in hobby groups.

One of the most important aspects in the schoolchildren's life is the time which they spend in the open air. The majority of the first group children, that is 52.7%, spend about two hours per day outdoors; 18.9% spend 2-3 hours per week in the open air and 14.9% spend their time outdoors only at the weekend. As for the students who are taught in accordance with the general education programs, the majority, that is 41.5% go for a walk 2-3 times per week; 36.6% walk every day and 7.3% of the children stay outdoors only at the weekends.

The majority of the students who are taught according to the collegiate curriculum (79.7%) and the general education program (85.4%) answered that they got used to go to bed at 9-10 pm. 10.8% of the first group children and 9.8% of the second one go to bed at about 11-12 pm. And 9.5% of the main group children and 4.9% of the experimental group children fall asleep after midnight.

The major part of the children of the first (82.4%) and second (75.6%) groups sleep for about 7-9 hours. The duration of sleep in 16.2% and 17.1% of the schoolchildren is 10 hours and more. And 1.4% of the children who study in accordance with the collegiate curriculum and 7.3% of the ones of the general education program sleep less than 7 hours per day.

### **Conclusions**

1. The majority of the children of the first (75.7%) and second (61.0%) study groups spent about 5-7 hours at school. Doing homework takes the children of both groups on the average 1-3 hours (62.2% and 61.0%). 20.3% of the main group children need more than three hours to do their homework. It results in longer mental work load.

2. The children, who study in accordance with enhanced education, spend their free time at circle classes and in hobby groups (52.7%) while the children, who are taught by means of general education program, prefer watching TV (39.0%) and

walking outside (43.9%). It is evident that the children of the first group have longer mental work load.

3. All the above mentioned confirms the fact of much longer period of mental work load, which is typical for the children, who study according to the curriculum with enhanced education.

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