

PHYSICAL HEALTH INDEXES AS THE LIFE QUALITY INDICATORS OF PARTICIPANTS OF BATTLE ACTIONS IN UKRAINE

Nataliia Bielikova¹, Svitlana Indyka¹, Anatolii Tsos¹, Olga Andrijchuk¹, Dorota Ortenburger²,
Jacek Wąsik²

¹Lesia Ukrainka Eastern European National University, Faculty of Physical Culture, Sport and Health, Lutsk, Ukraine

²Institute of Physical Education, Tourism and Physiotherapy, Jan Długosz University, Czestochowa, Poland

e-mail: natabel.lutsk@gmail.com

The aim of the work is the assessment the physical health indexes as determinant of the quality of life of the participants of battle actions in eastern Ukraine, depending on their marital status. **Methods of research.** A survey was conducted of 50 demobilized military, who trained a course of rehabilitation in the Volyn hospital for the disabled soldiers (Lutsk, Ukraine). The average age of the military was 34.88 ± 9.44 years (the youngest soldier is 21 years old and the oldest is 59 years old). Depending on the marital status, the military was divided into 3 groups: unmarried – 16, married – 25 and divorced – 9 people. The assessment of quality of life indicators was done using the Ukrainian version of the International Questionnaire SF-36 in the range from 0 to 100 points, where 100 points are a full health. The statistical processing of results is carried out using the program «Statistica 6.1». **Results.** Interpreting the results of the questionnaire, the general quality of life includes physical health (PCS), components of which are: GH – «General health», PA – «Physical activity», BP – «Pain», RP – «The role of physical problems in the limiting life». It was found that the index of physical health in all explorers is 39.84 ± 7.89 points. At the same time, its value in the unmarried military is the highest – 44.6 ± 7.6 points; somewhat lower in the married – 37.6 ± 7.9 points and in the divorced – 37.4 ± 4.4 points. The study of the component structure of physical health revealed the highest values of the PF score: for unmarried people – 80.6, for married – 63.2, for divorced – 67.8 points, with an average sample value of 69.6. The indicator of the GH in the 1st group is 56.4, in the 2nd – 49.4 and in the 3rd – 46.3 points, with an average of 51.08. The indicator of the BP for unmarried persons is 57.9, while for the married is 44.1; in divorced – 35,9 points, among them 47,0 points. The rate of RP, the most significant decrease the physical component of quality of life which in the unmarried military is 48.4; in the married – 32,0 and in the divorced – 11,1 points, while an average value is 33,5. **Conclusions** The state of physical health of unmarried military is much better than of married and divorced military, that is connected with their younger age. The lowest rates were recorded in the divorced military at the critical value of the RP, which attributes them to a group of potential risks. The results of the study provide an opportunity to take into account the family status of combatants in the process of their rehabilitation.

Key words: quality of life, SF-36, participants of battle actions, military.