

HEALTH AND HEALTHY LIFESTYLE: VIEWS, THOUGHTS, RELEVANCE OF RESEARCH TOPIC

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Abstract

The leading condition for reforming the modern domestic education system is the question of strengthening the health of the younger generation, the formation of a healthy lifestyle of students, and the education of the health culture in young people, as the tendency to deteriorate the health of Ukrainian children and young people becomes a national scale problem. The urgency of the above-mentioned provisions is confirmed by the regulatory framework for the educational sector in Ukraine. It is advisable to grasp the views and opinions of ancient philosophers and educators on the concept of health, their philosophy of human health in order to actualize rational ideas and their involvement in solving contemporary problems in the context of the concept of recovery of modern society. The term «health» does not mean just the absence of a disease. Only a person who has achieved self-awareness and self-realization, that is, internal harmony, is considered to be healthy. *The purpose* is to determine the scientific concepts of the concept of health, its constituent parts. *Methods of research* – analysis and generalization of literary sources, system-structural analysis. *Results of Work.* The main idea of many works of philosophers, wise men of antiquity - each person is responsible for his own order or chaos in her soul, she creates well-being, well-being, health. The ancient Greek and Roman philosopher first raised the question of the personal responsibility of man for both his own health and the health of others. *Conclusions.* A person who differs harmonious physical and mental development, well adapted to the surrounding physical and social environment can be considered healthy. She fully realizes her physical and mental abilities, can adapt to changes in the environment when they do not go beyond the norm, and contributes to the welfare of the society, in proportion to its abilities.

Key words: well-being, harmonious life, happiness, joy, mood.

Петро Савчук, Ігор Бакіко, Володимир Ковальчук, Сергій Савчук. Здоров'я та здоровий спосіб життя людини: погляди, думки, висновки. Актуальність. Провідною умовою реформування сучасної вітчизняної системи освіти є питання зміцнення здоров'я підростаючого покоління, формування здорового способу життя учнів, виховання культури здоров'я в молоді, адже тенденція до погіршення здоров'я українських дітей та учнівської молоді набуває масштабу загальнонаціональної проблеми. Актуальність вищезазначених положень підтверджено нормативно-правовою базою щодо освітньої галузі в Україні. Доцільно осягнути погляди та думки стародавніх філософів і педагогів щодо поняття здоров'я, їхню філософію здоров'я людини задля актуалізації раціональних ідей та їх залучення до розв'язання сучасних проблем у контексті концепції оздоровлення сучасного суспільства. Термін «здоров'я» не означає лише відсутність хвороби. Здоровою вважається людина, яка досягла самоусвідомлення й самореалізації, тобто внутрішньої гармонії. *Мета статті* – визначити наукові уявлення про поняття здоров'я, його складові частини. *Методи дослідження* – аналіз та узагальнення літературних джерел, системно-структурний аналіз. *Результати роботи.* Головна ідея численних робіт філософів, мудреців античності – кожна людина відповідає за власний порядок або хаос у її душі, сама створює добробут, благополуччя, здоров'я. Давньогрецькі та давньоримські філософи вперше порушили питання про особистісну відповідальність людини як за власне здоров'я, так і за здоров'я інших. *Висновки.* Здоровою може вважатися людина, яка відрізняється гармонійним фізичним і розумовим розвитком, добре адаптована до навколишнього фізичного й соціального середовища. Вона цілком реалізує свої фізичні та розумові здібності, може пристосовуватися до змін у навколишньому середовищі, коли вони не виходять за межі норми, і робить свій внесок, співрозмірний з її здібностями, у добробут суспільства.

Ключові слова: благополуччя, гармонійне життя, щастя, радість, настрої.

Петр Савчук, Игорь Бакико, Владимир Ковальчук, Сергей Савчук. Здоровье и здоровый образ жизни человека: взгляды, мысли, выводы. Актуальность. Ведущим условием реформирования современной отечественной системы образования является вопрос укрепления здоровья подрастающего поколения, формирования здорового образа жизни учащихся, воспитание культуры здоровья у молодежи, ведь тенденция к ухудшению здоровья украинских детей и учащейся молодежи приобретает масштаб

