SOCIO-PEDAGOGICAL PRINCIPLES OF FORMING HEALTHY LIFESTYLE FOR NOWADAY STUDENTS

Summary. In the article essence of a healthy lifestyle, characterizes its components, discusses the theoretical aspects of the healthy lifestyle formation among students of the university, since the future of each state is possible only with the healthy generation to increase its population. The conditions, ways and methods for saving and reinforce the health as one of the most important life values of every person are described. The expediency of the post of a university social teacher is argued for the introduction of discipline and preventive measures aimed at expanding knowledge about a healthy lifestyle, to motivate care for one's own health and the health of others. The article also focuses on the family, since it is the parents are the primary source of information on the health care issues. Objective and subjective factors affecting to the process of forming a healthy lifestyle are characterized.

Keywords: healthy lifestyle, healthcare (health behaviour) technology, students.

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SOЦІАЛЬНО-ПЕДАГОГІЧНІ ЗАСАДИ ФОРМУВАННЯ ЗДОРОВОГО СПОСОБУ ЖИТТЯ СУЧАСНОЇ СТУДЕНТСЬКОЇ МОЛОДІ

Анотація. У статті представлено основні аспекти формування здорового способу життя у студентів вищих навчальних закладів, оскільки майбутня кожної людини можливо лише за уваги здорового покоління для збільшення її популяції. Окруження, необхідності, методи збереження та зміцнення здоров'я – одні з найвагоміших життєвих цінностей кожної людини. Акцентовано увагу на здійсненні у вищих навчальних закладах цілеспрямованого процесу орієнтації студентів на здоровий спосіб життя, зокрема: профілактику шкідливих звичок, проведення різноманітних медичних заходів, соціальний захист, психологічні засоби, соціальні заходи для розкриття студентам наслідків шкідливих звичок на конкретних прикладах, їх негативного впливу на здоров'я. Слід звертати особливу увагу студентів, однієї з найменш захищеної від сторонніх впливів категорії населення, на ці проблеми під час вивчення всього навчального матеріалу.

На нашу думку, у вищому навчальному закладі доцільно ввести посаду соціального педагога, який був би вирішував питання розробки та реалізації різноманітних проектів із формування активної мотивації вивчення про власне здоров'я і здоров'я оточуючих. Саме починаючи із перших курсів навчання для студентів слід впроваджувати дисципліни та профілактичні заходи спрямовані на розширення знань щодо власного здоров'я і здоров'я оточуючих. Саме починаючи із перших курсів навчання для студентів слід пропонувати різноманітні заходи та профілактичні заходи спрямовані на розширення знань щодо власного здоров'я і здоров'я оточуючих. Саме починаючи із перших курсів навчання для студентів слід пропонувати різноманітні заходи та профілактичні заходи спрямовані на розширення знань щодо власного здоров'я і здоров'я оточуючих.

Ключові слова: здоровий спосіб життя, здоров'я, соціальна підтримка, студенти.
environmental and moral well-being, and is also a powerful agent of impact on the economic, scientific, and cultural potential.

One of the main objectives of the educational process in a higher educational establishment is to maintain, develop and strengthen of student’s health since they are the least protected of external influences. That’s why significant resources should be directed to: medical events, social protection, psychological and pedagogical support and assistance, special work of negative phenomena prevention in the student environment, etc.

Conditions and lifestyle are a determining factor for the prevention of diseases, preservation and enhancement of health. Therefore, a healthy lifestyle is the combination of interconnected and mutually complementary components that include: rational nutrition, daily routine, work and rest regime, physical activity, hardening of the body, personal hygiene.


The purpose of the article. The purpose of the article is to consider the main problems of the formation of the healthy means of life of students at the university, to define the ways, possible conditions and methods of preserving and strengthening the health of young people.

Presentation of the main material. In higher educational institutions, a purposeful process of orienting students to a healthy lifestyle and a culture of health is carried out. This concept is based on humanistic principles of the students protecting that is assisting the strengthening health through the various types of subject-transformative activities.

