

DOI: [https://doi.org/10.31392/UDU-nc.series15.2024.11\(184\).49](https://doi.org/10.31392/UDU-nc.series15.2024.11(184).49)

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OBSTACLES IN THE FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS OF THE FIRST AND SECOND YEARS OF TECHNICAL UNIVERSITIES

Today there is a problem associated with the decline in the physical condition and health of the younger generation. Modern conditions and trends in the development of society lead to a deterioration in the general health of students. This is primarily due to changes occurring in the social, environmental and economic spheres, as well as a lack of understanding of the role of physical education by modern youth. Low levels of physical activity lead to a decrease in the level of health of modern society. The state of health itself is determined by a person's attitude to his own lifestyle, understanding of the role of physical culture and knowledge of its fundamentals, as well as their possible application in everyday life. Human health is a rather complex phenomenon. According to the definition, health is the state of a person when he is satisfied with his own physical, psychological and social well-being, and is not an indicator of the absence of disease. A physically healthy person is calm, has a favorable mood, is active, and is successful in his professional activities, socialization, and personal development. The attitude of modern youth towards physical education and sports is largely negative. This is due to a lack of understanding of the role of physical exercise and its effectiveness as a health factor. Many students believe that physical education is something negative, intrusive, obligatory and burdensome. Many people do not understand that physical exercise is an effective means of strengthening and improving the human body. Every society, regardless of place of residence, places great hopes on the younger generation and wants to see them healthy, strong, able to work and defend their homeland. That is why efforts should be directed towards the physical education of the younger generation, children, students, precisely at that age when a person begins to define himself in the formation and strengthening of his personality in society, when basic habits and attitudes are formed.

Key words: problem, physical condition, health, youth, solutions.

Михайленко Вадим, Сога Сергій, Добровольський Володимир. Перешкоди в формуванні здорового способу життя у студентів першого та другого курсів технічних університетів. Сьогодні існує проблема, пов'язана з погіршенням фізичного стану та здоров'ям підростаючого покоління. Сучасні умови та тенденції розвитку суспільства призводять до погіршення загального стану здоров'я студентів. Це пов'язано насамперед із змінами, що відбуваються в соціальній, екологічній та економічній сферах, а також нерозумінням сучасною молоддю ролі фізичного виховання. Низький рівень фізичної активності призводить до зниження рівня здоров'я сучасного суспільства. Сам стан здоров'я визначається ставленням людини до власного способу життя, розумінням ролі фізичної культури та знанням її основ, а також можливим їх застосуванням у повсякденному житті. Здоров'я людини - досить складне явище. Згідно з визначенням, здоров'я – це стан людини, коли вона задоволена власним фізичним, психологічним і соціальним благополуччям, а не є показником відсутності захворювання. Фізично здорова людина спокійна, має гарний настрій, активна, успішна у професійній діяльності, соціалізації та особистісному розвитку. Ставлення сучасної молоді до фізичної культури і спорту переважно негативне. Це пов'язано з недостатнім розумінням ролі фізичних вправ та їх ефективності як чинника здоров'я. Багато студентів вважають фізичну культуру чимось негативним, нав'язливим, обов'язковим і обтяжливим. Багато хто не розуміє, що фізичні вправи є ефективним засобом зміцнення та оздоровлення організму людини. Кожне суспільство, незалежно від місця проживання, покладає великі надії на молоде покоління і бажає бачити його здоровим, сильним, працездатним і захищати свою Батьківщину. Тому зусилля слід спрямовувати на фізичне виховання підростаючого покоління, дітей, студентів, саме в тому віці, коли людина починає самовизначатися у становленні та зміцненні своєї особистості в суспільстві, коли формуються базові звички та погляди.

Ключові слова: проблема, фізичний стан, здоров'я, молодь, шляхи вирішення.

Formulation of the problem. Taking care of the nation's health becomes a necessary need for everyone who works with student youth, involves them in systematic physical education classes, cultivates interest in them. The charter of the World Health Organization (WHO) states that health is a state of complete physical, mental and social well-being, and not only the absence of diseases and physical disabilities. The modern pace of life requires physical improvement, necessary skills and knowledge from young people, leading a healthy lifestyle, independent exercise. In Ukraine, at the moment, there is a general

problem of improving the health of children and adolescents, forming a healthy lifestyle for them. The state of health of Ukrainian youth is determined by many factors and is assessed by specialists in medical, pedagogical, and psychological sciences as unsatisfactory. Formation of a healthy lifestyle of student youth is one of the urgent problems of our society.

Analysis of literary sources. This problem was reflected in many pedagogical, medical and sociological works of scientists: Arefiev V.G. [1], Plakhitny, N. S. Slavina, S. I. Darchuk, V. U. Dorosh [2], Soga, S., Dobrovolskyi, V. [3], Shashlov M.I. [4].

