



*Full Length Research Paper*

# Analysis of data studying results on the health status of girls involved in sports according to the questionnaire

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This article discusses the analysis of data studying results on the health status of girls involved in sports according to the questionnaire. We carried out a survey of all girls sporting an athlete, on the outpatient cards basis was conducted a comprehensive study of the health status of 184 girls, the age characteristics, which ranged from 11 to 21 years. Recently, the concept of "quality of life" has acquired a special relevance in the light of the implementation of priority national projects. One of the main directions of such projects was the availability of modern, effective screening programs to study the state of health, prevent diseases and identify risk groups for developing diseases. Increased attention to the health of adolescents around the world and in our country is not accidental. High school students - a labor reserve of the country and its reproductive potential. Our future depends on the state of their health.

**Keywords:** health status, girls involved in sports, athlete, outpatient cards, quality of life, prevent diseases, identify risk groups, state of health

## INTRODUCTION

The intensive development of women's sports in recent years, the participation of women in prestigious competitions, the achievement of high sports results arouses the interest of modern science to the problem in maintaining and preserving the health of women athletes. Early detection of developing so-called pre-pathological and pathological conditions in the reproductive system in young athletes and highly qualified female athletes for the purpose of timely correction and rehabilitation is even more relevant in connection with the forecast of specialists in the active development of women's sports in the 21st century [1,3,5].

This becomes primary importance task, since the women health is a national treasure in our country. A multitude factors act on the female sport at the same time, the main ones are the increasing intensity of physical exertion, as well as psychological loads, which in

turn become stress factors that have a trigger mechanism in the development of adaptive physiological disorders [2,7, 12]. Many studies suggest that some detected menstrual dysfunctions are transient and do not have a pathological effect on the course of pregnancy and childbirth. It can be considered as a pre-pathological condition that can be corrected by changing the intensity of the training process and constant monitoring, by medical professionals.

Extremely important are data on the dependence of menstrual irregularity frequency on the age at which training begins [5, 8]. When playing sports, many factors act simultaneously on the female body, which makes it difficult to identify the main cause of menstrual dysfunctions. As a possible reason, nutritional characteristics and weight loss, a decrease in the fat content in the body are given. At the same time, the hormonal status changes, the transformation processes of steroids in the periphery are disturbed and the luteinizing

hormone release in the hypothalamus is disturbed, the concentrations of LH, FSH and estrogens change [2]. Moreover, the exercise of physical activity without taking into account the individual characteristics nervous system type in athletes and so on, all these moments can contribute to the violation of the adequate functioning of the body. As a whole, and in sexual function in particular, makes sports not as a factor in promoting health of harmonious physical development, but rather a factor provoking the development of the disease.

Particularly relevant are the issues of organization and examination of girls involved in sports. Conducting in-depth medical examinations in order to identify pre-pathological conditions and risk factors, that lead to impaired reproductive function. In this regard, there is a need to conduct research with a deep detailed study of physical activity adequacy to the girls individual abilities. The development of optimal recommendations for organizing medical monitoring, drawing up protocols and examination standards for girls involved in sports, taking into account the individual typological features of the central nervous system.

**The aim** is to study health status of athlete girls, according to outpatient cards and questionnaires.

## MATERIALS AND METHODS

The study object are all adolescents involved in sports. We have conducted a comprehensive study of the 184 girls' health status, aged 11 to 21 years on the personal data basis and out-patient cards. All surveyed were students of different schools and colleges engaged in one sport, "handball". Questionnaires were compiled by our institution and introduced into the practice of sports medicine.

## RESULTS

In the study of outpatient cards and questionnaires surveyed showed that 70.6% of adolescents (130 people) had acute respiratory viral infections of influenza, parainfluenza, adenovirus infection, as well as childhood diseases, in the form of hepatitis A (13%), otitis (8%) and rhinitis (8%). In general, it can be noted that pupils involved in sports were ill rarely, which means that practicing any kind of sport enhances the body's immune system, which has an effect on human health. Cases of respiratory viral infections no more than 1-2 times a year during the seasonal increase period in the number of cases is acute respiratory infections and influenza epidemics (winter and spring months). The girls' athletes who completed the survey were actively involved in sports, of which 45% - more than 3 years, 25% - less than a year, 24% - 2 years and 6% - a year. 35% of athletes trained 4 times a week, 33% three times a week,

only 15% of female athletes trained daily and 17.0% less than 3 times a week. Most athletes (85%) trained once a day.

According to a survey of 65 all female athletes were identified gynecological diseases. According to the ultrasound examination, the main place was occupied by inflammatory processes of the genitals (salpingoophoritis 35%).

In girls involved in sports, the average age of the onset of the menstrual cycle is more than 14 years and this suggests that the reason for the late onset of menarche is the early onset of sports. The age of which was 10 years.

## CONCLUSIONS

A survey of girls athletes found that they were between 11 and 21 years old, brought up in prosperous families, and it was also established that 70.6% of adolescents (130 people) had acute respiratory viral infections of influenza, parainfluenza, adenovirus infection, as well as childhood diseases, in the form of hepatitis A (13%), otitis (8%) and rhinitis (8%). According to a survey of 65 all female athletes were identified gynecological diseases. According to the ultrasound examination, the main place was occupied by was occupied by inflammatory processes of the genitals (salpingoophoritis 35%).

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