

Results: all the participants of the online survey conducted were students. Majority of the participants were students of University (69.2 %). Only a small group was doing post-graduation (21.2 %) and in school (5.8 %). Considering the age group, about 67.3 % of the participants were in the age group of 19-24 and 21.2 % – in 25 to 30. Most of the respondents identified themselves as females (57.7 %).

Waking up early provides energy and enhances brain functioning. It is said to increase productivity throughout the day and provide proper mental fitness. This survey conducted shows that during the online mode of study 25 % of students wake up between 7 to 8 Am and 13.5 % of participants wake up between 8 to 9 am. 17.3 % wake up between 6-7 and 5 to 6 am respectively. And 23.1 % of participants wake after 9 am. While in offline mode of study about 38 % of participants wake at 6-7 am and 24 % wake up between 5-6 am and 7-9 am respectively. Only a few participants woke after 9 am (6 %) and before 5 am (8 %). Proper sleep cycle is mandatory for students. It even helps them to cope up with stress. Majority of participants in online and offline mode of study sleep after midnight (43.2 % & 32 % respectively). Those who sleep between 11 to 12 pm are 17.3 % and 24 %. Only a very few participants sleep before 10 pm. About 28 % in offline mode and 23.1 % in online sleep between 10 to 11 pm. 55.8 % participants said they slept for 6-7 hrs in an online mode of study. Daily showers are necessary in student life as it indicates basic hygiene of an individual. About 73.1 % and 66 % took showers once daily in online and offline mode respectively. About 9 % of students took shower few times a week in both modes of study 14 % and 9.6 % took showers once in 2 days in both modes of study. In online mode 15 % participants have high quality study for only 15 min.

Conclusion: in online mode it was found that the participants had different daily regimens. Poor sleep cycles have been seen in many students. Proper sleep is essential for concentration and also it can help in stress management. Insufficient sleep has been linked to weight gain and obesity, cardiovascular disease, and type 2 diabetes in the later stage of life.

Key words: daily regimen, online and offline study, health impact.

HYGIENIC ASSESSMENT AND ANALYSIS OF THE MAIN CAUSES OF STRESS AND ITS IMPACT ON STUDENTS' HEALTH

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Relevance: with the increasing demands of academia and the competitive nature of today's educational system, students often face various stressors. The direct correlation between stress and its detrimental effects on health is well established. Therefore, a comprehensive understanding of the primary causes of stress among students and its implications on their overall well-being is imperative.

Objective: hygienic assessment and analysis of the main causes of stress and its impact on students' health.

Materials and methods: an online survey was conducted via (<https://docs.google.com>). In the survey, a diverse cohort of 65 individuals participated from various age groups, socio-economic backgrounds, career aspirations, lifestyles, and geographical regions. Quantitative metrics, including percentage calculations and rankings, were processed using MS Excel.

Results: most respondents, 67.7 %, were from the 20-25 age group, and a significant part, 61.5 %, were women. The students were from various years of study from 1st to 6th year, and 9.2 % were not students. They were from the working group. The participants were from different parts of the world- major home countries – India and Ukraine.

An alarming 56.9% reported experiencing moderate to high-stress levels. 31.3% stated that they experience stress a few times a week. The leading cause of stress could be academic pressures (63.1%), concerns about future career prospects (61.5%), personal relationships (41.5%) and financial burdens (38.5%). Other factors which led to stress include work or internships, social pressures, family responsibilities and health-related issues.

50.7% of students experienced psychological stress-related issues. They face insomnia, 47.2% were irritated, and 36.1% had panic attacks when they could not handle the pressure. Headache is the most common manifestation of stress. Other triggers, such as lack of sleep, caffeine consumption, class-related stress, weather-related triggers and physical activity, emphasise the multifaceted nature of headache triggers in the student population.

69.2% of respondents demonstrated an awareness of these consequences, indicating a substantial portion of the student body is aware of the potential health impact associated with stress. On the other hand, 20% of respondents reported being unaware of these possible consequences, highlighting a knowledge gap among a notable segment of the student population. Moreover, 10.8% of respondents expressed uncertainty regarding these health-related consequences, indicating the need for education and awareness-building efforts.

Conclusion: it was found that prolonged exposure to stressors not only deteriorates mental well-being but manifests as tangible physiological alterations that eventually affect students' academics. Stress not only affects the well-being of students but, in the long run, hampers how they study and has detrimental effects on their future. Such lifestyle patterns further weaken the immune system, making students more susceptible to frequent illnesses.

Key words: stress, students, hygienic assessment, health implications, academic pressure.

A YEAR OF WAR IN UKRAINE: ANXIETY AND POST-TRAUMATIC STRESS AMONG YOUNG PERSONS

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Relevance: war and military conflicts are events that have a significant negative impact on all spheres of social life, including the mental health of the communities involved. Stress, depression, and anxiety that accompany stressful events related to war can have a profound impact on the physical health of the entire society, its internal relationships, and everyday life.

Aim: to study the deterioration of sleep quality among young people living in Ukraine in wartime.

Materials and methods: a cross-sectional study was conducted with the participation of 155 students who studied at universities in Ukraine after 24 February 2022. 4 groups were formed according to the stage of anxiety. The anthropometric data were determined: weight (kg), height (cm), and body mass index (BMI). The method of studying social demography was used. The degree of generalized anxiety disorder was determined by the GAD-7 questionnaire. PTSD among respondents was assessed using the Harvard Trauma Questionnaire (HTQ-5). Statistical analysis of the data was performed using descriptive statistics (ANOVA, MANOVA) and correlation analysis.

Results: the analysis of the structure of the level of anxiety among respondents showed that 44.52% of people had minimal anxiety, 26.45% moderate, 16.77% medium, and 12.26% high. Among the respondents who have been permanently living in Ukraine since the beginning of the war, minimal (40%), moderate (26.4%), medium (14.8%), and high (8.4%) level of anxiety was noted. Socialized persons who lived with their family, in contrast to lonely persons, had a minimum level of anxiety in 19.4%, a moderate level in