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ЕЖЕМЕСЯЧНЫЙ НАУЧНЫЙ ЖУРНАЛ

Медицинские новости Грузии

საქართველოს სამედიცინო სიახლენი

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თანამშრომლობითა და მისი პატრონაჟით

ЕЖЕМЕСЯЧНЫЙ НАУЧНЫЙ ЖУРНАЛ

ТБИЛИСИ - НЬЮ-ЙОРК

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GMN: Медицинские новости Грузии - ежемесячный рецензируемый научный журнал, издаётся Редакционной коллегией и Международной академией наук, образования, искусств и естествознания (IASEIA) США с 1994 года на русском и английском языках в целях поддержки медицинской науки и улучшения здравоохранения. В журнале публикуются оригинальные научные статьи в области медицины, биологии и фармации, статьи обзорного характера, научные сообщения, новости медицины и здравоохранения.

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GMN: Georgian Medical News – საქართველოს სამედიცინო სიახლენი – არის ყოველთვიური სამეცნიერო სამედიცინო რეცენზირებადი ჟურნალი, გამოიცემა 1994 წლიდან, წარმოადგენს სარედაქციო კოლეგიისა და აშშ-ის მეცნიერების, განათლების, ინდუსტრიის, ხელოვნებისა და ბუნებისმეტყველების საერთაშორისო აკადემიის ერთობლივ გამოცემას. GMN-ში რუსულ და ინგლისურ ენებზე ქვეყნდება ექსპერიმენტული, თეორიული და პრაქტიკული ხასიათის ორიგინალური სამეცნიერო სტატიები მედიცინის, ბიოლოგიისა და ფარმაციის სფეროში, მიმოხილვითი ხასიათის სტატიები.

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При представлении в печать научных экспериментальных работ авторы должны указывать вид и количество экспериментальных животных, применявшиеся методы обезболивания и усыпления (в ходе острых опытов).

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2. Size of the article, including index and resume in English, Russian and Georgian languages must be at least 10 pages and not exceed the limit of 20 pages of typed or computer-printed text.

3. Submitted material must include a coverage of a topical subject, research methods, results, and review.

Authors of the scientific-research works must indicate the number of experimental biological species drawn in, list the employed methods of anesthetization and soporific means used during acute tests.

4. Articles must have a short (half page) abstract in English, Russian and Georgian (including the following sections: aim of study, material and methods, results and conclusions) and a list of key words.

5. Tables must be presented in an original typed or computer-printed form, instead of a photocopied version. **Numbers, totals, percentile data on the tables must coincide with those in the texts of the articles.** Tables and graphs must be headed.

6. Photographs are required to be contrasted and must be submitted with doubles. Please number each photograph with a pencil on its back, indicate author's name, title of the article (short version), and mark out its top and bottom parts. Drawings must be accurate, drafts and diagrams drawn in Indian ink (or black ink). Photocopies of the X-ray photographs must be presented in a positive image in **tiff format**.

Accurately numbered subtitles for each illustration must be listed on a separate sheet of paper. In the subtitles for the microphotographs please indicate the ocular and objective lens magnification power, method of coloring or impregnation of the microscopic sections (preparations).

7. Please indicate last names, first and middle initials of the native authors, present names and initials of the foreign authors in the transcription of the original language, enclose in parenthesis corresponding number under which the author is listed in the reference materials.

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In GMN style for each work cited in the text, a bibliographic reference is given, and this is located at the end of the article under the title "References". All references cited in the text must be listed. The list of references should be arranged alphabetically and then numbered. References are numbered in the text [numbers in square brackets] and in the reference list and numbers are repeated throughout the text as needed. The bibliographic description is given in the language of publication (citations in Georgian script are followed by Cyrillic and Latin).

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2. სტატიის მოცულობა არ უნდა შეადგენდეს 10 გვერდზე ნაკლებს და 20 გვერდზე მეტს ლიტერატურის სიის და რეზიუმეების (ინგლისურ, რუსულ და ქართულ ენებზე) ჩათვლით.

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6. ფოტოსურათები უნდა იყოს კონტრასტული; სურათები, ნახაზები, დიაგრამები - დასათაურებული, დანომრილი და სათანადო ადგილას ჩასმული. რენტგენოგრამების ფოტოასლები წარმოადგინეთ პოზიტიური გამოსახულებით **tiff** ფორმატში. მიკროფოტოსურათების წარწერებში საჭიროა მიუთითოთ ოკულარის ან ობიექტივის საშუალებით გადიდების ხარისხი, ანათალების შეღებვის ან იმპრეგნაციის მეთოდი და აღნიშნოთ სურათის ზედა და ქვედა ნაწილები.

