

Rubric: Education improvement

Organizational and methodological conditions for orientation of students to a healthy lifestyle

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Abstract: The relevance of our research is connected with the fact that the situation with the youth health in Russia leaves much to be desired. The main reason for it is an unhealthy lifestyle of young people. The goal of this paper consists in justification of organizational and methodological conditions for the realization of a system of pedagogical orientation of students to a healthy lifestyle. The main technique used by us for studying this problem was questioning; it has allowed us to reveal the situation of pernicious habits among young people. The analysis of questioning results has demonstrated the insufficiency of substantive, organizational, methodological, and procedural issues of the current solution to the problem of the orientation of students to a healthy lifestyle in theory, as well as their fragmentary and nonconsecutive use in practice. The research involved students of Kazan (Volga region) Federal University. In this paper we presents health barriers, analyze factors that stimulate the willingness of students to lead a healthy lifestyle, develop a technology for stimulating students to leading a healthy lifestyle, and describe the substantial side of guidance activities in the university that stimulate students to personal health improvement and self-development. We also justify various types of guidance activities, propose certain ways to optimize organizational and methodological support of teaching. Results obtained in this paper can be of interest both to administration and faculty of higher educational establishments and to students.

1. INTRODUCTION

In the last decade of the last century due to the course of the social and economic development of Russia that implied the transition to a market economy the ideological

component of education was weakened, if not destroyed. As a result, we got a revaluation of social values, an erosion of moral standards, orientation to pragmatism and mercantilism as success criteria, social apathy and indifference to the fate of the motherland. The crisis has manifested itself in society by negative trends in health status and lifestyle among young people.

The factors that affect the human health are the following ones: the health is 60% dependent on the lifestyle, 20% dependent on genetics, 15-20% dependent on the ecological situation, and only 8-10% dependent on the health care institutions [5]. First of all, the health barriers occur due to bad habits.

Bad habits among young people, as well as among adult ones, are connected with a number of personal and socio-economic reasons such as the imitative behavior, the desire to seem adult, the curiosity, the need to be «one of the peer group », the desire for independence, attempts to experience fun and so on. Certain individual features of one's organism together with some social and psychological factors can contribute to fixing bad habits in young people. Some physiological features and psychological factors also help fixing bad habits among young people [2].

In order to prepare students for leading a healthy lifestyle, it is necessary to systematically perform the orientation activities in higher educational establishments, using all known educational methods and means. These methods and means of the pedagogical orientation activity essentially depend on its content. It gives an answer to the question: «What is to be taught to students?». The content of the orientation activity should correspond to its goals [1]. Each goal, for example, nutrition education, should have the corresponding content; in the mentioned example, this is information on a balanced diet. Such content units can be studied at lectures and practical lessons. So the orientation activities should correspond to syllabi of various subjects and plans for intra- and inter-university sporting events. One can represent a technique used for orienting students to a healthy lifestyle as some activity realized at the level of the effective functioning of pedagogical orientation of students to a healthy lifestyle.

Therefore the goal of this study is to justify the organizational and methodological conditions for the realization of a system of pedagogical orientation of students to a healthy lifestyle.

2. RESEARCH METHODS AND TECHNIQUES

In 2015 we conducted an anonymous questioning of Law students in Kazan (Volga region) Federal University (KFU). To this end we have specially designed a questionnaire. The questioning involved 324 students, including 160 girls and 164 boys. The analysis of questioning results has demonstrated the insufficiency of substantive, organizational, methodological, and procedural issues of the current solution to the problem of the orientation of students to a healthy lifestyle in theory, as well as their fragmentary and nonconsecutive use in practice.

3. DISCUSSION OF RESULTS

We have obtained the following data: only 6% of KFU students identified themselves as healthy people, 12% did themselves as unhealthy ones. Students complained, first of all, about symptoms in the nervous, digestive and cardiovascular systems. Some students were concerned about frequent colds, while other ones complained of poor vision. No one has admitted alcohol abuse, but 50% of students have admitted that they consumed alcohol at parties and discos, and 15% of Law students at KFU have admitted to smoking. This percentage is less than that obtained in previous years. In comparison to results of the questioning conducted by us in 2000, the situation in KFU has improved. It is fashionable to be healthy now, and many students are proud for leading a healthy lifestyle. However, their quantity is not so large. The next question was: «Do you smoke hookah if you are offered one?», and 48% of students have answered affirmatively.

It is necessary to note that KFU students are not completely aware of drugs. Thus, in 2015, 14% of students assumed the existence of drugs without addiction, while 4% of students appeared to be completely ignorant in this subject. However, at present time the situation in KFU is better than in the last years. Thus, for example, in 2000, 68% of students of Journalism believed that there existed harmless drugs, and 16.5% of students had tried drugs at least once; now this quantity equals 12%. Though the situation at KFU

is essentially better now, it became even worth «outside» the university. One has to be very resistant to negative influence of the society. Thus, in 2000 nearly 38% of students were offered to try drugs, and now this percentage equals 42%. About 36% of KFU students have addicts among their friends. Responds to some questions have demonstrated the well awareness of students in certain aspects; namely, 26% of Law students were aware of where drugs could be bought and of approximate prices.