общенациональной проблемы. Актуальность вышеупомянутых положений подтверждается нормативно-правовой базой по образованию в Украине. Целесообразно понять взгляды и мысли древних философов и педагогов относительно понятия здоровья, их философию здоровья человека с целью актуализации рациональных идей и их привлечения к решению современных проблем в контексте концепции оздоровления современного общества. Термин «здоровье» не означает только отсутствие болезни. Здоровой считается только человек, достигший самосознания и самореализации, то есть внутренней гармонии. **Цель статьи** – определить научные представления о понятии здоровья, его составных частей. **Методы исследования** – анализ и обобщение литературных источников, системно-структурный анализ. **Результаты работы.** Главная идея многочисленных работ философов, мудрецов античности – каждый человек отвечает за свой порядок или хаос в ее душе, сама создает благополучие, здоровье. Древнегреческие и древнеримские философы впервые поставили вопрос о личной ответственности человека как за собственное здоровье, так и за здоровье других. **Выводы.** Здоровым может считаться человек, который отличается гармоничным физическим и умственным развитием, хорошо адаптирован к окружающей физическому и социальной среде. Он вполне реализует свои физические и умственные способности, может приспосабливаться к изменениям в окружающей среде, когда они не выходят за пределы нормы, и вносит свой вклад, соразмерный с его способностями, в благосостояние общества.

Ключевые слова: благополучие, гармоничную жизнь, счастье, радость, настроение.

Introduction. Often, one can hear the statement “Healthy Children Healthy Nation” and this is true. The future of our country is in the hands of children. Currently, the priority of health, moral and spiritual upbringing is unconditional. The data about the state of health of the younger generation is alarming, therefore, each year, its value grows.

The analysis of state documents shows that one of the priority tasks of the educational system of Ukraine is the upbringing of the child with a responsible attitude to their own health and health of others as the highest individual and social value. Formation of a physically perfect, socially active person has always been the main task of family and school. The need to revitalize the process of formation and establishment of a healthy lifestyle culture is actualizing the positive experience of ancient thinkers regarding the theoretical substantiation of the concept of “health” and “healthy lifestyle”, which determines the need for a study of the philosophical and historical literature of the past in the field of health among children and young people.

Health is an essential condition for a productive, active, creative life of a person. Violations in this area can lead to changes in professional and personal life, affect lifestyle and even endanger the integrity of the individual.

Prominent scholars, in particular V.P. Gorashchuk, S. O. Omelchenko, L. P. Sushchenko, V. I. Shakhnenko, studied the specifics of comprehension of a healthy lifestyle in ancient times. Relying on the experience of thinkers of antiquity, scientifically substantiated the theoretical positions regarding the problem of health formation in the modern world.

After the analysis of the scientific works of these researchers, we came to the conclusion that the question of the formation of a spiritually healthy and physically perfect personality of the child, and at the same time the problem of health promotion and healthy lifestyle of children, are very relevant and require careful and thorough study. The above mentioned determined the choice of the theme of the scientific article: “Human health and healthy lifestyle: views, thoughts, conclusions.”

The purpose is to analyze the ancient theories of the concept of “health”, and its constituent parts.

Objectives:

1. To analyze the essence of the concept of “health”.
2. To study approaches, thoughts, views of prominent philosophers, psychologists, and teachers on the explanation of the concept of “health”.

Materials and methods of research: analysis and generalization of literary sources, systemic and structural analysis.

The results of the research. In modern science there are several approaches to the issue of health: normocentric, phenomenological, holistic, discursive, integrative, and others. The concept of health is seen as the interaction, interdependence of certain aspects of life: physical, intellectual, emotional, social, moral, personal; the level of full physical, mental, social health and well-being of a person; as a need and time requirement; the condition and basis of harmonious life and happiness; human activity in the direction of the individual and public health strengthening.

Social health is reflected through the following characteristics: adequate perception of social reality, outside world interest, adaptation to the physical and social spheres, focus on socially useful work; altruism, empathy, responsibility, democratic behavior.

Physical health is one of the important components in the human health structure. It is due to the properties of the organism as a biological system that has the ability to preserve individual existence through self-organization. The manifestations of self-organization include: the ability to self-regulation, self-recovery.

Factors of physical health are: the level of physical development, physical training, the readiness of the body to perform physical activity, the ability to mobilize adaptive reserves of the body.

According to A. Maslow, under the psychological health of a person we understand the tendency to self-actualization. To do this, you need the following two conditions: correct self-perception and the pursuit of humanistic values [5].

