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**DYNAMICS OF THE  
DEVELOPMENT OF  
WORLD SCIENCE**



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# **DYNAMICS OF THE DEVELOPMENT OF WORLD SCIENCE**

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**Editor**

**Komarytsky M.L.**

*Ph.D. in Economics, Associate Professor*

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**e-mail:** [vancouver@sci-conf.com.ua](mailto:vancouver@sci-conf.com.ua)

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**FORMATION OF A CULTURE OF A HEALTHY LIFESTYLE IN THE  
PROCESS OF TRAINING FUTURE PROFESSIONALS AT THE PRESENT  
STAGE.**

**Sokolenko M. O.**

Assistant of interstitial medicine and infection diseases department  
HSEI Bukovinian state medical university  
Chernivtsi Ukraine

**Sokolenko L. S.**

Docent of medical and biological foundations of physical culture department  
Pavlo Tychyna Uman state pedagogical university  
Uman Ukraine

**Sokolenko A. A.**

Assistant of family medicine  
HSEI Bukovinian state medical university  
Chernivtsi Ukraine

**Andrushchak M. O.**

Assistant of interstitial medicine and infection diseases department  
HSEI Bukovinian state medical university  
Chernivtsi Ukraine

**Abstract.** Due to the needs of modern society, characterized by socio-political transformations, reforming the education system and other industries involved in the formation of an educated, educated, healthy young person. Young people must have the basics of knowledge in various subjects, be able to read, listen, tell, express their thoughts, have a high level of professional competence. On the basis of the acquired knowledge the world outlook which would promote the further independent, conscious self-development and self-improvement should be formed.

In addition, student youth must have a certain level of general culture, which effectively influences the formation of their personal traits. A component of the general culture of the individual is the culture of health, the culture of a healthy lifestyle. After all, only a healthy person is able to create spiritual and material values, generate new ideas and creatively implement them.

Addressing the realities of today shows that for a long time the main signs of life in Ukraine were economic instability, social tension, deteriorating environmental situation, which led to a reduction in life expectancy, an increase in the number of diseases. The latter indicator depends not only on the impact of various negative phenomena that occur in the environment, but also on the level of human culture in the field of healthy living. These issues are especially important for young people.

High dynamism and low predictability of the current reality give grounds for the separation of student youth as a carrier of human potential of tomorrow's Ukraine in a special social group. The combination of Ukrainian specifics with new generally civilized tendencies creates for young people, as insufficiently socially and psychologically protected, an increased threat of various risks, the main of which are related to health.

**Key words:** health, healthy lifestyle, health culture, healthy lifestyle culture, education, individuality, behavior.

**The aim of the work** is to study the problem of forming a culture of healthy lifestyle in students, which is due to today's many factors, namely: lack of awareness of society in general and young people in particular the high value of human health; deterioration of ecological conditions of human life caused by the global crisis, energy and food problems, unhygienic working and living conditions; providing health with a monetary equivalent; reduction of people's satisfaction with life, increase in crime, drug addiction, alcoholism, suicidal tendencies, uncontrollable pursuit of material benefits, the emergence of diseases inherent in certain social groups and groups; socio-psychological attitudes characteristic of Ukrainian society, among which priority is given to such as wealth and career.

In the scientific literature on health problems, this category is defined as the dynamic balance of the organism with the environment, when all inherent in the biological and social essence of man physical, spiritual and other abilities are most fully and harmoniously, all vital subsystems of the human body. function with the maximum possible intensity, and the general combination is maintained at the level optimum for preservation of integrity of an organism, its working capacity, and also fast adaptation to the natural and social environment which is constantly changing (V. Venediktov); complex, multidimensional socio-cultural phenomenon, which reflects the most significant biological, psychological, social and spiritual aspects of human existence in the world (O. Vasilieva, F. Filatov); functional state of the organism, which provides life expectancy, physical and mental performance, well-being and the function of reproduction of healthy offspring (B. Ilyin); dynamic state of the human body, characterized by high energy potential, optimal adaptive responses to environmental changes, which ensures harmonious physical, psycho-emotional and social development of the individual, his active longevity, full life, effective disease control (A. Tsarenko).

Many studies have shown that health has four interrelated aspects: physical (natural state of the body due to the normal functioning of its organs and systems), mental (the ability to maintain a state of mental balance, characterized by the absence of painful mental manifestations and provides adequate conditions reality regulation of behavior and activity), spiritual (ability to preserve and use spirituality, kindness, realize their moral potential; human harmony is not only external - with the world, in interpersonal relationships, but also internal) and social (satisfaction of the individual with their material well-being, nutrition , housing, social status in society, social policy) (M. Bacherikov, I. Bekh, I. Yermakov, O. Lazursky, V. Petlenko, M. Sudakov, O. Torokhova, E. Shcherbyna, etc.).

Lifestyle - a biosocial category that reflects the most general and typical ways of material and spiritual life of people in their unity with natural and social conditions, integrates the idea of a certain type of daily life and characterizes his work, life, form

of material and spiritual needs, rules of individual and social behavior (Yu. Lisitsyn, S. Omelchenko, I. Potashnyuk).

