

Problems Of Introducing Modern Students To A Healthy Lifestyle

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Abstract. The article raises important issues of the involvement implementation of modern students in a healthy lifestyle system. It is noted that during the survey it is revealed that the most common factors hindering the involvement of students in a healthy lifestyle are the inaccessibility of sports centers, insufficient awareness of young people studying at universities regarding methods that allow achieving effective results of a healthy lifestyle. As a result of the conducted research, it is revealed that the factors hindering the introduction of students to a healthy lifestyle during their studies at the university are a weak level of information about the available opportunities of various components of a healthy lifestyle. It was found that girls express a great interest in joining a healthy lifestyle. Also, it is the students who, throughout the entire period of study at the university, improve their healthy lifestyle skills regarding healthy nutrition.

In 1946, the World Health Organization defined health as "... a state of complete physical, mental and social well-being, and not just the absence of disease or physical defects." Seventy years later, violations of physical, mental and social well-being continue to be a dangerous and costly problem for the vast majority of countries, including Kazakhstan.

Keywords: student, WHO, healthy lifestyle, university, balanced nutrition, dietary supplements.

Introduction

The health of the nation, the health of every citizen of Kazakhstan should not be only the task of the state. The choice of each person is his own business. The Public Health Service (hereinafter – PHS) was established within the framework of the State Health Development Program "Densaulyk" and was designed for 2016-2019. One of the most important tasks of the PHS is to unite the efforts of society, state and non-profit organizations, academic and educational centers, business communities, media agencies and other

organizations in order to improve the health and quality of life of citizens of Kazakhstan. The implementation of the task provides for the formation of partnerships that unite all those who are interested in changing the existing situation, characterized by a high prevalence of cardiovascular diseases, diabetes, obesity, cancer and other diseases that can be effectively prevented by maintaining a healthy lifestyle - physical activity, rational nutrition and rejection of bad habits [1].

The health benefits of regular physical activity are well known. Physical activity promotion strategies have become an important public health approach to the prevention of chronic diseases. The prevalence of the implementation of recommendations for physical activity decreases rapidly between the ages of 18 and 24, when many young people receive higher education. They live in dormitories, parents lose control over their behavior. Many of them perceive the transition to adulthood as the lifting of some of the prohibitions, and not as an increase in responsibility for their lives.

Purpose

The main purpose of the study is to identify problems in the process of introducing a healthy lifestyle into the student environment. The tasks of the researchers are to identify the level of popularity of a healthy lifestyle among university students, to assess the degree of readiness of young people to change their views on their own health.

There is a lack of formation among young people of a conscious attitude to physical development and self-improvement; at the same time, physical culture and sports are often considered as a source of material benefits, which cannot contribute to the formation of a person's general physical culture.

It is assumed that the passion of students for physical education and sports can influence the social position, and therefore the future of the entire nation.

Literature review

The degree of study of the problem can currently be considered low. This is due to the fact that the pace of development and introduction of various dietary supplements, various energy drinks and digital gadgets into the lives of young people is very high. Research into the harmful and dangerous effects of energy drinks on the development of adolescents is in its infancy. I write a lot about the harmful effects of mobile phones, tablets, wireless headphones, but a full-fledged scientific study cannot be carried out due

to the short period of their appearance and use by young people. There are mainly scientific publications on general issues of a healthy lifestyle. The works of Russian scientists Krylov A.I., Kononov S.V. [9], Belyaev I.I. [10], Mikhailova E.I. [11], Naydenov B.N. [12], Rapoport L.A., Kharitonova Yu.V., Kharitonova E.V. [14], Erin I.A., Markhieva M.V., Kurbanova L.U. are devoted to these issues. [19]. This problem was investigated by Zhodasbekov A.A. [8], Ukolov A.V., Zhernakov D.V., Lagunov A.N. [24] et al in Kazakhstan.

Research methods

Stereotypes of a healthy lifestyle, rational nutrition and the desire for active and high-quality longevity are becoming dominant among all strata of Kazakh society; they are considered as factors of prestige and conditions for achieving priority life goals.

The tasks set in the work were solved using the following research methods:

- analysis of scientific and methodological literature;
- survey;
- pedagogical testing;
- psychophysiological testing;
- pedagogical experiment;
- methods of mathematical statistics.

