

## ФОРМИРОВАНИЕ ЗДОРОВОГО ОБРАЗА ЖИЗНИ СТУДЕНЧЕСКОЙ МОЛОДЕЖИ

### FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS

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Многочисленные исследования и ретроспективный анализ показали, что существующая система и программы физической подготовки студентов не способствуют поддержанию гармонии их здоровья. Они требуют совершенствования, поиска решений оптимального воздействия всех форм, средств и методов с целью сохранения и укрепления здоровья студенческой молодежи.

*Ключевые слова:* здоровый образ жизни, студент, вуз, физическая подготовка, здоровье.

Numerous studies and retrospective analysis have shown that the existing system and programs of physical training of students are not conducive to maintaining the harmony of their health. They require improvement, finding solutions for the optimal impact of all forms, means and methods in order to preserve and strengthen the health of student youth.

*Keywords:* healthy lifestyle, student, university, physical training, health.

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The most tangible relationship between the lifestyle and health of a student of a modern university is expressed in the concept of "Healthy lifestyle". A healthy lifestyle of a student should be considered as a form of life activity that promotes health and its preservation. A healthy lifestyle of a student combines everything that contributes to the performance of professional, social and domestic functions by a person in optimal conditions for health and expresses the orientation of the individual towards the formation, preservation and strengthening of both individual and public health.

A healthy lifestyle of a student is an activity that is aimed at maintaining and improving his health. The lifestyle of a person and a family cannot develop independently depending on the circumstances, but is formed throughout life purposefully and constantly.

So, let's try to consider, or rather, evaluate, the factors of a positive impact on the health of the student and the negative factors that do not favor his health. If we characterize a healthy lifestyle of a student, then it identifies eight main positions that have the most beneficial effect (influence) on health. Each of the positions of a healthy lifestyle of a student is characterized by his psycho-physiological satisfaction, which positively affects the state of health of this individual.

The opposite position characterizes the student's unhealthy lifestyle associated with discomfort, the accumulation of negative emotions and factors that sooner or later will boomerang on the neuropsychological status as the first step in the onset of some symptoms of the body's disease.

The formation of a healthy lifestyle of a student is the main lever. Hippocrates considered human health to be a specific element of a healthy lifestyle, and Democritus considered the spiritual principle. The desire to achieve health at the expense of any one means is fundamentally wrong, since it does not cover the whole variety of interrelations of functional systems that form the student's body, and the connections of the person himself with nature - all that ultimately determines the harmony of his life and health. Based on these prerequisites, the structure of a healthy lifestyle according to E. N. Weiner (1998) should include the following factors: optimal motor mode, rational nutrition, rational mode of life, psychophysiological regulation, sexual culture, hardening, absence of bad habits and valeological education.

When a student transitions to a healthy lifestyle:

- his worldview changes, spiritual values become a priority, the meaning of life is acquired;
- Physiological and mental dependence on alcohol, tobacco, drugs disappears (good mood is formed by "hormones of joy" – endorphins, which are formed in the human body).

The student's path to a healthy lifestyle is marked by its own characteristics both in time and along the trajectory.

Motor activity (activity) of a student is a mandatory and determining factor that determines the unfolding of the structural and functional genetic program of a young person's body in the process of individual age development. This was well understood in Ancient India, China and other countries – even then, gymnastics, breathing exercises, and massage were widely used

in the life and education of people. Physical activity is a purposeful motor activity of a person, which is aimed at improving health, developing physical potential and achieving physical perfection for the effective realization of one's inclinations, taking into account personal motivation and social needs.

The central place in the culture of health and the formation of a healthy lifestyle is occupied by value-motivational attitudes, as well as knowledge, skills, skills for maintaining and promoting health, organizing a healthy lifestyle [4, p. 151].

According to *Treshcheva O. L.* the spiritual component of health determines its personal level, which is built in accordance with the main goals and values of life, characterized by the moral orientation of the student's personality, her mentality in relation to herself, nature and society. The physical component is characterized by the level of physical development, the degree of self-regulation of organs and systems, the presence of reserve capabilities of the body. The mental component is determined, in our opinion, by the level of development of mental processes, the degree of regulation of activity by the emotional-volitional sphere.

The social component is characterized by the degree of social adaptation of the student in society, the presence of prerequisites for comprehensive and long-term activity in society. This allocation of health components is somewhat conditional and allows, on the one hand, to show the multidimensionality of mutual influences of various manifestations of the functioning of the whole organism, on the other hand, to more fully characterize the various aspects of human life, aimed at organizing an individual lifestyle. At the same time, considering the relationship of various components of health, taking into account age characteristics, sensitive periods of biological and social development, it should be noted that at different age stages of human development, the degree of mutual influence of health components and the hierarchy of its levels may change. It is the consideration of these mutual influences, hereditary and environmental factors, individual characteristics of human development that should underlie education and the formation of a healthy lifestyle at the level of primary school education [5, p. 252].

The formation of a student's lifestyle, contributing to the strengthening of his health, is carried out at three levels:

- social: media propaganda, outreach;
- infrastructural: specific conditions in the main areas of life (availability of free time, material resources), preventive institutions, environmental control;

- personal: a system of human values, standardization of the way of life [3, p. 89].

To address issues related to the formation of an optimal individual mode of students' motor activity, it is important to move away from the problems of professional sports, which is a profession for a person that by no means forms his personal health.

It should be about the mass physical culture of student youth. It is very important to identify certain personal indicators depending on the level of health reserves that need to be stimulated or slowed down, on personal characteristics of the physical, constitutional status, syn- and catatoxic reactions, the level of training of cardiovascular responses, the level of training of cardiovascular, muscular, homeostatic structures. Depending on the individual characteristics, it is necessary to regulate the form of exercises, the places of exercises, the temperature regimes of training, taking into account the degree of psycho-emotional satisfaction and the mindset for physical training. We should talk about simple but accessible indicators by which you can measure and determine the correctness and incorrectness, sufficiency and redundancy of physical exercises, about the mass organization of physical, sports and game forms of development.

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