

FORMATION OF HEALTHY LIFESTYLE OF STUDENTS BY MEANS OF PHYSICAL TRAINING

Anna Kovalenko

Assistant at the Department of Psychology and Human Health,

Bila Tserkva National Agrarian University, Ukraine

e-mail: annakovalenko385@gmail.com, orcid.org/0009-0009-5114-7591

Summary

In today's conditions, the problem of forming a healthy lifestyle among students is particularly relevant. The article analyses the causes, consequences and ways to overcome the problem of healthy lifestyles among young people. The reasons that have a negative impact on the health of young people include a lack of physical activity, bad habits, unhealthy diet, chronic stress, depression or anxiety, lack of sufficient awareness of the importance of a healthy lifestyle. It is emphasised that the promotion of a healthy lifestyle among students is an important strategic task of higher education institutions, which can be successfully solved in various forms of physical improvement. It is noted that physical education is one of the key components of a healthy lifestyle and its proper formation, as it motivates people to strive to live actively, move, do good deeds and be active members of a healthy society. It is important to inform young people about the benefits of a healthy lifestyle and the dangers of unhealthy habits. Healthy lifestyle education should be systematic. It is stated that the formation of a healthy lifestyle should be carried out at three levels: social (information and educational work); infrastructure (specific conditions in the main spheres of life, preventive measures, environmental control); personal (system of human values, standardisation of everyday life). The creation and implementation of special programmes and projects will help young people to maintain a healthy lifestyle.

Key words: healthy lifestyle, physical culture, physical activity, physical activity, psychophysical state, students.

DOI <https://doi.org/10.23856/6223>

1. Introduction

A healthy lifestyle for young people is the key to a healthy society in the future. That is why it is so important to instil in students the values of health and physical activity. The student years are a crucial period in shaping a person's outlook and habits. Students often have a heavy academic workload, stress, unhealthy diet, etc., which negatively affects their health. Physical education classes at universities can be an effective tool for promoting a healthy lifestyle and preventing diseases among young people. The problem of forming a healthy lifestyle among students is particularly relevant today. Statistics show an increase in the incidence and prevalence of bad habits among young people. Therefore, the search for effective methods of promoting physical activity and healthy lifestyles among students is essential to improve the quality of life and health of the nation in the future.

The purpose of the article is to analyse the potential of physical culture in the formation of positive motivation to exercise and adherence to the principles of a healthy lifestyle among students.

2. Causes of an unhealthy lifestyle

The Constitution of the World Health Organisation states that health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity.

A healthy lifestyle is a way of life for every person to prevent diseases and improve their health. A healthy lifestyle is a person's life activity aimed at improving and maintaining his or her health through a certain diet, physical fitness, moral attitude, and giving up bad habits (Kotova, Nepsha, Popazov, 2019).

A healthy lifestyle is an activity aimed at shaping, preserving and strengthening people's health as a prerequisite for the progressive development of society in all its areas (Archaia, Kopytina, Skrypka, Cheridnichenko, 2017). It should be noted that health and learning are interconnected and interdependent: the higher the level of student health, the more productive learning is, otherwise the ultimate goal of learning loses its true meaning and value.

The concept of "healthy lifestyle" encompasses three interrelated aspects: physical health, spiritual health and social health. These components closely interact and influence each other. Their combined effect is not a simple sum, but rather the result of their synergy. If one of these three factors is absent or weakened, it will have a negative impact on the overall health of the person, reducing its indicators to zero.

According to scientists (Ivanenko, 2020; Mozolev etc., 2021), the current crisis state of health of student youth is caused by the lack of awareness of the value of their own health and healthy lifestyle; educational institutions have not formed an effective system of incentives to maintain health; there is no systematic work on the implementation of educational measures to improve the health potential of student youth.

Healthy lifestyles are one of the most relevant topics among students. However, despite all the resources and opportunities available, there are challenges that prevent young people from maintaining a healthy lifestyle. In today's society, many factors, such as unhealthy diets, sedentary lifestyles and stress, have a negative impact on the health of the younger generation.

