

FORMING HEALTH CULTURE AS A PART OF YOUTH EDUCATIONIhor Sukhenko¹¹Volodymyr Dahl East Ukrainian National University, Sievierodonetsk, Ukraine, fv.suhenco@gmail.com<https://doi.org/10.29038/2220-7481-2019-01-29-36>**Abstracts**

Igor Sukhenko. Topicality. The formation of a health culture is a topic that requires a comprehensive in-depth study, in which scientists from many fields of science should take part. The health of the nation directly affects the working capacity and productivity of labor, the country's economy, the moral climate in society, the education of the younger generation, reflects the image and quality of life. **The purpose of the research** is to identify the conditions and factors, which are necessary for a health culture formation of younger generation. **Research methods** – analysis of sources, system-structural analysis. **The Results of the Study.** An important preventive factor in strengthening human health is a healthy lifestyle. It is argued that the formation of a culture of health for the younger generation should be a priority area in public policy. The practical side of providing health is the creation of the necessary economic, social and spiritual conditions. Health as a cognitive problem arises in connection with the need to bring into line previous preconceptions about human health with the current level of science and practice (i.e. on the new methodological, theoretical and empirical levels). In our opinion, the culture of personal health is a comprehensive program that functions on the basis of obtaining and understanding knowledge about health, with the aim of improving the functioning of vital functions and the state of human organs, continuing its physical and creative longevity. The harmony of physical development, as a combination of morphological and functional characteristics, is one of the most important indicators of human health. **Conclusions.** The factors affecting the formation of a culture of youth health, namely: the environment, ecology and personality are considered. It is argued that the following forms contribute to the process of shaping a culture of youth health: the availability of a theoretical basis, a practical component, including illustrative example, self-improvement motivation, heredity and ecology. Present its own views of the forms and factors of forming a culture of health of young people.

Key words: physical education, valeology, healthy lifestyle, environment, life safety.

Ігор Сухенко. Формування культури здоров'я – необхідний компонент виховання молоді. Актуальність. Формування культури здоров'я – це тематика, що потребує комплексного глибокого дослідження, у якому повинні брати участь науковці з багатьох галузей науки. Здоров'я нації безпосередньо впливає на працездатність і продуктивність праці, економіку країни, моральний клімат у суспільстві, виховання молодого покоління, відображає образ і якість життя. **Мета дослідження** – виявити умови та фактори, необхідні для формування культури здоров'я підростаючого покоління. **Методи дослідження** – аналіз й узагальнення літературних джерел, системно-структурний аналіз. **Результати роботи.** Важливим профілактичним фактором у зміцненні здоров'я людини є здоровий спосіб життя. Стверджується, що формування культури здоров'я підростаючого покоління повинно бути пріоритетним напрямом у державній політиці. Практичною стороною забезпечення здоров'я є створення необхідних економічних, соціальних і духовних умов. Здоров'я як пізнавальна проблема постає у зв'язку з потребою привести у відповідність сформовані раніше уявлення про здоров'я людини із сучасним рівнем науки й практики (тобто на новому методологічному, теоретичному та емпіричному рівнях). На нашу думку, культура здоров'я особистості – це комплексна програма, яка функціонує на основі отримання й усвідомлення знань про здоров'я, із метою покращення роботи функцій життєдіяльності та стану органів людини, продовження його фізичного й творчого довголіття. Гармонійність фізичного розвитку як сукупність морфологічних і функціональних ознак є одним із найважливіших показників здоров'я людини. **Висновки.** Розглянуто фактори, які впливають на формування культури здоров'я молоді, а саме: середовища, екології та особистості. Стверджується, що на процес формування культури здоров'я молоді сприяють такі форми: наявність теоретичної бази, практична складова, уключаючи наочні приклади, мотивація самовдосконалення, спадковість й екологія. Наведено власне бачення форм і факторів формування культури здоров'я молоді.

Ключові слова: фізична культура, валеологія, здоровий спосіб життя, навколишнє середовище, безпека життєдіяльності.

