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*Bilash V. P., Svintsytska N. L., Bilash S. M., Pronina O. M.,
Bilanov O. S., Oliinichenko Ya. O., Tkachenko O. T.*

USE OF HEALTH-PRESERVING FEATURES OF LEARNING IN THE CONTEXT OF OPTIMIZATION AND IMPROVEMENT OF PEDAGOGICAL MANAGEMENT IN HIGHER MEDICAL EDUCATION

Poltava State Medical University (Poltava, Ukraine)

vpbilash@ukr.net

Ensuring the health of student youth remains a particularly urgent problem today, which requires significant attention from society in general and the teaching staff in particular. Preserving one's health requires students to maintain a healthy lifestyle, which is the main link in this process. Health is a person's qualitative characteristic and contributes to achieving many goals. The contradiction between the achievement of material well-being and the need to be healthy is resolved by improving the objective conditions of human life. The structure of the way of life is defined in those relationships of subordination and coordination in which there are different life activities. It is manifested in the share of time spent on them, in what types of life activities a person spends his free time on, and which kinds of it he prefers in situations where a choice is impossible. If the way of life does not contain creative types of life, then its level decreases. Leading a healthy lifestyle is one of the primary means of maintaining health, physical activity, and optimal psychophysical condition of student youth. The attitude to a healthy lifestyle is determined by objective circumstances, including education and training. It manifests itself in actions and deeds concerning factors affecting physical and mental well-being. Thus, maintaining a healthy lifestyle can be a crucial factor in maintaining the health of student youth.

Key words: student youth, health, healthy lifestyle.

Introduction.

One of the crucial issues of modern civilization is the problem of human health. Any modern society, any state, puts the issues of preserving health, psychological comfort, long-term working capacity, and reproduction of healthy offspring first. Without solving these problems, stable state political and economic development and social and cultural prosperity are impossible. Without a healthy nation, the state has no future.

In today's world, there is an intensive search for new human landmarks, progressive ways of development, and reorientation of all education on the development of the individual, its possibilities and qualities, in which the health of the individual, as well as the nation as a whole, would be a priority.

Taking care of one's health, tempering, rational nutrition, absence of harmful habits, the ability to be sociable, beneficial for loved ones, friends, and society - all this in a complex makes up each person's lifestyle.

Every person's lifestyle will always be relevant, as it is essential in ensuring health. However, only the person himself can improve the condition of his body. After all, quite a lot of cases of various diseases are the result of lifestyle.

The aim of the study.

To analyze the basics of a healthy lifestyle of education seekers and to show the possibilities of their use to improve the personal health of student youth. Definition of a healthy lifestyle, its components, and value orientations of young people.

Main part.

Strengthening and protecting the health of student youth is determined by their way of life. The way of

students' life is a way of integrating their needs and activities corresponding to them.

The structure of the way of life is defined in those relations of subordination and coordination in which there are different life activities. It is manifested in the share of time spent on them, in what types of life activities a person spends his free time on, and which kinds of it he prefers in situations where a choice is impossible. If the way of life does not contain creative types of life, then its level decreases.

A way of life cannot be imposed. Each person forms their way of life. Also, a person can influence the character and content of the lifestyle of the group and collective in which he is located. Restoration and strengthening of health are directly dependent on the level of culture. Culture reflects the degree of awareness and attitude of a person toward himself. Culture implies not only a defined system of health knowledge but also appropriate behavior to preserve and strengthen it, which is based on moral principles.

Health is a natural, vital value. With the growth of well-being, the value of each person's health will increase more and more. The health need, provided at the biogenic level in the form of self-preservation, transforming with the degree of human socialization, develops and becomes necessary for health to realize other vital needs [1].

Health need becomes an independent value in an individual's cultural and spiritual development. The stronger the spiritual needs, the higher the responsibility of a person to acquire the physical ability to realize them.

The attitude to health is manifested not only in the form of particular practical behavior but also in the form of psychological control and thoughts. As practice shows, most students realize the value of health only when it is under serious threat. Self-assessment of physical and mental state acts as a person's natural health. Students with good health and self-esteem are more likely to seek medical help in case of illness. The little need to consult a doctor among students with low self-esteem of their health is explained by the disorganization of life activities.

The difference due to self-rated health is observed in the lifestyle of those who rate their health as good and those who place it as satisfactory. It is confirmed by the fact that among people who consider their health adequate, those who do not do morning gymnastics, do not take walks in the fresh air, are not involved in sports, and do not follow a diet have an advantage. So, two types of attitudes to health can be distinguished.

The first type includes individuals with high self-esteem of health. Their characteristic feature is the tendency to take responsibility for the results of their activities, achieved through personal efforts and abilities.

