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The impact of air pollution on the vital lung capacity of primary school students aged 10-15 years in the summer season

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The air we breathe has a great impact on our lives. We can live with days without water and without bread, but we cannot live a few minutes without air. Every day we breathe in and breathe out about 30,000 times, so the air we put into our lungs is of the utmost importance to be clean, our lungs make up the largest surface of our body so their health should be primary (European Lung Foundation, 2015). Oxygen and air pollutants reach every cell in the body through the lungs, brain, heart, liver, kidney, (Salvi and Barnes, 2009) etc. In this research the results of the vital lung capacity (VC) of children aged 10 to 15 years old through the spirometer and the results of the air quality in the indoor school environment were analyzed by the particle scanner <0.3 micron. The results show that, the vital lung capacity of 131 primary school students is basically low compared to the reference values. However, the air quality in the school environment was within the reference values by knocking down the first hypothesis. A second hypothesis was predicted that males had a higher vital lung capacity than females, where weight and length were affected because men have a more developed physical body than women. Out of the results, it is found that 69% of the students spend more time in open environments. All respondents were urban residents where they were exposed to power plants, car fumes and other urban polluters. Twenty eight percent (28%) of the total said that they had different allergy reactions, of which 37% stated they were allergic to dust. It is found that 64% of the respondents stay in smoking areas, which has an impact on lung health by making the participants passive consumers. It is strongly recommended to monitor the quality of air in rooms where children spend more time.

Biography

Melisa Blakaj has completed her BSc degree from Heimerer College. She is the Organizer of the first International Nursing Conference in Pristina, within the Research Office, where she worked as a Research Assistant, in 2018. Currently, she is employed as a Laboratory Technician at the Clinical University Centre of Kosovo.

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