

- [4] Кульбіда, С.В. (2012). Філософські підходи теоретико-методологічної бази спеціальної освіти: джерела розвитку нечуючої особистості. *Жестова мова й сучасність*, (7), 175-196.
- [5] Стадненко, Н. М., Ілляшенко, Т. Д., Борщевська, Л. В., Обухівська, А. Г. (1998). *Методика діагностики відхилень у розумовому розвитку молодших школярів та старших дошкільників*. Кам'янець-Подільський: "Абетка".
- [6] Кульбіда, С.В. (2007). Місце жестової мови у спеціальній школі для осіб з порушеннями слуху. *Дидактичні та соціально-психологічні аспекти корекційної роботи у спеціальній школі*. 9. 82-84.
- [7] Малинович, Л.М. (2015). Психологічні засади готовності дошкільників з порушеннями слуху до навчання в освітніх закладах різного типу (автореф. дис. ... канд. психол. наук). Інститут спеціальної педагогіки НАПН України. Київ, Україна.

DOI 10.36074/05.06.2020.v2.56

CHRONOBIOLOGY RELATIONS TO TYPOLOGIES STUDY

Elena Tkachenko

cand.med.sci., assistant

Ukrainian Medical stomatological academy, Physiology chair

Valentina Sokolenko

cand.biol.sci, associate professor

Ukrainian Medical stomatological academy, Physiology chair

UKRAINE

Chronobiology is relatively young Science. Interest to biological rhythms is observed in the Earth different parts: Iran [1], the USA and the UK (concerning to odontogenesis) [2], Australia (dealing with human skeletal growth and enamel) [3, 4], Poland (about obesity) [5] and other countries.

Circadian rhythms are considered to be the ones contributing in obesity, cardio-metabolic problems [6], breast cancer (in workers in night time) [7], prostate cancer among rotating-shift workers (the research performed in Japan) [8], sleep problems (Iranian scientists work) [9], diabetes mellitus, asthma development. Except breast cancer, dyssomnias and obesity, hypercholesterolemia, hypertension and colorectal cancers develop in shift-workers whose circadian biorhythms "day-night" get disturbed significantly [10]. There are works on cancer incidence comparison among the blacks and whites [11]. As the French endocrinologists investigations demonstrate plasma insulin responses were less after afternoon meal than after the morning one in males but not in females [12]. These works reflect ethnic and ethno-gender typological aspects.

Gender typological aspect must be also taken into account while chronobiology study. Here are several examples of scientific publications demonstrating it. Physical exercise decreased breast cancer development in young women working at night [13, 14]. Chemicals exposures in the workplace influence on female breast cancer development is in the scientists' attention focus as well particularly concerning to biorhythmology [15]. Pineal hormone melatonin affects cells proliferation and morphological characteristics at breast cancer [16].

It is known that circadian rhythmicity in cycle "sleep-awakefulness" can get disturbed significantly while aging (it is age aspect related to the topic discussed) [17]. In part, epithalamine or cytomedine (low-molecular regulatory peptide with M 2-10

kDa) from epithalamus (pineal gland) can help in this. The old want to sleep in the day and don't want to sleep in the night because of circadian rhythms down-regulation. Asthma in children [18] has its own peculiarities in connection to biorhythms and its study adds the data about chronobiology connections to age typological aspect.

Ethnic-age aspect was described in the work about young Dutch adults who had significant seasonal varieties in their physical activity and energy expenditures, with less amounts in winter [19].

Chronobiology is rather young science. Our short literary review can help in realizing the fact that biorhythms taking into account is important not only in theoretical but in applied aspects as well and that typological aspects must be taken into account while their studying.

We assessed biorhythms ethno-age typological aspect in the following experiments set. It was dealing to measuring the individual minute duration in foreign students from different countries; Iran, Turkmenistan, Syria, Pakistan, Saudi Arabia and Iraq. Individual minute duration was different on Wednesday (maximal, especially in the Iranians and the students from Turkmenistan) and Friday (minimal, with the least numerals in the Saudi Arabian, then in the Syrians). We compared the results received not only between two mentioned days of week but between Physiology lessons beginning and end. UMSA foreign students from Iran, Turkmenistan and Pakistan demonstrated individual minute maximal duration at the lesson start. The students from other countries demonstrated average level, practically the same value. The Iraqi and the Saudi Arabians demonstrated the least duration of the assessed index at the lesson end and thus fatigability maximal level. At the same time the individual minute measured in the students from other mentioned countries was practically at the same level.

Individual minute characterizes human being endogenous biorhythm, his/her emotional state and adaptation. People with individual minute high values are characterized by good adaptive potential. People with individual minute low values can have psychological dysadaptation. That is why we propose using the described method of individual minute duration assessment for the students' fatigability controlling that is especially important for foreigners who have adaptation tension out of Motherland.