One of the factors leading to poor health among students is a lack of sufficient awareness of the importance of a healthy lifestyle. They are often unaware of the role of physical activity in improving their physical health and lack basic skills in self-monitoring their physical condition. Due to the lack of adequate information and understanding of the benefits of a healthy lifestyle, students do not pay due attention to maintaining their health, which leads to its deterioration.

Unhealthy lifestyles among young people are also caused by poor nutrition. Young people prefer quick snacks, rich in fat, sugar and sweets, to full meals. This leads to the development of obesity, diabetes and other diseases. In addition, the lack of physical activity among young people also contributes to an unhealthy lifestyle.

One of the main problems in the area of healthy lifestyles among young people is the lack of physical activity. Young people are spending more and more time sitting, studying, playing computer games or surfing social media. Lack of regular physical activity leads to weakened muscles, poor blood circulation and an increased risk of developing cardiovascular disease.

One of the reasons for this problem is the lack of sufficient time. Young people are often busy with studies, unnecessary activities and other activities, which does not leave much time for physical activity. In addition, many young people do not see the need for it and prefer to spend their free time in a passive mode. This problem is very common nowadays, with the development of online games, the availability of computers and other gadgets, and the lack of parental control (Korzh, 2016).

Another health problem is unhealthy eating. The problem of organising rational nutrition for students remains relevant, and it is an integral part of shaping a healthy lifestyle for young people. The importance of rational nutrition increases during the period of study, when mental and physical activity increases, and therefore, to replenish energy, it is necessary to build nutrition on the basis of the modern scientific concept of balanced nutrition in terms of basic nutrients and other essential nutritional factors, as well as its compliance with the characteristics of a young organism.

Young people often consume large quantities of fast food, sweets and fizzy drinks, which leads to excessive calorie intake, lack of nutrients and obesity. It should also be noted that fast food restaurants, sweets and junk food are readily available on store shelves and that food in health food stores is very expensive, which makes it even more difficult for young people to maintain a healthy lifestyle. In addition, malnutrition is often associated with financial constraints, when young people cannot afford to buy quality food. Another reason for unhealthy eating is the low awareness of young people about proper nutrition. Many schoolchildren and students do not have sufficient knowledge of nutritional values and dietary principles (Dudorova, 2017).

Deficiency of any nutrients or biologically active substances in conditions of intense physical activity (training) and under the influence of stress factors can lead to a decrease in performance, metabolic disorders and the development of many diseases.

The next reason is that bad habits, such as smoking, alcohol and drug use, etc., are another serious problem in leading a healthy lifestyle among young people. These habits have a negative impact on the health of young people and increase the risk of developing many dangerous diseases.

One of the reasons for the emergence of bad habits among young people is the influence of the environment. Young people tend to imitate their friends, "idols", "authorities" in their environment, and adopt their habits. Most often, this is due to the fear of being rejected by the company, and vice versa, the desire to be accepted. Many students succumb to peer pressure to show their "seniority" by using harmful substances. In addition, some young people are looking for a way to cope with stress or overcome their problems by using harmful habits as a way to relax.

In addition, all of the above factors of unhealthy lifestyles are instilled in young people through online resources, social media, TV shows and films that romanticise drug use, alcohol consumption and unhealthy lifestyles. The concept of "depression" is also very popular among young people, and it is glorified and even considered beautiful.

The Internet undoubtedly has many positive aspects and benefits. However, unhealthy lifestyles shaped by the Internet are becoming a serious problem among young people. Proper use of the Internet and limiting the time spent in the virtual world are key factors in maintaining a healthy lifestyle among young people.

Thus, we can identify another factor that influences a healthy lifestyle – psychological. This is probably one of the main factors, as the psychological state plays an important role in shaping a healthy lifestyle. People who experience chronic stress, depression or anxiety often have difficulty maintaining healthy habits such as eating right, being physically active and getting enough sleep. Psychological state can affect motivation, self-control and the ability to make rational health-related decisions.

