

TIBBIYOT TALABLARIDA SOMATIK SALOMATLIK DARAJALARI VA ADAPTATSIYA ZAXIRALARINING BUZILISHLARINING KOMPLEKSIY BAHOLANISHI

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ANNOTATSIYA

Ushbu maqola tadqiqotni umumlashtiradi. Gemodinamik gomeostazning asosiy ko'rsatkichlari, kardiorespirator tizimning adaptiv zaxiralari va somatik salomatlik darajasini baholash 283 kishida (215 qiz va 68 o'g'il bolalar) o'tkazildi. Kuzatuv guruhini SamDTU 2 va 3 kurs talabalari (qiz va o'g'il bolalar) tashkil etadi. Bizning ishimizning maqsadi tibbiyot talabalari o'rtasida somatik salomatlik va adaptiv zaxiralarning buzilishi darajasini baholashdan iborat edi.

Kalit so'zlar: Sog'liqni saqlash, tibbiyot talabalari, Spearman korrelyatsiyasi

KIRISH

Shaxsiy salomatlik - bu o'z-o'zini tashkil qilish mexanizmlarining zaxiralari (patogen omillar ta'siriga qarshilik va patologik jarayonni qoplash qobiliyati) bilan belgilanadigan insonning dinamik holati. O'z-o'zini tashkil etish jarayonlarini energetik, plastik va axborot (tartibga solish) qo'llab-quvvatlash bilan tavsiflanadi va biologik va ijtimoiy funktsiyalarning namoyon bo'lishi uchun asosdir. Hozirgi vaqtda eng dolzarb nuqtai nazar - bu sog'liq - tananing o'zgaruvchan atrof-muhit sharoitlariga moslashish qobiliyati. Shuning uchun organizmning moslashish (yoki moslashish) imkoniyatlarini salomatlik o'lchovi deb hisoblash mumkin. Inson salomatligini mustahkamlash yo'llarini ishlab chiqish uchun uni baholash va bashorat qilish vazifalari alohida ahamiyatga ega.

Maqsad: tibbiyot talabalari o'rtasida somatik salomatlik darajasini va adaptiv zaxiralarning buzilishini har tomonlama baholash. Somatik salomatlik darajasini o'rganing. Spearman korrelyatsiya koeffitsienti yordamida somatik salomatlik

darajasini baholashda ko'rsatkichlar o'rtasidagi munosabatlarning yaqinligi va yo'nalishini aniqlash .

MATERIALLAR VA USULLAR

283 kishida (215 qiz va 68 o'g'il bolalar) gemodinamik gomeostazning asosiy ko'rsatkichlari, kardiorespirator tizimning adaptiv zaxiralari va somatik salomatlik darajasini baholash o'tkazildi. Kuzatuv guruhini SamDMU 2 va 3 kurs talabalari (qiz va o'g'il bolalar) tashkil etadi. Klinik, fiziometrik va somatoskopik tadqiqot usullari qo'llanilgan.

Statistica 6.0 maxsus paketi yordamida amalga oshirildi . O'zaro munosabatlarning yaqinligi va yo'nalishi Spearman korrelyatsiya koeffitsienti yordamida baholandi , statistik jihatdan ahamiyatli munosabatlar haqidagi xulosa $p < 0,05$ da qabul qilindi.

NATIJAR VA MUHOKAMA

Tibbiyot fakulteti talabalarining (qiz va o'g'il bolalar) salomatlik darajasi quyidagicha taqsimlandi: "past" – 26,8% (76 kishi) , "o'rtachadan past" – 33,2% (94 kishi), "o'rtacha" – 32,5% (92 kishi), "O'rtachadan yuqori" - 4,95% (14 kishi), "yuqori" - 2,55% (7 kishi). Aksariyat qizlarning salomatlik darajasi "o'rtacha" (35,81%) va "o'rtachadan past" (30,23%). Yigitlar orasida salomatlik darajasi "o'rtachadan past" (42,65%) va "past" (33,82%) ustunlik qiladi. O'qigan 68 nafar yigitning hech birining salomatligi "yuqori" emas edi.

Barcha talabalar uchun bunday ko'rsatkichlar: PSD, HR HR, SD, GI. O'g'il bolalar uchun BMI, SI, PD va IFS ko'rsatkichlari qo'shiladi. Eslatma: BMI - tana massasi indeksi; ZHI - hayot ko'rsatkichi; VC - o'pkaning hayotiy sig'imi; SI - kuch ko'rsatkichi; PSD - yurak faoliyati ko'rsatkichi; HR - daqiqada yurak urish tezligi; BPsist - sistolik qon bosimi; HRHR - 30 soniya ichida 20 ta chayqalishdan keyin yurak tezligini tiklash vaqti. Bu ko'rsatkichlar somatik salomatlik va kardiorespirator tizim darajasini baholash uchun eng ishonchli hisoblanadi.

XULOSA

Tadqiqotimiz shuni ko'rsatdiki, talabalarning aksariyati (92,5%) "o'rtacha", "o'rtacha past" va "past" sog'liqni saqlash darajasiga ega. Barcha sub'ektlarning atigi 7,5% salomatlik ko'rsatkichlariga ega bo'lib, ularni "xavfsiz daraja" deb tasniflash imkonini beradi (shundan 9,31% qizlar va faqat 1,47% o'g'il bolalar). Xavfsiz zonada endogen xavf omillari deyarli qayd etilmagan, surunkali somatik kasalliklar namoyon bo'lishining yashirin shakllari mavjud emas va ulardan o'lim xavfi past. Xavfsiz zonadan chiqib, o'rtacha, o'rtacha, past (hatto yashash sharoitlari o'zgarmagan holda) kabi sog'liqni saqlash darajalariga o'tishda odamlar patologik jarayonning paydo bo'lishi va rivojlanishiga va uning namoyon bo'lishiga olib keladigan endogen xavf omillarini rivojlanishi mumkin. muayyan nozologik shaklning shakli;

tizim darajasini baholash uchun eng ishonchli hisoblanadi.

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