

АКТУАЛЬНІ ПИТАННЯ ПРАВА І СОЦІАЛЬНО-ЕКОНОМІЧНИХ ВІДНОСИН

Збірник наукових статей

CURRENT ISSUES OF LAW AND SOCIO-ECONOMIC RELATIONS

Scientific Journal



WYŻSZA SZKOŁA
KSZTAŁCENIA
ZAWODOWEGO



POMORSKA
SZKOŁA WYŻSZA



Collegium
Balticum



POLO니아

im. K. Szymanowskiego w Kropuwnyckim im. K. Шимановського в Кропивницькому



Випуск 1 (6)

Volume 1 (6)

2024

Кропивницький
Kropyvnytskyi

Центральноукраїнський інститут розвитку людини
Університету "Україна"
Wyższa Szkoła Kształcenia Zawodowego we Wrocławiu, Polska
Pomorska Szkoła Wyższa w Starogardzie Gdańskim, Polska
Національний Центр Судових Експертиз Міністерства Юстиції Республіки Молдова
Akademia Nauk Stosowanych im. prof. Edwarda Lipińskiego w Kielcach, Wydział Prawa i
Bezpieczeństwa, Polska
ГО «Об'єднання поляків "Полонія" ім. Кароля Шимановського»
Київський національний економічний університет
імені Вадима Гетьмана
Спілка підприємців малих, середніх і приватизованих підприємств України
Кіровоградський обласний інститут післядипломної педагогічної освіти імені Василя
Сухомлинського
Uczelnia Nauk Społecznych w Łodzi, Polska
Кіровоградський науково-дослідний експертно-криміналістичний центр МВС України
Кропивницьке відділення Київського науково-дослідного інституту судових експертиз
Katedra postępowania karnego i prawa wykonawczego karnego i Katedra postępowania
cywilnego i ochrony prawnej Uniwersytetu Warmińsko -Mazurskiego w Olsztynie, Polska
Akademia Nauk Stosowanych Collegium Balticum
w Szczecinie, Polska
Південне міжрегіональне управління Міністерства юстиції у Кіровоградській області

**АКТУАЛЬНІ ПИТАННЯ ПРАВА
ТА СОЦІАЛЬНО-ЕКОНОМІЧНИХ ВІДНОСИН
Збірник наукових статей
Випуск 1 (6)**

м. Кропивницький 2024 р.

РОЗДІЛ 3.

СУЧАСНІ МОДЕЛІ, СТРАТЕГІЇ, ТЕХНОЛОГІЇ МЕНЕДЖМЕНТУ

Anna PIĞUŁA, Agnieszka SLIWIŃSKA, Przemysław ŻABNICKI THE ROLE OF HUMAN RESOURCE MANAGEMENT IN BUILDING ORGANISATIONAL CULTURE.....	350
Надія КОВАЛЕНКО СУЧАСНІ МЕТОДИ ПРОЄКТНОГО УПРАВЛІННЯ АВІАЦІЙНОЮ КОМПАНІЄЮ.....	356
Тетяна ФОМІНА, Оксана МАСАЛОВА, Сергій КОВАЛЕНКО ОБЛІК ДОХОДІВ В КОМУНАЛЬНИХ НЕКОМЕРЦІЙНИХ ПІДПРИЄМСТВАХ ОХОРОНИ ЗДОРОВ'Я.....	363
Роман ЯКОВЕНКО, Михайло СТРЕЛЕНКО УПРАВЛІННЯ РОЗВИТКОМ ЛЮДСЬКОГО ПОТЕНЦІАЛУ УКРАЇНИ В СФЕРІ РОК-МУЗИКИ В УМОВАХ ВІЙНИ.....	371
Ангеліна ХІБОВСЬКА, Олена ТЕРЕНТЬЄВА АНТИКРИЗОВИЙ МЕНЕДЖМЕНТ ЯК СКЛАДОВА БЕЗПЕКИ БІЗНЕСУ.....	377
Людмила КРИВОРОГ, Олена ОСТАПЕНКО УПРАВЛІННЯ ЛОГІСТИЧНИМИ ПРОЦЕСАМИ В УМОВАХ ВІЙСЬКОВОГО КОНФЛІКТУ.....	381
Анна ПАНІКАР PR-СТРАТЕГІЯ ЯК ВАЖЛИВА СКЛАДОВА РОЗВИТКУ ПІДПРИЄМСТВА.....	386
Дар'я ГОЛУБОВСЬКА ПОРІВНЯЛЬНИЙ АНАЛІЗ ПОНЯТЬ «АУТСТАФІНГ» І «АУТСОРСІНГ» ЯК СУЧАСНИХ ВИДІВ НЕТРАДИЦІЙНОЇ ЗАЙНЯТОСТІ.....	390
Карина СТАДНІКОВА СТРАТЕГІЇ ПРОФЕСІЙНОЇ АДАПТАЦІЇ ПЕРСОНАЛУ ПІДПРИЄМСТВ В УМОВАХ ВІЙСЬКОВОГО СТАНУ.....	398

РОЗДІЛ 4.

