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THE INFLUENCE OF INDEPENDENT PHYSICAL EXERCISES ON FORMATION OF STUDENT HEALTH CULTURE

The current state of health of students is analyzed in the article. The influence of independent physical exercises on the formation of students' health culture was determined. The concept of "health culture" is revealed and its influence on the motivation and morpho-functional state of those who practice is determined. The necessity of applying new approaches to the formation of health culture among students in physical education classes is substantiated. After all, it is the general structure of the value world of the young generation, the trends of its development and the level of interest in health issues that are the basis of the future of Ukraine. It was established that a culture of health formed in time has a positive effect on the level of physical fitness, motivation of student youth and their psycho-emotional state. In modern conditions, the importance of health is significantly rethought taking into account the understanding of it as an inalienable human right, from the point of view of existing threats and challenges, growing demands for the quality of health, technological and financial possibilities of its provision. The state of a person's health depends not only on biological factors, the environment and social environment, but also on whether a person's own health is valuable to him. This determines to what extent a person is ready to take care of him, to follow a healthy lifestyle, to a large extent, to be aware of the factors that determine the state of health.

Key words: health culture, students, physical exercises, physical education, independent studies.

Козлова Т., Бойко Г. Вплив самостійних занять фізичними вправами на формування культури здоров'я студентів. В статті проаналізовано сучасний стан здоров'я студентів. Визначено вплив самостійних занять фізичними вправами на формування культури здоров'я студентів. Розкрито поняття «культура здоров'я» та визначено її вплив на мотивацію та морфо функціональний стан тих, хто займається. Обґрунтовується необхідність застосування нових підходів до формування культури здоров'я у студентів на заняттях з фізичного виховання. Адже саме загальна структура ціннісного світу молодого покоління, тенденції його розвитку та рівень зацікавленості питаннями здоров'я є основою завтрашнього дня України. Встановлено, що вчасно сформована культура здоров'я, позитивно впливає на рівень фізичної підготовленості, мотивацію студентської молоді та їх психо-емоційний стан.

Ключові слова: культура здоров'я, студенти, фізичні вправи, фізичне виховання, самостійні заняття.

Formulation of the problem. Today, the role of physical culture in the formation of the health culture of young people is underestimated. Most of it chronically does not satisfy its specific biological need for motor activity. There is not only a lack of fashion for health and physical perfection, a cult of health, but also undeveloped socio-economic incentives capable of shaping everyone's active attitude to their own and public health. Therefore, in the conditions of the formation of independent Ukraine, the system of physical culture faced new requirements, the call to provide a comprehensive solution to the problems of comprehensive human development [1].

According to the Constitution of Ukraine, human life and health are the highest social values. And the Law of Ukraine "On General Secondary Education" states that one of the tasks of general secondary education institutions is to educate a conscious attitude to one's health and the health of citizens as the highest social value, the formation of hygienic skills and the principles of a healthy lifestyle, the preservation and strengthening the physical and mental health of students.

The problem of forming a culture of health among schoolchildren in physical education classes is still relevant, because it is the general structure of the value world of the young generation, the trends of its development and the level of interest in health issues that are the basis of the future of Ukraine.

Analysis of literary sources. Inefficiency and inadequacy in the organization of teaching physical education at school gave scientists a reason to actively search for ways to improve children's health.

The analysis of scientific literature shows different approaches to solving this problem: rethinking the content of physical culture and health education (T.Yu. Krutsevich, V.M. Platonov; L.P. Sushchenko, B.M. Shiyay; O.L. Blahiy; M. G. Mykhaylova,); improvement of physical culture and health work in institutions of general secondary education (O.Ts. Demynskyi, Yu.D. Zheleznyak, S.E. Ermakov, H.M. Maksimenko, V.I. Babich, etc.); increasing the level of somatic health as a result of the introduction of control of the functional state of the body in the process of physical education and health classes (S.G. Kikiashvili, T.V. Glazun;) and others.

Quite a number of scientific works and studies have been devoted to the problem of forming a culture of health among schoolchildren in physical education lessons (E.G. Novolodskaya, O.L. Treshchyova, M.G. Marynina, L.M. Allakaeva, N.K. Dzaparova, in which developed criteria and levels of formation of the health culture of schoolchildren in the process of studying in institutions of general secondary education.

