

Barriers to Establishing Healthy Lifestyle Habits in Young Generation of Georgia

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Abstract

Under the existing conditions, preventive medicine is inhibited by the socio-economic status, the insufficiency of the state finance, the problems of organization, including treatments connected the mode of the human life. Composite socio-hygienic research correlated the connection between treatments in the young population and public-political, socio-economic, moral-psychological stresses. Sharp growth of young alcoholism, drug addicts, traumas, infectious diseases, tuberculosis reflect insufficiency of the preventive and propaganda measures for forming in young people right line of socio-medical conduct and healthy moral-psychological principles.

Key words: *lifestyle, narcotic, alcoholism*

Introduction

In many countries, the strategies directed towards decreasing the number of morbidity of population, the leading part takes programs directed to the prevention of diseases and keeping human health. First of all, it means establishing healthy habits of life and surrounding conditions for health.

Hard social and economic situation, minority of health care and financing allotted from the government, technical defects in Georgia influenced the efficiency of efforts directed in this way. Prevention of many acute or chronic disease, that used to being carried out during last ten years quite well, nowadays has an episodically character. Propagandizing healthy habits of life in young generation acquires the vital importance for our country, where catastrophically increases pathologies connected to the usage of alcohol, tobacco and narcotic.

The aim of research: Complex social-hygienic evaluation of the influence, caused by the risk-factors that act on the young population and working out the

proved recommendations on the basis of received results.

For achieving this aim there have been carried out searching and working out of all data that reflect young population's state of health indifferent regions of Georgia.

There have been analyzed the work of Health Social Care and Employment Ministry in the direction of forming the healthy habits in life in youth.

There have been carried out the sociological research in pupils and students representative groups, for evaluating their Medical-Social activity and their behavior towards the efforts in direction of keeping the healthy way of life and the level of their Medical knowledge.

The aim of our work was the study of mycotic (trichomonal) infection treatment with preparations of Orindazol - Tiberol, produced by "ROSHE" (Swiss Firm) as in tablets as ampullas and Novornid, produced by "ASFARMA".

Material and Methods

According to the aims and problems in the process of research, have been analyzed all the materials that are in Georgian Social Economical Information's State Department, in Medical Statistic Department of Health and Social Care Ministry and Management chair.

In the process of researching, all the materials reflecting the health condition of the youth of age (15-19) - in (1992-2000), were analyzed.

The sociological research was carried out in three higher schools (TMSU, TSU and TSPU) students and in representatives groups of secondary schools elder pupils representative groups in Tbilisi, Kutaisi and Martvili.

During this research we took into consideration the special accent on those risk-factors that are very dangerous for health (alcohol, tobacco and narcotics consuming).

Results

Most of the population lives in very hard living and social conditions. These conditions caused increase of such harmful habits as consuming tobacco, alcohol and narcomania.

According to different data's, carrying out of active steps against consuming tobacco, caused the decrease of demands on this product among population of developed countries.

For example, in the years of 1990-1995 tobacco consuming decreased in Sweden by 9%, in Australia and New Zealand - by 6% and etc.

In 2000 according to the research carried out by Georgian Health Care Management,

the active consumer of tobacco was 32,6% of the population, stopped smoking -7,9% and

didn't smoke at all 59,5%. These result are given in sexual - age direction in *Tab.1*.

During last fifteen years significant part of the tobacco consumers increases especially in youth. The inquest being carried among elder school age respondents showed that 45% of them and 72%

of students are constant smokers. This is the time when in West Europe and especially in USA is registered the decrease of analogical data.

Historically Georgian people were moderate consumers of alcoholic drinks in the 19th century in that conditioned the low level of alcoholism, but at the same time every day usage of alcoholic drinks seriously damages the health of population and causes different diseases (heart, vessel system, endocrinology, neurological) and etc. Unfortunately consuming of alcoholic drinks changed in to unfavorable direction in last year. The usual rhythm has been violated, the orientation of regular life has been changed. Of these factors are caused by the violence of social-economic situation and permanent stress conditions. Then it was accompanied by the selling off the alcoholic drinks in a damping price and abundance of wine production without quality in inner market. The process finds out its reflection especially painfully in youth and even among women. The loyal attitude of society towards the abundant consuming of alcoholic drinks is the assisting factor for this process.

It's observed that this process of consuming drugs and narcomania is growing in every country, by the transparency of the State boarders by adverse ideological diversion and by the negative problems that accompany the opening of Asia-Europe transit corridor.

According to the data of the Ministry of Internal Affairs the supply of heroin in quantities reached in our country only in last year this fact actually did not take place in the years of 1995-1996.

