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HEALTHY LIFESTYLE. PREVENTION

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THE ROLE OF PREVENTIVE MEASURES IN REDUCING THE CONSUMPTION OF TOBACCO AND ALCOHOL AMONG YOUTH STUDENTS IN THE REPUBLIC OF SAKHA (YAKUTIA)

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The article presents the results of a sociological study of the impact of preventive activity in the form of information and educational lectures on the attitude of students to the consumption of tobacco, alcohol and other drugs. Monitoring studies conducted from 2010 to 2017 demonstrate significant reduction in smoking and alcohol consumption among students of both sexes.

Keywords: prevention of substance use, Shichko's method, tobacco, alcohol, students, sober healthy lifestyle.

Purpose of the study is examination the effectiveness of preventive measures carried out in the form of lectures among young students in the Republic of Sakha (Yakutia).

Materials and research methods. The study used data from sociological surveys, in which representatives of young people took part (high school students of general education schools and students of vocational and higher educational institutions). The sociological study "The effectiveness of lectures on the dangers of tobacco and alcohol consumption" (n=648) consisted of two waves, stages. The first questionnaire survey recorded the situation with the consumption of alcohol, tobacco and other psychoactive substances in the social environment of students. The second survey was con-

ducted after the course of lectures and revealed the assessment of the lectures by the target audience, and also determined what attitudes were established in relation to the consumption of tobacco and alcohol. The study "Monitoring the consumption of psychoactive substances among young students" (n=1213) recorded the dynamics of the use of psychoactive substances from 2010 to 2017.

Results and discussion. According to the results of surveys conducted af-

ter the course of lectures on the Shichko method among the first-year students of NEFU in 2015, the majority of students highly appreciated the work of lecturers, the average rating in almost all educational units corresponds to 4 ("good") on a 5-point scale. According to the results of the study, it was revealed that the proportion of students who decided to give up alcohol after the courses turned out to be 19.9% more than those who had not previously consumed alcohol.

Table 1

Оценки качества прослушанных лекций студентами СВФУ им. М.К. Аммосова (n=648)

Факультет/институт	ФЛФ	ИЗФИР	ИЕН	ИП	АДФ	ФЭИ	МИ
Средний балл оценки курса лекций	4,2	4,2	4,6	4,2	4,3	4,3	4,4
Слушатели, принявшие решение отказаться от потребления алкоголя, %	67,1	69,7	81,3	75,0	61,5	76,5	63,9

Table 2

Эффективность курса лекций по методу Шичко среди студентов-первокурсников СВФУ им. М.К. Аммосова (n=648)

Данные опроса до проведения курсов		Данные опроса после проведения курсов	
Доля потребителей алкоголя, %	Доля не потребляющих алкоголь, %	Доля студентов, принявших решение отказаться от алкоголя, %	Эффективность курса, %
49,3	50,7	70,6	+19,9

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Monitoring studies show that the number of students who use tobacco and alcohol from 2010 to 2017 decreased significantly. This indicates that psychological and pedagogical methods aimed at preventing the use of psychoactive substances help to reduce the proportion of young people with bad habits. Thus, the number of smoking students during this period among women decreased by more than half, and among men by 20.5%. With regard to alcohol consumption, the number of non-drinking students among both sexes increased by 3.9 times. The number of those who consume alcohol "once a week and more often" in the female population decreased by 4.6 times, in the male population by 5.8 times.

Conclusion. Thus, the preventive measures carried out in general education schools, colleges and universities over the course of several years have shown good results. The state policy to promote a healthy lifestyle in the region, the support of NGOs, and the accumulated experience of sobriety lecturers contributed to improving the situation with tobacco and alcohol consumption among young students. In order to maintain and develop the results achieved, further activation of the work of the authorities and the public on the prevention of the use of psychoactive substances is needed. It is also necessary to purposefully train lecturers - specialists in preventology, which will improve the quality and effectiveness of preventive measures.

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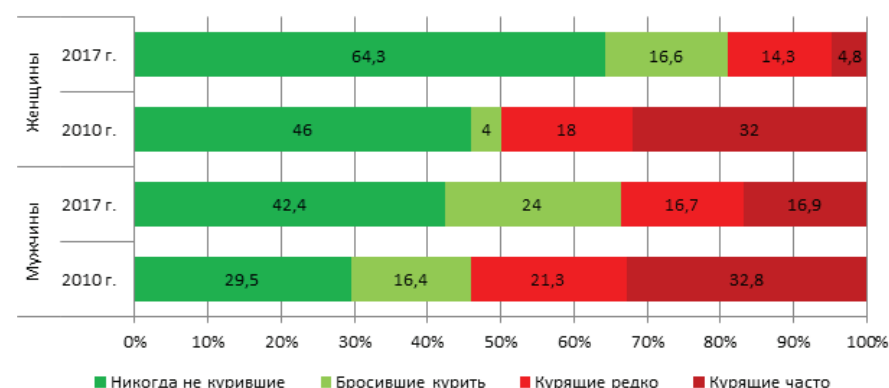


Рис. 1. Изменение количества курящих и некурящих студентов с 2010 по 2017 г. (n=1213)

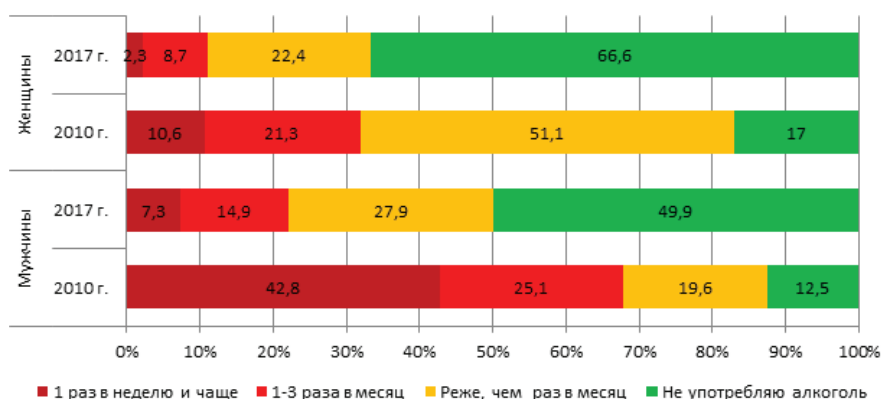


Рис. 2. Изменение количества потребителей алкоголя среди студентов с 2010 по 2017 г. (n=1213)

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