The analysis of foreign experience on this subject (Brooker E., Joppe M., Bodnar I., Richter Chr., Heidi Grant

Haivorson, etc.) shows that the world community focuses on conducting work in the direction of increasing self-awareness and organizing leisure time youth, the formation of motivation for a healthy lifestyle as a form of life, which is based on the requirements of the daily biorhythm with the personal-specific embodiment of their social, psychological and physical capabilities and abilities [6].

However, despite the existing scientific research on this problem, in the practice of physical education of general secondary education institutions, the issue of forming a culture of health among schoolchildren in physical education lessons remains insufficiently developed.

Presentation of the main research material. Health is an incomparable value, it is important in the life of every person, it is a key aspect of national security, it determines the possibilities of achieving individual and social well-being and well-being, the prospects of sustainable development. In modern conditions, the importance of health is significantly rethought taking into account the understanding of it as an inalienable human right, from the point of view of existing threats and challenges, growing demands for the quality of health, technological and financial possibilities of its provision [2]. The state of a person's health depends not only on biological factors, the environment and social environment, but also on whether a person's own health is valuable to him. This determines to what extent a person is ready to take care of him, to follow a healthy lifestyle, to a large extent, to be aware of the factors that determine the state of health.

In the State National Program "Education (Ukraine XXI)", one of the main strategic tasks is the formation of the physical and mental health of schoolchildren. After all, the health of schoolchildren is an integral indicator of the general well-being of society, as well as a subtle indicator of all social and environmental problems [].

Today in Ukraine, there is an extremely negative trend in the health indicators of modern youth. In addition to diseases of students of various nature (respiratory organs, organs of vision, digestive organs, cardiovascular diseases, hypodynamia, etc.), indicators of deterioration of mental and spiritual health of schoolchildren have increased significantly. According to scientific research, neuropsychological abnormalities are manifested in almost 90% of schoolchildren [2]. The reason for this is the lack of a concept of health culture among modern youth, lack of fashion for a healthy lifestyle.

One of the main tasks of a modern school is to create optimal conditions for children to understand the benefits of a healthy lifestyle, to encourage them to acquire knowledge, skills and abilities of a healthy lifestyle; stimulation to independent and conscious choice of life position; rapid and effective dissemination of health knowledge. After all, it is the basis of life success for every person.

The organization of the educational process plays a significant role in the formation of the health culture of schoolchildren, the effectiveness of which depends on compliance with a number of pedagogical conditions.

The most important pedagogical condition for the formation of the health culture of students is the improvement of the content of the education by including in it the system of valueological knowledge and skills. The formed system of education does not contribute to the formation of a culture of health among schoolchildren, so the knowledge of adults about a healthy lifestyle has not become beliefs.

Pupils are not engaged in the formation of their health, because it requires willful efforts, but are mainly engaged in the prevention of health disorders and the rehabilitation of lost health. According to many researchers, only 10-15% of them use the factors of a healthy lifestyle, which is due to the low activity of the individual, behavioral passivity. Preservation and strengthening of health are directly dependent on the level of culture, which reflects a person's level of awareness and relationship to himself. And this measure includes a system of knowledge about health aimed at a lifestyle that has moral beginnings [2].

"The health culture of a schoolchild is an integrated creation of a personality, which is manifested in his motivational, theoretical and practical preparation for the formation, preservation and strengthening of his health in all its aspects (spiritual, physical, mental) and the understanding of health as a value » [4].

It is the lack of health culture in most schoolchildren that can be explained by their lack of desire to lead a healthy lifestyle and take care of their own health. This fact is explained, first of all, by the inability or unwillingness of parents to instill in their children a love of physical culture. A person's physical activity should be considered one of the most important natural organizers of a healthy lifestyle, an effective means of educating a healthy spirit and, at the same time, intolerance to anti-cultural and anti-social phenomena, which is extremely important in "crisis" adolescence. It cannot be emphasized that physical activity can be a universal factor in managing a person's lifestyle [3].

To solve the problem of forming a culture of health among schoolchildren, considerable attention should be paid to physical education lessons. Influencing the biological sphere of the human body, physical education at the same time contributes to the formation of personality, therefore, in its process, the tasks of mental, aesthetic, moral, and labor education are solved; issues of worldview development, ideological conviction, high internal and external culture.