СОЦІАЛЬНИЙ РОЗВИТОК: ЗДОРОВ'ЯЗБЕРІГАЮЧИЙ АСПЕКТ

Elżbieta ŻYWUCKA-KOZŁOWSKA, Natalia WĄSIK, Damian WĄSIK, Gabriela KOZLOVSKY, Abhimanyu VIJAYAN MEDICAL CONFIDENTIALITY AND ITS SCOPE - A CASE STUDY.....	402
--	-----

Dr. CHELZA X, Gabriela KOZLOVSKY, Abhimanyu VIJAYAN DENTAL TRAUMA IN SPORTS.....	408
Iryna KUZMINA, Olga KUZMINA A HEALTHY WAY OF LIFE FOR THE HUMAN BODY, PROVIDING ITS PREVENTION AND TREATMENT.....	414
Elżbieta ŻYWUCKA-KOZŁOWSKA OBRAŻENIA CIAŁA W AKTYWNOŚCI SPORTOWEJ CZŁOWIEKA.....	421
Andriy LUTSKYI PEOPLE'S HEALTH IN SOCIAL ASPECTS.....	428
Сергій МОВЧАН ВПЛИВ РАДОНУ НА ЗДОРОВ'Я НАСЕЛЕННЯ КИРОВОГРАДЩИНИ.....	433
Інна БАБЕНКО, Олена КРАВЧЕНКО СОЦІАЛЬНА РЕАБІЛІТАЦІЯ ОСІБ З ІНВАЛІДНІСТЮ: СУЧАСНІ ВИКЛИКИ ТА РІШЕННЯ.....	438
Ігор ЛОСКУТОВ, Костянтин ЧУРПІЙ ЗАСТОСУВАННЯ ТЕХНОЛОГІЇ «РОЗУМНОГО ОДЯГУ» У МОНІТОРИНГУ ФІЗИЧНОЇ АКТИВНОСТІ.....	444
Олександр ПИЛИПЕНКО, Володимир ЧУРПІЙ ТРАДИЦІЙНА КИТАЙСЬКА МЕДИЦИНА ТА ЇЇ РОЛЬ У ФІЗИЧНІЙ РЕАБІЛІТАЦІЇ.....	449
Ольга МІЧКУР, Наталія СЕДОВА, Мирослава БРИКУЛЬСЬКА ВПЛИВ ФІЗИЧНОЇ АКТИВНОСТІ НА РІВЕНЬ ФІЗИЧНОГО ЗДОРОВ'Я ЛЮДИНИ.....	454
Віталій КОКУШ, Сергій МОВЧАН ВПЛИВ ВІЙСЬКОВИХ ДІЙ НА ТЕРИТОРІЇ УКРАЇНИ НА ПОШИРЕНІСТЬ ЗАХВОРЮВАНЬ СЕРЦЕВО-СУДИННОЇ СИСТЕМИ.....	459
Владислав ДИЧЕНКО ФІЗИЧНЕ ВИХОВАННЯ СТУДЕНТІВ З ОБМЕЖЕНИМИ МОЖЛИВОСТЯМИ ЗАСОБАМИ ЛФК.....	464
Микита БІЛОВОЛ, Геннадій СЯБРЕНКО БІОМЕХАНІЧНІ ОСОБЛИВОСТІ ПОБУДОВИ ФІЗИЧНИХ НАВАНТАЖЕНЬ.....	472
Олександр БОЙКО, Сергій МОВЧАН ЕКОЛОГІЧНІ НАСЛІДКИ ПОЖЕЖ, ЩО ВИНИКЛИ В РЕЗУЛЬТАТІ ВІЙСЬКОВИХ ДІЙ В УКРАЇНІ.....	477

