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NECESSITY OF FORMING CULTURE OF HEALTH FOR DIFFERENT GROUPS OF POPULATION IN WAR'S CONDITIONS

Annotation. *The article considers the necessity of forming a culture of health of various population groups in war's conditions. The necessity of forming a culture of health of different population groups has been proved, since each age group is in a certain way related to each other, which has an impact on the level of all components of individual health, which is a necessary condition for improving the level of health of the nation as a whole.*

It is stated that the culture of health is considered as a component of physical culture, and therefore of general culture, the presence of which contributes to the preservation of personal health. Also, it is mentioned that the process of forming a culture of health consists in a certain sequence of mastering certain phenomena that make up a culture of health, namely in the formation of a culture of knowledge, abilities and skills related to the formation and preservation of one's own health; mastering the culture of healthy eating; conscious and systematic participation in physical culture and health activities; mastering the culture of a healthy lifestyle and the culture of healthy communication

For the successful implementation of the formation of a culture of health of various population groups, it is advisable to consider a combination of three component blocks: need-motivational, programmatic-content and activity-practical, the mechanism of implementation which consists in the application of various fitness technologies as an effective tool for the formation of a culture of health of various population groups in conditions of war, where the urgency of improving all components of health has become extremely urgent.

Keywords: *health, health culture, fitness culture, different population groups, components of health.*

Анотація. *У статті розглядається необхідність формування культури здоров'я різних груп населення в умовах війни. Доведено необхідність формування культури здоров'я різних груп населення, оскільки кожна вікова група певним чином пов'язана між собою, що впливає на рівень усіх складових здоров'я особистості, що є необхідною умовою підвищення рівня здоров'я нації в цілому.*

Стверджується, що культура здоров'я розглядається як складова фізичної культури, а отже загальної культури, наявність якої сприяє збереженню здоров'я особистості. Також зазначено, що процес формування культури здоров'я полягає у певній послідовності оволодіння певними явищами, які складають культуру здоров'я, а саме у формуванні культури знань, умінь і навичок, пов'язаних із формуванням і збереженням про власне здоров'я; оволодіння культурою здорового харчування; свідомо і систематична участь у фізкультурно-оздоровчій діяльності; оволодіння культурою здорового способу життя та культурою здорового спілкування.

Зазначено, що для успішної реалізації процесу формування культури здоров'я різних груп населення доцільно розглядати поєднання трьох складових блоків: потребнісно-мотиваційного, програмно-змістового та діяльнісно-практичного блоків, механізм реалізації яких полягає у застосуванні різноманітних фітнес-технологій як ефективного інструменту формування культури здоров'я різних груп населення в умовах війни, де необхідність покращення всіх складових здоров'я стала надзвичайно актуальною.

Ключові слова: *здоров'я, культура здоров'я, фітнес-культура, різні групи населення, складові здоров'я.*

Formulation of the problem. *Currently, the state of health of the population of Ukraine needs improvement in connection with the long war in Ukraine. All age groups of the population are under constant stress due to shelling, which negatively affects the state of all their components of health, namely: physical, mental, social and spiritual. It is known that health is formed through a certain algorithm of actions and habits that form the concept of "health culture". The culture of health is a socio-*

cultural phenomenon that is the basis for automating the skills and abilities of a healthy lifestyle, the formation of which is a necessary condition today for various groups of the population.

Analysis of literary sources. Various scientists studied the concept of "health culture". The analysis of the latest scientific sources regarding the formation of a healthy lifestyle of students and their culture shows the constant attention of scientists of various fields to this problem at the methodological, theoretical and practical levels. Thus, in modern psychological and pedagogical literature, I. Brekhman examines the problem of the formation and development of the personality of modern youth in the aspect of forming a healthy lifestyle. Such scientists as V. Antikova, L. Baikova, I. Bodnar, Yu. Boychuk, D. Voronin, S. Harkusha, H. Hryban, G. Karpenko, M. Nosko, O. Faichuk and others believe that the recent rapid deterioration the state of health of the population, in particular, of student youth [10].

E. Blashko, L. Vovk, M. Gonacharenko, M. Hrynyova, V. Grigoriev, V. Horashchuk, N. Hrybok were engaged in the study of the essence and content of such concepts as "health culture" and "fitness culture". G. Kapranova, Zh. Malakhova, Yu. Melnyk, Yu. Usachov, I. Sorokina, Yu. Usachov and others [10]. However, today the formation of the health culture of various population groups in the format of a new sociocultural phenomenon of the fitness culture of students' personality, the main means of which are fitness technologies, is not sufficiently covered [11]. The purpose of the article is to theoretically analyze the necessity of forming a culture of health of various population groups in the conditions of war.

