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ISSUE OF FORMATION OF RESPONSIBLE ATTITUDE TO HEALTH IN MODERN YOUTH

ПРОБЛЕМНІСТЬ ФОРМУВАННЯ ВІДПОВІДАЛЬНОГО СТАВЛЕННЯ ДО ЗДОРОВ'Я У СУЧАСНОЇ МОЛОДІ

Urgency of the research. Forming a healthy lifestyle for young people is a complex process, that requires more people, different organizations.

Target setting. An essential place in the process of forming, maintaining and strengthening the health of young people belongs to educational institutions, where permanent and purposeful work with young people should be carried out using various methods of developing education.

Actual scientific researches and issues analysis. This issue was considered by various scientists, in particular by V. Bobrytska, O. Yezhova, N. Zymivets, V. Muromets, I. Topchii, O. Sokolenko, L. Sushchenko, V. Orzhekhovska, T. Fedorchenko, N. Chernukha, I. Ya. Lernerom, M. I. Makhmutov, Yu. K. Babansk, M. A. Danylov, A. V. Furman.

Uninvestigated parts of general matters defining. Scientists now do not sufficiently highlight the role of the educational institution in the formation of healthy lifestyle for young people, which led to the urgency of comprehensive study of this subject.

The research objective. The substantiation of the problem of teaching modern youth the development of personal priorities, responsible attitude towards their body, and health as one of the highest values is an essential task in the process of maintaining and strengthening their health.

The statement of basic materials. The article revisits the content, forms, methods and technologies of teaching and educating a person in the context of the formation of a system of valuing one's own health. It has been proved that the formation of a healthy lifestyle for young people is a complex process, which requires a lot of people, different organizations and, first of all, young people themselves.

Conclusions. The formation of healthy lifestyle in young people is a complex process, which requires a lot of people and different organizations. An important place in the process of forming, maintaining and strengthening the health of young people belongs to educational institutions where constant and purposeful work with young people should be carried out through the use of various methods of developing education that would stimulate cognitive activity, influence the motivational sphere, and force to reconsider the priorities of one's life.

Keywords: health, responsible attitude; healthy lifestyle; problem, youth.

Актуальність теми дослідження. Проблема формування здорового способу життя молоді – складний процес, який потребує якнайбільшої кількості людей, різних організацій.

Постановка проблеми. Вагоме місце у процесі формування, підтримки і зміцнення здоров'я молоді належить і навчальним закладам, де має здійснюватися постійна і цілеспрямована робота з молоддю шляхом використання різноманітних прийомів розвивального навчання.

Аналіз останніх досліджень і публікацій. Дане питання розглядалося різними вченими, зокрема, В. Бобрицькою, О. Єжовою, Н. Зимівцем, В. Муромцем, І. Топчій, О. Соколенко, Л. Сущенко, В. Оржеховською, Т. Федорченко, Н. Чернухою, І. Я. Лернером, М. І. Махмутовим, Ю. К. Бабанським, М. А. Даниловим, А. В. Фурманом.

Виділення недосліджених частин загальної проблеми. Науковцями нині недостатньо висвітлюється роль навчального закладу у формуванні у молоді здорового способу життя, що зумовило актуальність всебічного вивчення даної тематики.

Постановка завдання. Обґрунтування проблемності навчання сучасної молоді з формування особистісних установок, відповідального ставлення до свого організму, до здоров'я як однієї із найвищих цінностей – важливе завдання у процесі підтримки й зміцнення її здоров'я.

Виклад основного матеріалу. У статті переосмислено зміст, форми, методи і технології навчання і виховання особистості у контексті формування системи ціннісного ставлення до власного здоров'я. Доведено, що формування здорового способу життя молоді – складний процес, який потребує якнайбільшої кількості людей, різних організацій і насамперед – самої молоді.