There are many reasons and factors affecting the health of young people, but we have tried to touch upon and identify the most important ones in this paper. Unhealthy lifestyles among young people have serious consequences for their health. Inadequate nutrition and lack of physical activity lead to cardiovascular problems, obesity, high blood pressure and increased

risk of developing various chronic diseases. In addition, an unhealthy lifestyle can have a negative impact on mental health, causing stress, depression and anxiety.

3. Overcoming the problem of unhealthy lifestyles among young people

The formation of a healthy lifestyle of student youth should take place within the framework of physical education – a process that allows not only to develop physical abilities, acquire knowledge about physical culture and sports, but also to educate the personality of a physically healthy person with a high level of physical culture. Physical culture is a part of culture and is a set of values, norms and knowledge created and used by society for the purpose of physical and intellectual development of young people, improvement of their motor activity and formation of a healthy lifestyle, social adaptation through physical education, physical training and physical development.

By teaching students the basics of health culture, they will become more motivated to lead a healthy lifestyle.

As Yevtushyk rightly points out, a healthy lifestyle is an indisputable factor in achieving our well-being and prosperity. It is the foundation for our health and happy life. Its implementation in the educational system is an important condition for our future generations to be able to make informed decisions and ensure their longevity and high quality of life (*Obukhivska, Tsushko, 2015*).

Physical activity is one of the key aspects of a healthy lifestyle. It not only makes young people more physically attractive, but also significantly improves their health (*Mozolev, 2020*).

Physical culture and sports will help young people become more successful. Sports activities contribute to the formation of an active life position, discipline, concentration, sociability, efficiency, intellectual development, and stress resistance, which are essential qualities of a successful personality.

Physical exercises are of particular importance in maintaining and improving students' health. Physical activity improves the life of the organism as a whole, stimulates intellectual activity, increases the productivity of mental labour, and has a positive effect on mental and emotional activity. The implementation of these provisions involves the systematic use of forms of physical culture available to each student (morning gymnastics, walks, outdoor sports, dancing). Physical inactivity, which affects 90% of students, leads to pathological changes in metabolism, a decrease in enzyme activity, destructive changes in cells, which leads to tissue dystrophy or atrophy and is a consequence of a decrease in the level of functioning of body systems (*Shekera, Medvedovska, Melnyk, 2014*).

Systematic physical education and sports activities result in the continuous improvement of internal organs. Muscular activity leads to the harmonious development of all parts of the central nervous system. It is important that physical activity is systematic, varied and does not cause fatigue.

Overcoming the problem of unhealthy lifestyles among young people requires a comprehensive approach. Informing young people about the benefits of healthy lifestyles and the dangers of unhealthy habits is essential.

The main objectives of the work on promoting a healthy lifestyle are as follows:

formation of positive motivation for a healthy lifestyle and health culture;

familiarising young people with the basics of a healthy lifestyle, helping them to form their own healthy lifestyle and carrying out preventive work to prevent negative manifestations;

developing theoretical and practical skills of a healthy lifestyle. Promoting the development of a creative personality capable of self-development, self-education and self-actualisation of young people.

Healthy lifestyle education should be systematic and contribute to the harmonious development of young people's psychological and physical abilities. It is not limited to periodic reminders of the value of a healthy lifestyle for the team. Such work involves:

- studying the perceptions of young people about a healthy lifestyle and developing methods for assessing the health of each individual;
- formation of consciousness and culture of a healthy lifestyle;
- development of methods for teaching young people a healthy lifestyle in order to consolidate relevant knowledge and skills.

Nutrition education: educational programmes on healthy eating and its impact on the body should be conducted. This will provide young people with reliable information and help them make informed choices in favour of healthy eating.

Sports and physical activity: young people should be given opportunities to participate in sports and physical activity to encourage them to adopt an active lifestyle.

