

Health and Structure of Morbidity College Students*Lutsk National Technical University (Lutsk)*

Health is not a constant, a state of the human body, which dynamically changes not only influenced by the environment, but also depends on the lifestyle and behavior, brought [6, 247–250; 10 29–46; 11, 292–297] that 50 % of health depends on lifestyle and it's twice the total role of hereditary biological effects and disadvantages of medical service.

As the research [3, 21; 5, 89–91] health students can and should be managed by the organization and implementation of actions aimed at maintaining and strengthening primarily physical health.

The health of students can be characterized as morbidity with temporary disability (acute disease), and the prevalence of chronic diseases (chronic disease). The latter is a more objective measure, because it depends on the outbreaks of infections of the upper respiratory tract, incomplete accounting certificates of temporary incapacity students and possible to obtain information without existing disease more.

To characterize the incidence of students with our specialist regional hospital (in the therapist, neurologist, surgeon-urologist, endocrinologist, ophthalmologist, otolaryngologist) conducted an in-depth medical examination of students I–IV courses, which included measurement of pulse rate, blood pressure, if indicated – blood, urine, electrocardiography, ultrasound.

Medical examination covered 319 students, of which 231 were boys and girls – 88 first-year students were 76 people, the second – 91 third – 83, the fourth – 87. The size of the students as sex and education period was almost identical. The results of data analysis in-depth medical examinations are given in Table. 1 and 2.

*Table 1***The Incidence Technical University Students (Cases per 100 Students $M \pm m$)**

Classes diseases by International Classification of Diseases	Morbidity		
	Boys, n =231	Girls, n =88	Together, n =319
Diseases of the endocrine system, eating disorders and metabolic disorders	36,8±3,1	48,9±5,2	40,1±2,7
Diseases of the nervous system and sensory organs	38,2±3,2	49,5±5,2	44,1±2,7
Diseases of the circulatory system	2,9±1,1	2,8±1,8	2,9±0,9
Respiratory diseases	8,2±1,8	6,8±2,7	7,8±1,5
Digestive diseases	8,2±1,8	12,5±3,3	10,4±1,7
Diseases of the genitourinary system	3,0±1,1	5,4±3,8	4,5±1,1
Diseases of the skin and subcutaneous tissue	2,4±0,91	4,1±2,0	3,4±0,9
Diseases of the musculoskeletal system and connective tissue	3,9±1,3	3,8±2,0	3,9±1,1
Total	103,1±6,2	142,0±12,8	112,5±6,2

Table 1

Among the surveyed students was considered healthy 28,4 %. Chronic diseases were detected in 71,6 % of students, among them one disease were 54,9 %, two – 33,8 %, three – 9,6 %, four – 0,7 % of students.

Table 2

The Morbidity Structure Technical University Students (% of Diseases)

Classes diseases by International Classification of Diseases	Morbidity		
	Boys, n =231	Boys, n =231	Boys, n =231
Diseases of the endocrine system, eating disorders and metabolic disorders	35,9±3,1	35,5±5,0	35,3±2,6
Diseases of the nervous system and sensory organs	38,0±3,2	37,6±5,1	37,8±2,7
Diseases of the circulatory system	2,4±0,9	2,4±1,5	2,3±0,7
Respiratory diseases	8,1±1,8	4,8±2,3	6,9±0,4
Digestive diseases	8,1±1,8	8,8±3,0	8,3±2,9
Diseases of the genitourinary system	2,0±0,9	4,8±2,3	3,3±0,9
Diseases of the skin and subcutaneous tissue	1,3±0,6	2,9±1,8	2,2±0,7
Diseases of the musculoskeletal system and connective tissue	4,2±1,3	3,2±1,8	3,9±1,1
Total	100,0	100,0	100,0

The overall level of chronic disease was 112,5±6,2 100 students, including Under – 103,1±6,2, Women – 142,0±12,8, ie girls incidence was 1,4 times higher. In the last decade, health research students (boys) technical universities were devoted to solitary [1, 17; 2, 70–71; 3, 21]. Comparison of the results with those obtained by us showed that we surveyed students had slightly lower chronic disease.

