

DOI 10.31392/UDU-nc.series15.2023.12(172).01

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MODERN PROBLEMS OF DEVELOPING A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE

Youth in modern society is the most dynamically developing link and therefore the health and lifestyle of young people is one of the main prerequisites for development in Ukraine. But when considering the current state of health of young people, we can state the fact that in the field of youth health there is a real threat to the development of the society of our state. Today, the formation of a healthy lifestyle is one of the main directions of state youth policy. The main elements of organizational work towards the formation of a healthy lifestyle for young people include promoting the activities of youth organizations that carry out the prevention of drug addiction in adolescents and young adults. A significant place in the activities of state youth policy bodies is occupied by the support of projects and programs of student social and pedagogical teams, whose activities are aimed at working with school, student, and student youth to create a healthy lifestyle for young people. This area also includes maintenance, support, and assistance in technical equipment for the activities of institutions for the prevention of deviant behavior among young people [2]. In the modern world, the problems of maintaining a healthy lifestyle come to the fore. Problems with the use of psychotropic substances among young people are gaining momentum. Increasingly, the media hears horrifying statistics on mortality from the use of psychoactive substances. Today, these problems require immediate resolution, and their solution requires confident steps from the state.

Key words: health, youth, bad habits, smoking, influence, physical education.

Новицький Юрій, Журавельов Сергій, Лускань Олег, Михайленко Вадим, Кузьменко Наталія. Сучасні проблеми формування здорового способу життя молоді. Молодь у сучасному суспільстві є ланкою, що найбільш динамічна розвивається, тому здоров'я та спосіб життя молоді є однією з головних передумов розвитку в Україні. Але, розглядаючи сучасний стан здоров'я молоді, можна констатувати той факт, що у сфері стану здоров'я молоді існує реальна загроза розвитку суспільства нашої держави. Сьогодні формування здорового способу життя є одним із основних напрямів державної молодіжної політики. Основними елементами організаційної роботи з формування здорового способу життя молоді є сприяння діяльності молодіжних організацій, які здійснюють профілактику наркоманії підлітків та молоді. Значне місце в діяльності органів державної молодіжної політики займає підтримка проєктів і програм студентських громадсько-педагогічних колективів, діяльність яких спрямована на роботу з учнівською та студентською молоддю щодо формування здорового способу життя молоді. До цього напрямку також відноситься утримання, підтримка та допомога в технічному оснащенні діяльності закладів профілактики девіантної поведінки молоді [2]. У сучасному світі на перший план виходять проблеми підтримки здорового способу життя. Проблеми вживання психотропних речовин серед молоді набирають обертів. Все частіше ЗМІ чують жакливу статистику смертності від вживання психоактивних речовин. Сьогодні ці проблеми вимагають негайного вирішення, а їх вирішення потребує впевнених кроків держави. Фізичне виховання грає значну роль у вирішенні цих проблем.

Ключові слова: здоров'я, молодість, шкідливі звички, куріння, вплив, фізичне виховання.

Formulation of the problem. When considering the current state of health of young people in Ukraine, it can be noted that every year the situation does not improve on the contrary. In the period from 2014 to 2022. Statistics record one of the first places in Ukraine in the number of deaths from the use of psychoactive substances, as well as related factors, such as drunk driving, suicide due to drug intoxication, etc. In October 2014, 107 people died from alcohol poisoning. An increase in the number of chronic diseases from the use of psychoactive substances is also noted. Most often, these are diseases of the respiratory and digestive organs. According to the Center for the Prevention and Control of AIDS and Infectious Diseases, more than 10,000 cases of HIV infection have been recorded. Of these, approximately 31% of people became infected using narcotic substances. Today, special attention is paid to the issue of physical education of the younger generation. Moreover, the infrastructure

necessary to make physical education accessible is being restored and created. At the same time, the problems of forming a healthy lifestyle culture have not been solved. In our opinion, one of the most important problems of Ukrainian society is the problem of forming the consciousness of the younger generation in the need to lead a healthy lifestyle as the basis of longevity and physical health. The activity of forming a culture of personal health acquires great socially useful significance, since its subject, goal and main result is the development of the person himself. Physical activity is not limited to the development and formation of a person's physical condition but is closely related to his spiritual activity [1].