Игорь Сухенко. Формирование культуры здоровья – необходимый компонент воспитания молодежи. Актуальность. Формирование культуры здоровья – это тема, которая требует комплексного глубокого исследования с участием в нем ученых многих областей науки. Здоровье нации напрямую влияет на работоспособность и производительность труда, экономику страны, моральный климат в обществе, воспитание молодого поколения, отражает образ и качество жизни. **Цель исследования** – выявить условия и факторы, необходимые для формирования культуры здоровья подрастающего поколения. **Методы исследования** – анализ и обобщение литературных источников, системно-структурный анализ. **Результаты работы.** Важным профилактическим фактором в укреплении здоровья человека является здоровый образ жизни. Утверждается, что формирование культуры здоровья подрастающего поколения должно быть приоритетным направлением в государственной политике. Практической стороной обеспечения здоровья является создание необходимых экономических, социальных и духовных условий. Здоровье как познавательная проблема возникает в связи с необходимостью привести в соответствие сложившиеся ранее представления о здоровье человека с современным уровнем науки и практики (т.е. на новом методологическом, теоретическом и эмпирическом уровнях). По нашему мнению, культура здоровья личности – это комплексная программа, которая функционирует на основе получения и осознания знаний о здоровье с целью улучшения работы функций жизнедеятельности и состояния органов человека, продолжения его физического и творческого долголетия. Гармоничность физического развития как совокупность морфологических и функциональных признаков является одним из важнейших показателей здоровья человека. **Выводы.** Рассмотрены факторы, влияющие на формирование культуры здоровья молодежи, а именно: среды, экологии и личности. Утверждается, что процессу формирования культуры здоровья молодежи способствуют следующие формы: наличие теоретической базы, практическая составляющая, включая наглядные примеры, мотивация самосовершенствования, наследственность и экология. Наводятся собственные представления форм и факторов формирования культуры здоровья молодежи.

Ключевые слова: физическая культура, валеология, здоровый образ жизни, окружающая среда, безопасность жизнедеятельности.

Introduction. According to the Constitution of Ukraine, a person, their life and health are the highest social values of the state. A healthy child, a healthy teenager, a healthy young man is a complex state task. The problem of the health development of the younger generation appears to us as a medical, psychological and pedagogical one, because health is manifested at the physical, mental, spiritual, and moral levels [1]. It is necessary to realize that the health of young people is the main problem of our country, because all state potential – economic and creative, all prospects of social and economic development, defense, high standard of living, science, culture – can be provided by only due to the education of a healthy young generation. A person has the right to live a healthy and full life in harmony with nature. Implementation of this requires the change in value stereotypes, the humanization of society, the revitalization of social policy and the provision of social guarantees to the population. On this purpose it is necessary to educate the population, especially young people, and cultivate careful attitude to their health and health of others, to promote a healthy lifestyle, to intensify the control of smoking, drinking and fight against other harmful habits, to support the development of physical culture and sports, and hygiene services.

The current problem of modern life is the health preservation of the younger generation, the formation of their outlook aimed at its preservation, the acquisition of a healthy lifestyle and safe behavior skills, the creation of conditions for the harmonious development of the soul and body, that is, the conditions for mental health and work of youth in the future [2].

A number of researches are devoted to the development of a culture of health among the younger generation. The problems of the person have been studied by scholars (R. I. Ayzman, G. L. Apanasenko, O. A. Ahkverdova, I. I. Brekhman, S. Y. Lebedchenko, V. O. Magin, L. A. Popova, S. E. Tolmacheva etc.) [1; 3; 4; 5; 6; 7]. Among the schoolchildren, this issue has been solved by (V. M. Babych, V. P. Goraschuk, O. D. Dubohai, S. V. Kyrylenko, Y. Tsiupak etc.) [8; 9; 10; 11; 12]. Scientists have offered models of health

culture development for a modern school. This problem has been discussed among students (E. N. Vainer, J. Buklov, N.N. Zavydivska, O.A. Ishchuk, A.V. Kabatska, A.P. Konokh, G. L. Kryvosheyeva, O. V. Kubovych, O. Mitchyk, L.S. Sokolenko, A.V. Tsos, S.M. Tsymbaliuk, etc.) [13; 14; 15; 16; 17; 18; 19; 20; 21; 22].

The purpose of the study is to identify the conditions and factors necessary for the development of the health culture of the younger generation.

Research methods. The following methods have been used in the research: the analysis and synthesis of literary sources in order to determine the state of the issue, to formulate understanding of the main factors necessary for the development of the health culture of the younger generation; the systemic and structural analysis as methodological means used to determine the factors affecting the health of the younger generation that arise in the system of «youth – living environment» or at the level of its element constituent, and their impact on the health culture and education of young people.