7. სამამულო ავტორების გვარები სტატიაში აღინიშნება ინიციალების თანდართვით, უცხოურისა – უცხოური ტრანსკრიპციით.

8. სტატიას თან უნდა ახლდეს ავტორის მიერ გამოყენებული სამამულო და უცხოური შრომების ბიბლიოგრაფიული სია (ბოლო 5-8 წლის სიღრმით). ანბანური წყობით წარმოდგენილ ბიბლიოგრაფიულ სიაში მიუთითეთ ჯერ სამამულო, შემდეგ უცხოელი ავტორები (გვარი, ინიციალები, სტატიის სათაური, ჟურნალის დასახელება, გამოცემის ადგილი, წელი, ჟურნალის №, პირველი და ბოლო გვერდები). მონოგრაფიის შემთხვევაში მიუთითეთ გამოცემის წელი, ადგილი და გვერდების საერთო რაოდენობა. ტექსტში კვადრატულ ფჩხილებში უნდა მიუთითოთ ავტორის შესაბამისი N ლიტერატურის სიის მიხედვით. მიზანშეწონილია, რომ ციტირებული წყაროების უმეტესი ნაწილი იყოს 5-6 წლის სიღრმის.

9. სტატიას თან უნდა ახლდეს: ა) დაწესებულების ან სამეცნიერო ხელმძღვანელის წარდგინება, დამოწმებული ხელმოწერითა და ბეჭდით; ბ) დარგის სპეციალისტის დამოწმებული რეცენზია, რომელშიც მითითებული იქნება საკითხის აქტუალობა, მასალის საკმაობა, მეთოდის სანდოობა, შედეგების სამეცნიერო-პრაქტიკული მნიშვნელობა.

10. სტატიის ბოლოს საჭიროა ყველა ავტორის ხელმოწერა, რომელთა რაოდენობა არ უნდა აღემატებოდეს 5-ს.

11. რედაქცია იტოვებს უფლებას შეასწოროს სტატია. ტექსტზე მუშაობა და შეჯერება ხდება საავტორო ორიგინალის მიხედვით.

12. დაუშვებელია რედაქციაში ისეთი სტატიის წარდგენა, რომელიც დასაბეჭდად წარდგენილი იყო სხვა რედაქციაში ან გამოქვეყნებული იყო სხვა გამოცემებში.

აღნიშნული წესების დარღვევის შემთხვევაში სტატიები არ განიხილება.

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INDICATORS OF PHYSICAL ACTIVITY IN THE YOUTH

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Introduction. Physical activity comprises daily consumption of energy using the muscles and joints, increasing the heart rate and respiration, and any activity associated with energy expenditure may be considered as physical activity [5,11]. The continuous decline in the rate of physical activity over the last few decades is manifested in many countries around the world, with the decline mainly affecting the young population. The most important factor having an impact on the health of young people is their daily physical activity. Due to the recent decline in this rate, the number of diseases among students has increased [18,17,3,9,6].

The changes are mainly due to modern technologies, which are developing at a record speed in recent times. Technologies are replacing human physical labor and are oriented on bringing more fun. It is true that these changes have made people's lives much easier, but they have had a major impact on their physical activity [13].

Various countries of the world try different methods to increase the rate of physical activity among young people and, consequently, help to decrease the risk factors leading to future diseases. New regulations and standards have been created in the US for preschoolers, schoolchildren, and students [15]. Various physical activities were also added to the school curriculums. In Scotland, for example, children are required to walk or jog for 15 minutes per day [10]. New games have also been created that require dancing, jogging or various sports activities. Special apps have appeared in mobiles that count the steps, as well as online exercises are spread on social networks and physical activity is encouraged on a daily basis. Fitness and daily exercise have become trendy in Georgia as well. Trainers, stadiums and treadmills have been set up in many districts or squares. Sports competitions are relevant in schools. With all this in mind it is likely for the rate of physical activity in young people to increase in the future.

The **aim** of the study was to assess the physical activity rates of students at Tbilisi State Medical University.

