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Presuppositions for healthy lifestyle in comparative adolescent groups of town dwellers
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Nowadays our life is getting more and tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. Nowadays healthcare plays an important part in everybody's life. Healthy lifestyle is popular with the old and the young. It promoted all around the world. Our lives could be so much easier if we lead a healthy lifestyle.

Conditions of life activity have a considerable influence on the processes of growth and development so it's especially important for health of children and teenagers. It is easier to have a positive frame of mind if the body is fit and healthy and this in turn contributes to our emotional wellbeing. If people are taught the basics of staying healthy in childhood, it is easier to look after their health when they are grown up. So researches of healthy lifestyle skills distribution among teenagers acquire the special significance.

We were conduct the comparative study of life activity features of senior pupils living in large cities of Ukraine (Kharkov) and Egypt (Alexandria).

It was used the questionnaire consist of main constituent parts: psychological microclimate, motor activity, mode of day, character of feed and rules of the personal hygiene. Researches in Alexandria were conducted in two schools – for boys and girls, in all there were surveyed 16 boys and 22 girls. As comparative group we selected senior pupils from classical school №1 placed in the center of the city.

The results of separate factors of risk study among teenagers allowed to expose similar tendencies and distinctions on separate parameters, characterised healthy lifestyle. It was set that indexes of psychological microclimate at school and in family life were higher for the Kharkov senior pupils (the 80% interrogated pupils estimated them by categories «above average» and «high» as compared to 27% analogical estimations in the main group). Observance of motor activity for the pupils of both inspected groups shows mainly average level (40% and 57% accordingly estimated it in this way), alarming tendency was observed in fact that constituent part of teenagers showed their activity as “below average” (42% of main group and 36% of comparative group).

Maintenance of day mode was in average and above average level for 61% of Egypt senior pupils and 67% of Ukrainian senior pupils. Considerable most senior pupils estimated the quantitative and high-quality parameters of the feed as «average» and «above average» (66 % of Egypt senior pupils and 50% - of Kharkov pupils), the high estimation of feed organization was given by 8% Egypt and 10% native teenagers. 26% Egypt senior pupils and 9 % Kharkov senior pupils, in obedience to the results of questionnaire, observe the rules of the personal hygiene low-performance. Implementation of the indicated rules with an estimation «above average» and “high was characteristic accordingly for 26 % and 80 % teenagers.

Therefore, it is established that the common traits of intraschool environment for the both inspected groups are motive activity, maintenance of day mode and arrangement of rational feed. Substantial distinctions were found out concerning favourable psychological microclimate and rules of the sanitary culture, personal hygiene and.