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ASSESSMENT OF THE ATTITUDE OF STUDENTS TO THE USE OF VITAMINS IN THE FORM OF DRUGS

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Annotation: Vitamins play an important role in human life. Sometimes it is necessary to make up for the lack from the outside, namely in the form of synthesized drugs, since there is an opinion that in the products that we buy, the content of substances necessary for our body is categorically small. But not all people are ready to resort to medications. The aim of our study was to identify the attitude of medical Academy students to the use of vitamins in everyday life, their role in the functioning of the body and their relationship to quality of life. We conducted a survey of students. The survey was conducted on the basis of TMA, which was attended by students from 1-2 years. A number of students have expressed their disagreement with the use of synthetic vitamins, but most have a positive attitude to this problem and believe that additional use of vitamin preparations is necessary.

Keywords: students, vitamins, quality of life, vitamin preparations.

Vitamins are organic compounds found in food in small amounts and are necessary for the human body to carry out normal metabolism and maintain vital functions. Each vitamin has a certain beneficial effect on the activity of the body [1, 4-6].

It is also very important that the human body is not able to store vitamins for more or less a long time, a full set of vitamins should be received regularly in accordance with physiological needs. At the same time, the adaptive capabilities of the body are quite large, and for a certain time, vitamin deficiency is not clinically manifested: vitamins deposited in organs and tissues are consumed, and various compensatory mechanisms of an exchange nature are activated. Having no obvious clinical manifestations, subnormal vitamin supply reduces the adaptive capabilities of the body, which is expressed in a decrease in resistance to infectious and toxic factors, physical and mental performance, slowing recovery in acute diseases, and increasing the likelihood of exacerbation of chronic diseases [1, 2, 8-12].

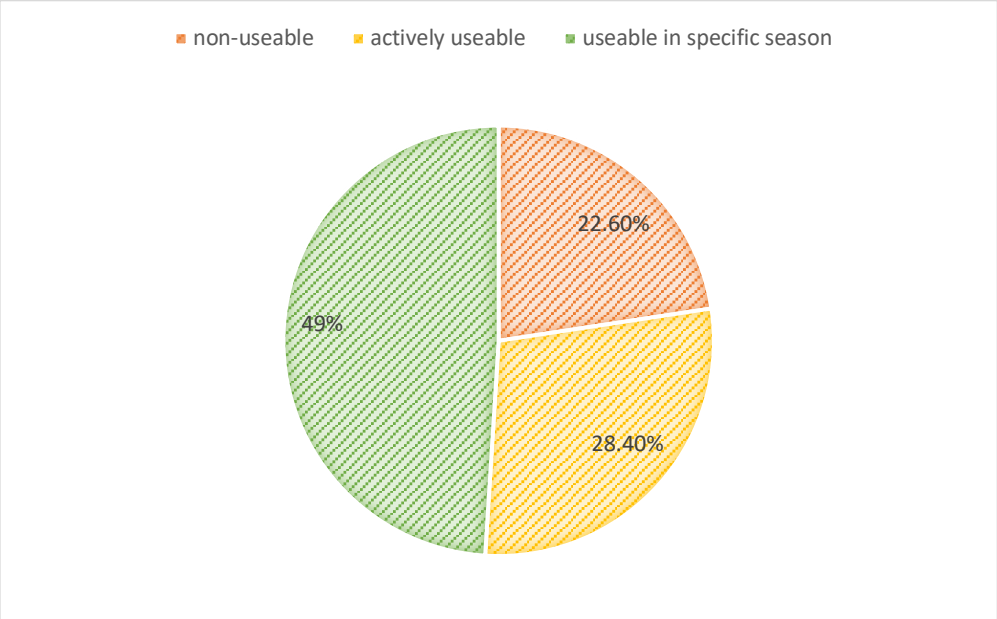
Even if we try to eat right, we cannot fully cover the need for vitamins, since no product contains all the substances we need. The Institute of Nutrition of the Russian Academy of Medical Sciences conducted a study that showed that in recent years, the content of vitamins and minerals in vegetables, fruits, meat, and fish has sharply decreased. As a starting point, the researchers took the year 1963 and found that since then, the content of vitamin A in apples and oranges has decreased by 66%. And now, in order for the body to receive the same amount of retinol as our fellow citizens received 50 years ago, it is necessary to eat not one fruit, but as many as three [2-3, 7, 9].

Purpose of the study: to identify the attitude of students of the Tashkent Medical Academy to the use of vitamins in everyday life, to their role in the functioning of the body and their connection with the quality of life.

Materials and methods of research. This article presents the results of the analysis of a questionnaire on the use of vitamins in the form of drugs. A total of 160 students TMA were interviewed. Of these, 81.87% of girls and 18.13% of boys answered the questions. The respondents were aged 19 and over, and 60% were students aged 19 to 22 years. 48.75% were medical faculty, 41.25% - medical and preventive medicine and 10% - dental faculty. Further, statistical processing of the obtained data was carried out.

Results and discussion. During the survey on the role of vitamins in the body's vital functions and their impact on the quality of life, the majority (namely 80.6% - 129 respondents) are confident in the positive impact on the body, 30 respondents (18.7%) think that the effect of vitamins on a person is insignificant, and only 1 respondent (0.6%) believe that from they are of no use. We pointed out above that the products consumed in food do not contain the entire complex of vitamins, so in order to compensate for their lack, most of the currently existing vitamins and vitamin complexes were synthesized at the beginning of the 20th century [1, 9]. The basis for this was laid by the Polish scientist Casimir Funk [2]. We asked ourselves: how do students of the Tashkent Medical Academy feel about the artificial ingestion of the necessary substances in their bodies? The majority of respondents – 74 students (46.25%) support the idea of seasonal use of these drugs, 46 respondents (28.75%) are positive about this, but note that there should be no abuse of vitamin preparations. Fully supported-31 respondents (19.4%), but categorically opposed, who believe that vitamins should come only from food, answered 6 respondents (3.75%). 3 students (1.87%) found it difficult to answer this question.