УДК 796.011.3:37.013

**A HEALTHY WAY OF LIFE FOR THE HUMAN BODY, PROVIDING ITS
PREVENTION AND TREATMENT**

Iryna KUZMINA,

doctor of medical sciences, professor,
professor of the department of general and
clinical pathophysiology named after
D.O. Alpern of the Kharkiv National
Medical University

ORCID ID: <https://orcid.org/0000-0003-4180->

Olga KUZMINA,

candidate of medical sciences, associate
professor, associate professor of the
Department of Obstetrics and Gynecology No.
1 of the Kharkiv National Medical University

ORCID: <https://orcid.org/0000-0001-8311-9493>

A study was conducted, which makes it possible to increase the level of health of the population in the field of health care. The features of the influence of factors on health that affect the level of physical and mental health of a person are determined. Completed tasks that contribute to state policy and lead to the formation of a healthy lifestyle. and strengthening the health of the population. .

Keywords: *healthy lifestyle, health of the nation, physical and mental health of a person, health of the population.*

Relevance of the topic. An urgent problem of Ukrainian society is the formation of a healthy lifestyle, because health promotion is one of the priority problems of the state policy of the nation. Prospects for the development of the public health system consist in solving the main issues related to diagnosis and treatment and will allow determining strategies in the field of health care [1].

The purpose of the study is to analyze the maintenance of the population's health and to ensure its prevention and treatment.

Presentation of the main material Health is a state of complete physical, mental and social well-being of a person. On the state of health, drinking various factors, such as difficulties in personal life, difficult situations at work, household problems,

unhealthy lifestyle, information overload, political and economic cataclysms in the country, pandemics, etc.

Today, humanity underestimates the potential of its capabilities, heshould be oriented towards ensuring social development. Many factors affect health, and the most important of them is lifestyle [2].

Clinical studies provide an opportunity to take into account the dynamics of the condition human health and timely respond to any changes. It allows take effective measures for the prevention and support of the state of the body This approach also allows to facilitate the interaction of the patient with the medical staff to ensure a healthy lifestyle and prevent the development of diseases.

The analysis of the range of issues in the scientific works of some Ukrainian researchers is important for considering the theoretical basis. They reveal the influence of humanity on social subjects of the educational space, scientific heritage, which demonstrates modern approaches to understanding health, ways to preserve and strengthen it. This allows us to draw a conclusion about the expediency of using in modern conditions to consider health as an integral system of material and spiritual relations that exist in society [3].

In recent years, there has been a deterioration in the health of the population in Ukraine, which is reflected in the increase in morbidity, mortality and shortening of life expectancy. The state of human health depends not only on the biological factors of the environment, but also on the relationship of their own health [4].

The purpose of our work is the psychological analysis of models of the formation of a healthy lifestyle of a person in the aspect of following needs, values and norms.

Defining the concept of "health" is a fundamental problem of modern medical and biological science. Since this concept has many aspects and is determined by many factors, it requires a complex approach for its solution.

The transition from health to illness can be considered as a process of a gradual decrease in the body's ability to adapt to changes in the social and industrial environment, which ultimately leads to a decrease in public, social, and labor functions [5].

According to the WHO, it is necessary to assess a person's lifestyle not only from a biological, but also from a medical and social point of view. Social factors are determined by the socio-economic structure of society, the level of culture, industrial relations between people, etc.

In this regard, the level of health can be defined as the body's ability to resist disease. So, the higher the level of health, the lower the risk of developing diseases. The level of risk of developing the disease depends on the factors of their influence on the body of a particular person

Therefore, along with generally accepted indicators for characterizing health, indicators that allow assessing the functional state of the body based on various physiological and biochemical changes, which do not yet cause disease, but reduce the adaptive capabilities of the body, are of great importance.

Factors affecting human health can be divided into two main groups: internal (biological) and external (natural and social).

To ensure the stationary state of the body, there are various anatomical, physiological and behavioral adaptations that serve one purpose - to maintain the stability of the internal environment, the stability of which provides optimal conditions for life [6].

Despite the difference between the external and internal environment, it is very important that the internal environment remains the same. For this, the body has a self-regulating system. Its internal organization is supported by active processes aimed at limiting, preventing or eliminating shifts caused by various influences from the surrounding and internal environment. The ability to return to the initial state after deviation from some average level caused by one or another factor is the main property of the organism [5].