Social support: Communities should be created that encourage healthy lifestyles and support each other in achieving their goals. Such communities will help young people share experiences and find motivation.

Unhealthy lifestyles among young people are a serious problem, but they can be overcome. Providing a variety of physical education classes, additional classes on healthy eating and regular physical activity can help raise awareness and develop good habits among young people.

The formation of a healthy lifestyle is a complex systemic process that covers a large number of components of the lifestyle of our modern society and includes the main areas and directions of student life.

The components of a healthy lifestyle include:

- proper organisation of the daily routine, which corresponds to the individual daily biorhythm of each student;
- physical activity (daily exercise classes);
- rational and balanced nutrition;
- moderate and reasonable use of any methods of hardening;
- the ability to relieve nervous tension through muscle relaxation (various autogenous training);
- giving up existing bad habits.

Physical culture is an important factor in establishing an active life position, as social activity develops on its basis and is transferred to other areas of life – social, educational, and labour. Engaging in physical education and sports activities, students gain and accumulate social experience, which results in an increase in their social activity (*Ohromij, 2020; Javors'ka, 2020*).

Exercise not only helps to maintain physical health, but also helps to develop important character traits and builds strong foundations for further personal, educational and professional growth (*Alekseichuk, 2022*).

Exercise affects not only this or that organ, but also the whole organism through the nervous system, which is the main trigger of life. Even with light physical activity, such as walking, squats, etc., there is an objective improvement in the functions of organs and body systems in general. Breathing becomes faster and deeper, heart rate increases, changes in blood

pressure occur, and the function of the gastrointestinal tract, liver, kidneys, and other human organs improves.

With systematic exercise, significant, noticeable changes in metabolism occur, and the function of internal secretion increases. A person develops a good appetite and motor, secretory and chemical function of the gastrointestinal tract, and the psychological mood of students improves. As a result of physical exercises, students develop resilience, endurance, and the ability to control their actions and emotions, which is typical for a healthy person.

4. Conclusions

Transformational processes in modern Ukrainian society and changes in the basic principles of life form new social paradigms in the educational environment of students. Today, the priority values are safety, health, education and future professional career. Adherence to a healthy lifestyle depends on personal awareness of the importance of appropriate actions. The task of higher education institutions is to maximise the formation of students' knowledge and personal beliefs about the need for a healthy lifestyle. In this context, the task of higher education is to: use health-saving teaching technologies; observe the regime of physical activity, combine physical and static load; organise a balanced diet; create an emotionally favourable learning atmosphere; form students' awareness of the value of health, cultivate a healthy lifestyle, etc.

The most important and effective way to achieve the most positive result in the issues of healthy lifestyle of students is the comprehensive use of physical culture as the main factor in eliminating the shortcomings in the physical development of students. It is the most promising, accessible and effective way to improve the physical condition of students and a leading component of a healthy lifestyle.

Healthy lifestyles should be promoted at three levels: social (information and education); infrastructural (specific conditions in the main spheres of life, preventive measures environmental control); personal (system of human values, standardisation of everyday life). To this end, it is necessary to create and implement programmes and projects that would shape the need for a healthy lifestyle among a wide range of students.

References

1. Alekseichuk, I. A. (2022) *Motyvy zaniat fizychnoiu kulturoiu i sportom u vyshchii shkoli [Motives for engaging in physical education and sport in higher education]: monohrafiia. Lutsk : LPK [in Ukrainian]*.
2. Archaia, I. Z., Kopytina, Ya. M., Skrypka, I. M., Cheridnichenko, S. V. (2017) *Formuvannia zdorovoho sposobu zhyttia shkolariv zasobamy sportyvnykh yedynoborstv [Formation of a healthy lifestyle for schoolchildren through martial arts]. Visnyk Chernihivskoho natsionalnoho pedahohichnoho universytetu : Pedahohichni nauky. Fizychni vykhovannia ta sport. Chernihiv. Vyp. 147. Tom 2. [in Ukrainian]*.
3. Dudorova, L. Yu. (2017) *Pedahohichni umovy formuvannia tsinnisnoi oriientsatsii studentiv na zdorovyi sposib zhyttia [Pedagogical conditions for the formation of students' value orientation towards a healthy lifestyle]. Visnyk Chernihivskoho natsionalnoho pedahohichnoho universytetu : Pedahohichni nauky. Fizychni vykhovannia ta sport. Chernihiv. Vyp. 147. Tom 2 [in Ukrainian]*.

