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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the heart rate variability (HRV) of young adults. The study was conducted in a laboratory setting. The participants were 20 young adults (10 males and 10 females) who were randomly assigned to two groups: a control group and an experimental group. The control group did not receive any training, while the experimental group received a 12-week training program. The HRV was measured at the beginning and at the end of the 12-week period. The results showed that the experimental group had a significant increase in HRV compared to the control group. This suggests that the 12-week training program had a positive effect on the HRV of young adults.

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အသေးစား အလုပ်အကိုင်များကို အားပေးခြင်းနှင့် အသေးစား အလုပ်အကိုင်များကို အားပေးခြင်း

Abstract *Background:* The purpose of this study was to determine the prevalence of self-reported mental health problems in a community sample of young adults. *Methods:* A cross-sectional survey of 1,000 young adults (18–24 years) was conducted. The survey included questions about mental health problems, substance use, and demographic factors. *Results:* The prevalence of self-reported mental health problems was 15.2%. The most common mental health problems were anxiety disorders (8.5%), depression (7.8%), and substance use disorders (3.9%). The prevalence of mental health problems was higher among females than males (17.1% vs. 13.3%) and higher among those with a history of mental health problems (28.5% vs. 11.5%). *Conclusions:* The prevalence of self-reported mental health problems in this community sample of young adults is 15.2%. The most common mental health problems are anxiety disorders, depression, and substance use disorders. The prevalence of mental health problems is higher among females than males and higher among those with a history of mental health problems.

Table 1. Safety Management Related to Exports and Production of Polymers Products

Abstract

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3. Chloro-bromomanganat(VII)-peroxyd als
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