Materials and methods. The physical activity level was studied by using the self-reported assessment by means of the specially developed questionnaire. Apart from the level of daily physical activity (e.g., walking, using stairs), different types of the popular exercising activities were studied as well (e.g., yoga, pilates classes, attending pool for swimming or aqua aerobics, etc.)

Questionnaire development. The questionnaire was based on literary sources and expert opinion. The recommendations of the focus group obtained by the Zoom meeting (medical students aged 19 to 22) were taken into account, the questions were refined and simplified, the main issues were emphasized and finally the questionnaire was formed into 34 questions. Of these, 8 were about demographic data (age, sex, SES, etc.), 16 were about lifestyle and physical activity (questions regarding use of public transportation or waking, using elevator or stairs, etc.) 5 were about exercising activities (purposeful exercising either at home or gym or outdoors, such as attending yoga/ pilates classes, swimming, doing aqua aerobics, etc.) and 4 were about the impact of the COVID-19 pandemic on daily physical activity. The questionnaire was tested in the focus group of the students and after refinement of the wording the final version was approved by the Department of Epidemiology and Biostatistics. The questionnaire was then transferred to the Google Questionnaire form and sent to the respondents for completion. At the beginning of the questionnaire, students received a message thanking them for their participation and involvement and stating that this survey was anonymous and voluntary.

Sampling. Sampling frame consisted of the students of Tbilisi State Medical University. Respondents were chosen by the cluster random sampling method. Random cluster sampling was used with confidence interval/margin of error 10 and confidence level 95%. A total of 265 students participated in the study (Faculty of Medicine - 63.77%, Faculty of Public Health - 35.4%; first-year students - 41.13%, fourth-year students - 58.11%).

Survey. Cross-sectional study was performed. It was anonymous, students were informed what the study was about and of the importance of their involvement. Participation was voluntary. The link to the questionnaire in Google Forms was sent to the selected group of students.

Data analysis. In order to minimize the data entry errors, the replica of the questionnaire was prepared in Epidata 3.1. Statistical analysis of the data was performed in Stata 14.0. Descriptive statistics was used to generate frequencies, percentages and proportions. Where relevant, the Chi-square test was used to determine any statistical significance.

Results. *Demographics.* 72.83% were female and 26.79% male. Mean age was 20.37 years (SD 1.79), mean weight 62.79 kg (SD 12.89; Female 57.7, Male 76.4), mean height 170.1 cm (SD 8.26; Female 166.87, Male 178.7). The majority of the respondents had high and average grades (A,B,C), only 5 students (1.89%) reported having D and E grades. 8.68% and 14.72% reported respectively having lower than average and higher than average socioeconomic status. 19.62% of the students work in different places, including hospitals.

As for marital status, only 5.28% were married. 26.04% of the students had a dog in the house.

The majority of the students (80%) reported themselves as healthy, 11.7% said to be having a chronic disease, and 7.17% did not know.

The main means of transportation of the surveyed youth is public transport (underground, bus) 58.87%, while the remaining 41.13% travel by scooter, car, foot or bicycle.

Physical activity. 30.57% of students consider themselves physically active.

20.3% of respondents are physically active for 16-40 minutes per day and 10.9% for several hours (Fig.1). Interestingly, medical students are more physically active than public health students ($p < 0.05$).

74.7% of students prefer walking and 33.58% daily perform 3000-1000 steps. Only 8.68% - below 3000 steps. Though almost 51% do not know exactly. There was no statistically significant difference by gender.

The majority of students (57.5%) mentioned that they use the stairs on a daily basis. While 17.74% do not use the stairs at all on a daily basis. No statistically significant difference by gender, study year, faculty.

For 76.60% the level of physical activity does differ by the day of the week. There was no statistically significant difference by gender and by study year. There was statistically significant difference by the faculty – more respondents from the Faculty of Medicine have chosen yes to this question ($p=0.005$).

46.8% of the respondents exercise irregularly, 32.7% do not exercise at all, 12.2% exercise three days a week and 8.4% exercise daily. Regarding the duration of exercising, there was seen the statistically significant difference by gender ($p<0.05$). The majority of females (30.99%) answered that they exercise irregularly over time, while the majority of males do not exercise at all (38.27%).

The main types of physical activity that the students are engaged in are presented in fig 2.

The students are mostly physically active outdoors (67.17%) (Fig.3). There was no statistically significant difference by gender, study year or faculty.

Only 20.6% of the students exercise regularly, 46.8% do not exercise regularly, and 32.7% do not exercise at all.