Mental health of a person is a state of mental well-being, characterized by the absence of painful mental manifestations which provides adequate regulation of behavior and activities according to the real-life conditions. This contains not only psychological and medical aspects, but also social norms, values that regulate the spiritual life of person. The main criteria for mental health are: the conformity of subjective images and the nature of reactions to external stimuli, the significance of life events; age-appropriate level of maturity of the personal, emotional-volitional, cognitive spheres; adaptability in micro social relations; ability to self-control, intelligent planning of life goals and activity maintenance during their achievement [12].

Some researchers distinguish the following criteria for psychological health: adequate self-perception; the ability to focus; storing information in memory; critical thinking; the ability to logical thinking; creativity; mind discipline [10].

The majority of the personality theories study the components of psychological well-being. For example, Sigmund Freud believed that a mature person has the ability to work productively and maintain satisfactory interpersonal relationships. The ability to work, in its turn, requires the ability to set goals for themselves in the long run, reach them, and control anxiety in such a way that it does not negatively affect the behavior. Social relations imply the ability to perceive a diverse range of emotions, feelings in the process of communication without feeling of being threatened [13].

Greek philosophers defined spiritual health as a person's characteristic, the ability of the individual to solve complicated issues, while maintaining the optimal emotional background, adequate behavior. Under the term "spiritual health", they understood the ideal and normal state of the individual's psyche, which gave rise to the basis for identifying the concept of mental and spiritual health.

One of the earliest definitions of health, which was formed in ancient times, belongs to Alkmeon (beg. V century BC). The philosopher defined health as a harmony or a balance of opposing forces [16]. Alkmeon noted that during illness the balance of elements in the human body is disturbed. An ancient representation of health in general is based on the idea of an optimal ratio of components of the bodily and spiritual essence of a person, which create an orderly internal unity.

A well-known philosopher, Ancient Greece's wise man, Plato also formulated the definition of health as a balance. According to Plato, health is expressed in the proportional relation between the spiritual and the physical [9].

In the dialogues of Plato, which tell the story of the condemnation and death of Socrates, the image of a man who has attained the highest level of inner harmony is depicted. What qualities help Socrates to maintain mental balance and adequate behavior in difficult times? Confidence in his duty, tenacity, awareness of his life-purpose.

In his writings, Aristotle reflects on the structure of the soul, happiness, virtues. The philosopher does not investigate mental torment, but in the tips on how to achieve happiness, you can find recommendations for avoiding mental suffering. Aristotle argues that the highest form of wisdom of a virtuous person is contemplation. When a person is unhappy, friends and family can support them. Thus, they take part of the misfortune to themselves. Therefore, "... true men by their nature beware of the compassion towards themselves" [1].

According to Aristotle, the suffering of a person ends when they realize their inevitability. This process of purifying from suffering is called catharsis.

The founder of the Epicurean school, the philosopher Epicurus, addressed various topics in his writings, noting that the main purpose of reasoning, that is, philosophy, is to find mental health. Condition, which people must seek, is the state of mind the philosopher called ataraxia (from the Greek ataraxia - the absence of excitement). If a person has reached the health of the soul, then, according to Epicurus, they were freed from fears of death and gods.

According to Seneca, only a wise man can possess true spiritual health: “The wise man is full of joy, cheerful and unshaken serene ...”. The philosopher claims that such a state is characteristic of a person who appreciates what he has and does not want more. Seneca draws attention to the fact that mental suffering may not be perceived by a person.

The scientist, philosopher, mystic Pythagoras thought over the harmony he saw in musical sounds, the ratios of numbers and the human soul, so his ideas also relate to mental health. Harmony of the universe arises due to the interaction of opposite, hostile forces (for example, the world is darkness, movement - calmness, good - bad, male - female, etc.). Human is a part of the universe, so the human soul is tuned to the highest order inherent in the universe. In order to be in harmony with the cosmic order, one must adhere to the measure of thoughts, feelings and actions, to form values, to show restraint, respect for the scholars of the past [7].

Democritus described mental health in its subjective form, offered the term euthumia - it means “good state of the Spirit”. This is a state in which the soul is at rest and in balance [6].

“Father of Medicine” Hippocrates suggested so-called humoral theory. Health, according to this theory, is “the correct combination of juices (or humor) of the human body” [4]. Hippocrates believed that all diseases arose precisely because of the disorderly combination of four main elements (blood, phlegm, yellow and black bile). The Hippocratic Humor Theory is a purely medical theory. Analyzing ancient theories, we can conclude that the observance of health was to be moderate in everything, to adhere to the “golden middle”, any bodily or emotional excitement brings to man only harm.