Research results. Philosophy considers the health problem as an urgent practical problem of society at the present stage of its development and highlights its practical and epistemological aspects. As for our society, the practical aspect of supporting health is the creation of the necessary economic, social and spiritual conditions.

Health as a cognitive problem arises in connection with the need to harmonize previously formed ideas about human health with the current level of science and practice (i.e. at the new methodological, theoretical and empirical levels) [23].

According to the World Health Organization (WHO), the term health is seen as a state of complete physical, spiritual and social well-being, and not just the absence of illness or physical defects. Specialists of the organization insist that the health of the population is determined mainly by four groups of factors:

- lifestyle (50 %);
- habitat (20 %);
- heredity (20 %);
- quality of health care (10 %).

Let's try to consider some of these factors more specifically, and their impact on the youth health culture:

The factor of the environment in which a person lives is multi-component, it determines the way of life and hereditary trends of population. The state of the environment depends on human health. There are many examples of the dependence of the quality of health on the quality of the environment.

Anthropogenic impact on nature violates the dynamic balance, exceeds its restorative potential, which, in turn, causes irreversible changes in the natural environment and, as a consequence, affects humans adversely.

The factor of ecology with its adverse effect on human health, which is the development of non-specific changes in the metabolic and immune systems, and in mutagenic and carcinogenic effects, demands the improving of the environmental conditions for the development of a health culture. This is due to the low public awareness of the degree of danger to health, the presence of anthropogenic factors in the environment, and the almost complete insecurity of people living in adverse environmental conditions.

The factor of a personality in modern philosophical, sociological, psychological and pedagogical studies is considered as a special system of accumulation and generalization of individual experience, which dialectically includes all natural resources of man (temperament, ability, physiological features, etc.). These resources are reflected in life [16].

Along with the term «human health», in modern pedagogical research a concept of health culture has appeared. It is an important component of the general culture of a person, determining the formation, preservation and strengthening of the person's health. A cultural person is not only a «consumer» of health,

but also its «producer». A high level of culture of human health implies the person's harmonious communication with nature and other people [9].

The phenomenon of health culture should be viewed as an integrative education of a personality, which is an expression of the harmony of wealth and integrity of the person, the universality of their relations with the surrounding world and people, as well as the ability for creative and active life [5].

In our opinion, the culture of a personality's health is a comprehensive program that functions on the basis of obtaining and realizing knowledge about health, in order to improve the functions of life and the state of human organs, the continuation of the person's physical and creative longevity.

The development of youth health culture gets basis on the knowledge and trends in valeology, pedagogy, psychology, sociology and other sciences.

The first knowledge about the formation of health culture a person receives in preschool age. This is the knowledge in the field of personal hygiene.

The formation of a culture of health at school age involves, first of all, mastering relevant knowledge on health issues by means of which a child develops a certain understanding of the importance of health in the life of every person, a responsible attitude towards its preservation, as well as knowledge of certain health-improving technologies and their application in practice, and maintaining a healthy lifestyle.

«A schoolchild's health culture is an integrated accomplishment of the personality which is manifested in the motivational, theoretical and practical preparation for the formation, preservation and strengthening of health in all its aspects (spiritual, mental and physical), and the understanding of health as a value» [8].

Students' youth in the process of acquiring systemic knowledge in the field of formation, preservation and strengthening of the culture of health acquire general competencies, such as:

- the ability to program recreational activities;
- the ability to organize and self-assess life;
- the ability to implement preventive measures of mental fatigue by keeping health hygiene;
- the ability to apply means of psychological self-regulation;
- the ability to assess the level of recreation culture;
- the ability to provide conditions for optimal intellectual work capacity;
- the ability to prevent (correct) harmful habits;
- the ability to find the optimal toughening up means for their physiological constitution in everyday life;
- the ability to model professional activity on the basis of health-saving technologies;
- the ability to model professional activities in the development and implementation of health practices [24].

The process of youth culture formation is facilitated by the following forms:

- availability of theoretical basis;
- practical component, including vivid examples;
- motivation for self-improvement;
- heredity;
- ecology.

The theoretical basis is provided by the pedagogical conditions of an educational institution, including the providing of knowledge in the field of valeological education: the use of a healthy lifestyle and health-saving technologies.

