

**STUDYING ADOLESCENTS ATTITUDES TOWARD HEALTH  
AND THEIR AWARENESS OF HEALTH PRESERVATION  
AND HEALTH PROMOTION**

**Anastasiya Margovtsova**

VSU named after P.M. Masherov, Vitebsk, Belarus

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According to the WHO formulation, health is a state of complete physical, mental, social well-being, and not only the absence of disease and physical defects [1].

At the moment in the world, given the situation because of COVID-19, the problem of public health has become more acute. In addition to the rapid spread, mortality and various complications caused by this infection, the issue of psycho-emotional state of the population within the pandemic is also relevant. The attention of specialists in the educational, social and medical spheres is aimed at forming a value attitude to health and developing skills for a healthy lifestyle among children and youth [2; 3].

Purpose of our research is to study the attitude of adolescents to their health, to identify the most interesting issues for adolescents concerning the strengthening and preservation of health.

**Material and methods.** The research was conducted on the basis of the secondary school of Vitebsk. Students of grades 10 and 11 took part in it.

An introductory event with elements of training on the topic "The value of health and ways to preserve it" was held for the students. The main material for the study was the analysis of an anonymous survey of teenagers on the chosen topic. The survey was divided into blocks: health, reproductive health, reproductive attitudes, STIs, HIV infection.

**Findings and their discussion.** The analysis of the students' survey showed that 80% of them defined health as a satisfactory physical state of the body. Mental health was taken into account by only 20% of respondents. During the class, it was revealed that little was known about the social health of adolescents.

Reproductive health, according to the WHO formulation, is not just the absence of diseases and ailments of the reproductive system, its functions and processes, including reproduction and harmony in psychosocial relationships in the family, but also a state of well-being in all spheres [1].

Table – analysis of health maintenance methods used by the participants of the event

The way of health maintenance	%
I do physical exercises	80
I visit a doctor for preventive purposes	50
I avoid bad habits	60

I care of my sleep mode	40
I stick to a proper nutrition	60
I maintain a balance of work and rest	30
I keep track of my weight	70

The concept of reproductive health is understood by almost all respondents as the ability to conceive, have children and the ability to lead a full sexual life.

By analyzing the responses in the "reproductive attitudes" block, it was revealed that most teenagers plan to start a family at the age of 25 and older; the birth of children is also reduced to this age. Mostly the desired number of children is reduced to 2.

Students' knowledge on the prevention of STIs and HIV infection is insufficient. Respondents most often referred to the following sexually transmitted infections: syphilis, thrush, with which they differentiated HIV and AIDS as two different diseases. Some believe that they can become infected with blood transfusions and when visiting the pool [4].

Only a few were able to decipher the abbreviations of HIV, AIDS, STIs and name several of their manifestations, symptoms.

About the period of time when the infection has already entered the body and is multiplying, but the antibodies in the patient's blood have not yet appeared and it was impossible for students to detect the disease by testing.

Teenagers called weight loss and weight gain, sex education and eating disorders the most interesting topics to study about health.

Almost everyone noted the importance of the highlighted issue and would like to gain more knowledge in this area.

**Conclusion.** The problem of health has always been and will be relevant, but not everyone has a sufficient understanding of its components, ways to preserve and improve. The conducted lesson and the analysis of the survey showed that teenagers are trying to take care of their health, and want to get more information on this topic, but have gaps in knowledge in some areas of this topic. The issues related to STIs turned out to be particularly challenging. Students quite well assimilate the information that is presented in the format of a dialogue, this is indicated by an oral survey at the end of the event on a given topic.

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