The scientists came to the conclusion that the state of health of the population in general, especially of student youth, has significantly deteriorated, and in this regard, medicine needs pedagogical assistance that would carry out explanatory work. K. Gabrielyan, A. Shchedryna and many others conducted the study of the problem of a healthy lifestyle of students in the broad socio-cultural aspect of university education.

Spiritual and physical health are two integral parts of human life, which must constantly be in a harmonious unity and ensure a high level of health. Spiritual health is the health of our mind, physical health is the health of the body. Physical health is ensured by physical activity, rational nutrition, hardening of the body, a successful combination of mental and physical work, the ability to choose the right time and method of rest, abstinence from the use of alcohol, tobacco and drugs. One of the important links of preparation for life in society is physical education student youth, aimed at improving their physical and mental health, improving readiness for an active life, creative professional activity and protection of the Motherland. The strategic importance of the field of physical education of youth is due to its close connection with the development and strengthening of health and physical fitness future specialists. The health of the nation was, is and remains the highest value of the state, a prerequisite for the sustainable and reliable development of its economy and culture. In order to fundamentally change the situation, it is necessary to promote a healthy lifestyle and make physical culture and sports popular in society. For this, first of all, it is necessary to create a developed sports infrastructure that will be accessible to the majority of the population. In modern society, students lead a sedentary lifestyle for a long time (research proves that they spend 80% of the time in a sitting position), some organs of the vital system lose the ability to function properly. Therefore, the student is suggested to perform physical exercises more often and play active and sports games, which will help compensate for their sedentary lifestyle and contribute to creating a good mood and improving health. But, unfortunately, students do not have enough free time for such activities, they are not interested in playing sports. Physical education classes should be interesting, fun, exciting, and then the most difficult material is learned easily.

Team and group relay games bring up the best character traits in children. In order to create a healthy lifestyle system, it is necessary to know the factors that positively affect human health. These include keeping a daily schedule, eating healthy, getting fit, doing physical education and sports, and having good relationships with the people around you. The system of physical education of children and youth of Ukraine is based on the principles of a personal approach, the priority of health orientation, wide application of various means and forms of improvement. The strategic goal of the physical education of children and youth is to strengthen physical, moral and mental health, the perceived need for personal improvement, the formation of interest and habits in independent physical education and sports, the acquisition of knowledge and skills regarding a healthy lifestyle [2].

The effective solution of pedagogical tasks aimed at the formation of the motor function of young people during physical education and sports takes on significant importance in connection with the demand of society to increase the level and quality of physical fitness of the younger generation, as well as to strengthen the health of the nation, which is closely related with the economic, social and political development of Ukraine on the way to its development. The formation of a healthy lifestyle for every citizen is the subject of attention in the vast majority of countries in the world: "a healthy person is a healthy nation." Therefore, the problem of a healthy lifestyle and improving the health of young people at the current stage of the development of the Ukrainian state is quite important [1]. Determining the criteria of a healthy lifestyle, the works of A. Stepanov and D. Izutkin deserve special attention, who note that "a healthy lifestyle is a typical and essential form of life of people for this socio-economic formation, which strengthens the adaptive capabilities of the human body, contributes to a full-fledged its performance of social functions and the achievement of active longevity" [3]. According to S. Lapayenko, the main criteria and indicators of the level of formation of value orientations of student youth, which influence the formation of habits for a healthy lifestyle, are: cognitive, emotional-motivational, behavioral-active [1]. O. Balakireva, O. Yaremenko claim that the goal of forming a healthy lifestyle is to help achieve, in a broad sense, well-being and health for everyone, at all levels, in all areas. The main mechanism for the formation of a healthy lifestyle is the creation of conditions for individuals, groups of people, and communities to positively influence health problems [4]. Today, in many countries of the world, the modernization of the problem of improving people's health and a healthy lifestyle is relevant, however, in our country, as the latest studies show, today there is a pattern of increasing the risk of developing cardiovascular diseases, decreasing the level of physical capacity and preparedness, worsening the body's functional reserves and decreasing the level physical condition of student youth. Therefore, the health of the nation causes concern due to the increase in the number of young people who have bad habits and lead an unhealthy lifestyle [2]. Physical education plays an important role in forming the habit of a healthy lifestyle among students of higher educational institutions.

