



colloquium-journal

ISSN 2520-6990

Międzynarodowe czasopismo naukowe

Medical sciences
Economic sciences
Philological sciences
Pedagogical sciences
№54(247) 2025



ISSN 2520-6990

ISSN 2520-2480

Colloquium-journal №53 (246), 2025

Część 1

(Warszawa, Polska)

Redaktor naczelny - **Paweł Nowak**
Ewa Kowalczyk

Rada naukowa

- **Dorota Dobija** - profesor i rachunkowości i zarządzania na uniwersytecie Koźmińskiego
- **Jemielniak Dariusz** - profesor dyrektor centrum naukowo-badawczego w zakresie organizacji i miejsc pracy, kierownik katedry zarządzania Międzynarodowego w Ku.
- **Mateusz Jabłoński** - politechnika Krakowska im. Tadeusza Kościuszki.
- **Henryka Danuta Stryczewska** – profesor, dziekan wydziału elektrotechniki i informatyki Politechniki Lubelskiej.
- **Bulakh Iryna Valerievna** - profesor nadzwyczajny w katedrze projektowania środowiska architektonicznego, Kijowski narodowy Uniwersytet budownictwa i architektury.
- **Leontiev Rudolf Georgievich** - doktor nauk ekonomicznych, profesor wyższej komisji atestacyjnej, główny naukowiec federalnego centrum badawczego chabarowska, dalekowschodni oddział rosyjskiej akademii nauk
- **Serebrennikova Anna Valerievna** - doktor prawa, profesor wydziału prawa karnego i kryminologii uniwersytetu Moskiewskiego M.V. Lomonosova, Rosja
- **Skopa Vitaliy Aleksandrovich** - doktor nauk historycznych, kierownik katedry filozofii i kulturoznawstwa
- **Pogrebnaya Yana Vsevolodovna** - doktor filologii, profesor nadzwyczajny, stawropolski państwowy Instytut pedagogiczny
- **Fanil Timeryanowicz Kuzbekov** - kandydat nauk historycznych, doktor nauk filologicznych. profesor, wydział Dziennikarstwa, Bashgosuniversitet
- **Aliyev Zakir Hussein oglu** - doctor of agricultural sciences, associate professor, professor of RAE academician RAPVHN and MAEP
- **Kanivets Alexander Vasilievich** - kandydat nauk technicznych, profesor nadzwyczajny Wydział Agrotechnologii i Transportu Drogowego, Państwowy Uniwersytet Rolniczy w Połtawie
- **Yavorska-Vitkovska Monika** - doktor edukacji, szkoła Kuyavsky-Pomorsk w bidgoszczu, dziekan nauk o filozofii i biologii; doktor edukacji, profesor
- **Chernyak Lev Pavlovich** - doktor nauk technicznych, profesor, katedra technologii chemicznej materiałów kompozytowych narodowy uniwersytet techniczny ukrainy „Politechnika w Kijowie”
- **Vorona-Slivinskaya Lyubov Grigoryevna** - doktor nauk ekonomicznych, profesor, St. Petersburg University of Management Technologia i ekonomia
- **Voskresenskaya Elena Vladimirovna** doktor prawa, kierownik Katedry Prawa Cywilnego i Ochrony Własności Intelektualnej w dziedzinie techniki, Politechnika im. Piotra Wielkiego w Sankt Petersburgu
- **Tengiz Magradze** - doktor filozofii w dziedzinie energetyki i elektrotechniki, Georgian Technical University, Tbilisi, Gruzja
- **Usta-Azizova Dilnoza Ahrarovna** - kandydat nauk pedagogicznych, profesor nadzwyczajny, Tashkent Pediatric Medical Institute, Uzbekistan
- **Oktay Salamov** - doktor filozofii w dziedzinie fizyki, honorowy doktor-profesor Międzynarodowej Akademii Ekoenergii, docent Wydziału Ekologii Azerbejdżańskiego Uniwersytetu Architektury i Budownictwa
- **Karakulov Fedor Andreevich** – researcher of the Department of Hydraulic Engineering and Hydraulics, federal state budgetary scientific institution "all-Russian research Institute of hydraulic Engineering and Melioration named after A. N. Kostyakov", Russia.
- **Askaryants Wiera Pietrowna** - Adiunkt w Katedrze Farmakologii, Fizjologia. Taszkencki Pediatryczny Instytut Medyczny. miasto Taszkent



«Colloquium-journal»