Most of the analysis was obtained as a result of a questionnaire compiled. The total number of test takers was 600 people from different social groups, but the main focus was chosen by students of higher educational institutions. The Akmola region of Northern Kazakhstan served as the basis for the experimental work, students of the Abai Myrzakhmetov Kokshetau University were also allocated a separate group.

Results

Almost half of all university students do not reach the recommended levels of physical activity [5]. Data in the age group of students ≥ 18 years show

that 76.32% of them lead a sedentary lifestyle or have a low level of physical activity (Figure 1).

In universities, taking into account educational standards, physical education classes are conducted only in the first two courses, which clearly does not meet the real needs of young people in physical activity. If we take into account that during the annual summer and winter examination sessions, students generally have no time for improving the body, and after that the holidays begin, then the already modest results in physical training of students are minimized. In this regard, already from the third year, the number of students with disabilities in physical development increases sharply, they begin to skip classes more often due to various diseases due to weakened immunity and decreased motor activity [6].

The analysis conducted by scientists of the situation with the disclosure of motor potential and its vegetative component, as well as with the conditions for the formation and volume of physical qualities to an optimal level clearly shows the questionable nature of the tasks that currently face physical education of students in universities. The obvious inability of universities in modern conditions to fully solve the problems of ensuring a high level of physical fitness of students indicates the presence of a serious problem of imperfection of physical education in the system of higher education [8].

A healthy lifestyle should focus not only on disease prevention, but also on behaviors that can improve a person's holistic well-being throughout life. A healthy lifestyle is a positive attitude that is practiced daily by a person, including good nutrition, adequate rest, regular exercise, sufficient water intake, a good environment, self-control and even interpersonal relationships, but an unhealthy lifestyle is defined as an attitude that worsens health due to acquired skills, unreliable or incomplete information.

To lead a healthy lifestyle, people need to control their behavior, make more informed decisions and cope with negative situations. The period of study at the university is considered the time when a person can develop full self-awareness. Universities are a great place to teach young people skills to improve their healthy lifestyle, including mental health, social skills and academic performance. It is very important to evaluate the health behavior of young people during this period and provide them with the necessary support in the missing areas.

The period of stay at universities is characterized by rapid physical, psychological and social changes at the same time. Students are in a period of rapid growth and are defined as high-risk groups for the development of negative behavior. The performed study showed that a sufficient number of young people are involved in substance abuse during this period of time against the background of lack of physical activity, unhealthy diet, as well as early development of cardiovascular diseases.

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Students adhere to an unhealthy diet, lack sleep and are sedentary. Young people are not exempt from non-communicable lifestyle-related diseases, such as smoking, which accounted for 19.74%; alcohol consumption up to 38.49%; and drug abuse – 6.38%.

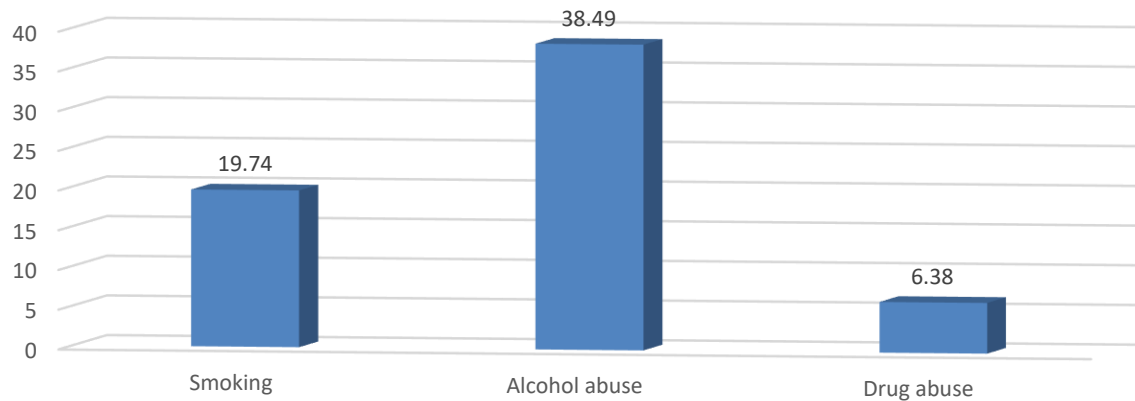


Figure 1. Results of a survey of students regarding the use of harmful substances

Despite the abundance of information about healthy lifestyle and its possibilities for improving health, strengthening immunity, there is no necessary information about the status of lifestyle and behavior of university students who belong to vulnerable groups of the population. Therefore, intervention must be carried out at an early stage of life.

