

Peculiarities of Adaptation Potential of Students of Rivne Region

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Interrelations of adaptation potential in students with morpho-functional peculiarities of their organism within Rivne region were investigated. It was determined that adaptation potential of students' organism depends on separate morphological indicators, condition of cardiovascular system and level of radioactive contamination.

During the process of diagnostics it was found out that the optimal functioning of heart and vessel system in the state of rest is 81,8 % (n=9) in students, average rate is 18,2 % (n=2) in students. It was revealed that 27,3 % (n=3) of students experienced the increase in arterial pressure and pulse while the same indicators in 72,7 % (n=8) of students changed moderately.

It should be mentioned that all students with the increase in the indicators of pulse and pressure were males. It indicates the existence of differences in the heart-vessel system of humans. So far, 63,6 % (n=7) of students is normostenics, 9,1 % (n=1) is hyperstenics, and 27,3 % (n=3) is hypostenics. 63,6 % (n=7) of students are with athletic type of construction of their body, 27,3 % (n=3) is peculiar for asthenic type, and 9,1 % (n=1) has picnic type. 72,8% (n=8) have simpatic regulation of heart-vessel system, 27,2 % (n=3) has parasimpatic one. The optimal heart rate while under the pressure was defined in 81,8 % (n=9) students, 18,2 % (n=2) had the average rate.

Moreover, it was revealed that 63,6 % (n=7) of students has satisfactory adaptive potential, 36,4 % (n=4) experienced tension overcoming adaptation mechanism. In general, adaptive potential of female students is higher than the one of

males. The adaptive potential of those students who live on the territory with the high rate of radiation is lower than the one of the students who inhabit the natural and safe rate of radiation.

Key words: adaptation potential, health, morphological indicators, physiological indicators, morphofunctional indexes, ecology, students, Rivne region.