

INNOVATION SCIENCE SOCIETY

Abstracts of XXXVIII International Scientific
and Practical Conference
Germany, Hamburg
26 – 27, September 2022

**Germany, Hamburg
26 – 27, September 2022**

UDC 001.1

BBK 29

The 38th International scientific and practical conference «Innovation - Science – Society» (September 26-27, 2022) Littera Verlag, Hamburg, Germany. 2022. 116 p.

ISBN 978-3-9110918-1-7

The recommended citation for this publication is:

Petrov P. Learning Styles and Strategies // Innovation - Science – Society. Abstracts of the 38th International scientific and practical conference. Littera Verlag, Hamburg. 2022. Pp. 39- 43. URL: <http://el-conf.com.ua/>.

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THE NECESSITY OF THE OVERWORK PREVENT AND
DEVELOPMENT OF DISEASES IN THE CONTEXT OF
DISTANCE LEARNING

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Annotation *The paper deals with the topic of the importance of preventing the development of overwork and illness in the process of distance learning. Literature data of scientific researches are analyzed, the need to disseminate information among the population about the negative consequences of overwork and the potential threat of developing diseases of the musculoskeletal system, visual impairment, overload of the nervous system due to prolonged continuous limitation of motor activity when working with personal computers is indicated.*

Key words: *distance learning, hypodynamia, overfatigue, disease prevention*

The active use of distance education in the world is due to a number of reasons. Even before the spread of the coronavirus disease COVID-19 and the related quarantine, distance learning technology became one

of the ways to implement the principle of continuous education and satisfy the demand for knowledge in the information society [1, p.58]. Distance learning enables the teacher to regulate access to educational courses, create lectures, tests, assignments within the course, place various educational materials, change the type and structure of the distance course [2, p.458]. However, distance learning has also become a factor in the significant increase in the time spent by the participants of the educational process with the computer screen, limitation of motor activity, and unusual stress on the nervous system.

When sitting at a computer for a long time and working with a monitor screen, a person reflexively changes the position of the body, looking for a more comfortable, but often incorrect posture. Potentially, this can lead to the development of spinal disorders, in particular, osteochondrosis, spondylosis, scoliosis, severe fatigue with pain syndrome [3, p.86]. Distance learning without observing appropriate preventive measures leads to excessive static load of the spine, general hypodynamia, which, together with hereditary predisposition, are factors in the probable development of pathological changes in the work of the musculoskeletal system.

According to research results, distance learning leads to an increase in the time of using electronic devices by 22.7%, an increase in the time of continuous work with computers by 10.6%, and the activity of using electronic gadgets increased by 42.8%. Under these working conditions, teachers complain of eye fatigue (84.8%), headache and neck pain (59.1%), overtiredness (56.1%), fatigue and back in pain (50%), neuropsychological stress (34.8%) [4, 320].

In addition to the negative impact on the musculoskeletal system, a long sedentary lifestyle leads to a deterioration of hemodynamics and related metabolic disorders, a decrease in protein synthesis, a decrease in the effectiveness of insulin and a potential threat of diabetes, atrophy of muscle and bone tissue, an increase in psycho-emotional disorders load, reduced performance, which is associated with a positive feedback loop in the work of the muscular and cardiovascular systems [5, 154]. A similar connection also exists between the muscular and nervous systems, which explains the reason for the decrease in the resistance of

the nervous system and mental productivity in people under the conditions of a long period of limited motor activity.

The study of the somatic state of the body under the influence of distance learning as one of the factors contributing to a sedentary lifestyle showed the necessity for further analysis of this problem.

In order to optimize the distance learning process and preserve the health of its participants, it is necessary to actively disseminate among the population information on measures to prevent overwork and the development of diseases due to prolonged continuous limitation of motor activity when working with personal computers. The alternation of work and rest, physical and mental stress, proper sleep and physical activity will in many cases prevent functional disorders of the musculoskeletal system, visual organs, and avoid overstrain of the nervous system.

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УДК 351

Економічні науки

УПРАВЛІННЯ ТА РОЗВИТОК ПРОФЕСІЙНИХ КОМПЕТЕНЦІЙ ДЕРЖАВНИХ АУДИТОРІВ: МІЖНАРОДНИЙ ДОСВІД

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Анотація: Досліджено краєву практику стандартизації та розробки керівництв щодо компетентності зовнішніх аудиторів.

Ключові слова: державний аудитор, управління компетентністю, INTOSAI, SAIs.

Міжнародна організація вищих органів аудиту (INTOSAI) є автономною, незалежною, професійною та неполітичною