Presentation of the main research material. The formation of the health culture of various population groups is the main issue today, because the war in Ukraine has worsened the health of all population groups [2]. The most effective means of forming the health culture of people of different ages and genders is the formation of an appropriate level of fitness culture, which can be considered as part of the general culture, which is a creative activity aimed at the harmonious formation of the personality and is a set of achievements of society in the field of fitness improvement and improving the health of various population groups by means of fitness technologies [10].

Strengthening the state of health of various population groups in today's conditions is the main task for scientists, which is an integral part of the process of forming a culture of personal health, because it occupies the second position in the hierarchy of needs, inferior to human life. Yes, even the ancient philosopher Socrates said: "Health is not everything, but everything without health is nothing. Being alive is not enough - you need to be alive and also healthy" [11].

There is a definition of health as a dynamic state of the human body, characterized by high energy potential, optimal adaptive reactions to changes in the environment, which ensure harmonious physical, psycho-emotional and social development of the individual [1], his active longevity, a full life, fruitful resistance to diseases.

I. Brekhman [2] gives his own view on the definition of this term in his research. He considers health through the prism of three streams of information: sensory, verbal, structural and defines it as a state of external and internal balance of a person with himself and the environment in spiritual, mental and physical aspects, as well as the ability to perform at a high level biological and social functions. It is worth noting that all aspects of human health are interdependent and qualitatively influence the formation of a culture of personal health. World science has developed a holistic view of the culture of personal health as a phenomenon that integrates its four components: physical health, mental health, social health and spiritual health [3].

Physical (somatic) health is the most important component of a person's health culture, which characterizes the current biological state of the body's organs and systems, the level of development and functional capabilities, as well as the degree of adaptation to various environmental factors.

Some scientists [4] consider physical health to be the health of the body, which characterizes physical abilities and limitations, physical well-being, the degree of activity and wear and tear of functional systems of organs, tissues, and the body as a whole.

Physical health, from the standpoint of the systemic approach of valeology, is the basis of the pyramidal structural organization of a person, the basis of which is the biological program of individual development, which is subordinate to the basic needs for nutrition, breathing, movements, sexual satisfaction, and knowledge of the surrounding world. At the base of this pyramid is the physical body, which is the basis of psychological balance and high quality of human life. The next step of the pyramid is occupied by the mental sphere, which forms mental health, which includes the intellectual-emotional sphere. The pyramidal structural organization of a person is completed by its spiritual component, which is the spiritual component of health [12].

Based on this structural organization of human health, valeology developed a tactic of cognition, the vector of which is directed from the physical component to the top - spirituality, or spiritual health, and the tactic of recovery is directed from spiritual health to the base of the pyramid - the physical body or physical (somatic) health.

The main principles and means of physical health formation include ensuring optimal living conditions, which include the absence of stress, adequate nutrition, and sufficient sleep; healthy lifestyle of people; correct formation of the somatic constitution and correct posture at age-appropriate moments; timely health training activities that ensure an increase in the level of physical health due to adequate physical exertion that improves, develops and harmonizes the human body [8].

It is generally accepted that health is the result of the complete satisfaction of basic human needs. According to the pyramid of psychologist A. Maslow (1943), physiological needs are the basis of basic human needs [6] So, physiological needs occupy the first link of the conditional pyramid. These needs include the needs that ensure the survival of a person as a biological being (in food, water, air, warmth, rest, sex, etc.).

The second link in the hierarchy of needs is occupied by safety needs, which include the need for protection from physical and psychological dangers from the surrounding world and confidence that physiological needs will be satisfied in the future.

The social needs that form the third link of the pyramid of needs include the needs for belonging, friendship, love, and support.

The fourth link of the pyramid of needs is occupied by the need for respect, which includes personal achievements,

professional competence, respect from others, and social recognition. Needs for self-expression, self-realization occupy the last fifth link in the hierarchy of human needs, which consist in the realization of one's potential opportunities and the growth of a person as an individual in one's own life.

Thus, it can be concluded that health is formed on the basis of the satisfaction of physiological needs and is the basis for the formation of the following important needs, such as social needs, needs for safety, respect, self-expression and self-realization. That is why the main attention is paid to the formation, strengthening and preservation of physical health in the formation of the health culture of students of various specialized higher education institutions of Ukraine.

