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ХАРКІВСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**



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INTERDEPENDENCE OF METEOSENSITIVITY LEVEL AND TYPE OF
HIGHER NERVOUS ACTIVITY IN YOUNG PEOPLE

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Human organism is constantly interacting with environment and adapting to its changes, including weather conditions that are among the most constant factors influencing human body. Normal, physiological reaction to meteorofactors is useful part of adaptation, but if change of weather conditions leads to disturbances of psychic or physical state, that is pathologically high meteorosensitivity or meteoropathy. Level of meteorosensitivity depends on hereditary peculiarities of an organism, sex, age, type of higher nervous activity (HNA), presence of chronic diseases etc. Increase of meteoropathy prevalence and its intensity even among young healthy people proves the relevance of its research.

The aim of our study was to determine the incidence and level of meteorosensitivity among healthy young people and to analyze the interdependence of meteorosensitivity level and type of HNA. Research was carried out in 50 students of Kharkiv National Medical University aged 17-21 years, among them 21 men and 29 women. Meteorosensitivity was studied using adapted version of questionnaire "Meteo-Q", type of HNA was determined with help of Eysenck personality questionnaire. All examined persons gave their written consent to participate in research.

According to results, 40% of examined have high level of weather influence on psychic state, 32% have medium and 26% have low influence of weather on psychic state. Changes of physical state of high level were determined in 32%, medium level in 28% and low level in 40%. According to HNA type, among people with high level of psychic state changes 60% belong to choleric, 25% to melancholic, 10% to phlegmatic and 5% to sanguine. High level of physical state changes were determined in 68,75% of choleric, 18,75% of melancholic and 6,25% of both phlegmatic and sanguine.

Analysis of research results allows to confirm the increase of meteoropathy prevalence and its intensity, as 60% of examined healthy young men that belong to the group with the highest adaptive capabilities that should have had low, physiological meteorosensitivity showed increased level of it and appearance of meteoropathic reactions. There is also a correlation between type of HNA and weather sensitivity intensity that can be connected with initially lower adaptive abilities of people with choleric and melancholic types in relation to phlegmatic and sanguine. However, meteorosensitivity is a complex concept that depends on numerous factors, thus it's necessary to continue research in that area to determine possible risk factors that decrease adaptive ability of human organism and to invent precautionary measures for such states.

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