As is well known, it is better to prevent a disease than to treat it. Unfortunately, health costs much more than illness. Thus, 48% of KFU students have admitted that they were not regularly going in for sports. Many of them have expressed the wish to have physical training among academic subjects at the 4th and 5th years of study; they also wished to have physical training lessons in well equipped and more accessible gyms (34% of students had to pay for visiting sports sections).

The system-target approach to the orientation of students to a healthy lifestyle should imply the revision of all components of the system of orientation of students to a healthy lifestyle in a university. The realization of the system of pedagogical orientation of students to a healthy lifestyle requires the following organizational and methodological conditions.

First of all it is necessary to hold regular seminars for faculties and curators of students' health maintenance and to invite there leading experts on the organization of preventive work. It is desirable that the preventive work should be conducted not only by faculties who teach academic subjects connected with orientation of students to a healthy lifestyle but by all university faculties. It is necessary to regularly perform training like «round tables», which would allow faculties to exchange valuable information and to present some novelties [3].

It is necessary to make a healthy lifestyle accessible for students and to do unhealthy one inaccessible. This can be facilitated by opening student interest clubs and by providing conditions for their going in for sports. It is necessary to eliminate the causes of bad habits and to perform control over students' lifestyle.

Since youth needs activities, it is necessary to contribute to this process in universities. Students need enough exercise, so physical training lessons should be of a

complex character and should contribute to the development of different physical qualities. Students can engage in physical exercise in a university or practice independent training like classes in fitness or sports clubs and morning exercises. The modern equipment of gyms also serves as a mean for orienting students to a healthy lifestyle. It is necessary to provide gyms in sports centers and in student dormitories with modern equipment and sports inventory.

It is important to improve the physical training of students, namely, to improve their physical development and sports indicators in a chosen kind of sports. It is necessary to properly form academic sports groups, to develop physical training programs both for students with normal health and with poor one (students in special groups).

It is important that the physical training of students should not be separated from their intellectual development. This requires the establishment of a comfortable, highly moral, educational environment in a university. The value of «health» should be ranked higher in a personal value structure of students. This implies the study of the structure of meanings of life, objectives, and values of students, as well as the whole content of higher education, where values of health and moral education of students are of paramount importance.

The psychological impact on students can be performed by means of the media, namely, by the university TV, radio centers, newspapers, and so on. It is important to provide a proper interaction of these media as a well-organized system.

It is also important to organize the scientific research activity of students in various aspects of a healthy lifestyle. It is desirable to publish interesting papers and reports prepared by students in the university press, to launch new columns and expand existing ones, to publish interesting materials at websites which are popular among students.

It is possible to use means of visual propaganda, to organize competitions of posters, drawings, and photographs promoting a healthy lifestyle among students. It is important that these materials should be available at university campuses and students' recreation zones. It is necessary to form a certain fund of methodological techniques for orienting students to a healthy lifestyle, to collect all necessary materials, including booklets devoted to health promotion, in university libraries.

It is desirable to create associations of students who are interested in personal health improvement and to train them for the work in health groups among the population (this training should be certified as the second higher education). The best students should guaranteedly get a job in these health groups. It is necessary to promote student activists, i.e., group leaders, trade union organizers, sport and culture leaders, to carry out regular studies of student activists on the basis of university meeting rooms and computer labs. Moreover, it makes sense to give these students some practical tasks implying the search of certain information, performing computer tests, attending lessons and trainings in pedagogics, psychoprophylaxis, and health psychology.

It is necessary that university curricula should include subjects orienting students to a healthy lifestyle. The goal of such subjects is to develop a positive attitude for leading a healthy lifestyle and a system of approved values, socially relevant standards and, first of all, the value "health". It is important to develop a positive attitude for health preservation among young people, to strengthen their personalities, and to teach them techniques of self-possession and self-control.

It is important to prevent students from excessive stress during their study. It is necessary to have centers and services which would ensure the adequacy of the academic load of students to their capabilities, reveal and correct pre-disease states. Teachers, psychologists, and physicians should join their efforts in solving these problems. It is also necessary to improve the system of health resort treatment of students.

4. CONCLUSION

Thus, the orientation of students to a healthy lifestyle needs the following organizational and methodological conditions: the skill improvement, the students' and faculties' health activities, the active involvement of students and faculties in athletics, the orientation of all participants of the educational process to intellectual self-development, the creation of a university environment contributing to orientation of both students and faculties to a healthy lifestyle, the modification of curricula by introducing subjects that enhance the value of a healthy lifestyle, the research activities, and so on.

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