Mental health is a state of an individual's psyche, in which all the mental functions of the body work harmoniously and harmoniously and provide the individual with a sense of comfort, contributing to high performance in a given environment. Mental health involves the ability to live in love and harmony with yourself and the world around you. Social health is characterized by the well-being of a certain individual in the surrounding society, the presence of which allows the individual to feel comfortable among the people around him.

Spiritual health includes the presence of the ideal of a healthy personality, life values, ability to work, creative activity, a sense of beauty and cheerfulness, faith in oneself and people, as well as responsibility for one's actions. Spirituality of a person is characterized by such categories as "morality", "conscience", "responsibility", "respect". It is known that the health status of various population groups deteriorates every year.

So, according to the above definitions, it can be concluded that the concept of "health" is a multifaceted phenomenon, and it can be considered in 4 main aspects of health, which include: physical, mental, social and spiritual aspects.

Physical health is the functioning of the body and the state of health of each of its systems. Mental health is the ability to regulate and maintain a person's emotional state in relation to the environment. Social health is how an individual feels in society, how he interacts with other people. Spiritual health is the basis for all previous aspects of health, which unites and makes it possible to understand the relationship of this aspect of health with the other three, where all the above aspects form a culture of health [10].

At the same time, the culture of health consists of the culture of knowledge, abilities and skills, the culture of healthy nutrition, physical and recreational activities, the culture of a healthy lifestyle, and the culture of healthy communication. It is worth noting that physical culture and health activities presuppose the availability of knowledge about various fitness exercises, provided that a healthy lifestyle is followed, etc. [7].

Thus, physical culture and health activities are the main component of health culture [5]. It is known that the evolution of definitions of the concept of "culture" took place from Antiquity to the present. The term "culture" in its initial interpretation did not denote any special subject, state or content [11].

It was associated with the idea of action and efforts aimed at changing something, and therefore it was used with a certain addition, always denoting the culture of something: the culture of the spirit, the culture of the mind, etc. In ancient times, the term culture meant the following: "processing", "care", "culture" (from the Latin *colo, colere* originally meant - "processing", "care", "improvement", and over time acquired the meaning - "awareness, education", "education"), i.e. everything that is still equated with culture [12].

The synthesizing function of culture is human-creative, in which all the listed functions are combined, the complexity and multifacetedness of which determines the multidimensionality of its structure [6]. Structure means order, structure and connection. The structural analysis of culture involves distinguishing certain types, types and forms of culture according to various criteria: by medium, content, role, historical principle, denomination, functions, organization, form of existence, values, language, etc.

In modern science, typology is understood as a process by which a system is divided into relatively simpler subsystems (elements) [1]. Typology of culture is carried out on the basis of worldview, formational, local, transitional or historical principles. The core of culture consists of common human goals and values, as well as historically formed ways of their perception and achievement. Therefore, the definition of culture is quite diverse, because it is characterized by a dynamic process that is constantly changing, but remains an indestructible component of the life of both society as a whole and its closely interconnected subjects - individuals and social institutions [4].

Therefore, culture is a set of material and spiritual values created by mankind throughout its history; a historically acquired set of rules within society for its preservation and harmonization, which is a complex system of being that contains two components - material and spiritual. Some pedagogical and encyclopedic dictionaries [3] define culture as the care, improvement, and ennoblement of a person's bodily, mental, and spiritual inclinations and abilities, and speak of the existence of the categories of "body culture," "soul culture," and "spiritual culture."

The modern stage of the development of culture is characterized by overcoming the highly specialized study of cultural phenomena, their systematic consideration, addressing the essence of a person, which is increasingly analyzed as a whole in humanities works [4].

As a social system, culture exists in three forms:

- **the culture of living conditions** (material, spiritual and social);
- **culture of activity** (forms and methods of rational implementation of the main types of activity);
- **personal culture** (human abilities and attributes that are formed in the course of creating and mastering the culture of living conditions and the culture of activity).

In modern science, the term "culture" is a complex system of an individual's existence [9]. It is noteworthy that the culture of health explores and solves the theoretical and practical tasks of the harmonious development of not only physical, mental and spiritual forces of a person, but also contributes to the formation of an optimal biosocial environment that ensures a higher level of life creativity.

Today, it is the most important component of universal human culture, as well as a multidisciplinary field of knowledge

that develops theoretical and practical tasks for the harmonious development of physical, mental, spiritual and social aspects of individual health.

