

Interdisciplinary Approach to Health Lifestyle Model Development in Students

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Abstract—The article deals with the interdisciplinary approach to the development of models of healthy lifestyles. The results of the research on the state of health of students, health care motivations. The issues of active lifestyle to develop the value potential of health culture are analyzed. As a vector of health formation, the individual technology is suggested as a certain behavioral strategy whose development requires consolidation of efforts of specialists and critical understanding of information through the prism of adjacent sciences.

Keywords—interdisciplinary approach; values; health; program; student.

I. INTRODUCTION

The modern concept of health formation involves increasing individual activity of the population aimed at taking care of their health, physical improvement. The preservation of human health should be a criterion for effectiveness and integrity of social and economic projects. The priority value belongs to the value potential of health culture (1). From these positions, a healthy lifestyle is considered as an ideological, spiritual and moral, social, psychological and pedagogical category.

One of the paradoxical results of the rapid progress of information about human was division of the study on holistic biological processes between different scientific areas. As a result, we learned many fundamental laws of individual processes, but lost the ability to characterize the body as an integral system characterized by a high degree of perfection. In the age of rapid development of industrial technology, one cannot but admire the technology of life and its various manifestations (2).

From this perspective, new opportunities for preservation and improvement of health follow from the conceptual association of biological, social, economic and spiritual facets of the problem. The real human ability to retain and modify himself in accordance with needs and circumstances of the external environment, to strengthen the ability to live is

improving (3). The interests and needs of each person, as well as the society to educate a healthy, physically developed, spiritually rich young generation are driving forces of formation of health-improving culture. Education is a leading and defining factor of socialization of the person, main tool of cultural continuity of generations.

An interdisciplinary approach to learning and definition of the vector of social and professional education allows a person to find a system of professional values, to expand its spiritual needs and interests, socially valuable motives, to enrich the emotional sphere, moral and aesthetic feelings. At the present stage, the social importance of physical culture and sports in the educational space of higher education has increased significantly (4). Higher education contributes to formation of a fully developed personality, health promotion, intellectual growth, assertion of humanistic and moral values, healthy and sports lifestyle. A healthy appearance should become an integral element of the image of a modern business person, a qualitative characteristic of professionals. The priority is formation of physical culture of the individual, conscious need to comply with a healthy lifestyle in the real model of behavior (5). The relevance of the problem of healthy lifestyle formation is due to the specifics of students as a socio-professional group, peculiarities of their role in society. Reduction of health resources and vital activity of young people is largely associated with modern socio-economic and environmental conditions. Meanwhile, the continuing trend of reducing the biological potential of the younger generation reduces the degree of social adaptation of young people to educational activities (6). It is of interest to study features of formation of models of healthy lifestyles in close relationship with objective conditions and social practices.

The purpose of this work is to study the problem of implementation of health-saving technologies for university students using the inter-disciplinary approach.

II. METHODS

The following methods were used: analysis of literary sources, sociological survey, analysis of the results of pedagogical observations.

III. RESULTS

A comprehensive study of the problem of implementation of health-saving technologies in the educational environment of the special educational department requires consolidation of the efforts of various specialists to develop models of healthy lifestyles. Medical examination of first-year students (n=1230) and analysis of their morbidity showed that only 32% of students were healthy. The most common pathologies were diseases and disorders of the musculoskeletal system (41.3%), visual organs (31.7%), cardiovascular pathology (27.4 %), scoliosis, flat feet, myopia, neurocirculatory dystonia, chronic gastritis.

The identified problems require development of adequate health measures. Taking into account the structure of the revealed diseases, we have developed themes and plans of medical physical culture classes for students. Exercises were selected on the basis of literature analysis and personal pedagogical experience. Teachers were employees of the Department of physical education and sports who have specialized in this direction. These physical exercises have a pronounced health-improving orientation. Students also performed abstract tasks aimed at obtaining knowledge of the theoretical foundations of medical physical culture. Being engaged independently, they acquired skills and abilities to perform exercises, use methods of health improvement. To preserve the health potential of students, it is important to organize personality-oriented learning and develop skills of practical application of knowledge in everyday life.

