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PHYSICAL ACTIVITY TRENDS IN THE WORLD AND AMONG MEDICAL STUDENTS

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Summary: Physical activity is currently one of the most important components of health and longevity. Our environment has changed significantly lately. Technological progress is growing very fast. The technology around us shows us comfort. All these factors significantly reduce the level of physical activity in everyday life. This increases the level of noncommunicable diseases, which significantly reduce the quality of life and life expectancy of people around the world. All that we need, with such a significant decline in our health is physical exercise. The aim of the study is to study the trends in the level of physical activity in the world and among medical students during training. To achieve these goals, an information-analytical analysis of the level of physical activity in the world was carried out, as well as data on the level of physical activity of students were analyzed. The article provides literature data on the quantitative and qualitative composition of physical activity in everyday life, individual data on the level of physical activity of medical students. Weekly physical activity was from 31.7% to 35.1% at different periods of study. At the same time, the absence or low level of physical activity was noted among third-year students - 62.5% and 40.5% (p <0.05) in the fifth year of study. With these positive changes in the student learning process, it was found that from 20.6% to 24.3% of students spend less than two hours a day communicating on social networks. All the rest spend much more time on this type of communication. It was found that the level of physical activity is very low. To achieve the normative level of physical activity, which has a direct relationship with health, It is necessary to increase public awareness on the importance of physical activity and its impact on health, as well as to recommend a reduction in student’s time management, and to provide them with the opportunity to participate in sporting activities.

Key words: physical activity, technological progress, healthy lifestyle, students

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Introduction

Physical activity is defined as any movement of the body produced by skeletal muscles, which requires energy. Inadequate physical activity is responsible for over 6% of deaths in the world. In addition, according to WHO, most cases of breast and colon diseases account for 21–25% of cases, 27% of cases of diabetes and about 30% of cases of coronary heart disease [1]. A regular and adequate level of physical activity in adults: reducing the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, depression and the risk of falls; improve bone and functional health; and therefore, fundamental to energy balance and weight control. The term “physical activity” is not “physical exercise”. Exercise is a subcategory of physical activity that is planned, structured, repetitive, and focused in the sense that it is the goal of improving or supporting one or more components of physical fitness. Physical activity includes physical exercises, as well as other activities that are associated with body movement and are performed as part of the game, work, active walks, housework and recreation.

Over the past two centuries, the level of physical activity has significantly decreased, while daily mankind finds new opportunities to deal with serious, previously fatal diseases. At the same time, a sedentary lifestyle, to one degree or another, is the cause of many of them.

Increasing physical activity is a social, not an individual, problem. Therefore, it requires a
population-based, multisectoral, interdisciplinary and culturally significant approach [2].

who are inactive? Moderate to active regular physical activity also reduces feelings of anxiety and depression and improves sleep and quality of life. Even one episode of physical activity provides a temporary improvement in cognitive function and anxiety. Adults who are more physically active are better able to perform everyday tasks without excessive fatigue. A moderate to active increase in physical activity is associated with improved cardiorespiratory and muscular performance, including healthier body mass and body composition. Adults who are more physically active can more easily perform daily tasks, such as climbing stairs, carrying heavy packages, and doing household chores. These benefits apply to men and women of all ages, races, and ethnic groups. Adults get most of this health benefit when they do the equivalent of 150 to 300 minutes (2 hours and 30 minutes to 5 hours) of moderate-intensity aerobic activity every week. Adults receive additional and more significant health benefits with even greater physical activity. Muscle strengthening measures are also good for health and are an important part of the overall plan of physical activity of an adult. Adults should move more and sit less during the day. Some physical activity is better than nothing. Adults who sit less and engage in any moderate to active physical activity receive some health benefits [3-5].

The life quality of individual elderly Ukrainian citizen is low. The higher life quality can be associated with higher physical activity level. The intense exercise was not an obligatory condition for optimal health and good life quality of elderly people. Significant correlation between life quality scales and the high-intensity physical work was identified only for scale Physical Functioning. Instead active part in daily activities - walking, lifting the stairs, farm work, and housework can improve significantly life quality of elderly people[6].

