

Risk Factors for Non-Communicable Diseases among Military Personnel

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ABSTRACT

Nowadays, the prevalence of non-communicable diseases among the population, especially among military personnel, who are one of the most active segments of the population, is still high. For this purpose, a survey was conducted among 732 servicemen who are being treated at the Central Military Clinical Hospital of the Republic of Uzbekistan. According to our study, the social and family status of a serviceman, housing conditions, diet, physical activity, psycho-emotional state and health status were studied. Among the risk factors for the health of military personnel, the most important negative impact is exerted by emotional stress and bad habits associated with specific psycho-emotional characteristics of military personnel. Despite high psycho-emotional stress, servicemen do not resist stress, and most importantly, they rarely use the correct mechanisms of psychological self-regulation.

Introduction: The concept of “risk factors and disease prevention”, as well as the “norm”, used in assessing the health status of servicemen, are subjective [1, 2, 6]. The state of health of servicemen should be characterized not by statistical standards, but by individual standard indicators for each person [7, 8]. At present, there are 6 military hospitals on a national scale that specialize in providing qualified medical services to military personnel serving in the Ministry of Defense and their families, as well as medical centers and outpatient clinics in military units to provide primary health care. But, despite this, the prevalence of non-communicable diseases among the population, especially among military personnel, who are one of the most active segments of the population, still remains high [1,4,5].

Aim: to study the living and working conditions, as well as the lifestyle of military personnel, a comprehensive assessment of risk factors that affect the occurrence and development of diseases.

Object of study: 732 servicemen serving in the system of the Ministry of Defense, servicemen who have been on outpatient treatment for 5 years.

Subject of study: study of the disease, risk factors, lifestyle and living conditions of military personnel.

Research materials: results of a survey conducted among 732 servicemen who are being treated at the Central Military Clinical Hospital of the Republic of Uzbekistan.

Research methods: Medico-social, hygienic and statistical research methods are used.

Results and discussion: The socio-demographic characteristics of servicemen are determined by the policy and strategy of the Ministry of Defense and the service of health protection, physical fitness and a healthy lifestyle of servicemen [2,3,6]. It is very important to improve the health of

military personnel, organize motivational events to increase their service potential, and increase the combat readiness of the Defense Forces by studying these data.

The conducted studies of the social structure of the service and the way of life of military personnel are of great importance for the formation of a strategy aimed at improving the quality and efficiency of the service.

Of course, gender plays a very important role in any study and observation, due to the fact that all participants in our study are men (100%), it is not possible to conduct a gender analysis. In this regard, all analyzes and reviews of our study were conducted among men, the average age of the respondents was $25,30 \pm 09$ years.

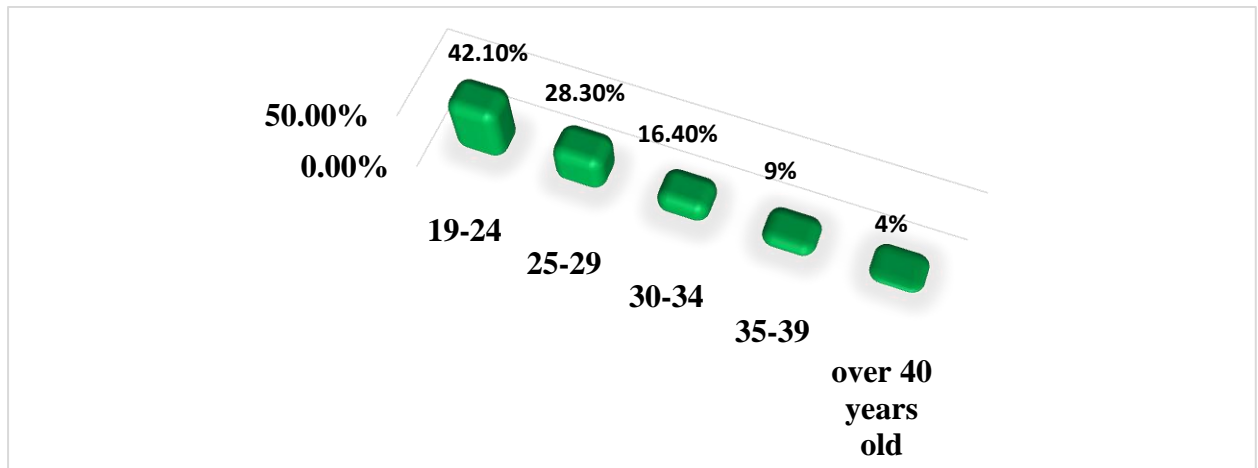


Figure 3.1 Distribution of respondents by age (%)