The second type is people with poor and satisfactory self-assessment of health. Their characteristic feature is that they attribute responsibility for the results of their activities to external forces and circumstances. The nature of taking care of one's health is related to a person's personal qualities.

Less than half of the students have specific ideas about the connection between general and physical culture in their personal development. Students' opinions regarding the influence on the general cultural development of the personality are significantly related to improving body shapes and functional development [2, 3]. Less than a quarter of students are involved in regular physical culture and sports activities during their free time. Against this background, there is insufficient effectiveness in promoting a healthy lifestyle.

Unfortunately, the possibilities of physical culture to maintain working capacity have not yet been sufficiently appreciated among students. Understanding the importance of a well-organized work and rest regime is based on the laws of biological processes in the body.

Health is a person's qualitative characteristic and contributes to achieving many goals. Therefore, the contradiction between the achievement of material well-being and the need to be healthy is resolved by improving the objective conditions of human life.

The attitude to a healthy lifestyle of student youth is determined by objective circumstances, including education and training [4, 5]. It manifests itself in actions and deeds concerning factors affecting physical and mental well-being.

The degree of compliance of human actions and deeds with the requirements of a healthy lifestyle, as well as the regulatory requirements of medicine, sanitation, and hygiene, serves as a criterion for the adequacy of the attitude to health in behavior. Everyone wants to be healthy.

The day's schedule is the normative basis of daily life for all students. However, it should be individual,

meet specific conditions, state of health, level of work capacity, personal interests, and student inclinations.

It is essential to ensure the constancy of one or another type of activity within a day to avoid significant deviations from the norm. A regime will be accurate and enforceable if it is dynamic and built with contingencies in mind. Before going to bed, it is necessary to ventilate the room, and it is even better to sleep in an open room. You should have dinner no later than 2-2.5 hours before bedtime. It is advisable to go to bed simultaneously - this helps to fall asleep quickly.

Food culture plays an essential role in forming a healthy lifestyle for students. Every student should know the principles of rational nutrition and regulate body weight.

A healthy lifestyle is incompatible with harmful habits. The use of narcotic substances, alcohol, and tobacco is one of the critical risk factors for many diseases that negatively affect students' health.

Medicine believes that severe diseases of the heart, blood vessels, and lungs are directly related to smoking. The action of nicotine is dangerous for the human body, and it disrupts nervous regulation. Under the influence of alcohol, mental and physical performance, the accuracy of thinking and attention deteriorates, many mistakes are made, and coordination and speed of movements decrease. Long-term and systematic use of alcohol disrupts the metabolic process, the heart muscles are exhausted, the digestive organs suffer, the function of the gonads suffers, and the function of the kidneys and organs of the immune system deteriorates. Dependence on alcohol leads to a loss of social activity, the quality of the student's life as a whole decreases, his main life orientations do not coincide with generally accepted ones, and work that requires willpower and intellectual efforts become difficult. A conflictual nature of relations with society arises.

Harmful habits include drug use. The reasons and methods of drug use are different, but in any case, it is related to the process of persistent addiction to narcotic drugs. Systematic use of drugs leads to intense body exhaustion, metabolism changes, mental disorders, and personality degradation. General degradation of personality occurs 15-20 times faster than during alcohol abuse. It is complicated to treat drug addiction; the best option is not to try drugs.

Unfortunately, young people start taking care of their health when it is seriously impaired. And when this happens, everything against this background seems empty and insignificant. Therefore, it is necessary to think about how to preserve health, work capacity, and activity for an entire life many years. Leading a healthy lifestyle is one of the primary means of maintaining health, physical activity, and optimal psychophysical condition of student youth. Also, an essential element of a student's health is the physical component, measured by physical development and physical fitness, physical fitness and training, and physical and functional activity. Therefore, physical self-education is essential for forming a healthy student lifestyle [6]. Physical self-education is a process of purposeful, planned work on oneself, focused on the formation of the physical culture of the individual. It

includes a set of methods and activities that determine and regulate the student's action position concerning his health.

Conclusions.

Thus, a healthy lifestyle includes giving up bad habits, adequate physical activity, physical self-education,

food culture, and compliance with the daily routine. Adherence to these components is essential for maintaining student youth's health and is one of the key factors contributing to their successful studies in institutions of higher medical education.

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ВИКОРИСТАННЯ ЗДОРОВ'ЯЗБЕРІГАЮЧИХ ОСОБЛИВОСТЕЙ НАВЧАННЯ У КОНТЕКСТІ ОПТИМІЗАЦІЇ І УДОСКОНАЛЕННЯ ПЕДАГОГІЧНОГО МЕНЕДЖМЕНТУ У ВИЩІЙ МЕДИЧНІЙ ОСВІТІ

Білаш В. П., Свінцицька Н. Л., Білаш С. М., Проніна О. М., Біланов О. С., Олійніченко Я. О., Ткаченко О. Т.