The purpose of the first stage of the study was to determine the status of the lifestyle of university students of the Republic of Kazakhstan and to

develop a further assessment of lifestyle components that affect healthy lifestyle and may be crucial for improving human health, as well as the formation of a healthy lifestyle.

860 students took part in the survey (65.32% were girls and 34.68% were boys), of which 46.86% were students of 1-3 courses, and 53.14% were senior students. The age of the survey participants: 18-22 – 89.47%, and 10.53% of respondents were over 23 years old.

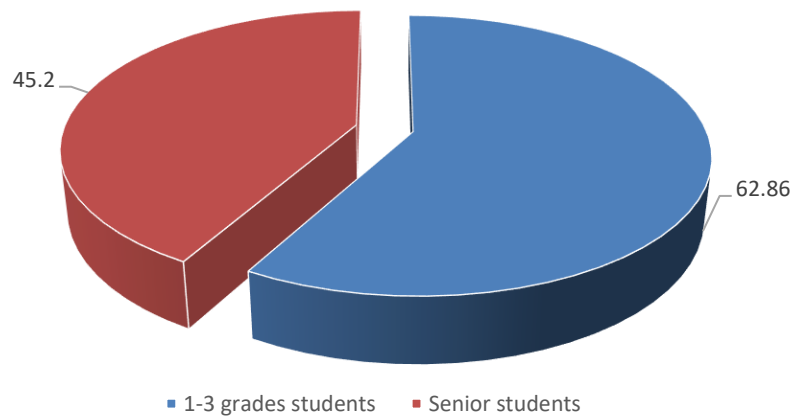


Figure 2. - Distribution of the ratio of the surveyed junior and senior students

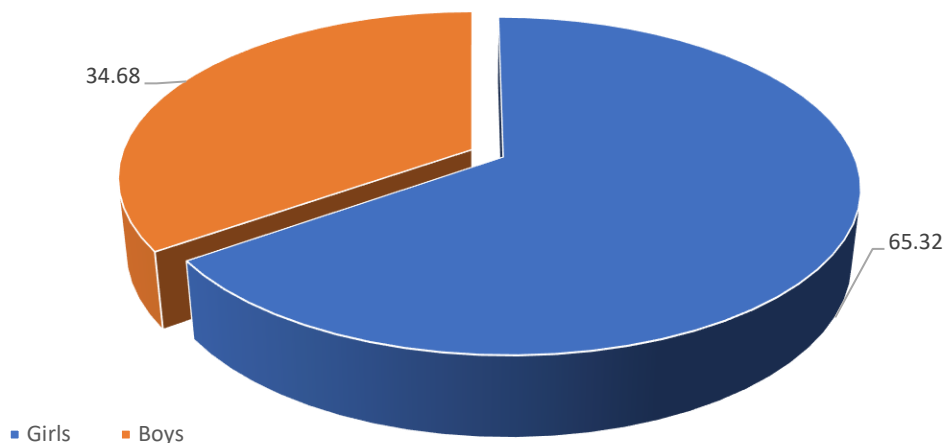


Figure 3. - Gender ratio of interviewed university students of the Republic of Kazakhstan

It follows from Figure 3 that it was possible to attract a larger number of female students to the survey. This can be explained by the fact that girls are more interested in the survey and the advantages that participation in the survey will allow. The results of the study also showed that

from the first to the last year, students are increasingly exposed to various risk factors, have low motivation to lead a healthy lifestyle. According to the obtained research data, only 12.85% of senior students rated their health status as "excellent".