According to modern concepts, a healthy human lifestyle consists of the following components: giving up bad habits: smoking, drinking alcoholic beverages and narcotic substances; optimal driving mode, national nutrition, hardening, personal hygiene, positive emotions. Physical education plays a significant role in solving these problems.

Analysis of literary sources. In most of the analyzed works, a healthy lifestyle is considered "as a certain reference model, a system of general conditions, orders, measures, a product of collective creativity." Daw Jonathan [1], Fielding-Singh Priya [2], Korp Peter [3], Lawrence Elizabeth [4].

It is believed that the concept of "healthy lifestyle" is defined by the word "healthy", which, according to him, "is a derivative of the noun "health", thus carrying all the main qualitative characteristics of the latter - physical, mental, and social well-being" [3].

The main thing in a healthy lifestyle is the active creation of health, including all its components. Thus, the concept of a healthy lifestyle is much broader than the absence of bad habits, work and rest schedule, nutrition system, various hardening, and developmental exercises; it also includes a system of relationships towards oneself, towards another person, towards life in general, as well as the meaningfulness of being, life goals and values, etc. To create health, it is necessary both to expand ideas about health and illness, and to skillfully use the entire spectrum factors influencing various components of health (physical, mental, social, and spiritual), mastering health-improving, restorative and other methods and technologies in developing an attitude towards a healthy lifestyle [4].

As noted in their work by P. Theodoros, the role of the family and the personal example of parents in raising children is extremely important, and nothing can more strongly influence the formation of a child's consciousness of the need and expediency of leading a healthy lifestyle. The family acts as the first educational institution, with which a person feels a connection throughout his life. It is in the family that the foundations of human morality are laid, norms of behavior are formed, the inner world and individual qualities of the individual are revealed [2].

Let us highlight the following problems that hinder the formation of a healthy lifestyle for young people:

- insufficient role of parents' personal example in the process of instilling the fundamentals of a healthy lifestyle or its complete absence.
- insufficiently effective methods of pedagogical influence on children and insufficient qualifications of teaching staff working with children.
- widespread use of gadgets and computer games, which threatens to replace value guidelines.
- lack of basic physical education in the family.
- the presence of bad habits among the younger generation.
- lack of desire for physical self-improvement.
- the norms of healthy eating are violated, or healthy eating is completely replaced by "harmful" foods.

In conclusion, let us point out that a healthy lifestyle is a good habit. But adults, more experienced people: parents, teachers, older friends, and comrades should influence the formation of this habit among young people. At the same time, the child's environment and his hobbies are very important, since the attitude of young people towards physical education, healthy eating, giving up bad habits, that is, a healthy lifestyle, is a consequence of the process of socialization of our children. A healthy lifestyle for young people should be based on the principles of social importance, morality, and rationality, as well as awareness of the importance of maintaining physical, moral, and mental health.

Health is an invaluable asset not only for every person, but also for the entire society. When meeting or parting with close and dear people, we wish them good and good health, since this is the main condition and guarantee of a full and happy life. Health helps us fulfill our plans, successfully solve the main tasks of life, overcome difficulties, and, if necessary, significant overloads. Good health, wisely maintained and strengthened by the person himself, ensures a long and active life. Protecting one's own health is the immediate responsibility of everyone; he has no right to shift it to others. After all, it often happens that a person, through an incorrect lifestyle, bad habits, physical inactivity, and overeating, by the age of 20-30 brings himself to a catastrophic state and only then remembers medicine. No matter how perfect medicine is it cannot rid everyone of all diseases. A person is the creator of his own health, for which he must fight. From an early age it is necessary to lead an active lifestyle, toughen up, engage in physical education and sports, observe the rules of personal hygiene - in a word, achieve true harmony of health through reasonable means. Fostering a healthy lifestyle culture is a relevant topic today. In recent decades, there has been a trend towards deterioration in people's health throughout the world. There is an increase in morbidity for all major groups of diseases, an increase in mortality, a decrease in birth rates, and life expectancy. It is impossible to stop this process by relying only on medicine, since in most cases doctors deal with people who are already sick. In order not to get sick, a person needs to learn to stay healthy. Achieving a high level of all types of health (mental, physical and others) is much easier if it is established in childhood. That is why the issue of promoting a healthy lifestyle is so relevant in our time. It is physical education and sports that replenish the body's needs for physical labor. That is why physical education is so necessary in universities. But we must not forget that unsystematic training in physical education may not help, but, on the contrary, harm the body. It must be remembered that only physical education based on a strict and understandable system is useful. In recent years, there has been enormous interest in the problem of individual human health, which is confirmed by many studies by leading scientists in the world. The