The significant increase of newly accounted narcotic and narcotic consumers has begun from 1996 when in all narcotic establishments there have been officially accounted 340 narcotics and 674 consumers and in the year 2000-549 narcotics and 1147 consumers. Unfortunately these figures differ from reality. The amount of narcotics and consumers being accounted in some districts and borderland regions limited only ten persons. This amount is enough to prove that this data are not real.

In 2000 there was accounted 4232 case of narcomania (sickness-95,1). Among them, with firstly made out diagnosis-549 case (sickness-12,3). According to the analogy of the previous year, the highest index of narcomania (257,2) was accounted in Tbilisi. This figure is about 70% of the whole quantity of narcotics. The index in Samtskhe - Djavakheti was also high (114,5) for the country.

Different state establishment, non-governmental organizations, masmedia, the Ministry of culture, Education and sport, can take part in initial prevention of drugs in young population or can work out the negative attitude towards the drug consuming.

The carried-out inquest ensures us that all the steps being done in this direction mostly have the local features and rarely reach the pupils and the students referent groups, for whom the prophylaxis of narcomania and toxicology, has the special importance.

Most of the respondents denote that though they don't take drugs but there are quite a lot of them between relatives and friends. Most of the respondents denoted that they are permanent smokers, systematically take alcoholic drinks and live in bad social surrounding. All these facts show that it is necessary and timely the prophylaxis of narcomania.

In respondents opinion the efficiency of efforts against narcomania depends on many factors (that are given in the *Tab.2*).

Most of the inquests people think that future generation must be kept from the danger of narcomania: 54% think

that it can be achieved by the educational work; 30% think that it can be done by strengthening the religious belief in population ; 13% think that it is possible to keep the grown-ups from the harmful, street influence.

Making the accent on changing the young populations way of life gives us chance to decrease the influence of those factors, such as, tobacco, alcohol and drugs consuming. It's clear that it will be possible to decrease such risk-factors influence that if social economic situation gets better it will be possible to decrease the influence of such problems as insufficient non-rational food, Adenoma and etc.

Proper prophylaxis work, recovering of social economic and moral-ethic atmosphere, development of the work directed to assist young generations health and leading of the course orientated on establishing the healthy habits of life at last will have the positive influence on decreasing the morbidity of population.

	man			women		
	all	18 – 40 age	40 age >	all	18 – 40 age	40 age>
Smoke	65,5%	66,9%	63,4%	15,7%	17,2%	13,4%
Stopped	12,6%	8,1%	18,2%	5,0%	6,8%	3,6%
Not smoke	1,9%	25,0%	18,2%	79,2%	76%	83%

Tab.1 *Tobacco consuming in Georgia..*

	who are the from in quested	%%
More cruelty of the law more punishment for consuming the drugs	133	31,1%
A person who produces and sells off the drugs must be capital punished	187	43,7%
Developing of common sense towards narcomania in young generation	146	34,1%
Drug addicts anonymous treatment	131	30,6%
Drug addicts isolation and forced treatment	80	18,7%

Tab.2 *Evaluation given by the respondents about the efficiency of efforts against narcotics.*

Conclusion

Carried out complex social-hygienic research proved that social and economic situation in the country, the changing of the regular life, unemployment and breaking of family bonds had a clearly depicted negative influence on the state of young generations health.

During last years there had been observed, besides infectious pathologies, increase of morbidity (alcoholism, narcomania, tuberculosis and etc.). They were caused by the changing of the way of life.

Not being realized appropriate prophylactic efforts in full spectrum, tensed narco-situation in neighbor countries, transparent borders, adverse ideological diversion

assisted in developing narcomania in Georgia, especially in young generation.

The ignorance of propaganda work in developing the right orientation of life. It's necessary to carry out the positive moments, to work out the efficient forms of influencing young generation and searching for the methods, complex systematized attitude to the problems of youth and working out of comprehended state politics in this direction.

The research proved that establishing the healthy habits of life acquires the living significance for youth, by the only the reason if there maintains the existing tendencies of developing the morbidity, it would be more difficult to solve these problems than trying to solve this problem by timely prophylaxis.

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Проблемы становления здорового образа жизни среди МОЛОДЕЖИ

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Р Е З Ю М Е

В условиях социально-экономического спада, недостаточность государственного финансирования программ здравоохранения и организационных неурядиц страдает превенция заболеваний и, в том числе, заболеваний, связанных с образом жизни человека. Комплексное социально-гигиеническое исследование подтвердило корреляционную связь заболеваемости среди молодого населения с общественно-политическим, социально-экономическим и нравственно-психологическим стрессом. Резкий рост молодежного алкоголизма, наркомании, травматизма, инфекционной заболеваемости, туберкулеза отражает недостаточность целевых профилактических и пропагандистских мероприятий по формированию у молодежи правильного медико-социального поведения и здоровых нравственно - психологических устоев.

Ключевые слова: *алкоголизм, наркомания, здоровый образ жизни*