The very definition of "health culture" was first proposed by the famous scientist V. Skumin back in 1968 [6]. Since then, the newly introduced definition has firmly entered scientific circulation. In his work "Teaching about the culture of health", the scientist insists that the culture of health should be considered as an integral part of the spiritual and moral culture, the culture of work and rest, the culture of the individual and the culture of relationships [7].

According to the concept of the doctrine of health culture proposed by V. Skumin, physical, mental, spiritual and social aspects of health determine the state of health of various population groups, the synthesis of which is a prerequisite for the formation of a higher level of health culture [10].

The current situation in Ukraine, socio-economic and political problems in the country, a drop in the standard of living and environmental problems have a negative impact on the health of all population groups in today's conditions [8]. The main reasons for this state of affairs are a low health culture and, as a result, an irresponsible attitude towards one's health. In our opinion, the formation of the health culture of various population groups in the modern world can be ensured by promoting the development of physical, mental, spiritual and social aspects of health, which constitute the fitness culture of the personality of everyone who cares about their health.

Some scientists [6] believe that "health culture is not only awareness in the field of health care, which is achieved in the process of education, but is a practical implementation of a healthy lifestyle and care for one's own health and the health of others" [5].

Thus, the culture of the health of a person's personality is characterized by the presence of positive goals and values, implemented by the organization of a healthy lifestyle with the aim of competent and meaningful improvement of aspects of health, which allows to actively regulate the state of a person taking into account the individual characteristics of the organism, to implement programs of self-preservation, self-realization, and self-development and determines the harmonious unity of all components of health and integral development of the personality [10].

According to the definition of V. Horashchuk, "health culture" is an important component of the general culture of a modern person of any age and gender, which is determined by the material and spiritual environment of society's vital activities, which is expressed in the system of values, knowledge, needs, abilities and skills regarding the formation, preservation and strengthening human health [12]. This definition is the basis of the conceptual model of the culture of personal health. The scientist presents the culture of health as a combination of three component blocks: need-motivational, programmatic-content and activity-practical.

The need-motivational block reflects the worldview side of the culture of personal health of various population groups and characterizes a high level of human spirituality, the development of humanistic value orientations, which includes the worldview of a person's personality based on humanistic value orientations, love and a good attitude towards the environment, understanding the purpose and meaning of life, its value, the ideal of the individual, self-awareness as a whole spiritual and physical system, as well as an optimistic worldview, worldview and a high level of tolerance.

The program and content block contains a system of knowledge on the formation, preservation and strengthening of health in all its aspects - physical, mental, spiritual and social. This block characterizes a person's ability to expediently develop and constantly improve an individual health system. It reflects the content side of the issue of health culture formation. This block contains philosophical and cultural knowledge about the culture of personal health, spiritual, mental, physical and social aspects of health.

The block integrates the conditions for the formation, preservation and strengthening of health in all its aspects and the basis of the development of an individual health system, the ability to conduct propaganda work on the formation of a culture of personal health. The activity-practical block characterizes the result of a person mastering the required amount of abilities and skills, as well as mastering modern physical culture and health fitness systems aimed at physical, mental, spiritual and social aspects of health; understanding the need to fight bad habits; the ability to develop and improve an individual health system throughout life; leading a healthy lifestyle.

Therefore, the culture of health is a conscious system of actions and relationships that determines the quality of individual and public health and involves a responsible attitude to one's own health and the health of other people, as well as the degree of implementation of a healthy lifestyle [9].

The extent to which the lifestyle and state of health of different population groups depends on them determines to what extent they are subjects of their own lives, and therefore possess a culture of health. Accordingly, the essential characteristics of the health culture of future specialists are physical, mental, spiritual and social well-being.

The process of forming a culture of health consists in a certain sequence of mastering certain phenomena that make up cultures of health, namely in the formation of a culture of knowledge, abilities and skills related to the formation and preservation of one's own health; mastering the culture of healthy eating; conscious and systematic participation in physical culture and health activities; mastering the culture of a healthy lifestyle and the culture of healthy communication [8].

Combining the experience of previous researchers into a single definition, it can be argued that health is a state of physiological, psychological and spiritual well-being, and the harmony of the organism with the environment, which provides and is a determining prerequisite for the effective implementation of the education of various groups of the population, physical, intellectual, mental and moral abilities of the individual.

Health culture is considered as a component of physical culture, and therefore general culture, the presence of which contributes to the preservation of individual health [2]. The latter is defined as an individual who, in the process of social development, becomes a carrier and creator of culture.