At the time of the survey, more than half of the respondents ($42,1 \pm 1,7\%$) were aged 19-24 and 25-29 ($28,3 \pm 1,4\%$). Persons aged 30-34 years ($16,40\% \pm 1,2\%$) belonged to the age group 35-39 years ($9,2\% \pm 1,0\%$). Attention is drawn to the low structural significance of the age group of workers aged 40 and older ($4,0\% \pm 0,8\%$). Thus, the majority of military personnel serving in the Tashkent military district are military personnel aged 19 to 35 years, although they have few health problems and the incidence rate is very low, but they are physically healthy to ensure the stability of the combat readiness of military personnel. Being strong and hardened is the main task of the military.

The social and family status of a serviceman is also very important for the successful completion of military service, since family status is reflected in the life priorities of a serviceman and individual incentives for the productivity of his work. From the analysis of marital status, it turned out that the main part is interpreted as "married" - $90,4 \pm 1,8\%$, divorced and widowed - $1,7 \pm 0,6\%$, unmarried - $7,9 \pm 1\%$. A study of the relationship between marital status and age showed that 100% of the respondents in the youth cohort under 25 were not married.

As the age of military personnel increases, the number of "divorced" family fortunes increases slightly, which belong to the age group of 35-40 years and older.

In addition, the study of the problems associated with the impeccable performance of military service, peace of mind and social security, drew special attention to the study of their living conditions. After all, living and working conditions are one of the motivating factors of a modern worker. In modern psychology, the term "motivation" refers to:

- 1) a set of motives that create and determine human activity, that is, a system of factors that determine behavior;

2) the formation of the motivation of the educational process, a characteristic feature of the process of conducting, to a certain extent stimulating behavioral activity.

Internal motivation is a motivation that encourages a person to act in order to improve the state of self-confidence, in contrast to the external goal in relation to him (S.I. Dvoenkov 2007, L.D. Stolyarenko 2009, T.V. Chernova, N.V. Mazinova 2007).

From a psychological point of view, it is not a motivating factor in itself, it stimulates and controls human activity. Such a motive is the family of a serviceman and the house in which he spends most of his time outside of service and its conditions. To assess the housing conditions, all parameters of the object were studied: living area (sq. m), area per person, number of rooms, sanitary and hygienic condition and maintenance of living conditions.

The results of the study showed that a very small number of families (2,3%) have less than 3 square meters per person, 82,1% - from 3 square meters up to 9 sq. mm., 17,4% live in conditions from 15 sq. mm. All families participating in the survey are provided with central heating, sewerage, gas, cold water, 98,6% of families are provided with hot water. The assessment of housing conditions was carried out on the basis of the requirements of the assessment criteria developed by Mamatkulov B.M.