In the conditions of the formation of independent Ukraine, the system of physical culture faced new requirements, the call to attract student youth to a healthy lifestyle. Solving the problem is aimed at: preserving and strengthening physical and mental health; development of the physical education system, which allows to fully reveal the national traditions of the Ukrainian people; education in the younger generation of motivation for a healthy lifestyle; reproduction of a healthy population, its preparation for industrial activity and military service; formation of young people's ability to adapt to difficult situations and overcome them [3]. And the main goal of work on the promotion of a healthy lifestyle is: formation of positive motivation regarding a healthy lifestyle, health culture; acquaintance of young people with the basics of a healthy lifestyle, formation of their own healthy lifestyle, implementation of preventive work for negative manifestations; formation of theoretical and practical skills of a healthy lifestyle, formation of a creative personality capable of self-development, self-education and self-actualization of youth [1]. Physical development of students should be optimal. The weak development of the physical education movement, the imperfection of its infrastructure, the

lack of traditions for the development of a healthy lifestyle, the mundaneness of sports events lead to the deterioration of situations related to a healthy lifestyle. The most important factor physical development and health is the presence of regular physical and adequate exercise and training of the body. In physical education, without an understanding of the usefulness of physical exercises, without a conscious attitude to physical education, it is impossible to form in students the habit of leading a healthy lifestyle, which is a guarantee of creative longevity and health. There is an urgent need to conduct scientific research on the problems of forming a healthy lifestyle in higher educational institutions. Every student needs to have tools that contribute to the formation of a healthy lifestyle and reveal hidden reserves in our body, which will allow us to feel healthy and full of strength for future work [3]. The systematic involvement of the muscular system in motor activity has a huge impact on the entire body, stimulates the intellectual activity of a person, increases the productivity of mental work and has a good effect on the mental and emotional activity of a person. For this, it is necessary to purposefully use the forms of physical culture available to every student (morning gymnastics, walks, jogging, dancing, as well as performing gymnastic exercises) [2]. The health of young people depends on a large number of factors, but among that part of the processes, which can be consciously controlled by the person himself, motor activity is of crucial importance [3]. Physical activity is one of the most important factors in the formation of a healthy lifestyle. A sedentary lifestyle negatively affects health: the mass of cells decreases, the power of their functioning, the quality of assimilation of food substances, gas exchange. Movement is the main external manifestation of activity and, at the same time, an important factor in both physical and mental development of the organism [4]. Unfortunately, humanity, relying on medical treatment, underestimates the possibilities of simple and affordable natural methods of stimulating functions, such as physical exercises and motor activity. The effective solution of pedagogical tasks aimed at the formation of the motor function of young people during physical education and sports takes on significant importance in connection with the demand of society to increase the level and quality of physical fitness of the younger generation, as well as to strengthen the health of the nation, which is closely related with the economic, social and political development of Ukraine on the way of its development [1].

One of the problems in developing a healthy lifestyle is insufficient motivation to engage in physical education. Many young people do not quite understand how a chaotic lifestyle affects a person's overall health, since a young body has high compensatory capabilities. But this should not be abused; it is known that many diseases are acquired during youth. The priority direction of shaping a healthy lifestyle of the younger generation is the targeted promotion of the role of physical education as part of the general culture of the individual, aimed at preserving and strengthening health and mental improvement. Such a task, at a minimum, can be implemented within the walls of educational institutions. One of the most effective means of promoting a healthy lifestyle in modern conditions can be television programs and advertising, as well as the media. It is thanks to advertising technologies that the attention of young people is focused; the promotion of sports through advertising means attracts young people and makes them think about their current way of life. Unlike a conventional information message, advertising technologies contribute to the formation of interest in a specific end result. If you direct all the power of advertising technologies to promote sports, the importance and necessity of a healthy attitude towards your own health, you can get quite impressive results [3].

Today, young people are the largest users of the Internet. That is why there should be more online advertising encouraging young people to play sports and take care of their own health. Physical culture is perceived by the younger generation as physical activity, a normal process of performing physical exercises. In order to establish the rhythm of life of modern youth, to form their ideas about a healthy lifestyle, it is necessary to make a lot of effort, which will contribute to the harmonious development and choice of a healthy lifestyle. As noted above, one of the most important conditions for the formation of a healthy lifestyle is its competent popularization. It is important to develop interest in physical culture, including through the media. The younger generation needs to be shown all the delights of a healthy lifestyle through positive examples of achieving heights in sports. This is necessary so that growing youth can make a choice not only between a healthy and unhealthy lifestyle, but also from a large number of different options for healthy creative behavior. It is necessary to show young people that being "unhealthy" today is unprofitable, and to more actively introduce advertising and PR technologies aimed at promoting a healthy attitude towards one's own health. All this will create living conditions favorable to health and the formation of a healthy lifestyle.

Conclusions.