Fitness is a modern form of improving health and maintaining physical fitness. Fitness culture is a part of the general culture, it is a creative activity aimed at the harmonious formation of the personality and is a set of achievements of society in the field of fitness improvement and health improvement of various population groups [4].

The goal of fitness activities is the formation of a healthy, well-educated, creative personality that is able to adapt to different living conditions in Ukraine. The formation of such a personality takes place in the process of a person acquiring the values of fitness culture and transforming them into personal values characteristic only for this individual, thus forming the fitness culture of the individual as a component of the general physical culture [8].

At the same time, the fitness culture of the personality of various population groups is an effective process of multifaceted pedagogical activity, which is aimed at the formation of life-necessary abilities and skills, knowledge that ensure a high level and quality of life of people, the structural and content components of which are:

1) **the culture of personal health**, consisting of physical health, which characterizes the functional state of the body of various population groups; mental health, which is characterized by a sense of emotional comfort; social health, which is characterized by the emotional well-being of a person in society; spiritual health, which characterizes a person's creative level and ability for further development;

2) **a culture of motivational and value guidelines and beliefs**, which includes the level of development of willpower of a person's personality, the presence or lack of development of activity motives to realize one's own goals, and the presence or absence of needs for fitness improvement;

3) **the culture of educational fitness activities** consists in acquiring basic knowledge of fitness, mastering the methods of teaching modern fitness technologies, the skills of independent use and development of health-improving fitness programs; knowledge of safety techniques for performing fitness exercises of various orientations;

4) **the culture of physical fitness activity** determines the proportional and harmonious development of the muscular system in accordance with the anthropometric indicators of the human body, the morpho-functional state of the body, the level of development of the main physical qualities;

5) **the culture of motor fitness activity** consists in the aesthetics and efficiency of fitness movements, the ability to appropriately apply various fitness elements in various fitness programs [5].

Thus, the components of a person's fitness culture have several elements. First of all, it is the culture of personal health - a set of personal possessions that are acquired in the process of development and contribute to the preservation and improvement of its health.

Secondly, the culture of motivational and value guidelines and beliefs - personal acquisitions obtained in the process of personality development with the aim of forming the need for physical training improvement, motivation, value orientations and the development of willpower.

Thirdly, the culture of educational activity is the result of mastering knowledge of physical culture, methods of developing the physical, mental, and intellectual qualities of the body, the ability to independently apply developing methods, to carry out complex self-educational activities in the field of physical culture and sports, to participate in competitive activities, to possess knowledge rules of safety technology, which together form the educational component of an individual at this stage of his development.

Two more elements are defined as: the culture of physical perfection - the result of physical education of the individual, which is manifested in the proportionally harmonious development of the muscular system, the development of the physical qualities of the body and the morpho-functional state of the organs and systems of the body; the culture of motor excellence is the result of physical education of the individual, which is manifested in the effective technique of performing movements, the aesthetics of movements, applying the acquired technical skills and skills in various situations [11].

Thus, the formation of the health culture of various population groups is a three-stage process aimed at strengthening and preserving all aspects of health throughout life.

Conclusions. Thus, the conducted scientific research proved the necessity of forming a culture of health of different population groups, due to the fact that each age group is related to each other in a certain way, which has an impact on the level of all components of personal health, which is a necessary condition to improve the health of the nation as a whole.

For the successful implementation of the formation of a culture of health of various population groups, it is advisable to consider a combination of three component blocks: need-motivational, programmatic-content and activity-practical, the mechanism of implementation which consists in the application of various fitness technologies as an effective tool for the formation of a culture of health of various population groups in conditions of war, where the urgency of improving all components of health has become extremely urgent.

Prospects for further research are the formation of the health culture of the adult population by means of yoga, as one of the powerful psycho-regulatory means of influencing the state of the body as a whole.

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EVALUATING THE EFFECTIVENESS OF PHYSIOTHERAPY FOR MENTAL DEVELOPMENT DELAY IN A 9-YEAR-OLD CHILD COMPLICATED BY A WAR-RELATED CONTUSION

The article analyzes six months of physical rehabilitation for a 9-year-old boy using therapeutic exercises. The goal was to improve his physical and psycho-emotional indicators to help him adapt to social life, meet educational and sports needs on par with peers, and overcome stress from bombing and contusion.

Physiotherapy methods proved effective for preventing conditions leading to disability and improving overall physical and psycho-emotional states, including complications from contusion due to being in a war zone. Negative traits targeted included