Practical knowledge of young people can be obtained by having classes in specialized sections, circles, and optional classes, with the help of trainers' guidance. A significant example of health culture is public events which involve prominent athletes and individuals in the field of physical education. For example, in our university there is a tradition of conducting the «Olympic» lesson, where the Olympic champions and prize-winners, prize-winners of European World Champions come to students. Three years

ago, in 2016, the Olympic medalist Iryna Yanovych, introduced the «Setting-up exercises with the Champions» among the youth. This event involves the participation of not only students but also schoolchildren.

The event takes place in a large square, and is conducted by highly qualified athletes, champions and prizewinners of various levels, and of various sports, with the participation of the journalists and television.

Motivational self-work is a way of self-improvement. Whatever level of knowledge a person receives, it needs to be increased and improved. Young people need to create targeted attitudes and motivations to strengthen their health and acquire relevant knowledge, competence, and skills.

Human heredity is characterized by a number of integrative biomedical indicators to which we refer: the level and harmony of physical and mental development, physical and mental performance, non-specific resistance, moral and volitional qualities.

The ecology in which a person acts is changing faster than human adaptability and has a negative effect on the process of the formation of a health culture. The ecology is one of the most important causes of mutations' accumulation in the body that affects the human genotype and health.

The development of a health culture of youth as the most active representatives of the future of the country can also be considered in the format of their physical, spiritual, mental and social development.

The physical component is characterized by the interdependence between physical development and the state of a person's health, the degree of self-regulation of organs and systems, the ability to adapt the body to the action of various factors and the availability of reserve capability of the body. The harmony of physical development, as a combination of morphological and functional characteristics, is one of the most important conditions for the formation of a culture of human health.

The spiritual world of the personality, the perception of the spiritual culture of mankind, consciousness of the man, the mentality, attitude to the meaning of life, to nature and society belong to the spiritual component of health.

Mental component is expressed by individual peculiarities of mental processes and human properties, the degree of regulation of emotional-volitional sphere, which provides adequate regulation of behavior. Favorable conditions for the formation of the psyche are in particular a special autogenic training and sport, which temper the will and at the same time reliably control one's emotions.

Social component is characterized by the degree of social adaptation of a man in society, the availability of prerequisites for its comprehensive and long-term activity. The development of social health is influenced by economic, political and legal factors.

Discussion. Based on the results of scientific research [9; 10; 12; 17] and our own conclusions, it has been determined that the improvement of health of the population of Ukraine depends largely on biomedical problems, but they now have to go to the background, and the social ones come to the first. The process of health culture formation has been analyzed in time, from the moment of birth, the basis of which falls into school age. The consolidation of the acquired knowledge, skills and habits for health culture formation takes place at the institutions of higher education.

In the process of health culture formation of youth the following means have been offered:

- the change of stereotypes, establishing of a new system of values, starting from preschool age, taking into account the intrinsic value of nature and man as a part of nature;
- the formation of an educated, creative personality, the formation of their physical and moral health, creation of state and public systems providing information necessary for environmental education and upbringing of the population;
- ecologization of the educational process, the upbringing from the first years of a humane, socially active person, able to understand and love nature, and to treat it carefully.

The given interpretation of the definition of a human health culture as a complex and multidimensional dynamic state which has been developing in the process of implementation of genetic

potential in a specific social environment coincides with the assertions of the authors [1; 3; 4; 5; 17; 25; 26] and has been supplemented with the aim of improving the functions of life and the state of human organs, the continuation of a person's physical and creative longevity, the health culture of youth, the development of methodical bases for their further realization.

Conclusions. The factors which influence the formation of health culture of youth, namely: environment, ecology and personality have been analyzed. The most important factor is the factor of personality, the basis of which has been formed at school age and has been fixed in the university.

The «culture of personality health» has been defined as a complex program that functions on the basis of obtaining and realizing knowledge about health, in order to improve the functions of life and the state of human organs, the continuation of a person's physical and creative longevity.

It has been argued that the following forms contribute to the process of the youth's health culture formation: the theoretical basis, the practical component, including visual examples, the motivation for self-improvement, heredity, and ecology. We believe that the promising direction of the health culture formation is the application of innovative methods. One of them is a vivid example: conducting the «Olympic lesson», «Setting-up exercises with the Champions».

The author has presented his vision of forms and factors of the health culture formation of youth. The health culture formation of youth as the most active representatives of the future of the country has been analyzed in the format of their physical, spiritual, mental and social development, which has allowed the author to determine their role in younger generation upbringing.

It has been proposed to explore methods for popularization of a healthy lifestyle and health-saving technologies among young people.

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Received: 05.03.2019.