Due to poor health of students, it is necessary to study the qualitative structure of socio-biological and environmental relations when implementing pedagogical technologies.

Environmental intoxication is aggravated by a number of other behavioral factors: Hypo-Kinesis, poor nutrition, bad habits, systematic stress. Any system has a certain margin of safety and cannot work effectively which leads to disruption of adaptation, normal course of physiological processes. A healthy lifestyle can help reduce the degree of toxic load on the body caused by unfavorable environmental conditions. Students master walking, jogging, swimming, skiing, and Nordic walking techniques. They contribute to the improvement of microcirculation processes, increase the lymph flow, eliminate toxic substances. Promotion of a healthy lifestyle, fight against bad habits, rational nutrition, tempering procedures, education of emotional balance improve the body and increase the resistance to damaging environmental factors.

BSTU n.a. V. G. Shukhov pays serious attention to conditions for improvement of students' health. The scope of issues covering implementation of the health-forming program includes strengthening of the material and sports base, personnel policy, improvement of forms of physical culture and sports, development of skills of students-athletes. The

purpose of this program is to solve problems of physical education and health improvement aimed at physical and spiritual improvement, formation of conscious needs for physical culture and sports (7).

The staff of the department of physical education and sports aims to improve the health of students. The following forms of physical-health activities are used in BSTU: general physical training, special physical training, sports clubs (athletic gymnastics, shaping, track and field athletics, table tennis, boxing, kickboxing, cross-country skiing, swimming, water polo, etc.), health groups. The main form of physical education is a practical class. These problems are also solved by means of programs based on cyclic sports and power aerobics, taking into account climatic conditions (8).

The willingness of students to implement their potential is very important. They should be ready to work, make efforts, spend their free time rationally.

The department of physical education and sports of BSTU conducted a research aimed at identifying interests and needs of students. Most students (69%) believe that regular physical education is important for their health. 27.2% of students regularly do sport, 58.4% - sometimes do sport and 13.4% of students do not do sport. Only 18.3% consider their behavior health caring. When assessing the potential of employment in the development of general culture of the individual, only 37.1% indicated the possibility of increasing the level of culture of sports, 38.6% expressed doubt and 24.3% believed that it does not have a significant impact. Therefore, modern approaches to promotion of physical culture and sports activities among young people are of great importance for formation of values and life priorities for a healthy lifestyle among students.

Conscious orientation to health-saving behavior in different situations is a basic component of the general human culture. One of the important steps in this direction may be introduction of a new integral-differentiated model of training using physical recreation. This activity satisfies the needs of students for motor activity, creates prerequisites for the normal functioning of their body. Development of these needs is one of the main tasks of physical recreation. The health-centric approach to the life activity is characterized by prognostic approaches which form a self-preserving human behavior.

According to the results of the survey, health occupies a leading place in the hierarchy of values of students: for 65.4% of respondents, it is more important than career and material prosperity. Young people are well aware that human health is a factor of professional selection and professional suitability under the market economy. Students believe that the current model of behavior does not change anything in their lives. Youth is often a period of entry into the path of waste of health resources. During the period of self-assertion, entering into adulthood, students often find themselves in a risky situation, especially in terms of preserving health resources. This is due to a number of objective factors and behavioral stereotypes.

One of the most important tasks of physical education of students is scientific justification of means and methods of

physical culture, studies on interests and needs for independent health classes aimed at improving the level of physical development, physical fitness and functional capabilities of the body. High requirements to the state of health reinforce the importance of physical culture as a health-improving factor, especially for those young people who, due to their diseases, cannot use opportunities of the conventional system of physical education. In this context, development of physical culture taking into account individual abilities and motivation is a key factor.