Figure 1. Application of vitamin preparations by TMA students.



Of the students we surveyed, 22.5% (36 people) almost the same number of people (28.1% - 45 people)do not use vitamins in the form of drugs they are actively used. Also, almost half of the respondents (49.4% - 79 students) take synthesized vitamin preparations as needed, namely in the autumn-spring period (Figure 1).

We decided to find out which drugs students prefer to use. The list of preferences is shown below:

- Vitamin C (in the form of ascorbic acid) – 6,8% of respondents;
- B vitamins (B6, B12 and Kombilipin) – 6.2% of respondents;
- Vitamin A (Retinol) in combination with vitamin E (Aevit) – 3.7% of respondents;

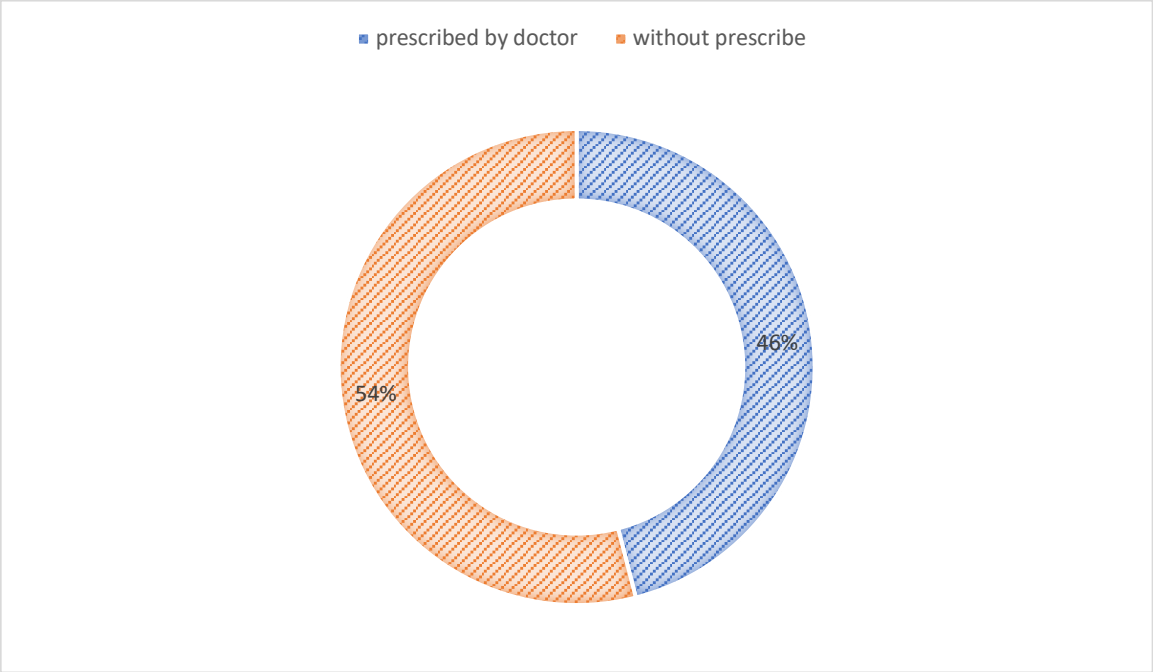
- Vitamin D (Aquadetrim) – 1.2% of respondents.

Most often, preference is given to combined drugs:

- Complivit - 13.7% of respondents;
- Supradin – 10% of respondents;
- Undevit – 8.7% of respondents;
- Biomax – 10% of respondents;
- Alphabet - 16.2% of respondents;
- Vitrum – 15% of respondents;
- Others – 8.1% of respondents.

74 respondents (46.25%) answered the question about the use of vitamin preparations as prescribed by a doctor, while the remaining 86 respondents (53.75%) take vitamins at their own request, according to the recommendations of relatives, etc. (Fig.2).

Figure 2. Use of vitamin supplements with or without a doctor's prescription



Further, the questionnaire included several questions regarding students ' knowledge of vitamins in general. 110 students (68.75%) correctly answered questions about vitamin A and its role in the body, 42 respondents (26.25%) answered incorrectly, and 8 students (5%) found it difficult to answer.

115 students (71.8%) answered questions about vitamin C and its role in the body correctly, 40 students (25%) answered incorrectly, and 5 students (3.2%) found it difficult to answer.

When asked about students' knowledge of B vitamins, 120 students (75%) answered correctly, 32 respondents (20%) answered incorrectly, and 8 students (5%) found it difficult to answer.

Questions about vitamin E and its role in the body were answered correctly by 112 respondents (70%), incorrectly by 41 students (25.6%), and incorrectly by 7 respondents (4.4%).

Conclusions. Today, when technologies are developing at lightning speed, when production is gaining momentum, there are still people who consider artificially synthesized vitamin preparations unsuitable for consumption and claim that their effect on the body is ineffective. They think that using store-bought products makes up for the lack of vitamins in the body, but it is scientifically proven that this is not the case.

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