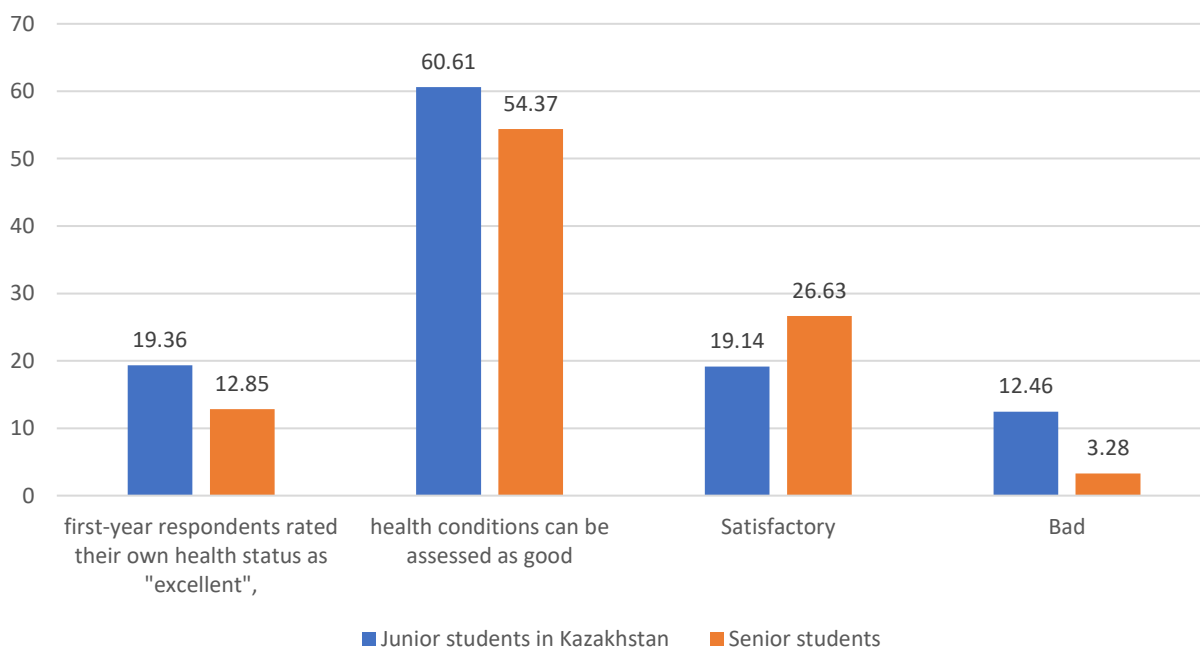


Figure 4 – Comparative analysis of the responses of students-respondents of the Republic of Kazakhstan regarding their own assessment of health status

At the same time, the analysis of the functional state of health of students allowed us to establish the following indicators: high level – 12.39%, average – 42.18%, low -36.32%, very low – 9.11%.

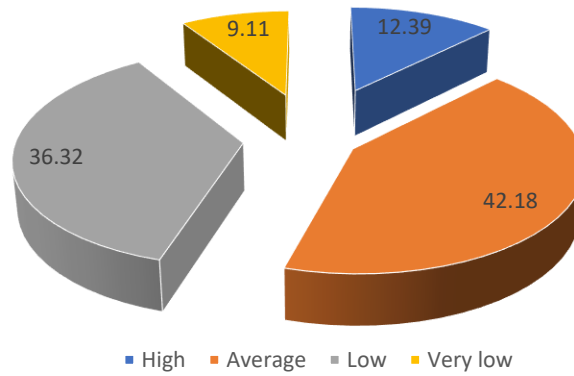


Figure 5. - Indicators of the functional state of health of students

It is noteworthy that among students, the rate of alcohol consumption increases every year during the transition of students from junior to senior courses. This can be explained by the liberalization of the trade in alcoholic beverages. In the first year of study, 36.2% of students consume alcoholic beverages with varying frequency, and among undergraduates, the figure reaches 45.7%. Young people tend to drink strong alcoholic beverages (vodka, cognac, etc.) – 14.23% in the first courses, 31.84% in the senior courses. Strong alcoholic beverages are preferred

by 26.72% of boys and 6.13% of girls. Tobacco products are consumed by 37.14%, and by the senior courses the number of smokers reaches 63.42%. Boys acquire this bad habit 4.27 times more often than girls.

The survey conducted in this study revealed the following pattern. As the transition from the first courses to the senior ones increases, the number of male students who violate the diet increases: in the first courses 68.32% of respondents eat 3-4 times a day, have breakfast before classes - 75.48% of students, in the senior courses these figures are 57.62% and 66.93%, respectively (Figure 3.5).