The formation of a healthy lifestyle of students is effectively carried out under the following conditions:

- improvement of the content, forms and methods of forming a healthy lifestyle of students;

- development and active functioning of an integrated educational system based on the introduction of modern personally-oriented technologies for the formation a culture of health, specially selected and modified according to the purpose of the research;

- providing the necessary theoretical and methodical training of teachers for realization of the healthy student’s lifestyle tasks formation [1].

The main tasks of activities for the formation of a healthy lifestyle are the development and implementation of social projects that are based on certain prerequisites, principles, tasks, strategies, mechanisms: the purpose of forming a healthy lifestyle is to promote the achievement, in the broadest sense, of well-being and health at all levels and for all. The basic mechanisms of its formation are the creation of conditions to a positively influence to the health problems in the individuals, groups of people and communities.

Health is an important factor in the ability to work and the harmonious development of a student’s body. This is why through the joint efforts of parents, teachers, and specialists it is important to form the student’s awareness of the need to lead a healthy lifestyle, to education appropriate skills and habits, which will contribute to the effectiveness of social protection measures for students.

The main methods of forming a healthy lifestyle of students are:

- elimination of errors in the educational process; increased attention to the student's personality according to their needs and possibilities, help to protect student’s rights by using health forming, health keeping technologies;

- expansion of students' social experience and life skills, which implies their positive motivation to lead a healthy lifestyle;

- creating of a healthy lifestyle tradition based on health-related conduction activities among students and teachers.

A relationship has been found between doctors' health care practices and their ability to influence patients' lifestyles [2; 3].

The low health level of students has a number of specific reasons: the lack of priority of health and healthy lifestyle motivation, conflicts in the family, early puberty onset, unsatisfactory catering, sanitary and hygienic problems, influence of the environment, martial law in Ukraine, etc.

The teachers’ teams of university have accumulated some work on the prevention harmful habits.

Various forms of explanatory work for this purpose uses its: lectures, individual or group conversations, debates, consultations, trainings, role-playing game, excursions with invited qualified experts – doctors, psychologists, law enforcement officers to expose students to the harmfulness of nicotine, alcohol, drugs on specific examples of their negative affect on the future generations’ health and life of [4].

Recently, in one of the Israeli universities [5], scientists conducted a study among medical students of 1st-year to introduce of disciplines related to a healthy lifestyle. Experimental studies proved that such disciplines helped them maintain a healthy lifestyle, their psychological and physical condition, and understand nutrition influence on health. According to the survey conducted at the end of the experiment, students think there are need to have such classes in the 1st year, for further use of these knowledge in personal life and application in medical practice.

Therefore, teachers should focus great attention on given problem throughout their studies at the university.

A necessary component of work on the issue of preventing of smoking and alcohol overuse or drug addiction is identification students, most at-risk and to give them psychology and pedagogical help. According to available results of a nationwide poll published by the non-governmental organization "Zhyttia" together with the Kyiv International Institute of Sociology (KIIS) researchers, conducted in November – December 2023 as part of the regular "Omnibus", indicate the prevalence of smoking among male students aged 18-29 is
up to 40 % of those use tobacco products, among 18-29-year-old women – 37% [6]. The problem is that the first clinical symptoms may not appear immediately, but after some time has passed – up to 20 years, during which a person don't have a sickness suspect the presence of a chronic and, in most cases, irreversible disease [7; 8]. However, the society of our country perceives smoking as a rather harmless habit that is not associated with health risks.

The experts who work with students (teaching staff, doctors, group leaders, etc.) must have a sufficient level of awareness of the causes of bad habits in students and have appropriate socio-psychological techniques and methods.

