

# Formation of A Healthy Lifestyle of University Students in The Process of Physical Education

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## Abstract:

At the present stage of development of society, attention to the healthy lifestyle of students has intensified, which is associated with public concern about the health of specialists graduating from higher education and the increase in morbidity during their professional training with a subsequent decrease in performance. The state of health of young people is the most important component of the healthy potential of the nation, therefore the preservation and development of the health of students and the formation of a healthy lifestyle in them today is of priority importance. It is no coincidence that teachers have recently shown deep interest in the problem of students' health, instilling in them a responsible attitude towards their health, the health of others and the health of future generations.

## Introduction

The modern educational process often leads to deterioration in the health of students. These statistics are confirmed by the annual medical examinations of students at the university. In 2002, a medical examination conducted by an interuniversity clinic showed that 75% of students had chronic diseases: osteochondrosis, scoliosis, flat feet, various diseases of the visual organs, neuropsychiatric disorders and allergic diseases, 1% venereal diseases. There is a growing trend for diseases such as obesity.

The reasons causing the deterioration of students' health include high mental stress, intensification of the educational process and its existing orientation, based on the predominance of static loads, which contributes to an artificial reduction in the volume of voluntary motor activity of students. 78.4% of students suffer from physical inactivity, the consequence of which is a decrease in performance, general reactivity of the body and an increase in morbidity. Among the reasons causing deterioration in the health of young people, we also include the prevalence of smoking, drinking alcohol, and drugs among young people. They associate their rest and leisure time with visiting cafes, bars, etc. All this speaks of a low level of health culture among young people and an irresponsible attitude towards their health.

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Therefore, physical culture should be considered as an important means in the process of physical education of students, in developing a healthy lifestyle, organizing recreation and leisure, and restoring physical and spiritual strength.

In physical education, an important place in the formation of a culture of health among young people is given to physical culture.

Culture, in the strictly anthropological aspect, is a way and form of human existence, the historical measure and “boundaries” of the human way of life, its dominant appearance; it concentrates the experience of humanity in mastering the natural, social and cultural world itself. Based on its readings, forms of human mentality are formed, preserved, improved and passed on from generation to generation. Such an approach to understanding culture allows us not only to characterize it as a mechanism of social heredity, but also gives grounds to understand the culture of maintaining health as a social necessity.

Physical culture is part of the general human culture. In physical culture, a person masters not only his natural being, but also human culture, striving for harmonization with himself, the world around him, nature and society.

The formation of an individual’s physical culture at the present stage of social development is a purposeful, multifaceted and at the same time holistic process of transition from predominantly physical training to the implementation of individual health-saving programs, physical self-improvement of the individual, changing the level of development of psychophysical qualities and properties.

The formation of a motivational attitude towards physical education is aimed at students acquiring health as a value orientation. Data from science and practice indicate that physical education and sports activities have not yet become an urgent need for students and have not turned into personal interest. And the actual participation of students in this activity is insufficient, although it is physical education and sports activities that presuppose the formation of such qualities and personality traits as social activity, orientation towards a healthy lifestyle, aesthetic ideals and ethical standards of life. Therefore, the formation of a healthy lifestyle of students is the main goal of physical education, the objectives of which are to increase the functional, adaptive capabilities of the body, education and personality development, aimed at the development and self-development of human physical culture.

We believe that physical education at a university should be not only an academic discipline, but also the most important basic component of developing a culture of health among students. The goal of physical education and education at a university will be to develop in students a conscious and active attitude towards physical culture, which will allow them to organize their own healthy lifestyle in accordance with changing situations. The implementation of this goal will solve the problem of creating a healthy lifestyle for students at the university, because only physical culture contributes to the harmonization of bodily and spiritual unity, ensures the formation of such universal values as health, physical and mental perfection of students. A student’s

understanding of physical culture as a value can become an effective factor in the formation of a healthy lifestyle and progressive trends in the development of public opinion and the need to master the values of physical culture as a type of culture for a future specialist.

The content of the physical education process and its place in the step-by-step formation of a healthy lifestyle for university students have been determined. During the research process, modeling and experimental testing of a system for optimizing students' motor activity were carried out based on the integration of the theory of the foundations of health culture and physical education with pedagogical theories of developmental and personality-oriented learning. The fundamental principle of a culture of health is highlighted - the principle of creating a healthy lifestyle, which allows students to maintain and develop health, as well as increase the adaptive reserves of the body at the somatic, psychological and social levels.

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