Thus, the main idea of many works of philosophers, wise men of antiquity - each person is responsible for his own order or chaos in her soul, she creates well-being and health. The ancient Greek and Roman philosophers first raised the issue of personal responsibility of a human being for his own health, and for the health of others.

According to the views of Spinoza, freedom is identical to the bliss of the soul. A person must develop the mind. Although at the same time the mind is able to tame emotions, but has no infinite power. Through the knowledge of the nature of affections, each person has the opportunity to suffer less and even to achieve absolute freedom.

In the work “Philosophy of the Spirit” George Wilhelm Friedrich Hegel spoke about the development of a human being as an individual, about his inner experiences that accompany this process. Hegel shares such concepts as spirit, soul and body. The soul of man, according to Hegel, is a spirit burdened by the bodily principle of each individual. The body and soul associated with it can feel joy and suffering. Spirit, by contrast, is free. “The essence of the spirit ... is free ... The spirit has the power to persist in contradiction, and consequently, in suffering, rising both over evil and over the disease” [3]. The philosopher asserts that the spirit and mind are identical, notes that the important work of the human mind is to make the body comfortable and obedient to the soul, that is, to master its physical existence. The habit, which is a manifestation of the evolving Spirit, comes to the aid, that is, the habit is growing with the character that becomes its inalienable share.

The German philosopher Friederich Nietzsche, unlike the ancient authors, understood mental health as a sign of strength, vivacity, and life satisfaction. He categorically disagreed with the fact that passions destroy the inner world of man. The desire to avoid detecting feelings, to control them with the help of reason, in his opinion, is a sign of illness and weakness [8; 14].

Health for a long time was considered only as an object of medical science. Recently (the end of XX century – the beginning of the XXI century.) Psychologists are trying to form an independent approach to the problems of health, illness, etc. So, in 1978, in the US a department of Psychology was created by American Psychological Association. It is clear that with the development of the psychology of health as a branch of psychological science there were several definitions of the term “psychology of health”.

The author of the epigenetic theory of personality, Eric Erickson, noted that the origins of personal health are in the basic preconditions for cognitive and social development of the child. According to Erickson, the human life cycle consists of eight stages. Each subsequent stage covers a large branch of social

functions and interpersonal relationships. Passing each stage, the individual acquires a higher level of psychological maturity, as well as a more integral identity. In his theory, Erickson emphasizes the importance of sociocultural and interpersonal mechanisms that determine individual development.

The interest in health issues is logical for our society. The expression of caring for health is observed in folk culture, features of the ethnic group. The monuments of national medicine and pedagogy include "Teaching" (XI century.), "Domostroy" (XV – XVII centuries) by Volodymyr Monomakh and others like that.

Mykhailo Lomonosov first drew attention to the importance of health care at the state level. In the Regulations of the Moscow and academic high schools, the scientist outlined the views on the organization of the right regime and nutrition, the schedule of classes, as well as the medical care of students.

Already in the middle of the XIX century, the health of students included propaganda of a healthy lifestyle, the need for knowledge about health and a healthy person. The most famous representatives of science and practice of the second half of the XIX century - N. Bok, S. P. Botkin, Sh. Otto, I. M. Sechenov, M. I. Pyrogov, F. Scholz began to pay more attention to the aspects of a healthy lifestyle and influence on the human organism of environmental factors, natural power, space [10].

In the national psychology a major contribution to the development of issues of psychology of health was made by academician V. M. Bekhterev. In his speeches and publications, he argued that the struggle for individual freedom is simultaneously a struggle for its health and normal development. In the report "The person and conditions of its development and health", the scientist noted that the person affects both heredity and education. A person, even with favorable heredity and living conditions, may be unhealthy due to the negative influence of education, the educational conditions in which she/he was in early childhood [2].

Currently, health is seen as an independent phenomenon, which requires deep, objective research and the creation of a modern concept. There was a need to create a healthy personality model for the study of the features of both healthy and pathological psyche.

To the theme of harmonious development of society and nature appealed in his writings M.A. Berdyaev. He noted that harmony in nature and in society is an objective law of motion and development of a common substance. But this balance is constantly broken. Therefore, the education of a sense of harmony, the desire to preserve universal values, the relationship of morality and politics - very important tasks of spiritual development of the individual.