A healthy lifestyle is typical and essential for this socio-economic formation species, types, ways of human life, which strengthen the adaptive capabilities of his body, contribute to the full performance of their social functions and achieve active longevity (D. Izutin, A. Stepanov); the maximum number of biological and socially expedient ways of life, adequate to the needs and capabilities of man, which are consciously realized by him and provide the formation, maintenance and strengthening of health, the ability to procreate, achieve active longevity (V. Kolbanov); a set of behavioral factors (lifestyle) that contribute to maintaining and strengthening the health of the student, as well as successful education and personal and professional development provided satisfaction with their own situation (quality of life) and a favorable combination of external factors (level, lifestyle) (O. Carrier).

As a system of norms and values, culture influences the formation of ideals, goals and means of their implementation, manifested in the behavior of the individual. Regarding a healthy lifestyle, culture performs a normative-sanctioning function, ie worldview assimilation of cultural norms and values, provides self-determination and the fullest human understanding of the world through spiritual and practical attitude to the environment (A. Azarkhin, M. Bakhtin, T. Ivanova, etc.) In essence, the culture of a healthy lifestyle is a multifaceted concept. It covers ecological literacy, knowledge and rational use by the person of possibilities of the organism, skillful application of national methods of improvement; provides a fundamentally new approach to their health, aimed at preserving and strengthening it, awareness of the capabilities of your body; differentiated approach to innovative methods of rehabilitation and treatment of certain diseases; skillful use of valeological knowledge in professional and pedagogical activities, promotion of ideas of a healthy lifestyle and their observance in their own lives; demanding attitude to his body, the ability to self-management and self-correction, combined with creative, systematic thinking, a developed need for systematic health promotion (T. Boychenko, I. Brekhman, V. Gorashchuk, N. Novikova, G. Petukhova, etc.).



According to this definition, the culture of a healthy lifestyle integrates spiritual and physical, theoretical and practical content, the practice of interpersonal relationships, biological and psycho-emotional forms of human community.

Confirmation of the legitimacy of this opinion is found in the works of I. Brekhman, [1, p. 5-11] T. Boychenko [2, p.125], where it is noted that the culture of a healthy lifestyle does not involve the isolated development of psychophysiological qualities, and their holistic interaction with the spiritual self-improvement of the individual. Therefore, in the process of its formation, in addition to the traditional teaching of the basics of a healthy lifestyle, psychohygiene skills, must ensure the constant accumulation of knowledge about improving physical and physical health, the development of spiritual and moral values. In Gorashchuk's formulation, the culture of a healthy lifestyle appears as a unity of skill, humanistic values, knowledge and behavioral skills. It is expressed in the content of guidelines for health activities; in the system and depth of valeological knowledge, which is manifested in the mastery of health technologies; in the presence of a high level of spirituality, which allows to orient in the varieties of values and to form through the mechanisms of value orientations the perception of the world around; in the recovery of themselves and others [3, p.128- 136].

The fourth level - unconscious competence, ie there is access to the level of habit. When everything is done automatically. According to M. Smirnov, the culture of a healthy lifestyle is a field of knowledge about individual human health, the culture of maintaining and strengthening health. The researcher emphasizes the need to create appropriate conditions in educational institutions, the organization of education that would enrich students with healthy knowledge, skills and abilities. This can be achieved through valeologization of the educational environment and educational process, "cultivation" of health culture [4, p. 188].

Learning a culture of healthy living can take place on several levels. The first level is the level of unconscious competence. In this case, the person does not know how his body is organized, he has no idea how to maintain their health. The second level - conscious incompetence - a person has an idea of HLS, the problem of maintaining

health is the focus of his consciousness. The third level is conscious competence. When a person is interested in specific facts of a healthy lifestyle, such as optimal physical activity, nutrition, smoking cessation, compliance with which can greatly support his health [5].

These views are shared by I. Potashnyuk, arguing that the ascent of the individual to the culture of a healthy lifestyle includes the development of a single set of systematized knowledge, which covers philosophical and social, natural, psychological, pedagogical and methodological aspects related to valeology and "create prerequisites for conscious physical self-improvement, organization of a healthy lifestyle, strengthening of health, prolongation of creative longevity "[6, p.185].

### **Conclusions**

1. Thus, the culture of a healthy lifestyle implies the attitude to health as the most important social and personal value, which can be manifested at different levels of awareness:

2. emotional perception of health, lack of need to strengthen it, belief in the inability to manage health (low level);

3. awareness of the need for health only at the personal level, ignoring its social significance; unsystematic use of health-improving techniques (intermediate level);

4. attitude to health as a social value, the need to strengthen health, knowledge of ways to implement it, combined with health passivity (optimal level);

5. perception of the value of health at the level of belief; the need to improve health turns into a stable social attitude, conscious constant health activities (high level).

6. The current trends in the formation of a culture of healthy living in the process of training future professionals do not cover all aspects. Further study requires issues related to the formation of students' skills and abilities to cultivate a culture of healthy living in schoolchildren; study of foreign experience in organizing the formation of motivational and value orientations of students, their attitude to their own health. By the end of their studies, students should have formed a cult of health, healthy living and a culture of health as the basis of a happy human life.

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