4. Ivanenko, V. V. (2020). *Skladnyky ta shliakhy realizatsii profesiinoi nadiinosti vykladacha fizychnoho vykhovannia zakladu vyshchoi osvity v suchasnykh umovakh. Pedahohika formuvannia tvorchoi osobystosti u vyshchii i zahalnoosvitnii shkolakh [Components and ways to implement professional reliability of a physical education teacher of a higher education institution in modern conditions]: zb. nauk. pr. 2(68) [in Ukrainian].*
5. Korzh, N. L. (2016) *Formuvannia tsinnisnogo stavlennia u studentiv do fizychnoi kultury v protsesi samostiinykh zaniat [Formation of students' value attitude to physical culture in the process of independent study] : avtoref. dys... kand. nauk. Dnipro, 2016 [in Ukrainian].*
6. Kotova, O. V., Nepsha, O. V., Popazov, O. O. (2019) *Stavlennia studentiv do fizychnoi kultury i sportu yak sposobu formuvannia zdorovoho sposobu zhyttia [Students' attitudes towards physical culture and sport as a way of forming a healthy lifestyle]. Aktualni naukovy doslidzhennia v suchasnomu sviti. Pereiaslav-Khmelnyskyi. Vyp. 1 (45) [in Ukrainian].*
7. Mozolev, O.M. (2020). *Prohnozuvannia i planuvannia v upravlinni rozvytkom osvity u sferi fizychnoi kultury i sportu [Forecasting and planning in the management of education development in the field of physical culture and sports]. Aktualni problemy rozvytku osvity v sferi fizychnoi kultury ta sportu [in Ukrainian].*
8. Obukhivska, A. H., Tsushko, I. I. (2015) *Suchasni tekhnolohii zberezhennia zdorovia uchniv: krashchyi dosvid [Modern technologies for preserving students' health: best practices]. Kyiv : Ukrainyskyi NMTs praktychnoi psykholohii i sotsialnoi roboty [in Ukrainian].*
9. Ohromij, G.V. (2020). *Ekspres-diagnostika tolerantnosti do navantazhen' u shkoljariv [Express diagnosis of tolerance to loads in schoolchildren]. Dnipro : DVNZ, UDHTU, DU UISD MONU, VNPZ «DGU» [in Ukrainian].*
10. Shekera, O.H. Medvedovska, N.V., Melnyk, D.V. (2014) *Okhorona zdorovia – naivazhlyvisha skladova derzhavnoi polityky Ukrainy [Healthcare is the most important component of Ukraine's state policy]. Simeina medytsyna. № 2 [in Ukrainian].*
11. Javors'ka, T. E. (2020). *Model' pidgotovki zdobuvachiv vishhoi osvity do formuvannja zdorovogo sposobu zhittja [A model of training students of higher education to form a healthy lifestyle]. Fizichne vihovannja: problemi ta perspektivi – Physical education: problems and prospects, 299–307. URL://eprints.zu.edu.ua/id/eprint/32222 [in Ukrainian].*
12. Mozolev, O., Polishchuk, O., Shorobura, I., Miroshnichenko, V., Tushko, K., Voloshyn, V., Tomkiv, I., Binkovskiy, O. (2021). *Motor Activity and Physical Abilities of Students in the Conditions of Restrictions of COVID-19. International Journal of Human Movement and Sports Sciences, 9 (3).*