

СПИСОК ЛИТЕРАТУРЫ:

1. ГОСТ 23337-2014 «Методы измерения шума на селитебной территории и в помещениях жилых и общественных зданий»;
2. СанПиН «Шум на рабочих местах, в транспортных средствах, в помещениях жилых, общественных зданий и на территории жилой застройки» утвержденных постановлением Министерства здравоохранения Республики Беларусь №115 от 16.11.2011г

THE QUESTION OF USAGE OF ENERGY DRINKS BY YOUTH

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Relevance. The modern rhythm of life is characterized by heavy workload, which requires from people a constant concentration and readiness for action. Many people, especially young, use energy drinks for maintaining of vivacity and working capacity.

Aim and tasks. It was to explore the condition of factual usage of energy drinks by medical students and to find out the student's level of knowledge about an influence of drinks on health.

Materials and methods of research. The objects of researching were 76 medical students of 3-4 years of ZSMU. It was used the authors' questionnaire, which includes the questions about the features of usage of energy drinks and knowledge about their properties.

Results and discussion. It was discovered, that 60.5% of students don't have the clear understanding about 'energy drinks'. But 78.9% of respondents pointed that surrounding people use these drinks, and 26 students drink it themselves. The majority (69.2%) uses energy drinks at the most workload period, 7.7% - once per week, 7.7% - everyday and 3.9% - occasionally. Almost 65% of students drink energetic with purpose to decrease the tiredness and increase the work capacity. 7.7% of respondents feel these effects straight after drinking, 43.2% feel the effect after 10-15 minutes, 30.8% - after 30-40 minutes. The continuance of effect persists more than 2 hours in 69.2% of respondents and until 1 hour in 30.8%. It is 85% of students, which can tell the correct components of energy drinks, but not all of respondents can explain the effect of these drinks to human body. The majority (92.3%) consider, that these drinks have a negative influence to health, and one-third of respondents already felt the side effects after usage of energy drinks, but all the same they go on to drink them.

Conclusion. Each third student uses the energy drink. One half of them has inadequate knowledge about the rules of usage of energetic, side effects and aftermath for health.

LIST OF REFERENCE:

1. Turchaninov, D. V., Vil'ms, YE. A. (2015). Vliyaniye upotrebleniya slaboalkogol'nykh energeticheskikh (toniziruyushchikh) napitkov na zdorov'ye naseleniya: sovremennyye nauchnyye dannyye. *Sovremennyye problemy nauki i obrazovaniya*, №3, p. 900-905.

RADIATION-HYGIENIC EVALUATION OF THE RADIATION EXPOSURE DOSE ON PEOPLE DISTRIBUTED BY RADON IN WATER

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Relevance. From the point of view of geology, 40% of the territory of Ukraine is radon-dangerous.