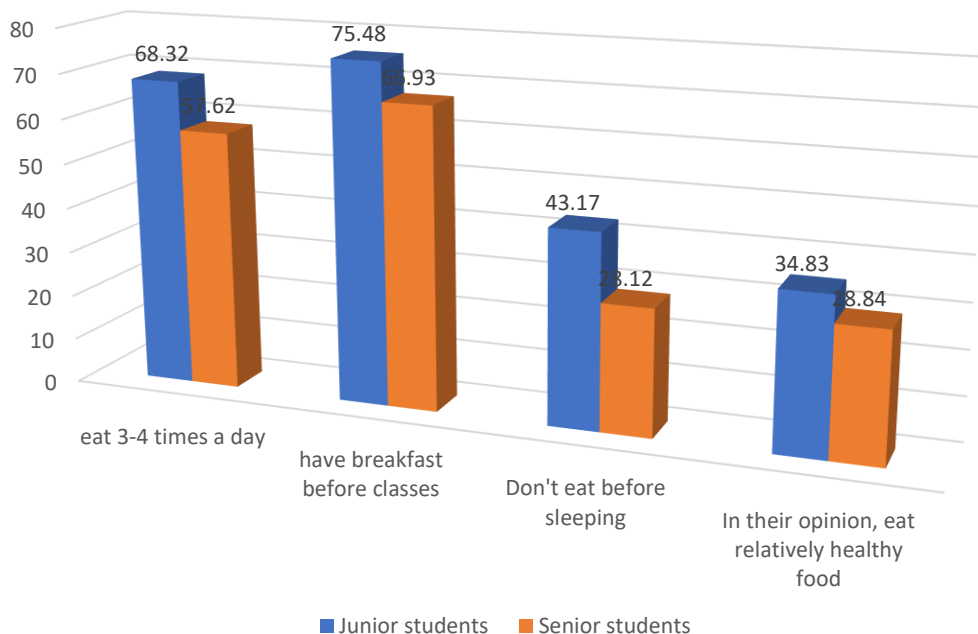


Figure 6. - Results of comparative analysis of the survey of male students of junior and senior courses of universities of the Republic of Kazakhstan

Further, a survey conducted among female students, depending on their affiliation to junior or senior courses of universities of the Republic

of Kazakhstan, revealed very interesting trends. So, as the students were at the university, there

were certain changes in their attitude to healthy eating.

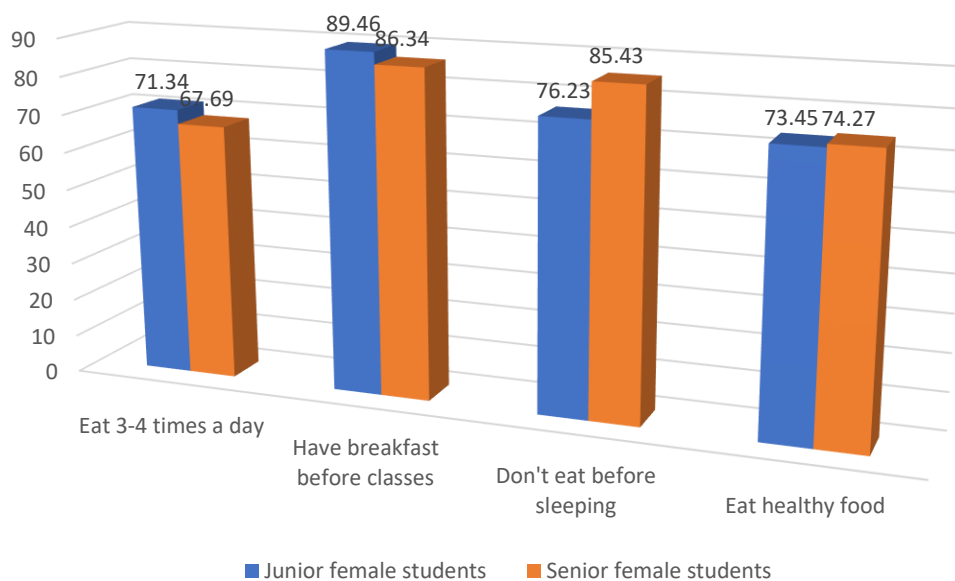


Figure 7. - Results of a comparative analysis of a survey of female students of junior and senior courses of universities of the Republic of Kazakhstan regarding eating behavior

In the last place according to the results of the survey were the modes of the day and nutrition, non-traditional health improvement systems, methods of psychoregulation, massage and hardening. We believe that this is a consequence of insufficient awareness of students about the positive impact of these factors on the preservation and promotion of health, as well as the lack of necessary skills for their practical application in everyday life.

