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Science editor:

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EVALUATION OF INDICATORS OF THE FUNCTIONAL
STATE OF THE BODY OF YOUTH PERSONS

Voloshyn O.S.,

Voloshyn O.S.,

Associate Professor of the

Department of General Biology and

Methods of Teaching Natural Sciences,

Ternopil Volodymyr Hnatyuk

National Pedagogical University

Ternopil, Ukraine,

Voloshyn V.D.,

Associate Professor of the

Department of Pathological Anatomy

with a section course and forensic medicine,

I. Horbachevsky Ternopil

National Medical University,

Ternopil, Ukraine

Kovalchuk A.P.,

Master's student,

Ternopil Volodymyr Hnatyuk

National Pedagogical University

Ternopil, Ukraine

Abstract. *The study presents the results of research on the functional state indicators of the body in young individuals: circulatory efficiency coefficient, body mass index, Kerdo's vegetative index, Rosenthal test and Ruffier index. The specific features of these indicators in individuals with different levels of heart performance, based on the Ruffier index, were analyzed, and the impact of modern changes in living conditions on the health and functional state of young individuals was noted.*

Keywords: *functional state of the body, cardiovascular system performance, respiratory function efficiency, body mass, height, adolescent age period.*

An important role in assessing the functional state of the body is played by the evaluation of physical development indicators, the

efficiency of the respiratory and cardiovascular systems, as key factors in maintaining homeostasis, shaping overall health, and determining the level of adaptive capacities. Adequate gas exchange and blood supply provide the cells with essential trophic resources, create conditions for optimal energy synthesis and regeneration, ensure the efficient flow of intracellular synthetic processes, and the timely removal of excess and toxic metabolic products.

The study of the functioning of the respiratory and cardiovascular systems, as well as the correlation between body mass and height index in young individuals, is of particular importance. It is during this age period that we observe the specific functioning of both visceral and regulatory systems, along with a complex set of active morpho-physiological changes associated with the maturation of the body. Significant changes in living conditions over the past few decades also play an important role, especially concerning young people: reduced physical activity, sleep and nutrition disorders, and information overload [1, pp. 28-29; 2, pp. 83-84]. These factors can potentially affect the health and functional state of young people's bodies. This area of research is also important due to the significant prevalence of cardiovascular diseases [3, pp. 37-38]. Hypodynamia, prolonged indoor stays, impaired gas exchange and blood circulation in the lungs, and restricted chest mobility contribute to the development of diseases and limit the functional activity of the respiratory organs [4, p. 13].

The study examined the following indicators in young individuals: circulatory efficiency coefficient, body mass index, Kerdo's vegetative index, Rosenthal test, and Ruffier index [5, 6].

Based on the Ruffier index, the surveyed young individuals were divided into two groups according to their heart performance levels: the 1st group consisted of individuals with a high level, and the 2nd group included those with a satisfactory level of heart performance. During the study, the following values were obtained for the 1st group in terms of body mass index and functional indicators of the circulatory and respiratory systems: circulatory efficiency coefficient (CEC) - 3235 ± 1003 units, Kerdo's vegetative index (KVI) - 0.611 ± 0.13 units, and body mass index (BMI) - 324.5 ± 36.5 g/cm.

The average value of the circulatory efficiency coefficient in this group exceeds the normal range by 7.83%. This indicates a tendency for increased energy expenditure to maintain hemodynamics in the examined individuals. The Kerdo vegetative index has an average value of 0.61 ± 0.13 units, which corresponds to the norm. This index value indicates an adequate level of aerobic capacity and an effective balance between the sympathetic and parasympathetic branches of the autonomic nervous regulation. The examination of individuals with a high Ruffier index showed that the average value of the Quetelet body mass index corresponds to the lower limit of the norm for females (325.5 ± 36.5 units).

During the study, individuals in the 2nd group with a satisfactory Ruffier index showed the following values for the body mass index and functional indicators of the circulatory and respiratory systems: circulatory efficiency coefficient (CEC) - 3420.5 ± 883 units, Kerdo vegetative index (KVI) - 0.4987 ± 0.13 units, and body mass index (BMI) - 363.2 ± 60.2 units.

The research indicated that in the group with a satisfactory Ruffier index, the average CEC value was 3420.5 ± 883 units, which is 5.40% higher than in the 1st group, suggesting a lower potential of the hemodynamic system. The average Kerdo's vegetative index in the 2nd group was 0.50 ± 0.13 units, which is 18.37% lower than in those with a high level of heart performance. The results obtained from both groups indicate sufficient functional activity of both branches of autonomic nervous regulation and an adequate level of the body's aerobic capacity.

According to the analysis, the body mass index of individuals with a satisfactory Ruffier index was 363.2 ± 60.2 g/cm, which corresponds to the norm. It is worth noting that this value is 12% higher compared to the same indicator in individuals from the 1st group.

The analysis of the training level of the external respiratory system using the Rosenthal test showed the following: in 40% of individuals with a high Ruffier index, an increase in vital lung capacity was observed over five tests, while in the group with a satisfactory

level of heart functional reserves, this proportion was 66.6%. This result indicates an optimal functional level of the respiratory system in the examined young individuals.

Thus, according to the study results, the indicators of the circulatory efficiency coefficient have better values in individuals with a high Ruffier index, indicating higher hemodynamic efficiency. At the same time, the values of the weight-height index, Kerdo index, and Rosenthal test are within normal limits in both groups examined, indicating balanced functioning of the sympathetic and parasympathetic branches of autonomic nervous regulation, satisfactory body mass to height ratio, and effective gas exchange function in all examined adolescents.

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Журналістика

ВІЙСЬКОВА ЖУРНАЛІСТИКА СЬОГОДЕННЯ.
РЕАЛІЇ АКТУАЛЬНОСТІ ЗМІ В ПЕРІОД
ІНФОРМАЦІЙНОЇ ТРАНСФОРМАЦІЇ

Головашкін Олег Владиславович
викладач Циклової комісії журналістики
Відкритий міжнародний університет
розвитку людини «Україна».
Івано-Франківська філія
м.Івано-Франківськ, Україна

Тема військової журналістики в Україні набуває особливої актуальності в умовах триваючого конфлікту та загальної нестабільності. ЗМІ не лише інформують суспільство про події, але й формують громадську думку, впливають на моральний стан населення та військовослужбовців, а також відіграють значну роль у міжнародному інформаційному просторі. Однак сучасна