Висновок. Проблема формування здорового способу життя молоді – складний процес, який потребує якнайбільшої кількості людей, різних організацій. Вагоме місце у процесі формування, підтримки і зміцнення здоров'я молоді належить і навчальним закладам, де має здійснюватися постійна і цілеспрямована робота з молоддю шляхом використання різноманітних прийомів розвивального навчання, які б стимулювали пізнавальну діяльність, впливали на мотиваційну сферу і змушували переглянути пріоритети власного життя.

Ключові слова: здоров'я; відповідальне ставлення; здоровий спосіб життя; проблема; молодь.

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Urgency of the research. The young people healthy lifestyle development is a complex process, which requires a lot of people and different organizations.

Target setting. An essential place in the process of developing, maintaining and strengthening the health of young people also belongs to educational institutions where permanent and purposeful work with young people should be carried out through the use of various methods of developing education that would stimulate cognitive activity, influence the motivational sphere and make it necessary to re-consider the priorities of one's own life

Actual scientific researches and issues analysis. The issue of protecting the health of school age children and teenagers attracts the attention of specialists from various branches of science. The intensity of psychological and pedagogical research in the context of the problem field of our research has been increasing since the year of 2000. It is from this period of time that we observe a large number of dissertations, in particular: the issues of "value attitude to health", "healthy lifestyle", "responsible attitude to health" were considered by various scientists, in particular V. Bobrytska, O. Yezhova, N. Zymivets, V. Muromets, I. Topchii, O. Sokolenko, L. Sushchenko, V. Orzhekhovska, T. Fedorchenko, N. Chernukha. To the problems of problematics and problem training of youth the works of A. M. Matiushkin, K. A. Slavska are devoted. Didactic aspects of the problem situation were considered by I. Ya. Lerner, M. I. Makhmutov, Yu. K. Babanskyi, M. A. Danylov, A. V. Furman.

Uninvestigated parts of general matters defining. The role of educational institutions in the development of healthy lifestyle for young people is not covered sufficiently by scholars nowadays, which led to the urgency of comprehensive study of this subject.

The research objective. The substantiation of the problem of teaching modern youth the development of personal priorities, responsible attitude towards their body, and health as one of the highest values is an essential task in the process of maintaining and strengthening their health.

The statement of basic materials. In the current conditions of the development of society, the issues of preserving, strengthening and developing the spiritual, physical and mental health of citizens have acquired particular urgency. Life and human health are the highest values and one of the main indicators of the society's civilizedness. The priority of the problem is caused by a sharp deterioration in the state of health of young people, on which the future of the state depends. According to experts, almost 90% of children have deviations in health, and more than 50% - unsatisfactory physical shape. A significant part of the illnesses of the students are of a didactic nature, that is, caused or directly provoked by the conditions of the educational process. In such a situation, great attention should be paid to creating conditions in educational institutions for the education of physically, mentally and spiritually healthy person.

Today there is a rethinking of the content, forms, methods and technologies of education and upbringing of the person in the context of the formation of a system of value attitude to one's health. The focus of the educational community is the recognition of the person's self-worth as a unity of the physical, spiritual and social.

As the studies of national psychologists and teachers convincingly show, including the views of G. Ball [2], G. Bezv [3], I. Bech [6], L. Kalchenko [10], A. Karaman [11], T. Fedorchenko [12], a significant impact on the health of people is carried out by their style and life quality.

It is well-known that health is a treasure of every citizen, a strategic resource of the state, a pledge of development of the international community as a whole. Particular importance in today's realities is the state of health of younger generation. There is no doubt that genetic, socio-economic and environmental factors reduce the level of individual health.

Currently, in accordance with the Ottawa Charter, adopted in 1986, health is considered not only the absence of disease, but also a state of complete physical, spiritual and social well-being. The realization of the health potential is influenced by weighty factors: peace, availability of housing, social justice, education, nutrition, income, a stable ecosystem and permanent resources.

As the State target social program "Youth of Ukraine" shows for 2009-2015, four factors influence the state of health of young people: 10% belong to healthcare institutions, the rest are the ecology (about 20%), heredity (about 20%) and most - conditions and lifestyle (almost 50%) [8].

