HEALTH PROTECTING BEHAVIORS AND MORBIDITY IN STUDENTS

Otavina Marina

Perm State Humanitarian-Pedagogical University, Perm, Russia

The factors, which can influence the health status and the quality of life, were studied, and the analysis of the morbidity of the students was held. MOS-SF 36 Questionnaire, and the questionnaire for estimating living conditions and self-evaluated health status were used, as well as the data of applications to the polyclinics. 343 students of the average age 19.6±0.1 years were examined. In the morbidity structure the leading diseases among males are those of respiratory system (J00-J99), eye/adnexal (H00-H59), nervous system (G00-G99), and among females - diseases of respiratory system, genitourinary system (N00-N99), and eye diseases. Analysis of the lifestyle showed significant differences between duration of sleep and the diseases of respiratory system. They were noticed in the 13% of the interviewed students with average duration of sleep not more than 6 hours, and in 6% of those with average duration of sleep 7-9 hours a day. The same tendency was found for the diseases of nervous system, and allergic diseases. Allergic diseases were recorded among 30% of smokers and 13% of non-smokers. The scores on the “general health perceptions” and “physical role functioning” scales were reliable at the presence of diseases of respiratory system, nervous system, and allergic diseases. Among those having a low incidence rate of upper respiratory tract infections there were 60% of active athletes, and among those having a high incidence rate - 48% of athletes. Persons with the high level of physical activity have higher scores of “physical role functioning”, “vitality” and “general health perceptions” according to the MOS-SF 36 Questionnaire. Supported by 026-F grant of the Perm State Pedagogical University.

Key words: *students, morbidity, quality of life, health evaluation*

Contact information: Otavina, Marina, e-mail: mlotavina@gmail.com.

PALEOPATHOLOGIC CHARACTERISTICS OF ANTHROPOLOGICAL DATA DATING FROM THE MIDDLE AGE PERIOD FROM THE BURIAL GROUND STARITSA

Pererva Evgeni

Russian Presidential Academy of National Economy and Public Administration, Volgograd, Russia

This paper is devoted to the study of bone material dating back to the Golden Horde from the burial mound in the neighborhoods of Staritsa village in Chernoyarsky rural area of the Astrakhan region. The Staritsa burial ground is unique in some way as it represents a projection of one period in the region’s history. The complex became operating at Yamna culture period when the first burial grounds cemeteries serving as generic crypts appeared. The present paleoanthropological research examined bones of twenty-six people: 12 female, 9 male, and 4 immature individual skeletons. Despite the fact that the studied Staritsa burial ground was chosen at random, its examination provides an opportunity to expand our understanding of the population inhabiting the Volga Delta and the Lower Volga region in the Golden Horde period. This is especially important due to the fact that our understanding of the lifestyle and physical conditions of the people of that period is mainly based on the study of mass burial grounds of the settled populations such as the Golden Horde cities of Khan-Tube, Selitrennoe and Krasnoyarskoe. The study revealed that men were the most active part of the population; it follows from the observed increased number of low temperature makers. The studied group of nomads is characterized by widespread dentition pathologies. Low frequency of caries, high occurrence of periodontal disease, tartar and intravital tooth loss are also common for nomadic groups from the barrows in the Early Iron Age burials. There is also a striking feature of the studied material. Unlike the synchronous complexes and nomadic series of the Early Iron Age, in medieval populations of the Staritsa burial ground no injuries resulting from violent actions either on the bones of the cranial vault, of the facial part, or on the bones of the postcranial skeleton were found.

Key words: *paleopathology, Golden Horde, kurgan burials, traumatic injuries, cranial deformation*

Contact information: Pererva Evgeni, e-mail: perervafox@mail.ru.