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THE IMPACT OF HOUSING CONDITIONS ON HUMAN HEALTH AND QUALITY OF LIFE

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Relevance. In today's fast-moving world people have fewer chances to lead a healthy lifestyle. According to WHO, at least 41% of people from all over the world live in poor housing conditions. For example, many people live in crowded rooms, sharing them with two or more other people. Nearly half of all people use poor quality or contaminated drinking-water sources. Globally, many houses have structural defects: 15% of the European population live in housing with a leaking roof, or damp walls, floors or foundations, or mold on balconies, walls, floors and other structural elements. Other common poor housing conditions include air pollution, lack of sunlight, excess of noise, electromagnetic radiation and other factors. People are often unaware of the cumulative negative effect of the living conditions on their health. Therefore, the problem described needs further consideration.

Aim: to study the impact of housing conditions and to prove the negative effect of passive smoking, insufficiency of sunlight, and other factors on human health based on a survey of BSMU students.

Materials and methods. The method of comparative analysis and a sociological survey was conducted among 105 students of Belarusian State Medical University. The data obtained were statistically processed and structured with the help of the Microsoft Office Excel 2007 computer program.

Results and their discussion. To identify the effect of different housing conditions and to reveal the student's attitude towards them, 105 students were questioned. The results have shown that among Belarusian students 27% are exposed to passive smoking, which increases the risk of ischemic heart disease, the formation of vascular plaques, insomnia, nausea, dizziness, fatigue, dry eye syndrome, conjunctivitis, optic nerve damage, exhausted ovaries syndrome in women, decreased sperm mobility in men, cancer. 37% of the respondents cannot get enough sleep due to background noise, which causes headaches and affects mental health. 60% of BSMU students experience different health problems due to the lack of sunlight. Many students often suffer from seasonal respiratory diseases, the reason of which may be air pollution. About 71% of the respondents live in dwelling houses with concrete walls, which affects the respiratory system, causing sore throat and pneumoconiosis. While sleeping more than 57% of students keep their mobile phones at the distance of 0,5-1 meters, while mobile phones give off the electromagnetic radiation, which impairs mental health, causing headaches and other symptoms. The current research has shown, that all the students are at risk of certain health problems caused by their housing conditions.

Conclusion. To overcome all of these problems it is necessary to introduce stricter fines on smoking in dwelling houses to reduce passive smoking; to plant trees and shrubs to reduce the negative effects of air pollution; to build houses at a reasonable distance from each other to enable people to receive enough sunlight; to install houses with good insulating systems; to clean the house regularly to reduce the risk of allergies, spread of germs and bacteria; to educate the population about the impact of housing conditions on health.