Among the numerous means of physical education, such exercises have a special place, which influence the formation of positive emotions and aesthetic preferences and tastes. At the same time, the aesthetic side is a significant element used to educate students in the culture of health, culture of movements, sense of beauty, understanding of beauty, etc. [4].

In addition, physical culture is the only subject that the city has the need to improve the physical condition of students, reduce the risk of morbidity, functional disorders and deviations that are a consequence of progressive hypodynamia. It is also not only a means of education and improvement of physical development, but also one of the main factors of restoration and strengthening of health and, in addition, increases and improves general and mental capacity.

Among many educational disciplines, physical culture is distinguished by a wide spectrum of influence on a person, which is able to shape not only the biological structure of a person, but also his psychological and moral value: stimulation of physical performance is usually accompanied by health effects [2; 5]; the use of various physical exercises and procedures allows for the psychological relief of students [3]; systematic physical exercises strengthen health, increase neuropsychological resistance to emotional stress, maintain physical and mental capacity, contribute to increasing the success of those who study

[4].

A special role in the formation of the health culture of schoolchildren belongs to the teacher. A physical education teacher has wide opportunities and conditions for educational influence on students. These include the variety of forms of organizational and recreational activities, the high emotionality and attractiveness of classes, the child's natural need for movement, the appearance of the teacher himself - slenderness, tonedness; his great skill in performing movements, high willpower in maintaining a healthy lifestyle, etc.

Therefore, the analysis of the experience of educational and educational practice in the school shows that the problem of a physically active, healthy personality of the student, the formation of a healthy lifestyle, overcoming bad habits, lack of physical activity, reduced immunity remains quite acute and relevant, and in connection with this diseases among secondary school students. The mentioned phenomena maintain a stable trend, which is determined by the contradiction between the declarative and real attitude to physical culture, which affects the state of health, physical development and training of students, their value orientations, attitude to their own physical and mental well-being and, ultimately, the future life activities. Therefore, the problem of popularizing physical education with the aim of forming a culture of health among remains relevant.

The theoretical analysis showed that the health culture of students as an integral part of the basic culture of the individual is reflected by the degree of conscious, responsible attitude to personal health, the presence of sustainable motivation, a system of knowledge and skills for its preservation. The level of an individual's health culture depends entirely on the formation of personal qualities that direct him to self-improvement in all aspects related to consciousness, psyche and physical condition. In modern pedagogical theory and practice, there are various approaches to the formation of a culture of health in institutions of higher education, which are mainly based on the use of various health-saving technologies. The formation of the health culture of students requires an emphasis on the psycho-emotional component, which is related to the age-specific features of mental development and personality formation. Psychotechnical games and exercises aimed at correcting the psycho-emotional state of students and forming personal qualities can be a means of forming the health culture of students in physical education classes.

The criteria for the formation of the health culture of students according to the indicators of the psycho-emotional sphere in the process of learning psychotechnical games and exercises were determined: motivational and necessary - the presence and stability of a set of motives and needs for self-improvement (attending classes and completing all tasks using psychotechnical exercises and games, independent psychotechnical exercises and games); cognitive - the presence, depth and systematicity of theoretical knowledge of the application of psychotechniques to improve (preserve) one's mental health (recognition of signs of anxiety and anger); practical-activity level - the level of formation of methodological skills of independent planning and practical skills of applying psychotechnical exercises to improve one's psycho-emotional state (ability to control oneself, correct expression of negative feelings); evaluative-reflective - the ability to analyze and adequately self-assess the result of one's own independent activity, the presence of elementary skills of self-control of the impact of physical and mental loads on the body, assessment of the dynamics of indicators of psycho-emotional state (development of self-control and personal self-organization). The proposed criteria make it possible to objectively determine the level of formation of students' health culture.

Conclusions. The low level of students' health culture causes negative consequences not only of individual, but also of general social significance. For the effective improvement and formation of the personal health culture of students, the appearance of a new type of physical education teacher in higher education institutions is necessary - a researcher, a personified standard of a healthy lifestyle, an ideologist of the formation of a health culture of modern youth. And as a result, the content of physical education classes at the current stage will be aimed at equipping students with knowledge, abilities and skills related to the formation, preservation and strengthening of health in all its aspects (spiritual, mental and physical), the formation of one's own culture of health.

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