Wydawca «Interdruk» Poland, Warszawa

Annopol 4, 03-236

E-mail: info@colloquium-journal.org

<http://www.colloquium-journal.org/>

CONTENTS

MEDICAL SCIENCES

Ibragimov E.A., Aliyev T.Ya., Ashrafov D.S. METHODS OF RESTORATION OF PRIMARY MOLARS	3
Novruzov Z.H., Mehmani I.G., Mehmani V.R. MOUTH BREATHING TYPE AND ITS INFLUENCE ON THE DEVELOPMENT OF SAGITTAL MALOCCLUSIONS	6
Olenovych O. CONTINUOUS GLUCOSE MONITORING IN THE INDIVIDUALIZED MANAGEMENT OF DIABETES (literature review)	10
Раца В.В., Криворука О.Г., Ластівська О.В., Мартинюк Д.О. ДОЦІЛЬНІСТЬ ПРИЙОМУ ДОБАВОК ВІТАМІНУ Д ТА А У ПАЦІЄНТІВ З ЗАПАЛЬНИМИ ЗАХВОРЮВАННЯМИ КИШКІВНИКА	14
Ratsa V.V., Kryvoruka O.H., Lastivska O.V., Martyniuk D.O. THE FEASIBILITY OF TAKING VITAMIN D AND A IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE	14
Korolyk T., Sorokhan V. D., Andrushchak M.O., Bilokopytyu I., Honcharuk L.M. OVERVIEW OF STATIC TRENDS IN THE SPREAD OF HIV INFECTION IN UKRAINE	17
Раца В.В., Чоповці І.І., Андрич Н., Гуменюк В. А. ПОЗАШЛУНКОВІ ПРОЯВИ Н. PYLORI-ІНФЕКЦІЇ В ГАСТРОЕНТЕРОЛОГІЧНІЙ ПРАКТИЦІ	19
Ratsa V.V., Chopovtsi I.I., Andrych N., Humenyuk V.A. OUT-OF-STOMACH MANIFESTATIONS H. PYLORI-INFECTION IN GASTROENTEROLOGICAL PRACTICE	19
Yasynska E.T. ANALYSIS OF STUDENTS' LEVEL OF AWARENESS ABOUT THEIR OWN HEALTH	22

PEDAGOGICAL SCIENCES

Zhyhalko S.E. PROJECT-BASED TEACHING METHODS TO ENHANCE THE EFFICIENCY OF ENGLISH LANGUAGE TRAINING FOR ENGINEERING TEACHERS	25
--	----

PHILOLOGICAL SCIENCES

Allakhverdiyeva F.M. THE ETYMOLOGICAL VARIABILITY OF THE NUMBER "ONE"	30
---	----

ECONOMIC SCIENCES

Саттикулова Г.А. ЗНАЧИМОСТЬ РАЗВИТИЯ ПРОМЫШЛЕННОСТИ В РЕГИОНАХ И ОСНОВНЫЕ НАПРАВЛЕНИЯ ИХ ЭФФЕКТИВНОГО ИСПОЛЬЗОВАНИЯ	33
Sattikulova G.A. THE IMPORTANCE OF INDUSTRIAL DEVELOPMENT IN THE REGIONS AND THE MAIN DIRECTIONS FOR THEIR EFFECTIVE USE	33

ANALYSIS OF STUDENTS' LEVEL OF AWARENESS ABOUT THEIR OWN HEALTH

Candidate of Medical Sciences, Associate Professor of the Department of Social Medicine and Public Health. Bukovinian State Medical University, 58002. str. Teatralna 2, Chernivtsi, phone: 380956748935, <https://orcid.org/0000-0002-3768-7278>

Abstract.

The article presents a comprehensive assessment of individual health parameters of student youth based on the specially developed modernized health questionnaire-36 (MOS-36 – Short-Form Health Survey, or MOS SF-36), which included three main blocks of health components (self-assessment of health status, healthy lifestyle, mental and emotional health). These blocks included the most significant questions. The results of the study showed differences in health status among male and female students by health status, lifestyle (physical activity, quality of nutrition, bad habits, mental and emotional health). $p \leq 0.05$.

In addition, the article determines the level of awareness of students about their own health, as well as identifies the main factors that influence its preservation and improvement.

Keywords: *adapted questionnaire, self-assessment of health status, healthy lifestyle, mental and emotional health, bad habits, risk factors.*

Introduction. Human health potential plays an important role in shaping other "qualitative characteristics" of the population: the level of their education, the ability to master certain professions, career growth opportunities, etc. [3]. Low self-esteem of health affects the formation of risky behavior, the development of harmful habits and psychological disorders.

Health is determined by an integrated assessment of various factors. Approximately 50% of all factors affecting health are objective and are distributed as follows: the environment is approximately 30%, heredity - 18-20%, medical care - 10%. About 50% belong to subjective factors related to lifestyle. These factors include work and rest, physical activity or lack thereof, diet, psycho-emotional state, smoking, alcohol abuse. It is worth noting that reduced quality of life is one of the important predictors of low academic performance of students [2].