health of our children is of particular concern, because the health of the nation and the progressive dynamics of the entire society relate to the health of the new man of the 21st century and the future of Ukraine.

From a physiological point of view, the following formulations are decisive: - individual human health - the natural state of the body against the background of the absence of pathological changes, optimal connection with the environment, consistency of all functions (G. Z. Demchinkova, N. L. Polonsky); - health is a harmonious set of structural and functional data of the body, adequate to the environment and providing the body with optimal life activity, as well as full-fledged working life; - individual human health is the harmonious unity of all possible metabolic processes in the body, which creates conditions for the optimal functioning of all systems and subsystems of the body (A. D. Ado); - health is the process of preservation and development of biological, physiological, psychological functions, ability to work and social activity of a person with the maximum duration of his active life [1]. A healthy lifestyle (HLS) is a way of life based on the principles of morality, rationally organized, active, labor, hardening and, at the same time, protecting from the adverse effects of the environment, allowing one to maintain moral and mental well-being until old age. and physical health.

Health status is assessed at three levels: somatic, social, personal. - Somatic - implies perfection of self-regulation in the body, harmony of physiological processes, maximum adaptation to the environment. - Social - a measure of ability to work, social activity, active attitude towards the world. - Personal - a person's life strategy, the degree of a person's dominance over the circumstances of his life. Based on this, human health can be defined as the optimal state of his body, ensuring the implementation of genetic programs of unconditional reflex, instinctive, generative function, and mental activity. In general, we can talk about three types of health: physical, mental, and moral (social) health. Physical health is the natural state of the body, due to the normal functioning of all its organs and systems. If all organs and systems work well, then the entire human body (a self-regulating system) functions and develops correctly. Mental health depends on the state of the brain; it is characterized by the level and quality of thinking, the development of attention and memory, the degree of emotional stability, and the development of volitional qualities. Moral health is determined by those moral principles that are the basis of human social life, i.e., life in a particular human society. Distinctive signs of a person's moral health are, first, a conscious attitude to work, mastery of cultural treasures, and active rejection of morals and habits that contradict the normal way of life. Therefore, social health is considered the highest measure of human health. Morally healthy people are characterized by several universal human qualities that make them real citizens. The essential conditions that support health are clean air and water, high-quality products, and contact with a healthy environment. When developing a strategy for increasing the health of the population, it is necessary to consider environmental problems, the solution of which is a prerequisite and moral value for the improvement of the nation. And - human environmental tolerance (the ability of the human body to tolerate the effects of unfavorable environmental factors). The state of the environment determines the health of the population by approximately 18–22%. The integrity of the human personality is manifested, first, in the interrelation and interaction of the mental and physical forces of the body. The harmony of the psychophysical forces of the body increases health reserves and creates conditions for creative self-expression in various areas of our lives. An active and healthy person retains youth for a long time, continuing creative activity, not allowing the "soul to be lazy."

Scientific evidence suggests that most people, if they follow good hygiene rules, have the opportunity to live to 100 years or more. Unfortunately, many people do not follow the simplest, science-based norms of a healthy lifestyle. Some become victims of inactivity (hypodynamia), which causes premature aging, others overeat with the almost inevitable development in these cases of obesity, vascular sclerosis, and in some - diabetes mellitus, others do not know how to rest, be distracted from work and everyday worries, are always restless, nervous, suffer from insomnia, which ultimately leads to numerous diseases of the internal organs. Some people, succumbing to the addiction of smoking and alcohol, actively shorten their lives.