Changes due to the studentship. Students note that their physical activity has changed since they became students. According to 44.53%, they were more active at school age, while 30.19% are more physically active now being the students. There was statistically significant difference by the study year – the 4th year students became more active ($p=.003$).

The change in physical activity, either decrease or increase was caused by different factors. For decrease of the physical activity, the majority (44.8%) named lack of time, for the increase – motivation to look better (21.0%) (Fig. 4).

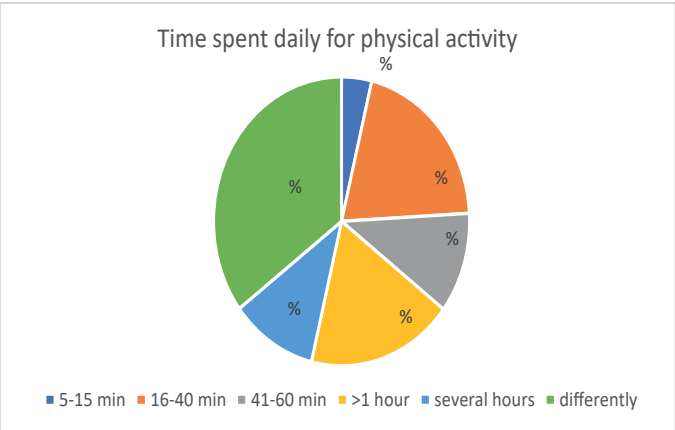

Fig. 1. Time spent daily for physical activity

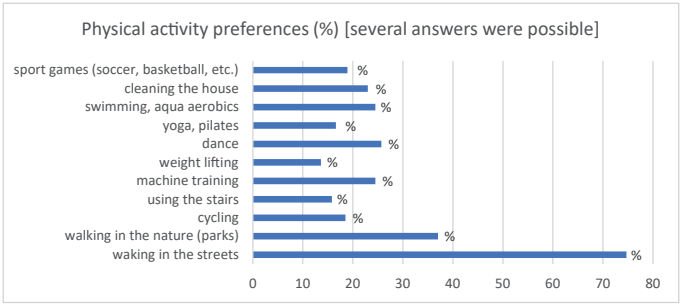

Fig 2. Physical activity preferences

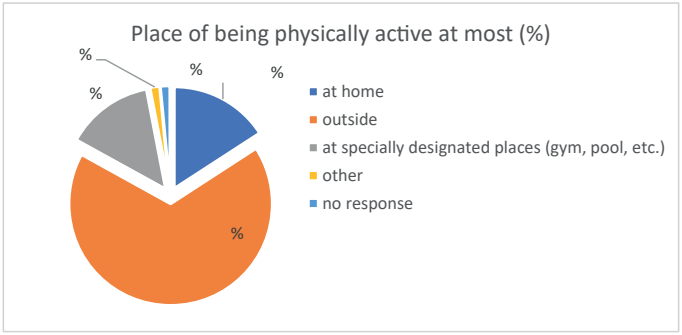

Fig. 3. Place of being physically active at most

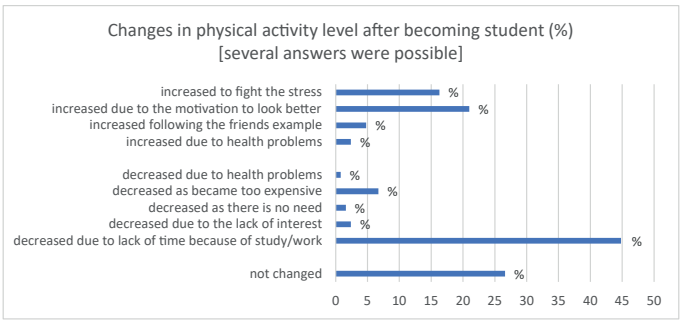

Fig. 4. Changes in physical activity level after becoming students

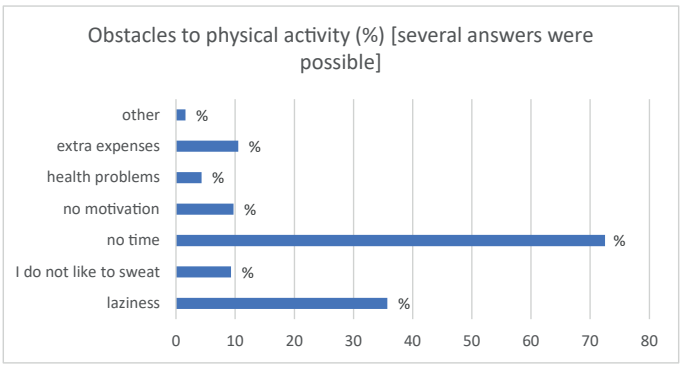

Fig. 5. Obstacles to physical activity

Motivation. The survey found that the main motivation for students to be engaged in physical activity are health benefits (62.5%), getting into shape (59.4%) and losing excess weight (27.2%).