Резюме. Однією з важливих питань сьогодення є проблема здоров'я людини. Будь-яке сучасне суспільство, будь-яка держава на перше місце ставлять проблеми збереження здоров'я, психологічного комфорту, тривалої працездатності, репродукції здорового потомства. Турбота про власне здоров'я, загартування, раціональне харчування, відсутність шкідливих звичок, вміння бути комунікабельним, корисним для близьких, товаришів, суспільства – все це у комплексі складає спосіб життя кожної людини. Завжди актуальним буде спосіб життя кожної людини, що відіграє важливу роль в забезпеченні здоров'я. Покращити стан свого організму може тільки сама людина. Структура способу життя визначається у тих відносинах субординації і координації, в яких знаходяться різні види життєдіяльності. Це проявляється у частці часу, яка на них витрачається, в тому, на які види життєдіяльності особистість витрачає свій вільний час, яким її видам надає перевагу в ситуаціях, коли неможливий вибір. Якщо спосіб життя не містить творчих видів життєдіяльності, то його рівень знижується. Здоров'я є якісною характеристикою особистості і сприяє досягненню багатьох цілей. Суперечність між досягненням матеріального добробуту і необхідністю бути здоровим вирішується шляхом удосконалення об'єктивних умов життєдіяльності людини. Ставлення до здорового способу життя студентської молоді обумовлено об'єктивними обставинами, у тому числі вихованням і навчанням. Воно проявляється у діях і вчинках, відносно факторів, що впливають на фізичне і психічне благополуччя. Одним з головних засобів збереження здоров'я, фізичної активності, оптимального психофізичного стану студентської молоді є ведення здорового способу життя, який включає в себе відмову від шкідливих звичок, адекватну фізичну активність, фізичне самовиховання, культуру харчування та дотримання режиму дня. Дотримання даних складових є важливими компонентами для збереження здоров'я студентської молоді та є одним з ключових факторів, що сприяє їх успішному навчанню у закладах вищої медичної освіти.

Ключові слова: студентська молодь, здоров'я, здоровий спосіб життя.

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Abstract. One of the essential issues of today is the problem of human health. Any modern society, any state, puts the issues of preserving health, psychological comfort, long-term working capacity, and reproduction of healthy offspring first. Taking care of one's health, tempering, rational nutrition, absence of bad habits, the ability to be sociable, beneficial for loved ones, friends, and society – all this in a complex makes up each person's lifestyle. Each person's lifestyle will always be relevant, which is essential in ensuring health. However, only the person himself can improve the condition of his body. The structure of the way of life is defined in those relations of subordination and coordination in which there are different life activities. It is manifested in the share of time spent on them, in what types of life activities a person spends his free time on, and which kinds of it he prefers in situations where a choice is impossible. If the way of life does not contain creative types of life, then its level decreases. Health is a person's qualitative characteristic and contributes to achieving many goals. The contradiction between the achievement of material well-being and the need to be healthy is resolved by improving the objective conditions of human life. The attitude towards a healthy lifestyle of student youth is determined by objective circumstances, including education and training. It manifests itself in actions and deeds concerning factors affecting physical and mental well-being. One primary means of preserving health, physical activity, and the optimal psychophysical state of student youth is leading a healthy lifestyle, which includes giving up bad habits, adequate physical training, physical self-education, nutrition culture, and observing a daily routine. Adherence to these components is essential for maintaining student youth's health and is one of the key factors contributing to their successful studies in institutions of higher medical education.

Key words: student youth, health, healthy lifestyle.

ORCID and contributionship:

Bilash V. P.: [0000-0002-7178-3394](https://orcid.org/0000-0002-7178-3394)^{ABDF}

Svintsytska N. L.: [0000-0002-6342-6792](https://orcid.org/0000-0002-6342-6792)^{BDF}

Bilash S. M.: [0000-0002-8351-6090](https://orcid.org/0000-0002-8351-6090)^{AEF}

Pronina O. M.: [0000-0002-8242-6798](https://orcid.org/0000-0002-8242-6798)^{AEF}

Bilanov O. S.: [0000-0001-9245-7638](https://orcid.org/0000-0001-9245-7638)^{AEC}

Oliinichenko Ya. O.: [0000-0001-7724-7333](https://orcid.org/0000-0001-7724-7333)^{BCD}

Tkachenko O. T.: [0000-0002-4261-2828](https://orcid.org/0000-0002-4261-2828)^{BC}

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Corresponding author

Bilash Valentyna Pavlivna

Poltava State Medical University

Ukraine, 36024, Poltava, 23 Shevchenko str.

Tel.: 0992555985

E-mail: vpbilash@ukr.net

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