It is important to create a perfect approach to the clinical practice of a specialist, in order to understand the basic requirements for a doctor who must: 1) recognize that his relationships are key to the treatment and prevention of the patient's health; 2) use the patient's self-awareness to diagnose the development of pathology; 3) take into account the peculiarities of the course of the patient's illness; 4) to decide which aspects of the biological, psychological and social sphere are the most important for understanding and strengthening the health of the patient and his treatment.

A healthy lifestyle involves following certain rules that ensure harmonious development, high efficiency, spiritual balance and human health. The basis of a healthy lifestyle is the individual system of behavior and habits of each individual person, which provides him with the necessary level of life activity and healthy longevity.

A healthy lifestyle is practical actions aimed at preventing diseases, strengthening all body systems, and improving the general well-being of a person [6].

With regard to health care, three types of efficiency are distinguished: medical, social, and economic. Medical effectiveness is understood as the degree of achievement of a clinical effect. At the level of health care institutions and the industry as a whole, medical efficiency is measured by a variety of specific indicators: specific weight of cured patients, reduction of cases of transition of the disease into a chronic form, reduction of the morbidity rate of the population.

The peculiarity of health care is that some medical measures of a curative and preventive nature have an important medical and social effect and require their implementation.

As for social efficiency, the main criteria for its assessment at the state level should be the growth of citizens' well-being, an increase in the length of healthy life, and an increase in the level of both individual and national security. One of the important measures to increase the social efficiency of the functioning of the health care system is the monitoring and rating assessment of the state of health and the activities of health care institutions.

Despite the difficulties in developing a single system of efficiency, the integrated use of improving the economic efficiency of medical care is very important. For this, it is necessary to develop a methodology for evaluating the effectiveness of health care development, based on medical and economic standards of medical care [7].

The effective functioning of the health care system requires ensuring the appropriate level of qualification and training, as well as effective mechanisms for planning the needs of personnel in health care institutions.

It is important to understand the problem of human health impairment as a mental illness caused by some pathological factors. Harbingers of these diseases are stress, which further leads to neuroses and is complicated by serious mental disorders.

Prospects for the development of the public health system consist in solving the main issues related to diagnosis and treatment and will allow determining strategies in the field of health care.

Defining the concept of "health" is a fundamental problem of modern medical and biological science. Since this concept has many aspects and is determined by many factors, it requires a complex approach for its solution.

The transition from health to illness can be considered as a process of a gradual decrease in the body's ability to adapt to changes in the social and industrial environment, which ultimately leads to a decrease in public, social, and labor functions [8].

According to the WHO, it is necessary to assess a person's lifestyle not only from a biological, but also from a medical and social point of view. Social factors are determined by the socio-economic structure of society, the level of culture, industrial relations between people, etc.

In this regard, the level of health can be defined as the body's ability to resist disease. So, the higher the level of health, the lower the risk of developing diseases. The level of risk of developing the disease depends on the factors of their influence on the body of a particular person [9].

Therefore, along with generally accepted indicators for characterizing health, indicators that allow assessing the functional state of the body based on various physiological and biochemical changes that do not yet cause disease, but reduce the adaptive capabilities of the body, are of great importance.

Factors affecting human health can be divided into two main groups: internal (biological) and external (natural and social).

To ensure the stationary state of the body, there are various anatomical, physiological and behavioral adaptations that serve one purpose - to maintain the stability of the internal environment, the stability of which provides optimal conditions for life [10].

The main characteristics of a person's health can be considered his creative achievements: creativity, integration, independence, a clear perception of reality, the ability to realize actual needs. Health should be considered as a component of the general health of a natural person, and accordingly as a state characterized by the integrity and coherence of all basic functions of the organism, which provide, first of all, an inner feeling of subjective mental comfort, as well as the ability for purposeful conscious activity and an adequate form of behavior.

Despite the difference between the external and internal environment, it is very important that the internal environment remains the same. For this, the body has a self-regulating system. Its internal organization is supported by active processes aimed at limiting, preventing or eliminating shifts caused by various influences from the surrounding and internal environment. The ability to return to the initial state after deviation from some average level caused by one or another factor is the main property of the organism [11].

Regulatory mechanisms that support the physiological state or properties of cells, organs, and systems of a whole organism cover the issues of the course of reactions, compensation, regulation, and self-regulation of physiological functions. The boundaries of homeostasis can be rigid and plastic, change depending on individual age, gender, social, professional and other conditions [12].

According to existing views, good adaptation, high resistance of the body, harmonious work of various subsystems of the body, large reserve capabilities are the norm of health. On the contrary, poor adaptation, low resistance, the presence of elements of damage, disharmony in the work of various body systems, low reserve capabilities and energy consumption contribute to pathology and the development of diseases [13].