The main obstacles to be more physically active were lack of time (71.7%) and laziness (34.9%) (Fig. 5)

Most young people prefer walking as a type of physical activity. The most frequent motivating factor is good weather (83.3%), beautiful surroundings (68.9%) and possibility to talk to the friend (68.6%) (Fig 6).

Information technologies. Smartphone appears to be a very useful gadget to affect physical activity. 55.85% (use it frequently) and 3.4% (do not use it frequently) of respondents agreed that the smartphone affects the physical activity. Smartphone permits to listen to the music while exercising, dancing, walking (65.7%), calculating steps/calories (42.6%), permits to watching exercises online (38.9%). But at the same time it might hinder the physical activity as well (Fig 7).

Discussion. This study was conducted in Georgia with the participation of students of the Tbilisi State Medical University. The majority of them (84.2%) had high academic scores. Most of the students were unemployed (59.2%) and had average socio-economic status (77.7%). 80% of them were practically healthy young people with no chronic diseases.

As for physical activity, it should be noted that in the course of the study, there were restrictive regulations in the country due to the coronavirus, which were directly related to the reduction of physical activity. Students mostly had to attend lectures online, as well as were urged to stay home, and the gyms were closed for some time. Accordingly, the main means of relaxation for them, which required physical activity, was walking in the fresh air and playing sports. Other means of unloading were associated with being at home and being immobile (e.g., watching a movie, reading a book, cooking, drawing, partying, playing computer games, sleeping, etc.). Similar results were obtained from Asia (36%), Africa (40%), Europe (21%) and other (3%) (Results: 1047 replies), according to studies Covid regulations have significantly changed the daily lives of the population [4].

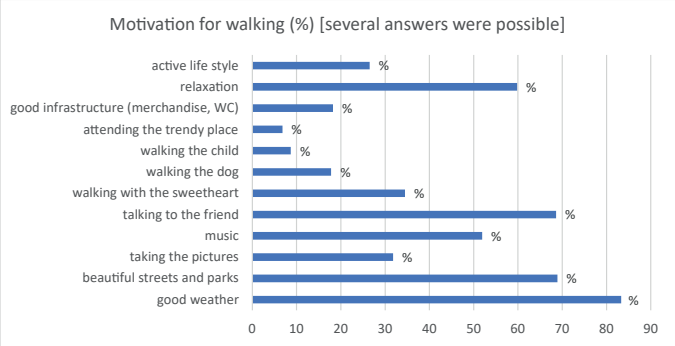

Fig. 6. Motivation for walking

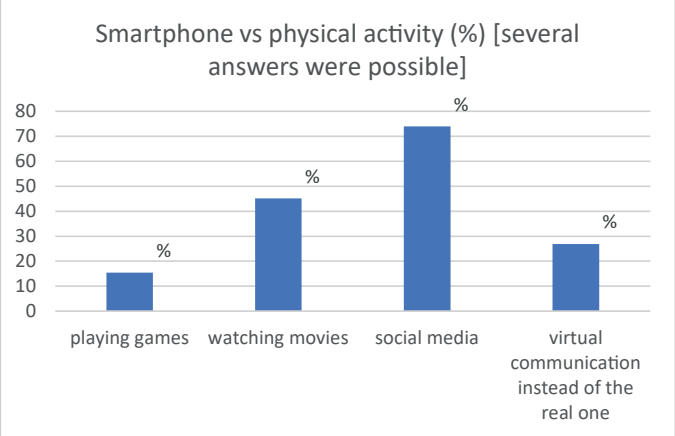

Fig. 7. Smartphone vs physical activity

56.6% of the respondents used daily public transport and 26.3% walked. 57.5% of students used the stairs daily. 76.6% reported that the rate of physical activity varied according to the weekdays and weekends. As in European countries [22], most students in Georgia can not achieve the goal of 10,000 steps a day.