At the same time, during the additional survey, it was found that students, in general, are aware of the importance and effectiveness of various methods of healthy lifestyle and even express their willingness to join them if there is a favorable environment, a constant example. That is, the main difficulty in introducing to a healthy lifestyle is insufficient awareness of these students and the lack of a ready-made methodological solution located in the comfort zone of their stay.

Thus, it is necessary to develop methods for improving the level of physical culture of students of all courses of the Republic of

Kazakhstan, which would improve their awareness of the resources of healthy lifestyle in relation to improving the quality of life, improving health. All this indicates that among the priorities of humanistic tasks of physical education in universities should be the formation of sustainable motivation for the development of physical abilities. This task can be solved through the professional activity of the teacher and his special pedagogical influences in physical education, which will influence the increase of students' motivation to lead a healthy lifestyle. At the same time, the factors of the motivational sphere, first of all, should be the content of physical education, the way it is implemented and the system of requirements [5].

Joint work of state and non-state structures, commercial non-profit, academic and public organizations can be carried out within the framework of public–public-private partnership under the slogan “Kazakhstan is a country of health and active longevity”.

Most employers (commercial and non-profit organizations and other institutional structures) are committed to such standards and requirements as environmental cleanliness and safety, physical activity, rational nutrition, smoking cessation and other parameters of well-being.

Republican and local state structures are aimed at implementation of the tasks of public-public-private partnership and are responsible for their implementation with the active participation of the public, commercial and non-commercial institutional structures.

It is important in the PHS strategy to involve partners from all sectors of society at the national, regional, city and district levels in the implementation of programs. The activities of the PHS are designed to form and strengthen partnerships, constantly identify areas in need of improvement, coordinate, adapt, coordinate joint efforts and promote the dissemination of the best international experience in promoting a healthy lifestyle and disease prevention.

The activity of PHS also implies the search for methods by which individual citizens and organizations (governmental and non-governmental, commercial and non-profit) can effectively interact in order to improve the health of the country's population. The role of public-public-private partnership under the slogan "Kazakhstan is a country of health and active longevity" is to develop and adapt scientifically proven approaches to public health protection in order to make informed and informed decisions in the field of disease prevention. Such a partnership is designed to expand cooperation in the implementation of initiatives in the field of disease prevention and health promotion, as well as to facilitate the exchange of best practices and, in some cases, coordinate the activities of individual stakeholders and organizations.

Discussion

A social Fitness Park.KZ project has been launched in Kazakhstan, implemented under a grant from the "Center for Support of Civil Initiatives" under the Ministry of Information and Public Development of the Republic of Kazakhstan, reported by Qapshagai-city.

The project is aimed at maximizing the involvement of young people in a healthy lifestyle, popularization of mass sports, promotion of physical culture and proper nutrition among young people.

The speakers and participants of the master classes will be the developers of the

Fitness park.KZ program, as well as physical education and sports teachers, fitness trainers and instructors.

The authors plan to involve about 2,000 young Kazakhstanis in mass trainings and master classes.

Within the framework of the project, the following trends will be promoted among children and youth: "Sport is life", "Sport is always in my life", "A successful person is a sports person", "Training and health", "Sport like", "Sport Style".

The Fitness park.KZ project is implemented within the framework of the grant of the "Center for Support of Civil Initiatives" with the support of the Ministry of Information and Public Development of the Republic of Kazakhstan. The project is organized by the National Delphic Committee. The aim of the project is to popularize and develop mass sports and physical culture among the youth of the country. The speakers and participants of the master classes will be the developers of the Fitness park.KZ program and teachers and trainers of physical culture from all regions of Kazakhstan.

Conclusion

Rational policies and targeted programs are aimed at ensuring synergy and complementarity of various activities. International experience shows that when all layers of society work in a single direction focused on the prevention of diseases, the effect of improving the health of the population increases many times. PHS activities It is also intended to include the study of advanced international experience, its adaptation and application in the conditions of Kazakhstan, which will allow the coordinated implementation of measures that have proven their viability and demonstrate their effectiveness.

A healthy lifestyle is crucial by almost everyone, especially for the younger generation. This became in demand even during the pandemic, when everyone switched to an on-line training format, and began to lead a sedentary lifestyle. It should not be expensive and it is not necessary to buy a subscription for sports, you need to practice both at home and on sports

grounds, which are in almost every yard. In addition, it is very important to connect the correct power supply.

Motivation at a low level and support should come from within the family, within the walls of an educational institution and in a free youth space.

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