According to a sociological survey conducted within the framework of the project for the reform of

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social services for children and youth (2009-2015), all respondents named health among the vital values that are prior for junior and senior adolescents: schoolchildren - 82.6%. Among other values are, in particular, a happy family life - 70%, the presence of good friends, an interesting work - 78.6% [7].

Contemporary scientists like A. Karaman, J. Petrochko, V. Orzhekhovsky, T. Fedorchenko testify that one of the leading personal functions of the individual is the attitude towards one's health as the most important factor in the realization of vital meanings and goals. It should be noted that social tension and deterioration of environmental characteristics of the human environment, which are generated by the transformation of the economy and the social sphere, require the preparation of the individual, change dynamically adjusting to the conditions of existence. Hence, there are requirements for the adaptive abilities of the body, the level of health and its resources.

A. Bepalko has several consonant thoughts, arguing that the preparation of children and young people for entry into complex, often unfavorable life situations, development of their ability to withstand unfavorable factors that destroy health comes first.

It is worth noting, the issues of problem-based learning are devoted to the works of many scientists. There is a theory of problem-based learning that was grounded by the psychologists A. M. Matyushkin and K. A. Slavsky. Didactic aspects of the problem situation were considered by I. Ya. Lerner, M. I. Makhmutov, Yu. K. Babansky, M. A. Danilov and others. The most prominent domestic representative, who has studied the issues of problem-based learning is a well-known psychologist and methodologist A. V. Furman with his work "The theory of educational problem situations psychological and didactic aspect" [15]. In that paper the scientist highlights the main theoretical issues of problem-based youth education, explores the essence of the problem situation, carries out attempts to classify problem situations, and considers problematic methods of teaching.

It should be noted that on account of this, the issue of the problem-based teaching of modern youth to form personal priorities, a responsible attitude towards one's health as one of the highest values acquires a particularly topical importance today, which ensures self-realization, self-actualization of a person in public and private spheres.

At the legislative level, the concern for the health of the younger generation of Ukraine, teaching a healthy lifestyle are one of the leading directions of social and pedagogical work in educational institutions. In particular, as noted in the National Strategy for the Development of Education in Ukraine for 2012-2021, the priority task of the education system is the training of a responsible attitude to one's own health and the health of others as to high social and individual values [8].

The issue of the formation of a responsible attitude to the health of the individual is quite complex and urgent in social and pedagogical science.

In the context of our research, works relating to the formation of a healthy lifestyle, a conscious attitude toward health, a value attitude to health, the prevention of destructive habits among schoolchildren, social and pedagogical work with deviant children and adolescents, children deprived of parental care, improving the quality of provision services to children and youth in territorial communities, social protection of children's rights in difficult life circumstances, complex assessment of children's needs in residential care establishments are of great importance.

Thus, it can be stated that the problem of responsible attitude to health should be solved through the formation of a harmoniously developed personality, and this will contribute to the preservation of the health of the individual.

The significant ones are Y. Komensky's ideas, who substantiated the need for the unity of upbringing and teaching, showed the importance of integrating knowledge about human health, developed the principles of expediency and the principle of naturalness (according to nature), which presuppose the study of the laws of spiritual life by teachers and the coordination with them of pedagogical influence on child's personality.

Nowadays his ideas are modern and relevant, in particular, much attention should be given to the view that the educator should rely on reasonable methods of upbringing, take into account the individual abilities of pupils, create a quiet environment in an educational institution, devote a great importance to physical education in extracurricular activities. And in our time, health technologies in education and upbringing play an essential role.

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The question of the physical development and moral upbringing of the child is considered in the pedagogical works by D. Locke. In his treatise "Thoughts on Education," the scholar suggests a program for educating the younger generation according to the need of forming active affirmation of values.