References:

- [1] Farhud, D. & Aryan, Z. (2018). Circadian Rhythm, Lifestyle and Health: A Narrative Review. *Iran J Public Health*. 47(8).1068-1076.
- [2] Mahoney, P., Mizkiewicz, J.J., Pitfield, R., Schlecht, S.H., Deter, C., Guatelli-Steinberg, D. (2016). Biorhythms, deciduous enamel thickness, and primary bone growth: a test of the Havers-Halberg Oscillation hypothesis. *J.Anat.* (228). 919-928.
- [3] Mahoney, P., Mizkiewicz, J.J., Chapple, S., Le Luyer, M., Schlecht, S.H., Stewart, T.J., Griffiths, R.A., Deter, C., Guatelli-Steinberg, D. (2018). The biorhythm of human skeletal growth. *J.Anat.* (232).26-38.
- [4] Mahoney, P., Mizkiewicz, J.J., Pitfield, R., Deter, C., Guatelli-Steinberg, D. (2017). Enamel biorhythms of humans and great apes: the Havers-Halberg Oscillation hypothesis reconsidered. *J.Anat.* (272-281).
- [5] Kanikowska, D., Sato, M., Witowski, J. (2015). Contribution of daily and seasonal biorhythms to obesity in humans. *Int J Biometeorol.* (59). 377-384.
- [6] Ruge, M. & Scheer, F.A. (2009). Effects of circadian disruption on the cardiometabolic system. *Rev Endocr Metab Disord*.10(4).245-260.
- [7] Spiegel, D. & Sephton, S. (2002). Re: Night shift work, light at night, and risk of breast cancer. *J Natl Cancer Inst.* 94(7).530.
- [8] Kubo, T., Ozasa, K., Mikami, K., Wakai, K., Fujino, Y., Watanabe, Y., Miki, T., Nakao, M., Hayashi, K., Suzuki K., Mori, M., Washio, M., Sakauchi, F., Ito, Y., Yoshimura, T., Tamakoshi, A. (2006). Prospective

- Cohort Study of the Risk of Prostate Cancer among Rotating-Shift Workers: Findings from the Japan Collaborative Cohort Study. *Am J of Epidemiol.* 164(6). 549-555.
- [9] Farhud, D. & Tahavorgar, A. (2012). Melatonin hormone, metabolism and its clinical effects. *Iranian Journal of Endocrinology and metabolism.*(2).211-223.
- [10] Fu, L. & Lee, C.C. (2003). The circadian clock: pacemaker and tumor suppressor. *Nat Rev Cancer.* (3).350-361.
- [11] Baquet, C.R., Horm, J.W., Gibbs, T., Greenwald, P. (1991). Socioeconomic factors and cancer incidence among blacks and whites. *J Natl Cancer Inst.* 83(8). 551-557.
- [12] Hauteceuvre, M., Slama, G., Assan, R., Tchobrousky, G. (1974). Sex Related Diurnal Variations in Venous Blood Glucose and Plasma Insulin Levels. Effects of Estrogens in Men, *Diabetologia.* (10). 725-730.
- [13] Bernstein, L., Henderson, B.E., Hanisch, R., Sullivan-Halley, J., Ross, R.K. (1994). Physical exercise and reduced risk of breast cancer in young women. *J Natl Cancer Inst.* 86(18). 1403-1408.
- [14] Hansen, J. (2001). Increased breast cancer risk among women who work predominantly at night. *Epidemiology.* (12). 74-77.
- [15] Snedeker, S.M. (2006). Chemical exposures in the workplace: effect on breast cancer risk among women. *Am J Ind Hyg.* 54(6). 270-279.
- [16] Hill, S. & Blask, D. (1988). Effect of the pineal hormone melatonin on the proliferation and morphological characteristics of human breast cancer cells. *Cancer Res.* (48). 6121-6126.
- [17] Van Cauter, E., Plat, L., Leproult, R., Copinchi, G. (1998). Alterations of circadian rhythmicity and sleep in aging: endocrine consequences. *Horm Res.* 49(3-4). 147-152.
- [18] Kondo, S. & Abe, K. (1991). Circadian variation of bronchial responsiveness to the trough of circadian variation of bronchial caliber in asthmatic children. *Chest.* (100). 640-643.
- [19] Plasqui, J., Westerterp, K.R. (2004). Seasonal variation in total energy expenditure and physical activity in Dutch young adults. *Obes Res.* 12(4). 688-694.

DOI 10.36074/05.06.2020.v2.57

АДАПТИВНА СОЦІАЛІЗАЦІЯ СІМЕЙ, ЯКІ ВИХОВУЮТЬ ДІТЕЙ З АУТИЗМОМ

ORCID ID: 0000-0003-1105-2861

Столярик Ольга Юрїївна

аспірантка

Академія праці, соціальних відносин та туризму

ORCID ID: 0000-0001-5677-1785

Семигіна Тетяна Валерїївна

доктор політичних наук, професор

Академія праці, соціальних відносин та туризму

УКРАЇНА

Проблема соціалізації посідає відчутне місце у соціальній роботі, оскільки визначає рівень самопочуття особистості та соціальної групи у структурі суспільних відносин. Особливо гостро постає питання соціалізації груп, які за певної ознакою належать до вразливих, як-от сім'ї, де виховують дитину з порушенням розвитку, зокрема з аутизмом. Такі сім'ї стикаються з багатьма труднощами, які вимагають від них мобільності у напрацюванні копінг-стратегій адаптації до умов мінливого середовища. Саме тому соціальна робота виокремлює суттєву роль адаптивної соціалізації – як концептуального підходу пристосування групи до умов життєдіяльності в суспільстві та як механізму