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ON THE COMPETENCE OF YOUNG PEOPLE IN THE ISSUE OF THE IMPACT OF TANNING ON HUMAN HEALTH

T.I. Zimatkina,

Ph.D., Assoc.

A.S. Aleksandrovich,

Ph.D., Assoc.

V.V. Klysheyko,

Grodno state medical university,

Grodno

Annotation: The awareness of students about the impact on the body of the solarium and the frequency of its visits was studied. It has been established that a solarium once a week for 10 minutes with the use of properly selected cosmetics benefits the body. Among the positive aspects of the solarium, it is possible to distinguish the acquisition of a beautiful and uniform tan in a short time at any time of the year, the solarium is able to reduce depressive states and improve mood. The solarium helps to prepare the skin for the summer season and a long stay in the sun. It has been established that people who do not receive medical education have a lower level of knowledge about how to properly sunbathe in a solarium, what precautions should be followed.

Keywords: youth, skin, solarium, tan, cosmetics, knowledge

Relevance. The solarium is a special free zone for performing manipulations with the help of metered irradiation [1]. Due to the prevalence of tanning beds, it is now possible to have tanned skin even in winter. After visiting the solarium, people get a cosmetic effect – well-groomed skin. About 80 % of the information about a person is perceived during visual contact.

Now people believe that the Sun is not the only source of sunburn. The main thing is to get the effects of UFI in normal quantities. This can be achieved by visiting the solarium, but you can also sunbathe on the beach

under the sun and at the same time use sunscreen [1]. Both UV-A and UV-B lamps are used in tanning salons. The second type of rays makes it possible for a dark tan to appear in a short period of time.

WHO currently classifies tanning in a tanning bed as carcinogenic factors, that is, recognizes that exposure to tanning beds can cause or contribute to the incidence of benign or malignant neoplasms [2-4].

Due to the fact that a solarium can affect a person both positively and negatively, as well as due to the prevalence and availability of a solarium, the study of awareness of young students about the impact of a solarium on the human body is of considerable relevance [5-8].

The purpose of the study. The study of the awareness of students about the impact on the body of the solarium and the frequency of its visits.

Materials and methods of research. The study was conducted using the Google form program on the terms of voluntary consent and anonymity, 160 people were interviewed (80 people who receive medical education made up the 1st group, the second half of the respondents who receive other education entered the 2nd group). The age of the respondents was 18-22 years. The following methods are used in the work: analytical, comparative and evaluative, sociological survey by questionnaire.

The results of the study and their discussion. It was found that 83 % of the respondents of the 1st group know how the solarium works; 17 % do not know. The majority of respondents (97.7 %) know about the existence of special cosmetics for tanning in a solarium; 2.3 % do not know about it. 2/3 of respondents (72.3 %) of respondents believe that these cosmetics does not fully protect against the effects of UFI; 27.7 % replied that cosmetics are able to fully protect a person from the effects of UFI. Most of the respondents (97.7 %) know that it is impossible to get rid of acne with the help of a solarium; 2.3 % think that it is possible. All respondents consider it necessary to visit a cosmetologist before going to the solarium. 2/3 of respondents (77.3 %) know that after visiting the solarium, burns may appear, the stratum corneum thickens if you do not use a protective cream. 68.3 % of respondents believe that the optimal time of the procedure is 10 minutes; 41.7 % – 7 minutes. 1/3 of respondents (30.5 %) visit a solarium once a week, 17 % rarely visit a solarium, 54.2 % have not visited a solarium.

It was found that 75 % of the respondents of the 2nd group do not know how the solarium works; 25 % do. 69.2 % of respondents said that

they know about the existence of special cosmetics for tanning in the solarium; 30.8 % do not know about it. The majority of respondents (82.1 %) believe that this cosmetics completely protects against UV exposure; 17.9 % do not. Half of the respondents (50.3 %) said that using a solarium can get rid of acne; 49.7 % did not. The majority of respondents (94.9 %) consider it necessary to visit a cosmetologist before going to the solarium. 84.6 % of respondents did not know that after visiting the solarium, burns may appear, the stratum corneum of the skin thickens if you do not use a protective cream. 1/5 of respondents (20.5 %) answered that the optimal time of the procedure is 10 minutes, 41 % – 7 minutes; 30.8 % – 4 minutes; 7.7 % – 1 hour. 15.3 % of respondents visit a solarium a couple of times a week; 20.3 % visit once a week; 10.3 % rarely visit a solarium; 54.1 % we didn't go to the solarium.

It was found that the respondents of the 2nd group are not sufficiently aware of the possible effects of tanning beds on the human body, unlike the respondents of the 1st group.

Conclusions. Thus, if you go to the solarium once a week for 10 minutes using the right cosmetics, it will undoubtedly benefit our body.

Among the positive aspects of the solarium, it is possible to distinguish the acquisition of a beautiful and uniform tan in a short time at any time of the year, the solarium is able to reduce depressive states and improve mood. The solarium helps to prepare the skin for the summer season and a long stay in the sun.

It has been established that people who do not receive medical education have a lower level of knowledge about how to properly sunbathe in a solarium, what precautions should be followed.

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