The comparison of students' PA from selected European countries, members of the Visegrad group and Ukraine, is particularly vital to the latter country as it demonstrates a different level of socio-economic development. There was noted a significantly higher level of physical activity in students from the Visegrad countries than in Ukraine. Further, there was an overall lower level of physical activity in females compared to males. What was positive about the studied samples was a healthy BMI index in the majority of the male and female respondents, with a significantly higher indicator in Ukraine [7]

Materials and methods

The aim of the study is to determine the level of physical activity in the world and among medical students during training.

To achieve this goal, an informational analysis of the level of physical activity in the world was carried out, as well as data on the level of physical activity of students were analyzed. An anonymous Adults who are physically active, healthier, feel better, and less likely to develop many chronic diseases, such as cardiovascular disease, type 2 diabetes, and several types of cancer, than adults survey of foreign medical students studying in the first, third and fifth years was conducted.

Results and Discussion

It is very important to monitor the level of physical activity of the young generation aged 18 to 25 years. The health and well-being of any nation greatly depends on their health. Young people experience significant changes in their lives, which are not always accompanied by the preservation of health. They switch to higher education or vocational education, start work and begin a career, a change in living conditions.

According to a survey of 324 foreign medical students of the first, third and fifth courses of Karazin University. The average age of which was 21.43 ± 2.6 years. The following results were obtained. 92.27% of respondents have walks in the fresh air for 2 to 4 hours; no significant difference between the courses of study was found. At the same time, data on the students' body mass index were obtained, and it showed that the number of students with normal weight when entering university is only 20%. A significant increase in this indicator was noted both in the third and fifth years of study, 56.00% and 74.5%, respectively (p <0.05). These changes are observed due to a decrease in students with insufficient body weight from 15% to 5; 0% (p <0.01), and with overweight from 65% to 20.10% (p <0.05) (Fig. 1).

8.6% of students in their first year of study, 6.25% in their third and 24.3% in their fifth year of study (p <0.05) had daily physical activity.
Weekly physical activity was from 31.7% to 35.1% at different periods of study. At the same time, the absence or low level of physical activity was noted among third-year students - 62.5% and 40.5% (p < 0.05) in the fifth year of study, third-year students had an average of 56.8%.

With these positive changes in the student learning process, it was found that from 20.6% to 24.3% of students spend less than two hours a day communicating on social networks. All the rest spend much more time on this type of communication (Table 1).

### Conclusion
The study revealed that the nutritional routine in general, the results clearly show that physical activity affects health more than we expect. One of the most important factors in the prevention of diseases and improving living standards is the normalization of the level of physical activity.

In our study, in the first and third year of study, large similarities were revealed. The results of the fifth year look better.

In the whole year of study, we observed a significant decrease in students' physical activity and an increase in the time spent on social networks, which is one of the significant components of a sedentary lifestyle.

### References
ТЕНДЕНЦІЇ ФІЗИЧНОЇ АКТИВНОСТІ У СВІТІ ТА СЕРЕД СТУДЕНТОВ-МЕДИКІВ
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Резюме. Фізичні навантаження в нашій сьогоденській культурі мають значний вплив на рівень фізичної активності сучасних людей. Це сприяє поширенню низької активності серед студентів-медиків. На початку нашого дослідження, яке було проведено в Карпатському університеті, відомо, що студенти з більше навантаженою активністю мають нижчий рівень небезпеки на рівні здоров'я. В результаті, важливо проводити аналітичний розвиток в області фізичного навантаження. Важливо зосередитись на підвищенні освіти та освіченості студентів-медиків.

Ключові слова: фізичні навантаження, технологічний прогрес, здоровий спосіб життя, студенти.
студентов было установлено, что от 20,6% до 24,3% студентов проводят менее двух часов в день, общаясь в социальных сетях. Все остальные тратят гораздо больше времени на этот тип общения. Было установлено, что уровень физической активности очень низкий. Нормативный уровень физической активности, имеет прямую связь со здоровьем. Необходимо повысить осведомленность общественности о важности физической активности и ее влияния на здоровье, а также рекомендовать сокращение временем студентов на использование социальных сетей и обеспечить им возможность участвовать в различных мероприятиях.

**Ключевые слова:** физические нагрузки, технологический прогресс, здоровый образ жизни, студенты

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**Конфлікт інтересів:** відсутній.

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