One of the important links of preparation for life in society is the physical education of children and youth of Ukraine, aimed at improving their physical and mental health, improving readiness for an active life, creative professional activity and protection of the Motherland. The strategic importance of the field of physical education of young people is determined by its close connection with the development and strengthening of the state of health and physical hardening of future specialists. The health of the nation was, is and remains the highest value of the state, a prerequisite for the stable and reliable development of its economy and culture. In order to radically change the situation, it is necessary to promote a healthy lifestyle and make physical culture and sports popular in society. For this, first of all, it is necessary to create a developed sports infrastructure that will be accessible to the majority of the population. In conclusion, we note that the formation of a healthy lifestyle among young people will be more effective if various health programs are introduced into educational institutions, aimed at developing valeological literacy and promoting health. The media and various advertising technologies that demonstrate the correct attitude towards health, sports, and physical exercise are a powerful means of creating a healthy lifestyle.

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DOI: [https://doi.org/10.31392/UDU-nc.series15.2024.11\(184\).50](https://doi.org/10.31392/UDU-nc.series15.2024.11(184).50)

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SWIMMING IN UNIVERSITIES IN THE SYSTEM OF PHYSICAL EDUCATION. THE INFLUENCE OF RECREATIONAL SWIMMING ON THE ORGANISM OF STUDENTS OF HIGHER EDUCATION

When moving in water, almost all the muscles of the body work. Swimming promotes the development of endurance and coordination of movements. This is a successful means of strengthening the cardiovascular and respiratory systems. The practical value of swimming is also great. Every person should be able to swim long distances and provide assistance to someone in distress on the water. It is no coincidence that even in ancient times, swimming was one of the main signs of culture. Swimming is a sport that involves swimming over different distances in the least amount of time. Swimming is considered one of the disciplines of physical education at a university and is included in the educational program of many universities; it is a mandatory section in mass sports work and sports and recreational activities for students. Moreover, swimming as a sport is most appropriate for any age. During the classes, students will easily master the technique of sports swimming methods and will be able to take part in various competitions. To a greater extent, this will be explained by age-related anatomical and physiological characteristics, which can be best expressed in special conditions of the aquatic environment. And for this reason, it allows students to quickly master the technique of sports swimming methods.

The physiological and psychological characteristics of the body of boys and girls also significantly favor the successful use of swimming in physical education classes at a university. It is difficult to overestimate the importance of swimming as one of the popular and widespread types of sports for students. Swimming lessons are available and useful for students. For this reason, regular visits to the pool and certain systematic water procedures will instill lasting hygienic skills, gradually becoming a need and a habit. Swimming is considered an amazing form of physical exercise - it will have a healing and strengthening effect on all systems of the individual's body. It will serve as a good means of relaxation and hardening. When swimming, the mechanism of thermoregulation will be improved, immunological properties will increase, and adaptation to various environmental conditions will increase.

Key words: swimming, student, recovery, adaptation, exercise.

Зубко Валентина, Черевичко Олександр, Смірнов Костянтин. Плавання в системі фізичного виховання у вищих навчальних закладах. Вплив оздоровчого плавання на організм студентів вищих навчальних закладів. Під час руху у воді працюють майже всі м'язи тіла. Плавання сприяє розвитку витривалості та координації рухів. Це успішний засіб для зміцнення серцево-судинної та дихальної систем. Велике практичне значення плавання полягає в тому що кожна людина повинна вміти пропливати великі відстані та надавати допомогу потерпілому на воді. Не випадково ще в давнину плавання було однією з головних ознак культури. Плавання - це вид спорту, який передбачає подолання різних дистанцій в воді за мінімальний відрізок часу. Плавання вважається однією з дисциплін фізичного виховання у ВНЗ і входить в навчальну програму багатьох ВНЗ, цей вид спорту є обов'язковим розділом спортивно-масової та спортивно-оздоровчої роботи студентів. Крім того, плавання як вид спорту найбільш підходить для будь-якого віку. Під час занять студенти легко оволодіють технікою спортивного плавання та зможуть брати участь у різноманітних змаганнях. Більшою мірою це пояснюватиметься віковими анатомо-фізіологічними особливостями, які найкраще виражаються в особливих умовах водного середовища. І з цієї причини це дозволяє студентам швидко оволодіти технікою способів спортивного плавання.

Фізіологічні та психологічні особливості організму юнаків і дівчат також значною мірою сприяють успішному використанню плавання на заняттях фізичним вихованням у ВНЗ. Важко переоцінити значення плавання як одного з популярних і поширених видів спорту для студентів. Заняття плаванням доступні та корисні для студентів. Тому регулярно відвідування басейну і певні систематичні водні процедури підведуть до стійких гігієнічних навичок, поступово увійшовши в потребу і звичку. Плавання вважається дивовижним видом фізичних вправ - воно надає оздоровчу і зміцнюючу дію на всі системи організму людини. Це послужить хорошим засобом релаксації та загартовування. При плаванні вдосконалюється механізм терморегуляції, підвищуються імунологічні властивості, підвищується адаптація до різних умов навколишнього середовища.

Ключові слова: плавання, студент, оздоровлення, адаптація, фізичні вправи.