Human health is formed since early childhood. It's depending on many factors primarily on a person's lifestyle, the amount of physical activity and psychophysiological personality features. The family plays an important role in the formation of understanding and defining the way of life. It has a two-way influence on the lifestyle of young persons. On the one hand, it's a protective factor that prevents the appearance and development of harmful habits, and on the other – act as a factor that provokes the development of these habits. The upbringing of a child's conscious attitude to the health, begins in the family and it's help in the foundations of value orientations. Parents are the primary sources of health saving information for their children.

The formation of healthy lifestyle skills in future doctors is especially relevant [9]. As a matter of fact, they, like no one else, receive theoretical and practical knowledge about the occurrence and spread of diseases during their studies. It is the doctors encourage others to preventing diseases by their experience of a healthy lifestyle.

Today, the health of the younger generation is a problem of global importance, which can be considered as a philosophical, social, economic, biological, medical categories. This requires the creation of such conditions for the development of students, that would contribute to the establishment of a healthy lifestyle, the harmonize their relations with the environment.

The process of forming a healthy lifestyle is influencing the objective and subjective factors. Objective factors include: prerequisites to lead a healthy lifestyle (rational nutrition, physical activities, rest); a favourable environment for their existence (air, water, soil); safe working conditions; economic and other motivational, as well as factors determining a person's need to follow a healthy lifestyle; the state of the process of promoting a healthy lifestyle. Subjective factors are: genetic biological basis, psychic senses and attitudes; national mentality; orientation of behaviour.

The problem of the university is lack of specialist who would work in the direction of forming student's healthy lifestyle. In our opinion, it is advisable to introduce the position of a social pedagogue in a higher educational institution, who would be the initiator of the development and implementation of various projects in this direction, and the assessment of their effectiveness. The main tasks of social pedagogue in the formation of student youth healthy lifestyle of in an educational institution is to contribute to the creation of conditions for the formation, preservation and strengthening of health as an important factor of personal development through the improvement of the educational process and its organization in accordance with the psychophysiological characteristics of students.

In order, for the social pedagogue to be able to perform at the proper level the functions related to the formation of a healthy lifestyle for young people, he must:

- have a life position that is determined by a valuable attitude to health and the need to preserve and strengthen it;
- to possess qualities to provide professional suitability: kindness, openness, concreteness, sociability, initiative, a sense of constancy and identity of experiences in similar situations;
- to have the ability to self-regulate in accordance with accepted norms, rules, situations, to plan one's life and implementation of the plan [10].

The healthy lifestyle problem solving is possible if the during full load operation of an integrated approach, which includes the following cross-cutting components in the system: human life and health; physical component of health; social component of health; mental and spiritual components of health [11; 12].

For this purpose, first thing needed to:

- construction of a single health-improving space for children and youth, the main principle of which should be partnership, continuous interaction of scientific and educational, medical, social and sports bodies and institutions;
- training of social teachers; development of programs for the integration of educational disciplines in the training of social pedagogues, who would have a direct influence on young people with the aim of forming a healthy lifestyle;
- a complex of consistent, science-based action, forms of work or measures of advertising and informational content, aimed at solving problems by creating an attractive image of socially accepted values, condemning negative phenomena.

Conclusion. The health of citizens is an indicator of the state’s development level, its prosperity and well-being. One of the effective ways of preservation and strengthening of the student's health is the formation of a healthy lifestyle through awareness of the value of health, assimilation of knowledge, skills, and abilities that humanity has developed. Only a well-organized promotion of a healthy lifestyle contributes to the reduction of diseases, helps to raise a healthy, physically strong generation.

Starting from the first courses of medical students’ study, disciplines and preventive measures aimed at expanding knowledge about a healthy lifestyle, which will be taught by social educators, should be implemented. To conduct educational activities, where medical students, under the guidance of social pedagogues, would encourage ordinary citizens (and especially children) to lead a healthy lifestyle by various methods it is also important.

For the student's healthy lifestyle formation at the university, the priority role of a social pedagogue, whose activities are aimed at preserving and strengthening the health of students, forming an active motivation to care for one's own health and the health of others, should become a priority.
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