For physical activities, students mainly prefer walking or cycling, climbing stairs, exercising on exercise machines and playing various sports games.

The connection between physical activity and lifestyle is interesting. 118 (44.7%) students reported that their physical activity decreased after they became students. They attribute this change to various factors such as time shortage, study material or job, finances and more. Eighty (30.3%) of the students responded that, on the contrary, their physical activity had increased since they became students. The reason for this is the increase of motivation, the example of friends, one of the methods of fighting stress, improving health. These results once again confirm the fact of what a strong connection there is between a person's lifestyle and physical activity. According to the „American Journal of Preventive Medicine", the changes are manifested in university students, in elementary courses, when young people graduate from school and move on to a new stage of life [16]. The number of students in the Czech university who had a high rate of physical activity has tripled since they were admitted to the university [21,7].

Students noted that they are most active outside, while at home only 15.85% consider themselves active. Similar findings were reported in Germany. In adults, highest average amount of daily moderate-to-vigorous physical activity was found in neighborhood and home locations followed by workplace and recreational locations [15]. In order for them to be more physically active, they need more motivation. The source of motivation can be different things for everyone. For most, health care motivates (62.5%) as well as getting in shape, putting on the same body is a motivator for 59.4%, weight loss, the example of friends is also important to them. Part of the respondents mentioned that they do not exercise just because lack of motivation and laziness hinder them. In 71.7% of cases, the main obstacle is the time factor. As the results showed, most of the students enjoy walking and for them various factors matter, such as the weather, beautiful streets or squares, ability to take beautiful photos, well-equipped infrastructure, etc. Trendy places are also important for young people.

As for exercising, only 20.6% of the students exercise regularly, and 32.7% do not exercise at all. 28.5% of the students who exercise spend an hour or more on it. Similarly, in Istanbul (Turkey) the ratio of adolescents exercising regularly was found to be lower, compared to those who were inactive or less active [12]. The main place to exercise is home (51.9%). Exercises include walking, jogging, gymnastics, football, basketball, yoga, pilates, swimming, dancing. The main reason why young people do not exercise more turned out to be the time factor, finances, willpower and motivation.

We got some pretty interesting answers about the corona virus. According to the survey, the virus reduced physical activity in 65.5% of students. As in Turkey [14], as well as in other European countries [22] and America [2, 19] we received different responses between junior and senior students. In addition, all the data we obtained during the study were under the influence of the coronavirus. Accordingly, all data reflect the impact of the corona virus.

There are studies around the world on the connection between physical activity and the smartphone. In Georgia, as it turned out, this factor affects many students. 55.85% mentioned that they often use a smartphone and this is related to their physical activity. According to the results, the smartphone helps students to exercise, dance, walk, count steps and calories, watch online exercises in the background of music. Studies in the United States have also shown that smartphones have a positive effect on young people [8].

However, a smartphone can also be a hindrance for students. For example, they spend a lot of time on social networks and are motionless, as well as watching games, movies or videos, communicating [8]. As it turned out, students prefer video or telecommunications rather than personal meetings. It could also be linked to a pandemic. If we look at other studies in Europe, we will encounter a similar problem with how the smartphone interferes with physical activity [1].

The trends related to the physical activity of students living in Georgia are similar in different countries of the world. Young people have common problems, obstacles or incentives [20,14,2,19]. Though it would have been interesting to use qualitative methods in the future and study this topic more deeply by means of semi-structured interviews and focus group discussions.

Conclusion. More than half of the students consider themselves physically passive. 74.7% of them take less than the daily recommended amount of steps (10,000). As for exercise, 79.5% do not exercise regularly. Students explain their low physical activity by various reasons, such as: COVID-19 pandemic (65.5%), use of a smartphone (56.6%), lack of free time (79.2%), lack of finances (40.8%), and lack of motivation (54.3%).

On the other hand, a relatively small proportion of the respondents (30.6%) answered that they are physically active. They travel daily on foot (26.3%) and by public transport (58.6%), make from 6,000 to 10,000 steps a day (17.4%) and enjoy climbing the stairs (57.5%). They engage in a variety of physical activities, such as: sports, football, basketball, gym and home gym, swimming, aqua aerobics, dancing, cycling, and walking.

The physical activity scores we obtained as a result of the study differed slightly from each other in terms of gender, faculty, and course. Since 54.3% of respondents are unmotivated and 74.7% prefer walking to physical activity, it is highly recommended to focus and promote in this regard. The students mentioned that the motivating factors for walking are the beautiful and well-arranged infrastructure, squares, trendy streets. Therefore, it is recommended to have more squares, stadiums, skate parks, beautiful streets and gardens in the city.