As the level and structure of morbidity of students – technical college differ significantly from those of students of humanitarian universities [4, 19; 5, 89–91; 6, 247–250; 7, 15–18; 8, 31–36].

First place in the level and share in the overall incidence occupy diseases of the nervous system and sensory organs – 44,1±12,7 cases per 100 students and 37,8±2,7 % in the structure of morbidity. This class of diseases represented mainly vegetative-vascular dystonia, which was found in 21,3 % of students refractive errors – 16,7 %, especially diseases of the nervous system were found in 9,8 % of students.

Second place – 40,1±2,7 cases per 100 students and 35,3±2,6 % in the structure – occupy endocrine disease, eating disorders and metabolic disorders. Almost entirely this class of diseases causing different degrees of hyperplasia of the thyroid gland.

Third place went to rank diseases of the digestive system (10,4±1,7 cases per 100 students, 8,3±2,9 % – in the structure), the fourth – respiratory (respectively 6,9 and 7,8±1,5±1,4 %). Other classes are diseases in general structure chronic diseases account for 11,7 % and 14,7 attacks per 100 students.

At all stages of education are girls higher than boys, levels of chronic disease: the first year – at 1,17 g., The second – 1,5 g., The third – to 1.41 g., The fourth – 1,41 The total level of detected chronic diseases in significantly higher girls – 142,0±12,8 against 103,1±6,2 (p < 0,01).

Dynamics of chronic disease by years of study (in percentage relative to the amount specified in the first year) of boys – 72,1 %, 96,4 %, 70,4 % (probable reduction, p < 0,05); girls – 92,4 %.

115,5 %, 85,3 %, in the third year there is a tendency to increased levels of chronic disease with subsequent decrease relative to initial values (decline improbable, p > 0,05).

For the totality of surveyed students (boys and girls together) characteristic is a tendency to reduce chronic disease: 127,6±12,9 cases per 100 students in the first year, 100,0±10,4 – the second, 107,2±11,1 – the third, 104,8±10,9 – fourth (p > 0,05).

The structure of the chronic diseases in the dynamics of learning virtually unchanged: diseases of the endocrine system, eating disorders and metabolic 36,1 % in the first year and 40,2 % – in the fourth; diseases of the nervous system and sensory organs – respectively 36,1 % and 37,8 %; diseases of the circulatory system – 1,1 % and 2,4 %; respiratory diseases – 8,2 % and 8,5 %; diseases of the digestive system – 8,2 %

and 6,1 %; diseases of the genitourinary system – 3,1 % and 1,3 %; diseases of the skin and subcutaneous tissue – 3,1 % and 1,3 %; diseases of the musculoskeletal system and connective tissue – 4,1 % and 2,4 %.

These data give grounds to assert that the state of health of students of higher technical educational institution unsatisfactory. 72 % of them have chronic diseases, almost 37 % – dysfunction of the thyroid gland, which is tied to the fact that the Volyn region, where living and studying in high school students apply to areas of endemic goiter and that of Volyn area is a zone of radioactive contamination, which at one time or another lived on the eve of the students entering the university. Much of diseases of the nervous system, including vascular dystonia may be associated with prolonged neuro-emotional stress that accompanies the learning process. However, the condition of the nervous system depends on factors such as lifestyle, habits, motivational guidance, the attitude to physical education, quality health care, the level of material security and so on.

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Annotations

The article presents data on the prevalence of diseases among the students Lutsk National Technical University, based on a detailed medical review.

Key words: *chronic disease, students, disease, epidemic outbreaks.*

Сергій Савчук, Володимир Ковальчук. Здоров'я й структура захворюваності студентів коледжу.

У статті представлено дані про поширеність захворювань серед студентів Луцького національного технічного університету на основі детального медичного огляду.

Ключові слова: *хронічні захворювання, студенти, хвороби, епідемічні спалахи.*

Сергей Савчук, Владимир Ковальчук. Здоровье и структура заболеваемости студентов колледжа.

В статье представлены данные о распространенности заболеваний среди студентов Луцкого национального технического университета, на основе детального медицинского обзора.

Ключевые слова: *хронические заболевания, студенты, болезни, эпидемические вспышки.*