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The life's quality of the Republic Sakha (Yakutia) adolescents

M.I. Samsonova, T.E. Burtseva

Quality of life in present-day conditions is one of the indicators of the adolescents' health. In order to assess the quality of the RS (Y) adolescents' life 883 adolescents, living in Yakutsk and in 6 northern areas of the republic, were under questionnaire.

Keywords: quality of life, adolescents, Yakutia.

Introduction. The evaluation of the life's quality by the man himself is a valuable and reliable indicator of his general state. The term «life's quality» is a property of the XX century, though it always interests the doctors. There are a lot of definitions of the term. A. Novikov and T. Ivanova present the following definition: «life's quality is an integral characteristic of physical, psychological, emotional and social functions of the patient based on the subjective perception». J. Bruil's definition is that «child's life's quality is a perception and evaluation by child different spheres of the life, important for him, and the perception, connected with functional problems» [7]. The life's quality indicators may be used in the examination of the health condition and be the quality criteria of the health care system. In the international practice life's quality study appeared to be common, informational, economical methods of the examination of the health condition of the population and some social groups [3-10]. Therefore, life's quality – social category, expressing the degree of the people's material and cultural satisfaction.

Life's quality in the modern condition is a one of the health condition indicators of the teenagers. In this article we present scientific work about life's quality of the teenagers from Republic Sakha (Yakutia).

Methods and materials.

We provide reviews of the 883 teenagers, living in Republic Sakha Yakutia. 461 teenagers are from Yakutsk (capital of the Republic Sakha (Yakutia) and 422 – from northern regions (tabl. 1).

The questionnaire is anonymous and consists of the 30 question.

Results.

62% of the respondent lives in family with mother and father (full family). 4,5% teenagers from

north region – not have a mother. 1,4% teenagers from Yakutsk live with father. Orphan teenagers from Yakutsk- 1,2%, from northern regions – 3,5%.

The bed financial situation in the family: 3,7% in towns, 5,7% in rural teenagers. 0,9% rural teenagers says that money have not to bay eating.

37% fathers, 20% mothers are smoking in town, in rural villages- 49,3% fathers and 38,9% mothers are smoking too. 26% fathers, 11.6% mothers like drinking's in town. In rural- 28,4% fathers and 13,7% mothers like drinking.

16% towns, 36,5% rural teenagers have a non regulars nutrition's. 23% towns, 43% rural teenagers eat meet all days. 71% towns and 76% rural teenagers not take a fruits and vegetables every day. All of day teenagers are eat bread, pasta, mush, sugar, sweet.

Regularly smoke 5,6% in towns, 9% in rural teenagers.

6,7% towns, 8,5% rural teenagers like to drinking in company.

81,1% town, 78,4% rural teenagers are not have a sexual experience.

62,2% town, 70,8% rural have healthy life.

77,5% town, 72,5% rural teenagers are consider good health status.

Conclusion. Therefore, this correspondent to teenagers detected more social factors to life's quality in city and rural territory of Yakutia. Rural teenagers live in not full family; have a low budget and not good foods and condition to the life. The teenagers have problems to smoke and drink.

This information necessary to organized common programmer to health care and ministry to education of Yakutia for the prophylaxis.

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Tabl. 1

Distribution of adolescents - respondents by age, sex and place of residence

	Yakutsk (n=461)	Northern regions (n=422)
Teenagers boys (10-14)	64	123
Teenagers boys (15-18)	148	104
Teenagers girls (10-14)	79	100
Teenagers girls (15-18)	170	95

Tabl. 2

The prevalence of bad habits (smoking, alcohol use) among urban adolescents according to age and gender according to the survey (%)

status	Urban teenagers (n= 461)			
	Girl 10-14 л. (n= 79)	Girl 15-18 л. (n= 170)	Boy 10-14 л. (n= 64)	Boy 15-18 л. (n= 148)
Never smoke	73,4	49,4	59,3	41,9
Early smoke	-	0,6	1,5	0,6
1 case of smoke	-	33,5	37,5	40,5
I smoke in company	6,3	7	1,5	-
Regularly smoke	-	8,2	-	8,1
Never drinking	74,6	50,5	75	46,6
Early case of drinking	-	0,6	-	1,3
Drinking in company	2,5	7	1,5	6

Tabl. 3

The prevalence of bad habits (smoking, alcohol use) among rural adolescents according to age and gender according to the survey (%)

status	Rural teenagers (n= 422)			
	Girls 10-14 л. (n= 100)	Girls 15-18 л. (n= 95)	Boy 10-14 л. (n= 123)	Boy 15-18 л. (n= 104)
Never smoke	69	29,4	91,8	34,6
Early smoke	4	-	2,4	9,6
1 case of smoke	23	23,05	27,6	30,7
I smoke in company	4	16,8	4	14,4
Regularly smoke	2	15,7	3,2	16,3
Never drinking	80	44,2	73,9	47,1
Early case of drinking	-	-	1,6	-
Drinking in company	2	15,8	2,4	13,4

Tabl. 4

Sexual experience of the adolescents according to the survey, (%)

status	Urban teenagers (n= 461)			
	Girl 10-14 л. (n= 79)	Girl 15-18 л. (n= 170)	Boy 10-14 л. (n= 64)	Boy 15-18л. (n= 148)
Never have a sexual practice	98,7	81,1	90,6	81,08
Not regular sex	-	3,5	-	8,8
Regular sex	-	2,3	-	2,7
I know about contraception	2,53	11,1	6,25	22,9
I need to listen to specialist	17,7	20,5	9,3	14,1

Tabl. 5

Sexual experience of the adolescents according to the survey, (%)

Question	Rural teenagers (n= 422)			
	Girl 10-14 л. (n= 100)	Girl 15-18 л. (n= 95)	Boy 10-14 л. (n= 123)	Boy 15-18л. (n= 104)
Never have a sexual practice	86	78,9	80,4	77,8
Not regular sex	-	8,4	-	3,8
Regular sex	-	4,2	-	6,7
I know about contraception	4	12,6	4,06	12,5
I need to listen to specialist	6	12,6	1,6	5,7

Authors:

Samsonova Margarita I. – PhD, researcher of the Yakut science center SB RAMS, Sergelyakhskoe shosse 4, 677010, Yakutsk, Russian Federation

Burtseva Tatiana E.- MD, deputy director for science Yakut science center SB RAMS, Sergelyakhskoe shosse 4, 677010, Yakutsk, Russian Federation, e-mail: bourtsevat@rambler.ru