Due to constant psycho-emotional stress, excessive physical exertion, chronic somatic and endocrine diseases, digestive disorders, malnutrition and other adverse environmental factors, the number of young people with body weight deficiency is increasing. This necessitates the scientific substantiation of the development of measures to prevent body weight deficiency to preserve health and prevent a decrease in the quality of life of student youth [1].

Presenting the main material.

The subjective component of health allows you to identify certain deviations in self-esteem or minimize the impact of adverse factors on the formation of your own health.

The purpose of the article: using the modernized health questionnaire-36, determine the level of awareness of students about their own health, as well as identify the main factors that influence its preservation and improvement.

Materials and methods: The study was conducted by surveying 207 students (105 male and 102

female students) studying in higher educational institutions of the city of Chernivtsi. The age of the respondents was 20–28 years. The purpose of the survey was to find out the level of awareness of students about their own health, as well as to identify the main factors influencing its preservation and improvement. The sociological survey was based on the specially developed modernized health questionnaire-36 (MOS-36 – Short-Form Health Survey, or MOS SF-36) [1], which included a list of questions that were included in the following blocks: self-assessment of health status, healthy lifestyle, mental and emotional health.

1. Self-assessment of health status included the following questions:

- assessment of general health;
 - frequency of visits to the doctor;
 - presence of chronic diseases.
2. Block of questions on a healthy lifestyle:
- frequency of physical activity;
 - sleep duration;
 - food quality;
 - bad habits.

3. Block of questions related to mental and emotional health:

- frequency of feeling stressed or anxious;
- knowledge of ways to self-regulate or cope with stress;

• own satisfaction with the general emotional state recently.

The score assessment of students' health is carried out using 8 scales that reflect the main components of a healthy lifestyle: The maximum number of points on 8 scales is 80 points.

In addition, the study examined and analyzed the responses that were included in the subsections of three blocks of questions. These included the following:

- food;
- sleep;
- physical activity;
- leisure; daily routine;

- stress control;
- social activity;
- absence of bad habits;
- self-assessment of one's own health;
- respondents' attitude towards their own health;
- presence of diseases;
- seeking medical attention;
- self-assessment of lifestyle;
- respondents' awareness of a healthy lifestyle.

Each respondent's answer was evaluated in points, which were subsequently summed and analyzed. The assessment indicators ranged from 0 to 100, where 100 is complete health. Statistical processing of the material was carried out using the χ^2 method. The difference was considered significant at $p \leq 0.05$.

Since low self-esteem of health affects the formation of health in young people, contributing to the choice of risky behavior, the emergence of harmful habits and the development of psychological problems, it is important to pay attention to the subjective perception of health in adolescents and young people. This allows for timely detection of deviations in the assessment of one's own condition and identification of negative factors, the impact of which can be reduced.

That is why the emphasis on the subjective component of health is necessary. Such an approach helps to timely detect violations and reduce the risk of adverse factors. The generalized results of self-assessment of health are presented in Table 1.

Table №. 1.

Results of self-assessment of the health status of respondents.

Age of respondents		20 - 28 years old			
Gender of respondents		males		females	
		abs.	%	abs.	%
Self-assessment of health status	Very good	30	28.6	35	34
	Good	45	42.8	50	49
	Satisfactory	25	23.8	14	13.7
	Bad	4	3.8	1	0.98
	Very bad	1	0.95	0	0
Total		45		105	100

According to the results of a survey of students of 3-6 years (table №.1), the following was obtained: The vast majority of respondents (95%) consider adherence to the principles of a healthy lifestyle to be extremely important. 30 (28.6%) male students and 32 (34%) female students consider their health to be very good;

45 (42.8%) male students and 50 (49%) female students noted that their health is good, 25 men (23.8%) and 14 women (13.7%) considered their health to be satisfactory. 4 male students and 1 female student had poor health. 1 male student, who had a serious chronic disease, had very poor health.

Table №. 2.

