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THE ATTITUDE OF POTENTIAL PARENTS TO ALCOHOL ADDICTION AND HEALTH CHANGES OF THE FUTURE GENERATION

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The results of this research into the alcohol addiction level among young people (potential parents) aged 17-27 years old are represented in the article. The questionnaire form, which guarantees full anonymity of the respondent, was chosen as a main research method. The questionnaire consisted of two parts: the first questions were focused on acquaintance with the respondent (sex, age etc), other questions focused on their attitude to alcohol with "yes" or "no" answers. Answers were transferred into points and summed up. Girls who had 16 and more points and boys with 21 and more points were considered to have a high alcohol addiction level. 753 people were questioned; there were 509 girls and 244 boys among them. 284 people (37,3%) showed a high alcohol addiction level with 187 girls and 97 boys among them. That is why it seems clear that there are no effective measures aimed at healthy lifestyle propaganda among the young today. It should be also mentioned that there is a big percentage (37,3%) of high alcohol addiction level among individuals 17-26 years old – potential fathers and mothers of the future generation.

Scope of application of results – social medicine, healthcare arrangement.

Keywords: youth health, forecasting of health of succeeding generations.

ОТНОШЕНИЕ К АЛКОГОЛИЗМУ ПОТЕНЦИАЛЬНЫХ РОДИТЕЛЕЙ И ПЕРСПЕКТИВЫ ЗДОРОВЬЯ БУДУЩЕГО ПОКОЛЕНИЯ

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В статье представлены результаты изучения уровня алкоголизации среди молодых людей (потенциальных родителей) в возрасте 17-27 лет. Основным методом исследования выбрана анкетная форма опроса, в которой гарантируется полная анонимность опрашиваемого. Анкета состояла из двух частей: первые вопросы были направлены на знакомство с респондентом (пол, возраст и т.п.), остальные - на отношение к алкоголю, на которые нужно было отвечать «да» или «нет». Ответы переводились в баллы и суммировались. К лицам с высоким уровнем алкоголизации относились: девушки, набравшие 16 баллов и более, юноши – 21 баллов и более. Проанкетировано 753 человека, среди них девушки составили 509 человек, юноши – 244. Высокий уровень алкоголизации показали 284 (37,3%) человека, среди них 187 девушек и 97 юношей. Таким образом, приходится констатировать, что на сегодняшний день отсутствуют эффективные мероприятия, направленные на пропаганду здорового образа жизни среди молодежи. Настораживает и большой процент (37,3%) высокой алкоголизации индивидуумов 17 – 26 лет – потенциальных отцов и матерей грядущего поколения.

Область применения результатов – социальная медицина, организация работы здравоохранения.

Ключевые слова: здоровье молодежи, прогнозирование здоровья последующих поколений.

The unprecedented spread of alcohol addiction is one of the biggest problems facing the medical community today. This is also the current main problem for the Sverdlovsk region. The first incident of a child's alcoholic psychosis occurred in

2004, and that together with the growth of alcohol addiction among children and teenagers is an extremely negative prognostic factor for alcohol addiction spread in the population [1]. More than 60% of people registered with drug rehabilitation institutions are of reproductive age (18 to 39 years old), and the health of parents, especially the health of a mother, is the health of a future child. Alcohol addiction has a detrimental effect on germ cells, breaks their maturation, viability, and causes other unacceptable changes in an organism. Those affected, woman or man, will be left unable to have children [2-4].

The aim of work– to study alcohol addiction level among the young (potential parents) aged 17-27 years.

The work performance method– a questionnaire form was chosen as a main method of research in this work. The respondent gives the most honest answers in this form of poll, as the questionnaire is a secret research of opinions where the respondent is unknown so his full anonymity is guaranteed.

The questionnaire consisted of two parts (in total 21 questions): the first questions were focused on acquaintance with the respondent (sex, age etc), the other questions focused on their attitude to alcohol with "yes" or "no" answers. Answers were transferred into points and summed up. Girls who had 16 and more points and boys with 21 and more points were considered to have a high alcohol addiction level.

Statistical processing of the actual material was carried out on the personal computer by means of the Microsoft ® Excel 2002 (10.3506.2625) program, in Microsoft Office application 2002.

Results of the research– 753 people aged 17-26 years old were questioned; there were 509 girls and 244 boys among them. 284 people (37,3%) showed a high alcohol addiction level with 187 girls and 97 boys among them.

The majority of respondents (87,3%) had tried alcoholic beverages already by school age. So, the answer to the question: “When did you try alcoholic drinks for the first time?” was the following: 5th school year – 94 people, 8th school year – 176, 11th school year – 387, after school – 96 people. Generally, the most common first time to

try an alcoholic beverage is at age 14-16 years old, showing an early attraction of teenagers to alcohol, and 12,5% tried alcoholic beverages first in their 5th school year. 54,4% of the respondents answered the question “Do you drink often?”, saying that they drank from several times a week to several times a month. More than a half of the respondents (54,2%) noted that their friends drank more than 2 times a month (80,3% of the respondents with a high alcohol addiction level and 38,4% of the respondents with low alcohol addiction level answered positively).

When it comes to the use of alcoholic beverages in a family it is necessary to pay attention to the fact that 42,5% of young people answered the question: "Have you seen your parents drunk?" positively. It is worth mentioning that 55,6% of people with a high and 34,5% with low alcohol addiction level answered positively. The question “Do your parents and relatives consider that you drink much?” was answered positively only by 18% of the respondents with a high alcohol addiction level.

The question “Have you ever been drunk at school?” was answered positively by 104 people! The question “Have you ever faced troubles at school or work because of alcohol use?” was answered positively by 6 people (1,3%) with a high and 54 (19%) with low alcohol addiction level.

The answer to the question “Is it possible to have a good holiday or birthday without drinking?” is promising. A “Yes” answer was given by 73,2% of the respondents.

Conclusions:

1. There are no effective measures aimed at healthy lifestyle propaganda among the young today.

2. It should be mentioned that there is large percentage (37,3%) of high alcohol addiction level among the individuals of 17-26 years old – potential fathers and mothers of the future generation.

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