The level of health increases if the level of reactivity changes towards higher levels of reactivity. Therefore, the negative trend towards an increase in the number of patients and persons exposed to risk factors against the background of a small specific weight of healthy persons makes it particularly relevant to study the state of health of the population and to solve the problems of primary prevention of various diseases [14].

Protecting a person's health lies in his knowledge and understanding of the problems of forming, preserving, strengthening and restoring one's own healthy

lifestyle. Our future belongs to healthy people, because only a physically and morally healthy person is able to create and benefit people.

Conclusions. The health of the nation as a factor of state security is a basic component of the country's human capital and competitiveness. The health of the population is the guarantee of a favorable social and moral atmosphere, trust in the state, and the doctor as a specialist is the guarantor of its preservation, protection and strengthening. Problems of maintaining the health of the population are a mechanism of provision conditions for improving diagnostics, prevention and treatment of human health.

LITERATURE:

1. Knyazevich V.M., Avramenko T.P., Korolenko V.V. Prospects for the development of public administration in the sphere of public health of Ukraine in conditions of systemic changes. *Bulletin of the NADU under the President of Ukraine*. 2016. No. 1, pp. 56-65.

2. Kashuba, V. O. Assessment and analysis of the components of a healthy lifestyle of student youth. *Pedagogy, psychology and medical-biol. physical problems education and sports*. Kh., 2012. No. 7. P.11-19.

3. Golovko, M.V. General trends and psychological and pedagogical problems of introducing modern learning technologies. *Scientific and methodical collection*. 2018. K., Vol. 30. P. 89-98

4. Balakirieva, O. M.: Strengthening the adolescent component of the national HIV/AIDS program: an advocacy report. UNICEF, Ukraine Institute of Social Research named after O. Yaremenko. Kyiv, 2017. 88 p.

5. Berezyuk, O. V., Vorontsova, T. V., Yeresko, O. V., Ponomarenko, V. S., & Skorbun, I. A.: Organization of preventive work in educational institutions. A guide for administrators of the education system. Kyiv: "Health through education", 2014. 128 p.

6. Krasnova O.I., Pluzhnikova T.V. Peculiarities of the mechanism of state regulation of the health care sector. *Investments: practice and experience*. 2018. No. 7. P. 46-48.

7. Genseruk G. R., Boyko M. M. Digital technologies as a means of improving the quality of the educational process of a higher education institution. *Modern information technologies and innovative teaching methods: experience, trends, perspectives: materials of the 5th International Scientific and Practical Internet Conference (Ternopil, April 30, 2020)*. Ternopil: TNPU named after . V. Hnatyuka, 2020. P. 110-111.

8. Bilousova N.A., Getalo O.V., Yakovleva O.S. Training of specialists in the evaluation of medical technologies: experience of foreign countries. *Pharmaceutical journal*. 2022. No. 1 (77). P. 63-73.

9. Gula L. V. Ways to activate the educational and cognitive activity of students in the process of organizing independent work. *Scientific journal of the NPU named after M.P. Drahomanova*. Series 5. Pedagogical sciences: realities and prospects. 2019. Issue 72. Volume 1. P. 126-129.

10. Basyuk N.A. Communicative culture of a higher school teacher as the main aspect of pedagogical communication. *Bulletin of Zhytomyr Ivan Franko State University*. 2020. No. 5. P. 1-6.

11. Pyatnytskyi Yu.S., M'elnyk I.V., Polishchuk M.O. Organization of the educational process in higher educational institutions of the Ministry of Health of Ukraine under the conditions of implementation of the Law of Ukraine "On Higher Education". *Current issues of the quality of medical education: materials of the 13th All-Ukr. of science -practice conf. from international participation Ternopil: Ukrmedknyga*, 2016. P. 22-26.

12. Kostyk L.B. Basics of professional and pedagogical communication: method. river to the independent work of students. Chernivtsi: Chernivtsi. national University named after Yu. Fedkovicha, 2022. 52 p.

13. Selikhova L. G., Lavrenko A. V., Borzykh O. A. Current issues of quality control of education in higher medical educational institutions: Science. -practice conf. from international participation -Poltava, 2018. - P. 208-210.

14. Rozhko M.M., Ersteniuk A.M., Kapechuk V.V. Competency approach in the training of medical students. *Medical education*. 2016. No. 2. P. 102-107.