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INDICATORS OF PHYSICAL ACTIVITY IN THE YOUTH

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Abstract

Introduction. The rate of physical activity among young people worldwide has changed in recent decades. A sharp change in physical activity is observed in young people after they finish school and start studying at universities. This study showed the main patterns of the physical activity among the medical students in Georgia, as well as the effect of the global events. Incentive and inhibitory factors have also been identified that significantly determine the rate of increase and decrease. The **aim** of the study was to assess the physical activity rates of students at Tbilisi State Medical University. **Materials and Methods.** The physical activity level was studied by using the self-reported assessment by means of the specially developed questionnaire. The questionnaire was based on literary sources and expert opinion, and tested among peers. 34 questions covered demographic information (8), lifestyle and physical activity (16), exercising (5) and impact of COVID-19 (4). The survey through Google Forms was anonymous. Epidata 3.1 was used for data entry. The data were analysed in Stata 14.0. Descriptive statistics was used to generate frequencies, percentages and proportions. Where relevant, the Chi-square test was used to determine any statistical significance. Sampling frame consisted of the students of Tbilisi State Medical University. Respondents were chosen by the cluster random sampling method. Random cluster sampling was used with confidence interval/margin of error 10 and confidence level 95%. A total of 265 students participated in the study (Faculty of Medicine - 63.77%, Faculty of Public Health - 35.4%; first-year students - 41.13%, fourth-year students - 58.11%). **Results.** More than 57.4% of the respondents consider themselves physically passive. 74.7% of them make less than 10,000 steps per day. 79.5% do not exercise regularly. Students explain their low level of physical activity by various reasons, such as COVID-19 pandemic (65.5%), smartphone use (56.6%), lack of free time (79.2%), lack of finances (40.8%) and motivation (54.3%). On the other hand, a relatively small proportion of respondents (30.6%) answered that they are physically active. They go by foot (26.3%), make 6,000 to 10,000 steps a day (17.4%) and prefer taking stairs (57.5%). They engage in a variety of physical activities, such as: sports, football, basketball, gym and home gym, swimming, aqua aerobics, dancing, cycling and walking. **Conclusion**. This study is the first on the lifestyle and physical activity of young people in Georgia during the Covid Pandemic. Trends related to the physical activity of students living in Georgia are similar in different countries around the world. Young people have common problems, obstacles or incentives.

Keywords: Physical Activity, students, Covid-19, Healthy Lifestyle, survey.

ფიზიკური აქტივობის მაჩვენებლები ახალგაზრდებში

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შესავალი. ახალგაზრდებში ფიზიკური აქტივობის მაჩვენებელი ბოლო ათწლეულების განმავლობაში მსოფლიოს მასშტაბით შეიცვალა. ცვლილება შეინიშნება სკოლის დამთავრების და უნივერსიტეტებში სწავლის დაწყების შემდეგ. კვლევამ აჩვენა საქართველოში თბილისის სახელმწიფო სამედიცინო უნივერსიტეტის, მედიცინის და ჯანდაცვის ფაკულტეტის სტუდენტებში ფიზიკური აქტივობის მაჩვენებლები და მსოფლიოში განვითარებული მოვლენების გავლენა ახალგაზრდების ცხოვრებისწესზე.ასევეგამოვლენილიაწამახალისებელი

