

Research of a physical component of quality of life of men

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The paper represents the results of QOL studies of men. The analysis showed that the level of the physical component of QoL in men of the industrial zone was higher than that of men of agricultural and arctic zones.

Keywords: SF-36 quality of life.

One of the priorities of our state is to improve the quality of life. In turn, physical health - one of the most important human values. Health status is reflected in all spheres of life: professional, creative and personal. Because thanks to an active lifestyle, people can more fully realize their plans and achieve personal happiness. Thus, physical health is a major component of the assessment of QOL man. To assess the physical component of QOL can be used a standardized questionnaire SF-36. Four of the eight scales of the questionnaire describe the physical components of health: physical functioning, role physical functioning, pain intensity and general health [2, 3].

For the purpose of this paper is to assess the physical component of quality of life among men in different health and social care areas of the Republic of Sakha (Yakutia).

Material and methods

We examined 503 men aged 15 to 65 years and older. The study was conducted using generally accepted in international practice, SF-36 questionnaire (Short Form Medical Outcomes Study) in accordance with the requirements of the International Project IQOLA, designed for a population-based studies of QOL [2, 4].

SF-36 questionnaire suitable for self-respondent and applied at the age of 14 years and older [2,3,5].

Inclusion criteria: Informed consent.

Statistical data processing was carried out. Testing of samples for the presence or absence of the normal distribution was carried out by constructing frequency histograms and the Kolmogorov test - Smirnov. Since the distribution of the sample differed from normal, to test the hypothesis that significant differences between mean value of the sample used nonparametric methods Mann - Whitney (Mann-Whitney U-test) and Kruskal - Wallis (Kruskal - Wallis ANOVA). Analysis of the relationship between the study groups sampling conducted by the Spearman correlation coefficient.

Results and Discussion

General characteristics of men enrolled in the study are presented Table 1.

Performance analysis of physical activity shows distinct differences depending on the medical and economic zone.

Thus, the level of physical activity men of the industrial zone was above average, regardless of age, among men of the Arctic zone in women aged 25-34 was above average, unfortunately, in other age groups, the value of physical functioning was below average. Regardless of the age level of physical activity of men agricultural zone was below average. Based on the results of the study should be mentioned that the rate of physical functioning of the industrial zone of men regardless of age is almost 2 times higher than that of men of the Arctic and agricultural zones ($p < 0.001$). The data obtained in men Agriculture, arctic zones, and partially industrial area do not correspond to the result of population-based study conducted in the framework of a multicenter project "Mirage", where physical activity of respondents aged 18 to 45 years was higher than the mean values and gradually decreased with age. In this study, the results of the above-mentioned tendency was on the scale and role-physical functioning [1]. According to our data on the health impact of professional activity or daily activities, showed that the role-physical functioning (RFF), the industrial zone of men in all age groups was significantly higher in men of other zones ($p < 0,001$).

Indices of role physical functioning of male arctic and agricultural areas were below average, regardless of age.

These data suggest that especially those living in the arctic and agricultural area pointed out the problems related to health, which adversely affect the performance of work and daily activities.

The following estimates the presence of pain in men. It should be noted that the lower the rate on this scale, the greater the pain interferes with normal life to do.

In men, the industrial zone pain had no significant effect on QOL. Among men, the Arctic zone from 15 to 24 and from 35 to 44 is not expressed pain, although in other age groups, level of pain played a significant role in assessing the health and life of men.

Judging from the intensity of pain, the most pronounced among men was agricultural zone.

Self-assessment of health is one of the most important criteria for evaluating the quality of life, since it reflects the opinion of the respondent about his state of health at present and the prospects for treatment. Results of assessment of their health are presented in Figure 4.

Attention is drawn to low scales of general health status of men and 24 years of age, regardless of area of residence. Overall health of the industrial zone of men and 54 years rated above average, and gradually decreased with age. Men farm and the Arctic zone, regardless of age had lower resistance to disease.

Analysis of the physical component of QOL showed that the men of the industrial zone had the best scores on all scales of physical health, compared with men of Agricultural and Arctic zones ($p < 0,001$).

Thus, the results of the physical component of quality of life, as measured by the man himself, can serve as additional elements that make up the concept of "health" and can be applied to the adoption of programs aimed at improving the QOL of men of the Arctic and agricultural zones.

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Quality of life for men

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