

**A.S. Biduchak**Bukovyna State Medical University,  
Chernivtsi, Ukraine**STUDY OF HARMFUL HABITS PRESENCE  
AMONG POPULATION OF THE  
CHERNIVTSI REGION****Key words:** population, harmful habits, prophylaxis.**Abstract.** *A presence of harmful habits and passions in spare time has been studied in the adult population of the Chernivtsi region. It has been stated that the majority of the population prefer passive rest.***Introduction**

The modern state of health of the population of Ukraine is the substantial challenge to society and state and without exaggeration makes the real threat for its humanitarian safety. In the sixties of the past century the Ukrainians were among the leaders in life-span, today they are at the - last place but one in Europe. Life grew span reduced on 6 years, and healthy life- style became 10 years less [2, 3, 5]. From because of chronic uninfected diseases in Ukraine people lose a capacity for work and prematurely die in 5-10 times more, than people in countries entering the European Union. The state of affairs is critical among the rising generation too. In particular, in Ukraine only 6-10% of graduates of schools providing general education are healthy, and 52,6% from them have the morfo-functional declination of different character, and 36-40 % have chronic uninfected diseases [4].

According to the World Health Organization data an economic effect from realization of the programs of healthy way of life achieves correlation of charges and benefits as 1:8. Scientific researches it has been convincingly shown. In numerous that prevention of chronic uninfected diseases which grow progressively worse in Ukraine, all possibilities of medical treatment yield to in reaping healthy life stale 5-6 times by efficiency [2, 6].

**Research purpose**

To find out the presence of harmful habits and passions in spare time in adult population of the Chernivtsi region.

**Material and methods**

To achieve the research purpose we elaborated an original questionnaire which contained questions about harmful habits and passions in spare time. Questions such as "menu", closed questions - "yes" or "no" and the opened ones where a respondent can write that considers to be necessary entered the questionnaire.

The questioning was conducted from 2012 till 2013 years inclusively, among the habitants of the Chernivtsi region. 1656 questionnaires were analyzed (840 men and 816 women). A questionnaire was anonymous and was filled in by a respondent independently.

Results of the research and their discussion

1656 respondents were questioned aged from 18 years and more senior: men - 50,7 % but women - 49,3 %.

When questioned "What is to your opinion the origin of diseases?": 55,1 % of questioned men and 56,5 % women pointed at wrong feeding; harmful habits - answered 62,0 % men and 67,4 % women; not mobile way of life - 51,0 % men and 62,4 % women; the inherited factor - 44,0 % men and 47,9 % women.

The adduced data testify to, that the respondents realize "harmful behaviour" and ready to the changes in the mode of life. That is why a medical worker (a family doctor or nurse) must conduct the prophylaxis of risk factors of the development of chronic diseases among consolidated contingent of the population.

A conclusion is obvious, that practical health protection must develop the model of work for medical worker in prophylaxis of chronic diseases, as well as algorithms of actions for removal of that or other of risk factor (smoking, use of alcoholic liquors, irrational feeding, body overweight, low physical activity).

When questioned "Do you smoke?": 52,0 % of men and 38,2 % women answered "yes"; "no" - 48,0 % men and 61,8 % women.

Thus harmful habit to "smoke" embraces the of majority of male population, however, many women also dot accustomed to it, that in future can result in development of chronic diseases.

When questioned "How often do you use spirits?": 15,2% men against 22,1% women answered rarely that once on a month; one time on a

month - 20,4 % men, 36,6 % women; one time a week - 36,8 % men, 19,0 % women; almost daily - 15,0 % men, 3,7 % women; do not use in general - 12,6 % men, 18,6 % women.

It is possible to assert that population did not learn correctly, without harm to their own health, to use spirits [1]. It is possible to improve such state through application of a new approach to forming healthy way of life, engaging in participation young people and children in this process. The question is that adults have to initiate such work, and children and young people - to support it. Successfulness of distribution of the formula: "it is healthy fashionably, stylish and beautifully to be healthy will depend exactly from their activity".

When questioned "What are your passions in spare time?": sport - 29,4 % men, 15,0 % women; literature - 26,0 % men, 45,7 % women; music - 18,7 % men, 29,8% women; a technique - 43,0 % men, women are not taken by technique; a computer - 42,7 % men, 42,2 % women; other - 22,4 % men, 28,8% women.

As we see, the population nowadays prefer computer, and it is accordingly a sedentary and not mobile way of life, that in future can result in body overweight that in its turn, will result in development of chronic disease (diseases of the vascular system, ect.). Everyone knows that an active rest in days off, moderate employments and regular walks during 40 min. and more on a day substantially reduce a general mortality.

Therefore, the most significant aspects of prophylactic activity are the support of it on the level of a society, collectives, family and every individual. That is why the policy of health protection must be directed to forming and development of solidary societies, systematic work with all their sectors for the purpose diminishing of the negative influence of harmful habits on health, as well as the development of health potential in concrete vital conditions (at schools, hospitals, workplaces) and creation the possibilities for all members of the societies for realization of their complete potential.

### Conclusion

It has been stated that 42,7 % men and 42,2 % women in spare time give advantage to passive rest that testifies to the necessity of active intervention of a medical worker (family doctor, nurse) in the process of exposure and permanent monitoring and correction of harmful habits among the population.

### Prospects of subsequent researches

The results of subsequent researches will be favour the elaboration of a model in the prophylaxis of harmful habits among the population and formation of healthy way of life.

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### ИЗУЧЕНИЕ НАЛИЧИЯ ВРЕДНЫХ ПРИВЫЧЕК СРЕДИ НАСЕЛЕНИЯ ЧЕРНОВИЦКОЙ ОБЛАСТИ

А.С. Бидучак

**Резюме.** Изучено наличие у взрослого населения Черновицкой области вредных привычек и увлечений в свободное от работы время. Установлено, что большинство населения предпочитают преимущество пассивному отдыху.

**Ключевые слова:** население, вредные привычки, профилактика.

### ВИВЧЕННЯ НАЯВНОСТІ ШКІДЛИВИХ ЗВИЧОК СЕРЕД НАСЕЛЕННЯ ЧЕРНІВЕЦЬКОЇ ОБЛАСТІ

А.С. Бидучак

**Резюме.** Вивчено наявність у дорослого населення Чернівецької області шкідливих звичок та захоплень у вільний від роботи час. Встановлено, що більшість населення надає перевагу пассивному відпочинку.

**Ключові слова:** населення, шкідливі звички, профілактика.

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