

дисфункции.

## 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. Turchaninoy, 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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