

-pleasure is one of the main reasons why the influence of bad habits is so great, it is the constant pleasure that leads to the fact that people become alcoholics or drug addicts;

-idleness, inability to use leisure time properly;

-curiosity

-stress avoiding.

Absolutely pernicious habits have a direct or indirect effect on human health. Fans of nail biting can become infected with parasites, fans of computer games often suffer from diseases of the eyes and spine.

However, the most severe consequences are the habit of using drugs, nicotine and alcohol, which quickly grow into addiction and can lead to the development of a number of complications, even to death.

I believe that all residents of our country are interested in reducing the number of smokers and the formation of the majority of citizens is the need for a healthy lifestyle.

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**Mukhitdinov A.A., Olshvang. O. Y.  
ANIMAL THERAPY: HEALING OR MYTH?**

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**Annotation:** The article analyses the influence of animals on the physical and psychological health of a person. Positive bioenergetic relationship of domestic animals with people disabilities is shown in this report.

**Key words:** animal therapy, bioenergy, disadaptation, communicative field, canis therapy.

**Introduction**

Since ancient times people have been keeping pets, whose positive influence on physical and psychological health of people is well - known but hasn't been studied so far. Until nowadays there were numerous references to separate experiments aimed at revealing the positive effects of human - animal communication both in foreign and Russian Federation literature but very few scientists were engaged in a more serious and long - term exploration of the problem.

What does the word animal therapy mean?

*Animal therapy* derived from the Latin word *animal* which stands for *a living being* and the Greek word *therapeia* meaning *care, treatment*. It means treatment and improvement of a person's health due to the appearance of the bioenergetic connection between a man and an animal. In other words animal therapy is a therapeutic system of treatment which implies that a patient is prescribed to communicate with an animal along with conventional treatment.

The basic principle of animal therapy is simple enough. It's common knowledge that representatives of the mammalian class have the structure of internal organs and systems similar to the corresponding organs and systems of man. In the course of natural biological exchange animals can become a source of energy for our sick organs and systems [4].

The history of animal therapy dates back to ancient times. In ancient Greece people recorded the positive effect of dogs on patients suffering from various diseases. In ancient Egypt cats were believed to cure illnesses. The officially recorded history of animal therapy has appeared quite recently. This method was officially recognized as a separate method of treatment by the medical community only in the second half of the 20th century. Mostly it became possible due to Boris Levinson who experimentally proved the effectiveness of using dogs in therapeutic sessions for children [3].

Practically in all the countries of the world treatment with the help of animals is considered to be effective for certain diseases, both mental and physical. Nowadays there are a lot of universities which carry out investigations of animals' influence on people. Animal therapy became most widespread in the USA and different European countries. However, in Russian Federation people also have an opportunity to apply to animal therapists for help. Therapeutic practice uses not only animals and methods of work with them, but also their "substitutes": pictures, toys, models and symbols. Animal therapy is divided into natural and targeted. Targeted pet therapy involves the use of an animal as part of a program of correction of certain human problems.

**The aim of the research** — to study the possibility of using animals in psycho–diagnostic and psychotherapeutic work of psychologists.

#### **Materials and methods of research**

Include the study and analysis of literature on this topic, the method of observation and the method of introspection.

#### **Study results and discussion**

Different animals can have a healing effect. Programs of dolphin therapy and hippotherapy are rather widely used at present. Patients who sustained severe injuries and those who suffer from cerebral palsy are taught horse riding under careful

supervision for a few months. The rest of the time they are bedridden or confined to a wheelchair, however, while horse riding they get not only an opportunity of a new perspective of life, but also an ability to keep the movements they were deprived of under control. Hippotherapy is the main sphere of activity of the family club for disabled children "Rainbow" (Snezhinsk, Chelyabinsk region) [4].

Here are some facts proving the effectiveness of communication with animals:

1. In Britain, the dog helped his master to emerge from a deep coma. After all the other treatments were useless, the dog was brought to the hospital. And the master responded to the touch of the devotee. [7]

2. There are cases of diagnosing skin cancer by dogs. [8]

3. Specially trained dogs can reveal prostate cancer by the smell of urine. [9]

4. Not long ago only a few dogs could anticipate humans' epileptic seizure and today the UK has already developed special principles of teaching. Dogs are taught in the form of a game to recognize two kinds of attacks (light and heavy) and react differently to them. Accordingly patients know how to act and what to do in this or that situation. One of the women using the assistance of a trained dog comments on the changes that have taken place, "In the past it was epilepsy and a little bit of life, now I have a real life and a little bit of epilepsy". [10]

Psychologists believe that the dog expressing its devotion to the master provides him with absolute and considerable psychological support. Moreover, this support is more important than that of a close relative [5]

Interesting psychological experiments conducted on this account revealed that performance of complicated actions in the presence of some close relations makes it difficult to carry them out, as a person expects immediate evaluation and makes more mistakes and, as a result experiences more stress. The presence of a dog does not disturb or bother a human: on the one hand, the person does not feel anxious that he will be immediately evaluated, on the other hand, for some reason the presence of a dog leads to better results than the same activity in complete isolation.

The thesis that the role of domestic animals in people's life is much more important than the role of relatives and friends can be found in many investigations. A certain communicative field that has greater advantages in comparison with any other interpersonal communication arises between a man and his pet. The investigation conducted in Los Angeles in 1990 revealed that elderly people who have a dog have to visit a doctor less often than their peers who do not have one.