An outstanding teacher K. D. Ushinsky devoted a great role to the formation of children's health culture. He believed: "If we entrust our health to doctors, then the teachers are entrusted with the morality and the mind of our children, we entrust their soul, and at the same time the future of our Motherland". In the scientist's opinion, the study of pedagogy presupposes an obligatory acquaintance with the essence and laws of life, the development of the human body, both physical and mental.

At the present stage of the development of society, a rethinking of the role of knowledge about human health and a change in attitude towards the spiritual aspect of health are taking place. In the context of the issues of our study, we turn to pedagogical achievements of P. Lesgaft, who enriches the general education school with the system of physical education, the system of physical exercises, which became state ones. The scholar is considered one of the creators of the theory and practice of therapeutic physical education.

Great contribution was made by A. Makarenko, who paid great attention to the upbringing of hygienic skills in his pupils. He defined "health" as a normal complex of physical and hygienic qualities and manifestations: neatness, cheerfulness, sexual decency.

The pedagogical system of the great teacher-practitioner V. Sukhomlinsky is aimed at creating conditions and opportunities for the formation, preservation and strengthening of schoolchildren's health. He wrote: "Caring for health is the work of a teacher. Children's spiritual life, world outlook, intellectual development, the strength of knowledge, faith in their strengths depend upon their cheerfulness and liveliness. If you measure all my worries about children, then the good half of them is about health. "

For our study, the key point is that V. Sukhomlinsky considered the health of schoolchildren as an integral system: "Anatomical and physiological processes occurring at this age are so closely connected with spiritual life and the formation of consciousness that essentially reflect the future of a person and show that physical culture can no longer be limited to body and health culture. That is, the teacher has proved the unity of the spiritual, mental and physical aspects of a person's health.

It is important to emphasize that the ideas of humanization proposed by Sh. Amonashvili allow us to discover in practice no less effective ways, methods, forms of upbringing and teaching, that, to a large extent contribute to the formation of individual health culture.

So, as it can be seen from the retrospective analysis, the issues of the culture of a healthy lifestyle, the value attitude to the health of the individual are relevant and timely in the future.

T. Bondarenko and A. Vashchenko devoted their studies to the healthy lifestyle as an important factor of the personality, modern experience and methods of introducing health education and upbringing of children and young people. They believed that the concept of a "healthy lifestyle" consists of three components: physical, mental and social.

In modern conditions, health is a prior social value. Summarizing national and foreign research experience, it can be defined as the possibility of the human body to adapt to changes in the environment, which is characterized by a person's will and is one of the indicators of man's perfection. Health creates the conditions for the free manifestation of the biological and social possibilities of a person, their transformation into activity.

For completeness of the problem presentation and the essence of the leading concept of the topic under research, we found that health - the dynamic state of a person, determined by the reserves of the mechanisms of self-organization of its system (resistance to pathogenic factors and the ability to compensate for the pathological process), is characterized by energy, plastic and informational (regulatory) self-organization, and also is the basis for the manifestation of biological (survival - preservation of the person, reproduction - continuation of the genus) and social functions.

According to N. Chernukha, the integration of all levels of human organization enables the individual to fulfill his biological and social functions. The higher people's ability to realize biological and social functions are, the higher their health level is. It is impossible to define the concept of "health", not

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taking into account the characteristics of the environment and human activity, its social significance [16].

It should be noted that at present the public notion of health is stipulated by the adaptation concept, in which health is actually identified with normality and largely depends on external conditions and factors, respectively, the individual's own activity and responsibility are not decisive.

In the philosophical encyclopaedic dictionary it is said: "health is a natural state of the organism, characterized by its balance with the environment and the absence of any painful manifestations."

That is, modern philosophy teaches: health is not an object of property, but a process, the result of our thoughts, actions, feelings.

In the Encyclopedia of Education [9] it is stated that the concept of "health" is "the state of the organism in which all its organs function normally in different states".

It should be noted that it is always necessary to emphasize the possibility of strengthening the health of young people, which can be provided by the inclusion in the curriculum of subjects for the disclosure of physical, social and mental factors.