და ხელის შემშლელი ფაქტორები, რომლებიც მნიშვნელოვნად განაპირობებს ფიზიკური აქტივობის მაჩვენებლების ზრდას და კლებას. კვლევის მიზანი იყო თბილისის სახელმწიფო სამედიცინო უნივერსიტეტის სტუდენტების ფიზიკური აქტივობის მაჩვენებლების შეფასება. მასალა და მეთოდები. ეს კვლევა პირველია საქართველოში, რომელიც ასახავს ახალგაზრდების ცხოვრების წესსა და ფიზიკურ აქტივობას კოვიდ პანდემიის პირობებში. გათვალისწინებულ იქნა Zoom-ის შეხვედრიდან მიღებული ფოკუს ჯგუფის რეკომენდაციები (მედიცინის სტუდენტები 19-დან 22 წლამდე), დაიხვეწა და გამარტივდა კითხვები, ხაზი გაესვა ძირითად საკითხებს და საბოლოოდ კითხვარი ჩამოყალიბდა 34 კითხვად. კითხვარი შეივსო Google Questionnaire ფორმაში და გაიგზავნა სტუდენტებთან. გამოკითხვა ანონიმური იყო. მონაცემები გაანალიზებულია Stata 14.0-ში. კვლევაში მონაწილეობა მიიღო თბილისის სახელმწიფო სამედიცინო უნივერსიტეტის 265 სტუდენტმა. შედეგები. 57,4%-ზე მეტი თავს ფიზიკურად პასიურად თვლის. მათი 74,7% დღეში 10000-ზე ნაკლებ ნაბიჯს აკეთებს. რაც შეეხება ვარჯიშს, 79,5% არ ვარჯიშობს რეგულარულად. სტუდენტები თავიანთ დაბალ ფიზიკურ აქტივობას სხვადასხვა მიზეზით ხსნიან, როგორიცაა კოვიდ პანდემია (65.5%), სმარტფონის გამოყენება (56.6%), თავისუფალი დროის ნაკლებობა (79.2%), ფინანსების ნაკლებობა (40.8%) და მოტივაცია (54.3%). მეორე მხრივ, გამოკითხულთა შედარებით მცირე ნაწილმა (30.6%) უპასუხა, რომ ფიზიკურად აქტიურია. ისინი ყოველდღიურად გადაადგილდებიან ფეხით (26.3%) და საზოგადოებრივი ტრანსპორტით (58.6%), დგამენ 6000-დან 10.000 ნაბიჯს დღეში (17.4%) და სარგებლობენ კიბეებით (57.5%). მათი ფიზიკურ აქტივობები მრავალფეროვანია: ფეხბურთი, კალათბურთი, სპორტდარბაზში ან სახლში და ცურვა, აკვა აერობიკა, ცეკვა, ველოსიპედით და ფეხით სეირნობა. დასკვნა. საქართველოში მცხოვრები სტუდენტების ფიზიკურ აქტივობასთან დაკავშირებული ტენდენციები მსგავსია მსოფლიოს სხვადასხვა ქვეყნებისა.

ПОКАЗАТЕЛИ ФИЗИЧЕСКОЙ АКТИВНОСТИ У МОЛОДЕЖИ

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Абстрактн

Вступление. Уровень физической активности среди молодых людей во всем мире изменился за последние десятилетия. Резкое изменение физической активности наблюдается у молодых людей после окончания школы и поступления в вузы. Это исследование выявила основные закономерности физической активности студентов-медиков в Грузии, а также влияние глобальных событий. Также были определены стимулирующие и тормозящие факторы, которые в значительной степени определяют скорость увеличения и уменьшения. Целью исследования было оценить уровень физической активности студентов Тбилисского государственного медицинского университета. Материалы и методы. Это первое исследование образа жизни и физической активности молодых людей в Грузии во время пандемии Covid-19. Рекомендации фокус-группы, полученные на встрече Zoom (студенты-медики в возрасте от 19 до 22 лет), были учтены, вопросы были уточнены и упрощены. Окончательный вариант опросника содержит 34 вопроса. Опросник был перенесен в Google Forms и ссылка разослана участникам. Опрос был анонимным. Данные были проанализированы в Stata 14.0. В исследовании приняли участие 265 студентов Тбилисского государственного медицинского университета. Результаты. Согласно результатам, более 57,4% респондентов считают себя физически пассивными. 74,7% из них делают менее 10 000 шагов в день. Что касается упражнений, 79,5% не занимаются спортом регулярно. Студенты объясняют свою низкую физическую активность различными причинами, такими как пандемия коронавируса (65,5%), использование смартфонов (56,6%), отсутствие свободного времени (79,2%), отсутствие финансов (40,8%) и мотивации (54,3%). С другой стороны, относительно небольшая часть респондентов (30,6%) ответила, что они физически активны. Они ходят ежедневно пешком (26,3%) и в общественном транспорте (58,6%), делают от 6000 до 10 000 шагов в день (17,4%) и пользуются лестницей (57,5%). Они занимаются различными видами физической активности, такими как: спорт, футбол, баскетбол, тренажерный зал и домашний тренажерный зал, плавание, аквааэробика, танцы, езда на велосипеде и ходьба. Заключение. Судя по глобальным данным, студенты из Грузии очень похожи на студентов из других стран по физической активности и образу жизни.