

# **Living In a Big City**

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## **Introduction**

Most likely the dream of getting higher education and living in a big city is the dream of many young people. But it turns out that besides a large number of opportunities life in a big city gives us numerous health problems. More than half of the students are the students-visitors from different towns of Belarus, whose immune system is not adapted to the conditions of life in the metropolis.

## **Aim**

To determine the frequency of symptoms among Minsk resident students and students from other towns, who study in Minsk.

## **Materials and methods**

We used foreign and native literature to find the information about the worldwide statistic of the impact of urban living and about the infrastructure of Minsk in 2015. The main role in the research work was given to the sociological survey among the students of BSMU. The sociological survey included questions about the ambient conditions in which the students live, about the impact of the environment on their health and the stressful situations they face regularly.

## **Results**

We interviewed 120 students of Belarusian State Medical University. 54% of them are Minsk residents, 46% of them are the students from other towns. The sociological survey revealed that such symptoms as running nose, cough and sneezing occurring due to the wastes from the industrial enterprises and exhaust gases appeared among students from other towns 2 times more frequently than among Minsk resident students, 58% of the latter group not even experiencing it. Also the sociological survey revealed that 30% of students from other towns

didn't have the opportunity to have a rest outside the city and to be engaged in active kinds of outdoor sports regularly.

### **Conclusion**

The organisms of young people who are influenced by the negative environment of the city since their childhood are less sensitive to adverse environmental factors with time. For students from other towns the environment of a big city is unusual and aggressive and has a detrimental effect on their health.