



Healthy lifestyle in students view: experience and maintaining problems

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Abstract

In modern Russia, due to the ongoing social changes and varying living standards, the issues of preserving the society health, its various socio-demographic groups and, in particular, the new generation, are becoming increasingly relevant. The aim of the study is to study the young people perception of the features in the following a healthy lifestyle. Research methods: as a research method, we used the questionnaire method, which allows us most effectively to identify the specifics of perception and experience of maintaining a healthy lifestyle among young people. Research results: the article defines the idea of young people about health and ways to maintain it. The novelty and originality of the study lies in the fact that for the first time the urban youth idea regarding their health and ways to maintain it was studied. It is shown that the formation of a lifestyle that promotes human health occurs at the following levels: social, infrastructural, and personal. It is determined what influences the formation of a healthy lifestyle, and what motivates young people to lead a healthy lifestyle. It is shown that the younger generation eventually comes to lead a healthy lifestyle; this is influenced by public opinion and different life situations. The ideas about the formation of the necessary conditions for maintaining an active healthy lifestyle or transition to such a lifestyle are considered. It is shown that in the view of young people to lead a healthy lifestyle, it is enough to eat a balanced and correct diet, not to have bad habits and actively engage in physical activity. Practical significance: the data Obtained in this work can be used in age psychology, educational psychology, valeology, medical psychology, as well as for further theoretical development of this issue.

Keywords: youth, idea, healthy lifestyle, health

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INTRODUCTION

Putting health issues in the list of priority tasks of the state social development makes it necessary to conduct scientific research and develop methodological and organizational approaches to the preservation and promotion of health, the formation of a healthy lifestyle (Abaskalova, 2001; Aizman, 1996; Zhirnov, 2002; Zhuravleva, 2002; Lisitsyn, 1982). At the same time, the preservation and promotion of health in a modern city requires the development of a conceptual approach to such concepts as health, healthy lifestyle and infrastructure of a healthy lifestyle, and the possibility of studying these phenomena. Today, more than ever, such a problem of society as health is becoming one of the most pressing problems of our time, and the center

of social problems and concepts is the problem of human ecology, related to its relationship with the environment, health, life and lifestyle (Cherdymova et al., 2018; Sorokoumova et al., 2019). In recent years, the problem of health and maintaining a healthy lifestyle has become so acute that it has gone beyond medicine and health care and has acquired a national and state nature (Furmanov, 2001; Vasilyeva & Filatov, 2001; Zhirnov, 2002). Analyzing the state of the population health, the most acute and serious factors that ultimately affect the health and well-being of not only living people,

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but also future generations are identified. It should be noted that the individual should definitely behave in such a way that he/she does not have health problems, but at the same time he/she should understand that such difficulties might arise (Bestuzhev-Lada, 1979; Lisitsyn & Sakhno, 1998; Nikiforov, 2002). Numerous studies show that only awareness of the condition deterioration when problems occur causes the individual to act in any way. In addition, their actions will be determined by their perception of the benefits or obstacles to alternative behavior.

LITERATURE REVIEW

Numerous studies have shown that life in large cities and megacities carries certain information overload, psychological stress, and physical inactivity, which leads to inadequate reactions of the individual to the environment and situations. This is a peculiar disease of modern civilization (Shuvalova & Shinyaeva, 2000; Weiner, 1998; Khanmurzina et al., 2020; Nalchajyan, 1980; Levi, 1970). Modern conditions of increasing the pace of life, the speed of information exchange and the emergence of new stressful factors lead to the fact that the loads that fall on the human psyche and body change, which in turn affects his/her psychological and physical health (Matros, 1992; Nagimova & Gilmanov, 2005; Medik & Osipov, 2003; Shibutani, 1969; Cherdymova et al., 2020). In scientific research, more and more attention is paid to social factors that affect the health and healthy lifestyle of the population (Levin, 2001; Gorchak, 1991; Kelle, 2002).

The above-mentioned highlights the impossibility of presenting health as a phenomenon that has an exact quantitative expression. The health of an individual is both an integral multidimensional dynamic state of an individual and a process characterized by positive and negative indicators (Potemkina, 2002; Tikhomirova, Usol'tsev & Zutler, 1989; Shchepin, 2004).

Special studies point to a multi-stage structure of health. The majority indicated on the biologically deterministic premise as the Foundation and the basis of human health. The core of a person's well-being, performance and adaptation in General is mental health, psychosomatic component, attitude to life, existential position. Adhering to this position, however, health is the main value of life, which occupies the highest level in the hierarchy of human needs. Health is an indisputably important component of human happiness and one of the leading conditions for successful social and economic development (Amosov, 2002; Shchedrin, 1989; Markova et al., 2004).