Healthy lifestyle of respondents

Age of respondents		20 - 28 years old			
Gender of respondents		males		females	
		abs.	%	abs.	%
Healthy lifestyle	Low physical activity	22	11.3	34	32.7
	Insufficiency sleep	38	19.6	20	19.2
	Nutritional errors	80	41.2	22	21.2
	Presence of bad habits	54	27.8	24	23.1
Total		194	100	104	100

The results of Table 2 show that female students pay less attention to physical activity than male students. Accordingly, low physical activity was noted in 22 (11.3%) men and 34 women (32.7%). The difference is significant ($P < 0.05$). There is also a difference in sleep duration (insufficient sleep among 38 men (19.6%) and 20 women (19.2%). As for the quality of nutrition, as many as 80 male students (41.2%) and only 22 female students (21.2%) assess their diet as irregular and unbalanced, and also often eat fast food or junk food. In addition, more than 2 times more male students

(54 people) than female students (24 people) responded that they have bad habits (smoke, drink alcohol, energy drinks or other stimulants). Students do not perceive the threat of undesirable consequences of alcohol consumption as a real threat. Measures to combat harmful risk factors among student youth should be aimed at forming a negative attitude in the younger generation. The main motives for leading a healthy lifestyle, according to students, are good appearance and physical fitness.

Mental and emotional health		20 -28 years old			
Age of respondents		males		females	
Gender of respondents		abs.	%	abs.	%
Mental and emotional health	Frequent feelings of stress or anxiety	62	63.3	45	57
	Lack of knowledge about ways to self-regulate or cope with stress	16	16.3	12	15.2
	Dissatisfaction with your overall emotional state	20	20.4	22	27.8
Total	45	98	100	79	100

As a result of a thorough study of the respondents' answers to the more important questions of the questionnaire related to mental and emotional health, we obtained the following: 62 men (63.3%) and 45 women (57%) noted frequent feelings of stress and anxiety, most of which were related to military events in Ukraine. The students' answers indicated that 16 men and 12 women did not have knowledge about ways to self-regulate or overcome stress. 44 people, including 20 men and 22 women (20.4% and 27.8%) expressed dissatisfaction with their general emotional state.

Among the key components of a healthy lifestyle, students emphasized a balanced diet, quality and sufficient sleep, physical activity, the ability for psychological self-regulation, and the use of effective methods for overcoming stress.

Conclusion.

The formation of a healthy lifestyle among students is based on a comprehensive analysis of individual health indicators, which should be taken into account for successful combating bad habits. In addition, to reduce stress, it is important to master useful information about methods of psychological self-regulation

and be able to apply effective methods of overcoming stressful situations.

References:

1. Виноградов О. Г. Академічна успішність як критерій і предиктор / О. Г. Виноградов // Укр. психол. журн. – 2018. – № 4 (10). – С. 33–43.
2. Індика С. Якість життя, пов'язана зі здоров'ям, та концептуальні підходи до її оцінки / С. Індика, Н. Белікова // Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві. – 2022. – № 4 (60). – С. 11–22.
3. Максименко А. Характеристика чинників, асоційованих з ризиком розвитку дефіциту маси тіла дівчат-підлітків / А. Максименко // Теорія і методика фіз. виховання і спорту. – 2023. – № 3. – С. 37–43.
4. Черевко С.В., Демченко О.О., Суркова О.Б., Подолкіна З.К. Здоров'язбереження нації в контексті реформи системи охорони здоров'я в Україні. Педагогіка формування творчої особистості у вищій і загальноосвітній школах: зб. Наук. пр. / [редкол.: Т.І. Сущенко (гол. ред.) та ін.] Запоріжжя: КПУ, 2017. Вип. 55 (108). С. 369-374.

Colloquium-journal №53 (246), 2025

Część 1

(Warszawa, Polska)

ISSN 2520-6990

ISSN 2520-2480

Czasopismo jest zarejestrowany i wydany w Polsce. Czasopismo publikuje artykuły ze wszystkich dziedzin naukowych. Magazyn jest wydawany w języku angielskim, polskim i rosyjskim.

Częstotliwość: co tydzień

Wszystkie artykuły są recenzowane.

Bezpłatny dostęp do elektronicznej wersji magazynu. *нотатки*

Przesyłając artykuł do redakcji, autor potwierdza jego wyjątkowość i jest w pełni odpowiedzialny za wszelkie konsekwencje naruszenia praw autorskich.

Opinia redakcyjna może nie pokrywać się z opinią autorów materiałów.

Przed ponownym wydrukowaniem wymagany jest link do czasopisma.

Materiały są publikowane w oryginalnym wydaniu.

Czasopismo jest publikowane i indeksowane na portalu eLIBRARY.RU,

Umowa z RSCI nr 118-03 / 2017 z dnia 14.03.2017.

Redaktor naczelny - **Paweł Nowak, Ewa Kowalczyk**

«Colloquium-journal»

Wydawca «Interdruk» Poland, Warszawa

Annopol 4, 03-236

Format 60 × 90/8. Nakład 500 egzemplarzy.

E-mail: info@colloquium-journal.org

<http://www.colloquium-journal.org/>