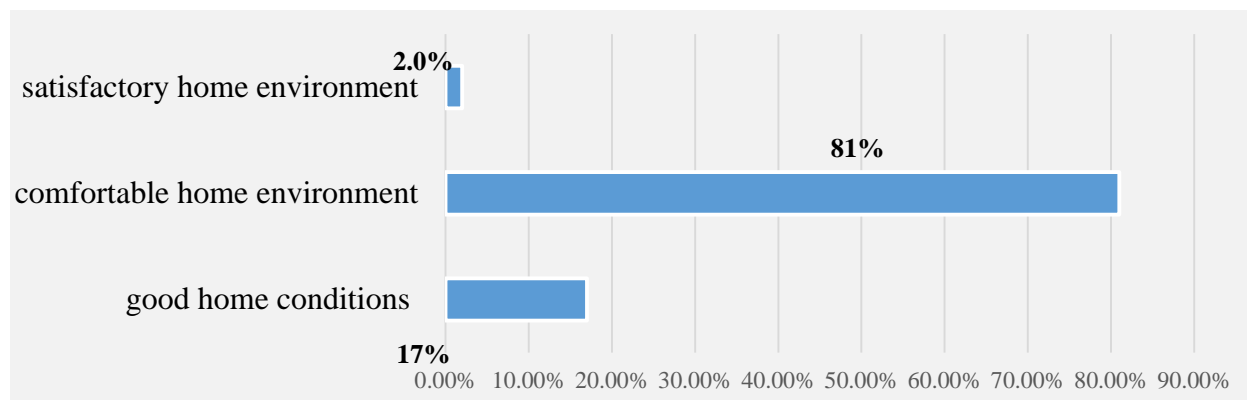


Figure 3.3 Comprehensive assessment of the living conditions of military personnel

According to the data we have collected, 17% of servicemen live in good housing conditions, 81% in well-appointed housing conditions, and just under 2% in satisfactory housing conditions. The results of this study did not identify military personnel living in poor housing conditions or without housing.

They are responsible for forming the foundations of a healthy lifestyle for military personnel, strengthening their health by improving medical culture, and forming motivation for health in military units.

The conducted studies once again confirmed the idea that a balanced diet is the basis of a healthy lifestyle. The requirements for it are made up of the requirements for the diet, regimen, type of food and food intake conditions.

When considering the diet, it turned out that 16,9% of respondents eat hot food once, 24,40% - twice, 58,7% - three times. Only 25,3% of the servicemen did not adhere to a rational diet, which they associated with the continuous workload of military service during the day, the lack of conditions for normal nutrition at the place of service. When studying the diet of military personnel, 75,2% of respondents noted that their diet is varied, and 24,8% of respondents noted that they often eat monotonously. Upon a detailed analysis of this block of questions, it became clear that bread and fatty fried foods predominate in their daily diet. It is known that an increase in the carbohydrate-fat diet in the elderly can lead to the development of storage diseases,

obesity, increased cholesterol levels, blood pressure and, if the diet is not changed, to more serious health problems.

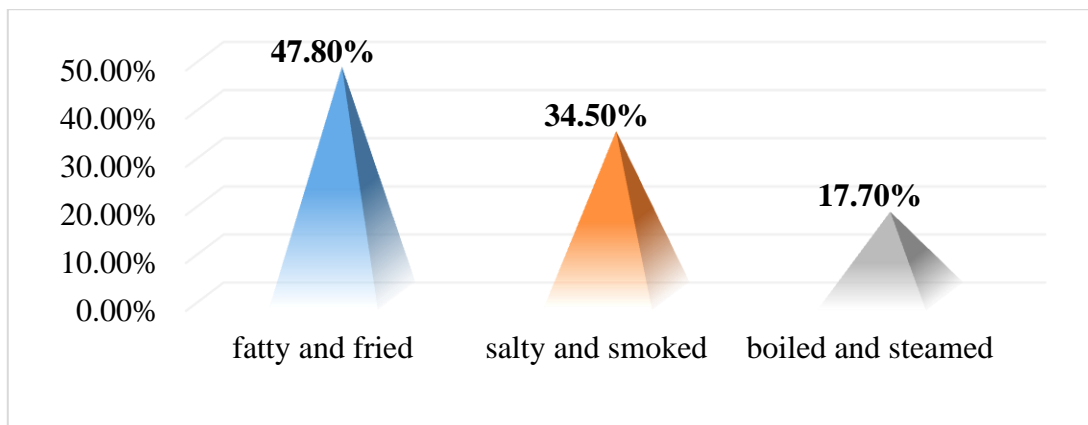


Fig. 3.4 Distribution by nutrition classification

An analysis of the food habits of military personnel showed that 47,8% of respondents eat fatty fried foods, 34,5% salted and smoked food, and 17,7% boiled and steamed food. In our study, 55,8% of servicemen included irregular and insufficient amounts of fresh vegetables and fruits in their daily diet.

