

THE FREQUENCY OF ILLNESSES IN THE POPULATION OF HIGH SCHOOL ATHLETES AND NON-ATHLETES

Abstract

In study which included the sample of 240 subjects of high school population, both sexes, the frequency of illnesses was examined. The sample was divided in two sub-samples of 120 high school students actively engaged in sport activities, and 120 non-athletes, respectively. The frequency of illnesses among the participants was determined using a questionnaire. High school students' anamnesis was taken from the School Ambulance and was descriptively mistreated and presented. It is determined that high school students which are actively engaged in sport activities are less accessible to disease in relation to their compeers non-athletes, which is expected, considering positive influence of sport activity on different systems of human organism. In the case of most athletes, the overview determined the occurrence of respiratory tract infections (acute inflammation of the pharynx - J02, acute inflammation of the larynx - J04, the flue, unidentified virus - J10), while visits to the doctor due to other illnesses were determined to a smaller extent. In the case of non-athletes, the following illnesses were noted: mostly respiratory tract infections, primarily acute inflammation of the pharynx (J02); to a smaller extent we have other indicators of illnesses, that is, symptoms, signs and pathological and laboratory findings; internal gland disorders; human tissue diseases; circulatory disorders. The results of the current research indicate that insufficient physical activity, which is characteristic of non-athletes, has a negative influence on the immune system and leads to susceptibility of the respiratory tract to infections. On the other hand, exhausting physical activity, which is characteristic of athletes, also, even though to a far smaller percentage than among non-athletes, has a negative effect on the immune system and the occurrence of respiratory tract infections. It would seem that a solution should be sought for in moderate physical activity, which in the case of professional athletes is, unfortunately, very difficult to achieve, due to the tasks and goals set before them.

Keywords: *high school student population, athletes, non-athletes, frequency of illnesses*
