
FEATURES OF TEACHING HEALTHY LIFESTYLE AMONG STUDENTS

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Abstract

The article examines the concepts of human health and healthy lifestyle. The main problems and possible solutions in the field of healthy lifestyle of students are highlighted. The article also examines the methods and technologies that are already in force and applied in practice to improve the overall level of students' lifestyle. The issues of forming a healthy lifestyle among student youth are studied. This problem is becoming increasingly relevant for both the state and educational institutions. An important point is the formation of a culture of responsible attitude of students to their health and an increase in the proportion of young people leading a healthy lifestyle.

Keywords: Student youth, health, healthy lifestyle, health status, forming a healthy lifestyle in an educational institution.

Relevance

At the present stage of development of society, attention to the healthy lifestyle of students has increased, which is associated with public concern about the health of specialists graduating from higher education and the increase in morbidity during their professional training with a subsequent decrease in performance [1,3].

The health of young people is the most important component of the healthy potential of the nation, therefore, maintaining and developing the health of students and forming a healthy lifestyle in them is a priority today.

It is no coincidence that teachers have recently shown a deep interest in the problem of student health, educating them to a responsible attitude to their health, to the health of others and the health of future generations.

Currently, the topic of a healthy lifestyle is gaining more and more popularity.

A large number of different blogs and channels are being created and continue to be created, in which people give advice on how to eat right, how to keep fit and simply how to maintain their health.

Young people studying in educational institutions demonstrate their interest in forming a culture of health, but there are also students with a low level of health-preserving competence [2,4,5]. Formation of a healthy lifestyle among young people is an important area of the educational system, therefore it is necessary to promote the formation of a healthy lifestyle using various means of physical culture and sports.

Health culture is directly related to all life support functions of our body, therefore the problems that arise on the way to its formation in students are relevant and will remain so throughout a person's life.

With the advent of the information age, people, and especially students, who are the leaders in mastering our world, are more and more interested in information: phones, laptops, tablets; therefore, a sedentary lifestyle has become common for many students. Health culture is the main aspect in the life of every person [6,9]

In the modern world, when large cities consist mostly of industrial areas with many exhaust gases, and also when the planet is almost completely surrounded by technology that attracts the constant attention of every person, maintaining a healthy lifestyle and forming a culture of health among young people are becoming the main goals of the state. A healthy lifestyle is an individual system of human behavior that provides physical, mental and social well-being in the real environment (natural, man-made and social) and active longevity.

It allows a person to function normally in society, develop psychologically and physically stably [7,10].

In our modern century, rationally organized education of an intellectually gifted, healthy and harmoniously developed generation is one of the most pressing problems, studying it not only from a medical point of view, but also from a socio-economic point of view, the approach to this problem is becoming increasingly in demand [8].

The aim of the study is to determine the adherence to a healthy lifestyle among students of a medical university.

Material and methods of the study. In order to study the formation of a healthy lifestyle among students, a questionnaire was prepared and a survey was conducted among students of a medical university, 202 respondents took part in it.

The survey results were analyzed using the Microsoft Excel program.

Results of the Study

Questionnaire questions - what do you think a healthy lifestyle is? 5% of respondents indicated timely sleep, 30% - regular exercise, 60-65% - proper nutrition and hygiene.

Can your lifestyle be called healthy? Respondents who answered "yes" accounted for 80%, 15% of them - "no" and 5% of respondents answered "cannot answer".

Why did you start leading a healthy lifestyle? 20% said that they wanted to be beautiful, 10% - to restore health, 65% - to be healthy, 5% of respondents refused to answer.

What methods do you personally use to maintain health? the following answers were received, i.e. 36 respondents indicated giving up smoking and alcohol, 37 students - doing sports, 83 - healthy eating, 32 - following a daily routine, 7 - medical activity, 5 - other methods.

Do you smoke? 15 percent of respondents answered "Yes", and 85 percent indicated "No".

To the question "rate your health", respondents noted 15% as good, 76% as average, 9% as bad.

Conclusions

As a conclusion, it should be said that a person's health largely depends primarily on himself, for which he must comply with the requirements of a healthy lifestyle and a culture of life to prevent any diseases.

A healthy lifestyle has so far been studied in the system of teaching hygienic disciplines or in the form of short courses only for medical students in a master's degree or residency.

In fact, masters and residents work more in a hospital after completing their studies. In primary health care institutions, general practitioners who have completed a bachelor's degree carry out their activities.

If we trained our medical personnel, which we prepare, not only in the treatment of diseases, but also in the prevention of diseases before that, the promotion of a healthy lifestyle during the treatment of diseases, we would achieve a decrease in morbidity and disability among our population.

Since the most important subject in health care is the person himself, recognizing valeology as a requirement of the time, it is advisable to include it as a separate discipline or in the system of a specific science for undergraduate students in all institutes and institutions of the medical field.

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