The physician from West Germany Michael Fox is convinced that it is useful for human health to stroke dogs and cats. His special studies showed that a person who stroked a pet had a decreased in frequency pulse, his muscle tension was reduced, the muscle tense relaxed and digestion improved.

1. Other investigations showed that animals affect children's level of neuroticism. Children who have an animal at home cope better with different kinds of stress situations, they adapt to new life conditions easier [7] Their nervous system becomes more stable. The greatest benefit cats and dogs bring to a child at the age of five to eight. Researchers analyzed saliva samples of 138 children to determine the

level of immunoglobulin. The presence of a cat or dog in the house makes children more immune resistant to different infections.

2. School misadaptation is another problem which many psychologists come across[1] All children and adolescents face different problems from time to time, for example, the fear of entering school, inability to plan their activities and save time, the fear of failure, poor self – discipline, poor progress, absence from lessons. There can also exist problems of sex, thoughts about suicide, depressive states, alcohol or drug addiction.

3. The American psychiatrist – practitioner Dr. Levinson conducted a series of tests on the use of animals in psychodiagnostic and psychotherapeutic work. It can be very difficult to determine whether the child's behavior is violated by a common desire to resist the intolerable situation in the family or it is an indicator of neurotic or psychotic disorders which need correction basing on the data analysis of these tests only. In such cases a good means of psychodiagnostics is a game but the child does not always show interest in toys. However, when a living being is used as a toy or a game partner necessarily responds to it [6]. This method can provide psychologists with invaluable help in case of school misadaptation.

If the previously mentioned relationships are violated, a teacher, a psychologist or parents can help the child. Traditionally, assistance means punishment or encouragement. The psychologist using the elements of animal therapy makes the meaning of the words “aid”, “help”, “assistance” entirely different. At the top of the matter he places not assistance itself but the adoption of a child as a person who is just learning to live now and, therefore, has the right to make mistakes. That is why the main focus of psychologist's activity must be shifted onto accepting the child by adults around him, understanding of the underlying causes of his deviations, and only then assisting the patient using the elements of animal therapy as part of a game therapy.

An original program of animal therapy created by the Estonian psychologist – practitioner N.L. Kryazheva designed for children of preschool and primary school age is used in the kindergarten №29 in Snezhinsk. In their PE lessons children do unusual exercises [2] to music (songs about animals), they imitate their movements and behavior. It makes their classes highly emotional.

And in Yekaterinburg a kinkajou, a predatory animal of the raccoon family, appeared in the local zoo. For several years classes of animal therapy for disabled children suffering from various diseases, such as Down's syndrome, autism cerebral palsy and others have been held at the zoo. Such activities help children overcome their problems and socialize in the society. Animals give them a powerful stimulus to the development of participant of the class.

A group of young people with emotional disorders has become another object of interesting investigations. They were observed before and after therapeutic contacts with dogs. There was a decrease in antisocial behavior and violence and an increase in friendly contacts. Besides, it has long been known that among people convicted of serious crimes against humanity there is a great number of those who tortured animals in their childhood.

And, certainly, we cannot help mentioning the problem that is extremely urgent nowadays: social isolation and alienation of the elderly and disabled in our society. Even having well – qualified doctors at their disposal, noble motives and good intentions healthy people tend to send negative non – verbal signals to sick elderly and disabled humans. This leads to a vicious circle of social isolation, distrust, suspicion and disintegration of a personality. These serious problems, in their turn, stimulate a number of physiological and psychological phenomena: further growth of alienation of patients and impeding the restoration of the homeostatic mechanisms necessary for recovery.

One way to break this vicious circle of mutual negative emotions is to use carefully selected and well-trained animals. This practice was introduced in many countries of Europe and America. Dogs trained according to a special program visit sick people in hospitals, oncology centers and nursing homes together with their owners. This type of therapy gives patients, who have been in hospitals for a long time, an opportunity to receive emotional and physical contact, which they lack so much, provides them with a topic for further conversation and allows them to distract from their own feelings and emotions into which they are totally absorbed.

We would like to mention a few more programs that were run in the USA in several male and female correctional facilities. The people there sentenced to long terms of imprisonment are involved in the training of guide dogs, dogs, assistants of the disabled, socialized, taught to be obedient pets. Such dogs become irreplaceable assistants of their new owners.

### **Conclusion:**

According to psychologists canis therapy, which means “*dog and treatment*”, develops both mental and physical abilities and increases the person’s capabilities. Taking into account all the investigations in this field we can come to a conclusion that it is difficult to overestimate the role of animals in the life of disabled people. Modern practice has proved that these people live life to the full, gain independence, get rid of the guardianship of relatives and social services, feel self-confident, and, what is more important, stop being lonely. Their four-legged companion improves not only their health but their life as well.

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**Sokolov D.S., Mitrofanova K.A., Drobyshevskaya M.V.**  
**AWARENES OF YOUNG PEOPLE ABOUT IONIZING EFFECTS ON THE  
HUMAN BODY: A SURVEY OF MEDICAL AND NON-MEDICAL  
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**Annotation:** This article is devoted to the analysis of knowledge and attitudes of young people to the ionizing effects on the human body, which is considered one of the potentially dangerous phenomena.

**Key words:** radiation, hormesis, prevention, ecology.

**Introduction**

Ionizing radiation defined as a stream of particles (electrons, protons, neutrons) emitted by atoms of radioactive materials. The effect of radiation on the human body is described in many guidelines, manuals and scientific publications [5, 6]. However, a single system for assessing the risk of ionizing radiation effects has not been