On the deep conviction of J. Raikus, there are three levels for describing the value of health:

1) Biological - the initial health implies the perfection of the body's self-regulation, the harmony of physiological processes and, as a consequence, the minimum of adaptation;

2) Social health is a measure of social activity, an active relationship of a man with the world;

3) Personal, psychological health is not the absence of disease, but rather its overcoming.

The researcher S. Temina emphasizes that the value of health in everyday representations has increased, but has not become a fact of consciousness, thus, remained at the level of fashion. Real behavior for the sake of self-preservation has not undergone significant changes, people still drink and smoke a lot, disturb the sleep, rest and motor activity, do not care about proper nutrition, etc.

It should be noted that a responsible attitude to health is inextricably linked with the formation of the personality as a whole and does not imply a difference in the content, means and methods of targeted action to form such attitude in children and youth. Knowledge of the laws governing the formation of a person's relationship to health, in particular, his internally personal determinants, is a necessary condition for the effectiveness of the formation of a healthy lifestyle. We state that health is a social and biological basis of the life of the whole nation.

It is worth noting that the concept of "health" is inextricably linked with the notion of a "healthy lifestyle". The concept of a "healthy lifestyle" is defined as the organization of work and leisure, creative self-expression, the satisfaction of cultural and physiological needs of a person that ensures the performance of biosocial functions, physical and mental health, active longevity and, at last, harmonious development of the personality in all age periods.

A healthy lifestyle depends on person himself, but at the same time the state should create conditions for its formation, popularization and dissemination among the population, and the efforts of the state should be aimed at creating a supportive environment for the formation of a healthy lifestyle and the introduction of its values into people's minds.

We believe that one of the possible ways to achieve a qualitatively higher level of health of children and young people can be the wide introduction in the educational institutions of all levels of the system of developmental instruction [14], which is based on discrediting the installation on ready-made knowledge, focusing not so much on knowledge itself but on the principles of obtaining new knowledge on the preservation, strengthening and improvement of one's health. Unlike the traditional education system, this makes it possible to form a universal ability of the individual to any kind of activity.

The content analysis of the contents of the programs of activity of the Cabinet of Ministers of Ukraine over the past few years has revealed a narrow approach and insufficient attention of the government to the formation and propagation of healthy lifestyle. This category is mostly mentioned in the context of public health or is not mentioned at all.

So, after analyzing the source base of the problems of our research, it can be argued that a healthy lifestyle is primarily an activity of the individual, a group of people and a society that uses material and spiritual conditions and opportunities in the interests of health, harmonious physical and spiritual de-

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velopment of a person. In our opinion, a healthy lifestyle is the management of people's lifestyle in which they direct their knowledge, capabilities, actions towards support, strengthening and restoring their own health.

Conclusion. Thus, health is the basis for the effective vital activity of the individual, the prerequisite for the maximum disclosure of the capabilities of each person. The effectiveness of human development depends primarily on the formation of human capabilities (improvement of health status, the level of acquisition of knowledge and professional skills), as well as their maximum use for work, recreation, cultural, social and political activities.

It should be noted that the process of forming the health of young people depends on many factors (external and internal), in particular: socioeconomic and environmental conditions (20%); health system status (10%); heredity (20%); conditions and way of life (50%). Therefore, we believe that human health reflects the quality of adaptation of the individual's organism to the conditions of the external environment, and also represents the process of interaction between man and the environment. The very state of health is formed as a result of the interaction of external (natural, social) and internal (heredity, sex, age) factors.

An important place in the process of forming, maintaining and strengthening the health of young people belongs to educational institutions. It is here that permanent and purposeful work with young people should be carried out through the use of various techniques (developing training) that stimulate cognitive activity, influence the motivational sphere, do not leave indifference, force to reconsider the priorities of the life. Thus, the formation of a healthy lifestyle for young people is a complex process that requires a lot of people, different organizations and, above all, young people themselves.

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