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## Screening-questionnaire subjective evaluation of lifestyle for women in reproductive age

**Abstract. Purpose:** To detect the concern about lifestyle among women in reproductive age. **Material and methods:** analysis of scientific and methodical literature, screening questionnaire. **Results:** Screening results based on the questionnaire of prof. G. S. Nikiforova "Subjective evaluation of lifestyle and physical health" among the women in reproductive age were reviewed. **Conclusion:** It has been found out that high percentage of women 18-25 years old and low percentage of women 26-35 years old lead healthy life style.

**Keywords:** reproductive age, screening research, questionnaire "Subjective evaluation of life style and physical health".

**Problem formulation.** The analysis of statistical materials of Ministry of Health of Ukraine shows that during the last 10-15 years a very alarming situation, connected with the reduction of physical health indexes, has developed in Ukraine, diseases and death indexes have increased among the working-age population.

Lately the question about healthy life style has become people's prior value of life. Nomination of health problem among the priorities of the social development of the country determines the urgency, the need of research and the production of manuals and organizational approach to preservation and strengthening health of the population, especially for women of reproductive age, forming a healthy lifestyle. According to the results of many studies, the increase of life expectancy should not be connected with the successes of medicine, but with the involving the population to a healthy lifestyle, increasing in the volume of motor activity, food quality control supply, improvement of living and working conditions, the prevention of the effects of emotional stress [1,2].

In modern conditions of life the environmental pollutants, the intensification of the standard of living, bad habits, lack of exercise contribute increasing morbidity and functional disorders of organs and systems of reproductive age women. According to the World Health Organization (WHO) "reproductive health is a state of complete physical, mental and social well being, and not just the absence of disease or complaints in all matters relating to the reproductive system and to its functions and processes [3,5].

Reproductive health is an important part of general health, and takes the central place in human development. It is related to personal and highly valuable aspects of life. Being not only a reflection of health in childhood and adolescence, it also provides the basis for health after reproductive years of life for both women and men, and determines the effects transmitted from generation to generation [4,6].

Early diagnosis and health evaluation allows you:

- to identify weak elements in the body for ideliberate action;
- to make up an individual program of wellness exercises and to evaluate the effectiveness;
- to predict the risk of life-threatening diseases.

In health diagnosis screening is defined as the estimated identification of the specific or unrecognized disease or condition with the help of tests, researches of various types and is carried out without time-consuming (Kundiev Y. I., Nagornaya A. M., 2006). Special techniques, questionnaires or tests are used for screening, which must meet the following requirements:

- simplicity, practicality, comfort, economic viability;
- no injury;
- peculiarity.

**The connection of the research with academic programs, plans, themes.** The research has been carried out according to the priority direction defined by the Law of Ukraine number 3.5 "About priority directions of development of science and technology". "Science about life, new technologies in preventing and treating common diseases" on the topic "Traditional and non-traditional methods of physical rehabilitation for diseases of various body systems and musculoskeletal system injuries of individuals with various degree of fitness." State registration number - 0111U000194.

**Objective:** to reveal the attitude of reproductive aged women towards a healthy lifestyle using screening research.

**Materials and methods.** To study reproductive aged women's attitude towards a healthy lifestyle, the screening, based on the result of the questionnaire, has been carried out. We used the results of the questionnaire "Subjective evaluation of lifestyle and physical health" developed by Professor G. S. Nikiforov [7].

With the help of the key to the questionnaire, coarse result is converted into points. After summing all points we have made a conclusion about women's lifestyle in both groups according to the following scale:

**88-60 points:** Perhaps even unconsciously - you lead a healthy lifestyle.

**59-50 points:** Your attitude towards healthy lifestyle can be assessed as a good one.

**49-35 points:** Your attitude towards healthy lifestyle can be assessed as satisfactory. Think about something you can change.

**30 points or less:** your habits and behavior are far from healthy lifestyle, you neglect your health.

**Results and discussion.** 68 women took part in interviewing, 1st group aged 18-25 years (34 persons), 2nd group aged 26-35 years (34 persons).

