

STRESSFULL FACTORS OF MODERN UKRAINIAN REALITIES IN THE CONTEXT OF DEFICITS OF CHILDREN AND ADOLESCENTS OF THE SCHOOL POPULATION

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Health care for children and adolescents, ensuring their proper development, should be one of the key priorities of the development of any society. Unfortunately, at present, Ukrainian children and teens are limited to the basics of healthy childhood. The following stress-related factors are particularly relevant in our society: a significant shortage of communication with parents; parents are destabilized by the present, having little and chaotic boundaries, and therefore do not contribute to a sense of security; inadequate intensification of the educational process with inflexible outdated pedagogical technologies; unbalanced diet and insufficient sleep; hypodynamia; excessive stimulation, technological amusements, which lead to a sense of instant pleasure and produce the need for it; the effect of a military injury (at the national level). Thus, children and adolescents of the population of school age are in a state of permanent neuroemotional tension, stress. This reduces the overall resistance. It is accompanied by an increase in functional deviations, chronic diseases and mental deficits.

Explore the current context of health problems in children and adolescents in a school population that is in constant neuroemotional tension and stress. To analyze features to Ukrainian realities and generalize the system of factors that lead to violations of health and mental deficits.

Scientific materials used in the process of writing theses, scientific publications domestic and foreign authors, personal observation results, clinical studies (inspected 257 children and adolescents of the population of school age during last year), news media reports. The methods by which the materials were pro-

cessed, compared, scientific generalizations, heuristics, observation.

To achieve real success we should develop those skills that are not available for robots: creativity, imagination, initiative and leadership. By our work, we sought to put our modest footprint into the process of raising the level of mental health of Ukrainian children and adolescents. In consultation with school address family problems should be, above all, to deploy the strategy, «you can do for your child?»