Conclusions. The main goal of physical education and sports is the formation of the individual's physical culture, preparation for social and professional activities, preservation and strengthening of human health. In the program of higher educational institutions, the solution to this problem is carried out through the education of the individual's physical culture. Physical culture of an individual is associated with a person's desire, need and ability to preserve and improve his bodily "I". And this requires a certain amount of knowledge: about the morpho functional characteristics of various organs and systems of the body, about the influence of physical work and physical exercise on their development, as well as on the development of physical qualities. Another necessary condition for the formation of a person's physical culture is the desire to master a system of certain skills and abilities that ensure the preservation and strengthening of health, mental well-being, and the development of abilities. And, perhaps, the most basic requirement is the practical application of knowledge and skills in one's life. In physical education and sports activities, natural, ethical, and mathematical methods of design and implementation of social and pedagogical tasks are used. The theory of physical culture and sports as a scientific discipline deal with the problems of holistic development of the individual, being an integral part of the system of formation of general culture and professional training of students. The educational process is aimed at the harmonious development of spiritual and physical strength, human values, health, physical, mental, and social well-being of those involved. The functions of physical culture and sports represent a purposeful pedagogical process and act as one of the factors of sociocultural existence, ensuring the psychological and biological potential of students' life activity. The physical condition of students depends on many factors, among which a healthy lifestyle plays an important role. The main components are daily study, systematic physical exercise, and proper organization of rest [3].

Physical education contributes to the formation of a healthy lifestyle for students. However, it is not always possible to effectively solve this socio-pedagogical problem. An analysis of the organization of educational classes and sports activities shows that 70% of students are actively involved in physical exercises, about 20% are periodically engaged in physical exercise, and 10% of students have a doctor's exemption from classes. Therefore, many of them do not receive the proper amount of physical activity. Chronic lack of biologically necessary physical activity by the body leads to deterioration of health. The reasons for this situation are the deterioration of the social living conditions of most people; underestimation of the importance of physical

culture in maintaining health; weak material and technical base for conducting classes; insufficient funding; lack of necessary sports equipment, clothing and shoes [2]. Many students are wasteful with their health and neglect physical exercise. Teachers should orient students towards developing positive motivation for improving health, nurturing moral and volitional qualities, and applying acquired knowledge, skills, and abilities to maintain a high level of physical fitness. At its core, teaching is a joint effort between teacher and student, an equal and not an authoritarian collaboration. In the training and education of students, such measures, means, methods and forms of physical culture are used that are aimed at physical improvement and comprehensive development of a person and correspond to the modern level of social progress, which involves: mastering the basics of personal physical activity, acquiring knowledge, skills and abilities in the field physical culture, the development of coordination abilities, the development of skills in independent physical culture, health and sports activities, the development of strong-willed, moral qualities and mental abilities, the formation of such qualities as humanism, the joy of communication in the process of physical culture and sports activities.

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DOI 10.31392/UDU-nc.series15.2023.12(172).02
УДК: 796.062.4:355.237.3

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ЗАСОБИ СПОРТИВНОГО ОРІЄНТУВАННЯ – ЯК ЕФЕКТИВНИЙ ЗАСІБ ПІДВИЩЕННЯ ШВИДКОСТІ ВІЙСЬКОВОСЛУЖБОВЦІВ АРТИЛЕРІЙСЬКОЇ РОЗВІДКИ

Враховуючи особливості та важливість виконання завдань ракетних військ і артилерії, накладаються особливі вимоги до оперативності дії фахівців артилерійської розвідки. Для підвищення оперативності виконання оперативних завдань необхідна висока швидкість і злагодженість усього особового складу з метою досягнення позитивного результату виконання завдань військово-професійної діяльності. Встановлено, що регулярні практичні заняття орієнтуванням дають змогу військовослужбовцям упевнено пересуватися незнайомою місцевістю та долати різноманітні природні перешкоди, отримувати й аналізувати актуальну інформацію, оперативно приймати та ухвалювати рішення в екстремальних ситуаціях.

Військово-прикладні навички в орієнтуванні на місцевості особливо важливі для військовослужбовців артилерійських, розвідувальних, десантно-штурмових та інших спеціальних підрозділів, які переважно виконують бойові завдання невеликими групами за межами пунктів постійної дислокації, в лісистій та болотистій місцевості, умови яких передбачають швидке орієнтування за допомогою «властивостей природи».