It is known that according to the norms established by the World Health Organization, a person must consume at least 400 grams per day of vegetables and fruits (excluding potatoes). A small amount of vegetables and fruits in the diet leads to a decrease in the body's defenses.

Another aspect of a healthy lifestyle is physical activity. 81,5% of the respondents, in addition to military physical exercises, do morning physical education, and 18,4% do not do these exercises regularly.

The study found that only 39,4% of servicemen observe the regime of work and rest. In most cases, the reason for this was daily parades, training at the training ground, business trips.

The family plays an important role in the stability of the emotional state of servicemen. Smoking and passive smoking are one of the main factors that affect health and lead to dangerous diseases. According to our study, at the time of the survey, 74,8% of respondents did not smoke, and 25,1% had this bad habit.

The results of the study of alcohol consumption showed the following results: 66,1% of respondents do not drink alcohol, 33,8% drink alcohol.

Among lifestyle factors, psycho-emotional stress has the greatest influence. The study of the distribution of this risk factor in the studied professional group showed that 91,8% of respondents consider the psychological situation in the family to be calm, only 8,2% indicated the presence of stressful situations in the family. The indicators at the workplace were as follows: 78,9% of the military personnel noted that the atmosphere at the workplace was good and fair, and 21,1% of the military personnel noted the presence of stressful situations in the workplace.

Inattention to employees on the part of management, not listening to their opinion, not taking into account the opinions of employees in the decision-making process not only causes demotivation, but also causes the development of such negative characteristics of employees as nervousness, haste, hopelessness, and certainly serves as a factor causing various diseases.

Therefore, the problem of studying and forming the psychological environment in the team is a very important problem not only for management, but also for subordinates.

Managers who understand and create a mechanism for forming a friendly team will be able to effectively manage employees.

In order for the defender of the Motherland to fully fulfill his duty, a very important indicator is his physical and mental health. Maintaining this indicator constant and timely seeking medical help is the main requirement for a healthy lifestyle.

The study of medical examinations of military personnel and requests for medical help showed that 92,3% of them undergo preventive medical examinations in a timely manner.

A complete medical examination within 5 years was passed by 99,6% of all respondents who took part in the survey, partial - 0,4%.

79,3% of respondents with acute diseases once a year, 11,7% 2-3 times, 9% did not apply at all for acute diseases.

28,3% of respondents with chronic diseases never go to the doctor during the year, 46,9% of respondents go to the doctor once a year, 16,6% with chronic diseases 2-3 times a year, 8,2% more than 3 once. During the year, 87,8% of those who underwent medical examination, 12,2% of respondents who were not dismissed from service due to illness were released from service for a period of 3 to 10 days due to chronic diseases and received paid leave.

It should be noted that 41,3% of all respondents consider their health to be "excellent", 49% "good", 6,6% "satisfactory" and 2,8% "unsatisfactory", 37,2% sometimes suffer from acute diseases, 14 % often suffer from acute diseases, and only 9,9% develop chronic diseases.

Conclusions. Thus, as a result of studying and analyzing the socio-demographic characteristics of military personnel, it was concluded that it is necessary to organize rehabilitation measures, taking into account the characteristics of military personnel serving in the Central Asian region.

Among the risk factors for the health of military personnel, the most important negative impact is exerted by emotional stress and bad habits associated with specific psycho-emotional characteristics of military personnel. Despite high psycho-emotional stress, servicemen do not resist stress, and most importantly, they rarely use the correct mechanisms of psychological self-regulation.

Knowing how important it is to lead a healthy lifestyle, in practice there is a serious gap between the main criteria for maintaining health and the activities of a soldier in his daily life. Servicemen who have determined the value of health take practical measures to preserve and strengthen it. As a result of chronic risk factors that damage the body, a person cannot maintain health. Therefore, it is very important not to treat the disease, but to prevent it.

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