In modern society, the realization of moral, spiritual, intellectual, physical and reproductive potential is possible only in a healthy state. Modern society cannot boast of compliance with the simplest, science-based norms of a healthy lifestyle. Some become victims of

hypo-dynamics, which causes premature aging; others overindulge in food, which in turn leads to obesity of the body, disorders in the state of blood vessels and systems; displacement of the working rhythm during rest, inability to relax from everyday work, constant exposure to stress, insomnia, fears, which ultimately leads to numerous diseases of internal organs (Lyakhovich, 2000; Usak et al., 2020; McClelland, 2007; Aseev, 1976).

Therefore, a healthy lifestyle is a prerequisite for the development of various aspects of human life, achieving active longevity and full performance of social functions.

THE STUDY OBJECTIVES AND STRUCTURE

The purpose of the empirical study is to study the ideas of young people about a healthy lifestyle. To achieve this goal, the following tasks are highlighted: analysis of the opinions of adherents of a healthy lifestyle regarding their health and ways to maintain it; noting possible unhealthy habits; determining what influences the formation of a healthy lifestyle and what motivates young people to lead a healthy lifestyle; based on the opinions of young people, creating the necessary conditions that are necessary for active management or transition to a healthy lifestyle.

Questions available in the questionnaire:

How do you define health for yourself?

What does it mean for you to lead a healthy lifestyle?

Do you have many people around you who follow a healthy lifestyle?

Did you want to follow their example?

Is your lifestyle healthy?

Do you follow a certain regime?

What habits and rules give you reason to say this?

Do you follow a healthy diet?

Do you have any unhealthy habits?

How long ago and why did you switch to a healthy lifestyle?

What conditions do you think are necessary for young people to become more active in switching to a healthy lifestyle?

What changes should be made to the environment to promote a healthy lifestyle among young people?

Are the conditions and opportunities for young people to play sports in conditions of free (free of charge) use developed today?

In your opinion, are there many more opportunities to lead a healthy lifestyle today for people who use paid sports and fitness services?

Do you personally have experience using such services?

How often do you use this type of service?

If you practice paid services, what prevents you from using them more often?

Young people who consciously practice elements of a healthy lifestyle have rational work, balanced nutrition,

optimal physical activity, personal motivation for health and a healthy lifestyle, and do not have bad habits. Young people who apply this set of criteria (conditions) in their daily life were selected to study the research goal. This choice of age is justified by the fact that young people are the engine of new ideas and views on the formation of a healthy lifestyle, on how the material infrastructure should function for a successful and active healthy life in a modern city. In this society, young people actively pay attention to the fashion for a healthy lifestyle, supporting this with family upbringing and already personally formed opinions, personal experience and the example of others. Trends in the development of modern youth indicate that more and younger people are thinking about their future, they have many plans, they want to take everything from life, be independent, and for this, respectively, it is necessary first to strengthen their health, improving their adaptation to the developing conditions of the city's material infrastructure.

All respondents (100%) showed their interest in the survey, were active and ready to reflect on the proposed topic, demonstrated their personal experience related to the research topic, and covered in some detail the significant questions of the proposed questionnaire, which allowed us to draw some conclusions.

RESULTS AND DISCUSSION

The study analyzed the views of young people and found that more than half (56%) of respondents considered health to be the greatest value in life, genetically laid down from birth. A healthy lifestyle for the majority of young people (89%) is a balanced proper diet, physical activity, and the absence of bad habits. Health and a healthy lifestyle is mainly (97%) understood as the most valuable thing in life, it is important to follow several basic rules, such as a balanced diet, exercise, and the absence of bad habits. Further, it is determined that the young people surveyed really considered their lifestyle healthy, 78% of informants from the respondents confidently said this. Young people believe that their lifestyle is healthy because they follow certain rules. 78% of young people do not have bad habits, do not smoke or drink alcohol. Young people are currently a positive example of a healthy lifestyle, and it is becoming important and fashionable for this group of people not to have bad habits. The younger generation really thinks about their future, and try not to create health problems with their own hands.

An integral part of a healthy lifestyle for respondents is mandatory maintenance of being fit (97%), active sports. The next structural component of a healthy lifestyle is a balanced, healthy diet. 72% of respondents also consider this an important reason to say that their lifestyle is healthy. Yet, it turned out to be quite important

to observe the daily routine, which means going to bed and getting up at the same time. However, only 37% of respondents mention this. One of the tasks was also to identify possible unhealthy habits in young people. Therefore, 78% of informants say that there are no unhealthy habits that harm the physical state of health. In addition, the remaining 22% say that they have a weakness for not very healthy food. The next task is to determine what influences the formation of a healthy lifestyle in young people, and what mainly motivates them to lead such a lifestyle. It can be noted that the study revealed that 47% of young people lead a healthy lifestyle from early childhood; this was influenced by the upbringing of the family. The remaining 53% identify different motivations for a healthy lifestyle. Thus, the younger generation eventually comes to lead a healthy lifestyle, this is influenced by the public opinion that it is fashionable to lead a healthy lifestyle and necessary for a long and happy future, and influenced by different life situations that eventually lead to a healthy lifestyle. It turns out that young people are not sufficiently informed in terms of promoting a healthy lifestyle. In this regard, it is necessary to involve public, scientific and other interested organizations, social groups and communities, socially oriented business structures, which in turn will contribute to the promotion of norms and standards of a healthy lifestyle as a basic life value. Only 23% of young people believe that in order to lead a healthy lifestyle, no conditions are required, and the main thing here is a person's personal desire.