Table 1

## The results of the survey of women in both groups (n = 68)

The question: Can you relax in stressful situations without using alcohol, smoking or pills:	
1 group	2 group
yes - 45%, seldom - , no -	yes - 51%, seldom - , no -
The question: How much does your actual weight exceed an adequate one?	
4-10% - 28%; not more than 3% - 60%; less than 4-10% - 12%	Exceeds more than 50% - 5%; 15-24% - 35%; 4-10% - 30%; not more than 3% - 25%, less than 4-10% - 5%
Do you use any method of health improvement in every day life?	
Yes, regularly – 15%, yes, but not regularly– 65%, no – 20%	Yes, regularly – 10%, yes, but not regularly – 55%, no – 35%
How many times a week do you do physical training for 20 minutes or more?	
3 times – 15% 2 times - 65%, sometimes – 20%	3 times – 3% 2 times - 32%, sometimes – 65%
How long do you sleep (a day)?	
5-6 hours – 32%, 7-8 hours – 48%, 9-10 hours – 20%	5-6 hours – 69%, 7-8 hours – 28%, 9-10 hours – 3%
How often do you eat during the day?	
3-4 times – 75%, 2 times – 25%, once - 0	3-4 times – 50%, 2 times – 39%, once - 11%
How many times a week do you have breakfast?	
never – 11%, from time to time 28%, every day – 61%	never – 19%, from time to time – 28%, every day – 53%
How often do you miss classes because of illness?	
Get ill very seldom, once every few years – 20%, Get ill 1-2 times a year – 50%, Get ill every half a year – 30%	Get ill very seldom, once every few years – 30%, Get ill 1-2 times a year – 50%, Get ill every half a year – 20%
How often do you smoke?	
never – 60%, very seldom, not more than 1-2 times a month – 10%, sometimes (socially) -30%	never – 60%, very seldom, not more than 1-2 times a month – 12%, sometimes (socially) -15%, every day, 5-6 cigarettes a day – 8%, every day, half or a pack of cigarettes a day – 5%
How often do you drink alcohol?	
never – 35%, 50-70 g dry or strong wine once a week – 23%, very seldom, not more than 50 g of strong drinks 1-2 times a month – 31%, several times a month but a lot – 11%	never – 20%, 50-70 g dry or strong wine once a week – 60%, very seldom, not more than 50 g of strong drinks 1-2 times a month – 20%,

After analyzing the results of the questionnaire, we carried out a screening analysis of the subjective evaluation of lifestyle and physical health of women with the help of the above scale, from which the conclusion about both groups women's attitude to a healthy life style can be made.

So, in first group of women aged 18-25 years, 64 % got 88-60 points, 18% - 59-50 points, 9% - 49-35 points, and 9% - less than 30 points.

In the 2<sup>nd</sup> group (26-35 years), 42% of women got 88-60 points, 33% got 59-50 points, 17% of women – 49-35 points and 8% of the women - 30 or less points (pic .1).

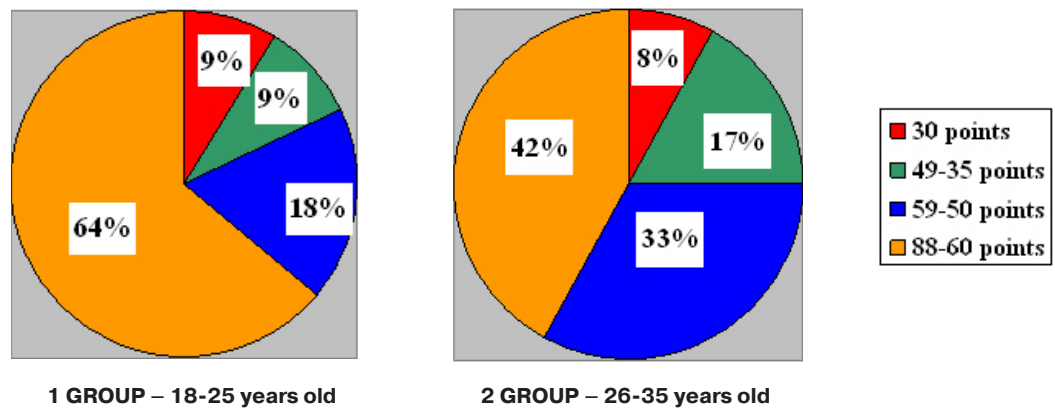
Having carried out the screening, we can conclude that only 64% of women in the first group and 42% of women in the second group lead a healthy lifestyle and their health can be assessed as good.

The results of 18% of women in the 1<sup>st</sup> group and 33% of women in the 2<sup>nd</sup> group say that the state of health is still good and the way of life close to healthy.

The state of health of 9% of women in the 1st group and 17% of women in the 2nd group can be assessed as satisfactory, but some changes in lifestyle are required.

And the attitude to the healthy lifestyle of the 9% of women 18-25 years old and 8% of women 26-35 years old can be assessed as satisfactory, so, these women neglect their own health.

**Conclusion:** From the position of screening research discussed above, the following data has been obtained: 64% of



**Pic. 1. Both group women's evaluation of their health**

women aged 18-25 years and 42% of women aged 26-35 years, lead a healthy lifestyle, but unfortunately in both groups there are 8-9% of women who neglect their health, what may affect the level of reproductive health, clinical and social prognosis of each of them in the future.

Women's reproductive health is an important part of general health and a health potential of nation-building, so preserving and developing as well as promoting a healthy lifestyle is a highly valuable aspect of life.

**Prospects for further research:** associated with the development of individual health programs for women, considering risk factors and age.

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