One of the factors reducing sports activity is overassessment of health and physical development. In particular, only 4% of students rated their health as poor, 7.1% - as satisfactory, 66.4% consider it good and 22.5% answered that they have excellent health. This subjective assessment does not correspond to objective indicators, because additional questions identified serious health problems. So, about 80% fall ill every year, 57% were ill during the year, 32% were ill during two weeks or even one month, and 11% were ill during more than one month.

Overestimation of the state of health and physical development is due to many reasons (including psychological ones). First of all, it is necessary to take into account that many students have superficial knowledge about their body, physical parameters. So, only 70% of respondents know their height and weight, 42% of students know their pulse, 21% of students know their blood pressure. Therefore, formation of healthy life style values, teaching of self-diagnosis, self-correction of individual reserve capabilities of the body are of great importance.

Most students who took part in the survey doubt the possibility of using physical education and sports to change the state of their health. Such views are based primarily on the erroneous but widespread belief that human health depends on genetic, environmental and others factors. For example, 26% of students believe that alcohol is the most harmful and dangerous factor for human health; the most dangerous factor for 22% of students is smoking, for 17% - environmental pollution, for 20% - poor nutrition and only for 15% - a lack of physical activities.

IV. DISCUSSION

However, in addition to the direct relationship between the student's lifestyle and physical health, there is also an indirect one. Of course, the stable emotional sphere reduces the likelihood of diseases (9).

This causal relationship is revealed by such indicators as student's passion, personal qualities (willpower, morality, self-esteem, sense of duty, respect for themselves and others, etc.), life goals and priorities. Health can be defined as a state of optimal performance of a person in terms of effective use of roles and tasks corresponding to the social status.

If a young person is prepared, educated and taught, he can be a Creator of his health and reliable guardian.

The Department of physical education and sports conducts researches on formation of a healthy lifestyle. One of the best

ways to preserve and improve health is to develop the ability to create and constantly implement an individual recovery program. Many young people want to improve their health. But instead of the step-by-step technology, they use one or two methods. For sustainable health, it is important to balance all components of a particular lifestyle, taking into account the unity of principles of functional organization (10).

When developing an individual recovery technology, it is necessary to remember that human is a particle of nature and his life activity is determined by universal laws. A personality-oriented approach should be used. It is necessary to rely on scientific achievements, human and personal experience, logical thinking, common sense. A rational approach involves a combination of individual experience and rich heritage of different generations, optimal evidence obtained through systematic research in various fields. By analyzing thoughts and actions, comparing them with standards, a person builds his line of behavior in accordance with life guidelines.

A rationally organized healthy life style helps carry out plans, solve problems, overcome difficulties. Issues of youth health should be considered in the context of general socio-cultural problems. Therefore, awareness of the need for physical perfection can be contrasted with deviant beliefs only under personal significance in the system of philosophy of life.

Education is important for preserving health and implementing obtained knowledge. The field of self-realization and labor activity should coincide. Statistical and comparative analysis of employment indicators of graduates can be useful in making management decisions (11), including in the field of social management of the educational process through the paradigm of health improvement.

Thus, the main task of the approach under consideration is to create conditions for successful development of the model of health improvement. Educational orientation in physical culture is to enrich students with knowledge of techniques contributing to treating health as a value (12). Health-forming environment is important for worldview development in young people. Studies have shown the need to modernize modern approaches to formation of value attitudes to a healthy lifestyle in young people. One of the main tasks is to increase the level of education of students in the field of health improvement using an interdisciplinary approach.

V. CONCLUSION

1. Health-improving programs should encourage students to use physical, mental and spiritual capabilities associated with formation of general culture.

2. Development of individual health caring technology requires consolidation of efforts of specialists and critical understanding of information through the prism of related sciences.

3. Formation of behavioral stereotypes is a core of the social ideology in formation of a healthy lifestyle.

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