Authors of the concept of "cosmoplanetary phenomenon of human" V.P. Kaznacheyev and E.A. Storin suggested differentiating the health of the population from the health of an individual. In their opinion, "the individual's health is a dynamic process of preserving and developing its socio-natural functions, social and labor, socio-cultural and creative activity at the maximum life cycle". "This development involves the improvement of psychophysiological, socio-cultural and creative capabilities of people" [11]. That is, the main criterion of health is human productivity, participation in global processes, and not a single individual, but entire populations for many generations.

With the notion of "health", the concept of "lifestyle" is closely related and often used. Though in the first half of the XX century there have already been researches devoted to this topic; it is believed that the fashion for a healthy lifestyle was launched in the United States in the 70's of the XX century. This is one of the most important categories that includes an idea of any kind or type of human activity. This category is characterized by the peculiarities of everyday life of a person, which includes work activity, leisure activities, peculiarities of life, satisfaction both material and spiritual needs, participation in the life of society, norms and rules of conduct. Researchers outline the main factors that determine the way of life of a person: the level of general culture and education; material conditions of life; sexual, age and constitutional features of a person; health status; ecology; features of the profession and work activity; peculiarities of family relationships and family upbringing; human skills; the possibility of satisfaction of biological and social needs [10].

Lifestyle includes three categories: living standards, quality of life and lifestyle.

Living standards is an economic category. It is expressed by the level of satisfaction of material, cultural and spiritual needs.

The quality of life is a sociological category that characterizes comfort and satisfaction of human needs.

Lifestyle is the socio-psychological category. These are standard forms of behavior to which psychology and psychophysiology of the individual are subject.

The concept of “healthy lifestyle” integrates the relationship of lifestyle and human health, combining all the conditions, personal qualities, and processes, that is, everything that helps the normal functioning of the person in the professional, social, everyday spheres. It also expresses the attitude of the person, its guidelines for the development and improvement of individual and public health. Health should be the first human need, but satisfying this need is complex, determined in nature and not always conducive to achieve the desired result.

A healthy lifestyle is connected with the personality-motivational sphere of the person, social, physical abilities and skills. It is very important to maintain health at the optimum level, not only avoiding risk factors (fighting alcoholism, smoking, drug addiction, and eating malnutrition), but also developing trends that contribute to a healthy lifestyle.

Thus, a healthy lifestyle involves: the pursuit of physical perfection; achievement of mental harmony in life; providing a good nutrition; avoidance of destructive behavior, observance of rules of personal hygiene; purification of the organism, its quenching. In order to raise the level of health of the younger generation, it is necessary to create a system of vacant space, in which all social institutions of our society will be united by a single idea, joint efforts aimed at fulfilling the state order regarding the formation and upbringing of a healthy generation.

For now, it is required the development of individual health improvement programs, various educational and health services, effective forms and methods of interaction of all social institutions for conducting psycho-developmental, correctional, rehabilitation and rehabilitation classes, trainings that affect the formation and development of personality, state of health and way of life of schoolchildren.

Discussion. Health is the most important value for everyone. Many proverbs and folk wisdom are said in his honor. It is for a reason, because anything is possible for a healthy person. And only after getting sick, we begin to appreciate a good state of health, lack of pain and malaise, vigor and cheerfulness. We also confirm the view of prof. Nikiforova G. S. about the main factors that determine the way of human life. The obtained data supplement the data of various authors [11; 15; 17] on the formation of a healthy lifestyle and the essence of the concept of human “health”.

Conclusions and further research prospects:

1. A healthy person can be considered to be one, who is characterized by harmonious physical and mental development, well adapted to the physical and social environment. They fully realize physical and mental abilities, can adapt to changes in the environment when they are beyond the norm, and contributes to the welfare of society, in proportion to its abilities.

2. Analyzing ancient theories, we can conclude that the observance of health was to be moderate in everything, to adhere to the “golden middle”, any bodily or emotional excitement brings to man only harm. Consequently, the main idea of many pieces of work of philosophers, wise men of antiquity is that each person is responsible for its own order or chaos in soul, everybody creates well-being, prosperity, and health by themselves. The ancient Greek and Roman philosophers were the first who raised the issue of personal responsibility of human for its own health, and for the health of others.

Prospects for further research are to highlight the views and opinions of philosophers, psychologists and medieval educators on the concept of human health and healthy lifestyle.

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