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Stress disorders in children and teenagers

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Introduction. Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn’t always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you’re constantly running in emergency mode, your mind and body pay the price. You can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects.

Results. It is possible to identify a number of signs and symptoms of stress in children: mood swings; sleep disorders; bedwetting; physical discomfort, including abdominal pain and headaches; attention problems, which dramatically reduces the performance; the child becomes withdrawn or spend too much time alone, avoids contact with peers as well as with relatives, including parents.

Stress occurs under the influence of impacts that occur in the lives of both adults and children. Potential sources of stress in children include school and social problems, including: parting with close friends; relocation of the family; peer pressure; dramatic changes in the day regimen; beginning and end of the school year; training and examinations, interviews; overreliance on computer games, particularly aggressive games. In preschoolers even separation from parents (visiting nurseries or garden) can be a cause of stress and anxiety.

Stress in parents, and especially mothers, have an influence on the child life in the family, his children's ideas about family life, family cohesion and model of his future family in adulthood. World news can cause stress. Children who see disturbing images on TV or hear talk of natural disasters, war and terrorism may worry about their own safety and that of the people they love. Children are particularly vulnerable to the impacts of climate change that negatively affect their health by increasing air pollution, sudden changes in weather conditions, fluctuations in temperature and atmospheric pressure, reduced water quality, lack of environmentally friendly food and strong exposure to toxins. As a result of environmental stresses children are at risk of infectious and allergic diseases, respiratory diseases, and stress-related disorders including development of mental stress, increased alertness and over control: excessive fear and worry over trifles, restlessness, feeling keyed up and staying on the verge of collapse; anxious expectations, fears, emotional lability; insomnia (difficulty falling asleep and fitful sleep); impaired concentration and memory impairment.

Conclusion. Stress is very important for survival. However, chronic stress is directly related to the onset and progression of many pathophysiological states. Conditions of prolonged stress factors induce development of endocrine, hormonal and autonomic in balance, which leads to dysadaptation, and stimulates the development of negative psychological and physical stress conditions.

At present great attention is paid to activities and techniques designed to increase stress tolerance in children and teenagers.

All forms of stress, "good" or "bad", affect the emotional and physical condition of the child, as well as determine the risk of development of chronic diseases in adult life.

To develop therapeutic and prophylactic effects is to increase the adaptive features in childhood and adolescence, readapting the body’s disturbed equilibrium with the environment and increasing stress tolerance of the child.