To understand the situation in the city in terms of the development of material infrastructure, a survey was conducted on whether any changes are needed in the surrounding area (what needs to be built, rebuilt or eliminated) to promote a healthy lifestyle. Because of the survey, the following results were obtained: 78% of informants note that there are clearly not enough sports facilities in the city (ordinary playgrounds in courtyards with simulators, various centers, stadiums, swimming pools).

Some (56% of respondents) say that the city needs to address the issue of safe traffic for cyclists. As for the design of the surrounding space, the opinions of young people agree that it is necessary to continue landscaping, also green recreation areas (parks, courtyards, fountains), repair old sports facilities; only 12% are of the opinion that no changes should be made to the surrounding space. Therefore, another mandatory factor for people to lead a healthy lifestyle is the creation of optimally favorable conditions in the surrounding area for physical culture and sports, that is, sports facilities should be as accessible as possible, the city also needs an appropriate environmental situation, the availability of proper road transport support, and a developed modern urban infrastructure. It is necessary to identify how well young people think the population has developed opportunities for sports in conditions of free use. Almost

all young people (87% of the respondents) note the weak development of such facilities, or even talk about their complete absence. Only 13% of respondents rate free pay conditions and opportunities for physical education as poorly existing. In the conditions of accessible free use for the population, only sports grounds in courtyards are available, which are extremely lacking. It is very important to create conditions and opportunities for physical education and sports in conditions of free pay use by building new sports facilities, playgrounds, hockey boxes, stadiums, swimming pools. The main thing is the level of accessibility of such facilities; we need to develop them on a large scale in the city so that residents can use comfortably and conveniently such facilities to lead a healthy lifestyle. Young people who use paid sports and Wellness services believe that there are undoubtedly more opportunities for a healthy lifestyle (56%), but this is still not accessible to the elderly population. The opposite opinion (44%) was that the main condition is a person's personal desire, great willpower, and certain special features are not required. Specifying whether young people have personal experience in using paid services to lead a healthy lifestyle, it was found that 87% of informants answered this question in the affirmative. From the above-mentioned, we can conclude that after all, the services of fitness centers and gyms are more or less affordable for the younger generation. In addition, today, every resident of the city can choose how it will be more convenient for them to lead a healthy lifestyle, despite the financial situation and availability of such facilities. The final question was to identify possible institutions that promote or provoke unhealthy lifestyles. The majority of informants (97%) among such organizations mention all kinds of cafes and bars, night clubs, restaurants where the promotion of alcohol, hookah and tobacco Smoking is clearly expressed, as well as points where fast food is sold.

CONCLUSIONS

Preserving and strengthening the health of young people, encouraging them to lead a healthy lifestyle is possible because of motivation from both state structures and the surrounding environment. Motivation

is possible in compliance with the economic, environmental, legal, social, and organizational components. One of the main factors influencing the formation of a healthy lifestyle among the young population is the development of such infrastructure that would contribute to an active, harmonious lifestyle. Accordingly, it is necessary to raise the desire for a healthy lifestyle and the availability of such activities among young people to the appropriate level of respect among the population, so that it becomes accessible and attractive to young people and the population as a whole, which provides many opportunities for self-realization.

The experience of forming a healthy lifestyle as the basis for a high level of public and individual health provides for the development of conditions for such a lifestyle, which include timely control and monitoring of the environment's ecology, the quality of products consumed. Analyzing the phenomenon of health, we distinguish its types: physical health, which implies optimal development and functioning of systems and organs of the entire human body; mental health, which includes an adequate level of development of social and emotional intelligence, good development of cognitive processes, high level and quality of mental activity; moral health is defined as the acceptance of those moral principles that are socially acceptable at this historical stage in a particular society.

It can be concluded that the younger generation considers health and a healthy lifestyle an important part of life in modern society. At the present stage, more and more attention is paid to a healthy lifestyle, but the younger generation does not always have enough funds to maintain it. In General, the younger generation has a positive assessment of their health status and does not often go to medical institutions. Many either lead a fully active healthy lifestyle, from early childhood, or have come to this over time due to various circumstances. To lead a healthy lifestyle, first, it is enough to eat a balanced and proper diet, not to have bad habits and actively engage in physical activity. Young people understand that a healthy lifestyle needs to be promoted, and various events at the state and municipal levels should be created for this purpose.

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