

## **TENDENCY OF STUDENTS TO THE HEALTHY LIFESTYLE**

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In modern society, on the one hand, the tendency of a healthy lifestyle as mainstream of modern culture was outlined in understanding of standards of behavior. On the other hand, those who decided to lead a healthy lifestyle lack adequate knowledge, their activity gets a form of addictive behavior that is not norm, but pathology, and with a healthy lifestyle has nothing in common.

We made assessment of level of health of 100 students aged from 17 up to 24 years of the first and second courses of engineering and pedagogical faculty of the Belarusian national technical university by means of determination of their coefficient of health – the conditional quantity mathematically connected with concrete physiological indicators which reflect a condition of the internal environment of an organism [3, p. 170-171]. When calculating coefficient of health 4 groups of students were allocated: with optimum level of health – 9%, with satisfactory – 40%, with the health coefficient speaking about moderately lowered health level – 19% and with the lowered health level – 32%. The most part of girls got into group with satisfactory condition of health, and young men – into group with moderately lowered health level. Using a technique "Your way of life" L.G. Kachan [1, p. 45], we found out that 24% of students lead a healthy lifestyle, from them young men – only 30%. The wrong way of life with existence of addictions 14% of students, from them have all – young men. 62% of respondents are close to a healthy lifestyle, but they need to change some habits. At a research of tendencies of healthy behavior by the Healthy Behaviour test developed by Department of prevention and promotion of a healthy lifestyle of the Ministry of Health and humanitarian services [2], it was revealed that the culture of healthy food acts as the most problem area. Students do not realize negative impact on health of monotonous and irregular food, fast food and other harmful eating habits. Also require attention of a problem of smoking (the tendency to underestimate this risk factor for health traditionally is expressed at young men (37% of young men and 20% of girls) more) and also absence at students of sufficient physical and sports activities (74% of respondents do not consider significant for health regular physical activity). Not enough attention is paid by students and to influence of a distress on the state of health. It is most fully realized by examinees and unambiguously treated as only negative influence on health of alcohol intake, psychoactive substances and also non-compliance with standards of safe behavior.

At younger generation it is necessary to form the culture of healthy food that has to be promoted by not only family, but also reforms in catering services of school students. It is necessary to introduce modern health saving technologies, to carry out systematically monitoring of health of students, to do occupations by physical culture more various and interesting, emotionally enrich. Further propagation activities of mass

media, including with use of the last technical achievements are necessary, for virtual reality.

#### **THE LITERATURE**

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3. Physiological bases of health of the person: studies. - a method. grant / Novosib. state. – Agrar. un-t. Biologo-tekhnolog. Fak.; orig.: P.N. Smirnov, N.V. Efanova, L.M. Osina, S.V. Batalova. – Novosibirsk: ITs "Gold Ear", 2016. – 228 p.