

An Active Lifestyle as An Important Component of Health in Conditions of Increasing Physical Inactivity

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Abstract: The problem of physical inactivity is considered not only as biomedical but as a general social and civilization problem, as the flip side of the desired goal of mankind, namely the achievement of the comfort of life. Physical inactivity is studied as a special manifestation of the unhealthy lifestyle in children and young people. The role of social, psychological, and pedagogical technologies in the justification and approval of a healthy lifestyle is analyzed in the paper. The authors argue that an active lifestyle as an integral part of a healthy lifestyle. Strategies for achieving and sustaining a healthy lifestyle are discussed in the paper in detail.

1. Introduction

Since the end of the last century, in science, the problem of a person's lifestyle has been closely studied. In the beginning, sociology studied lifestyle. But with the development of research, the lifestyle has become the subject of study of other sciences, such as pedagogy, psychology, medicine, economics, etc. In the field of physical culture and sports, the concept of lifestyle, first of all, came through the study of the athlete's daily regimen and his special lifestyle, especially in the field of high achievement sports. Here, the athlete takes into account almost every minute of his/her daily routine, builds a special lifestyle in which the concentration of efforts to achieve the main goal, namely the highest sports result, takes the central place. Since the end of the 20th century, and especially since the beginning of our century, with the development of an ever-deeper interest in the health of the general population and in its strengthening, in the field of physical education, the topic of a healthy lifestyle has become very relevant.

On the one hand, it acquired an educational valeological nature, and on the other, of course, the resultant activity physical education and sports aspect. At the same time, the issues of the opposite, the unhealthy lifestyle associated with bad habits, unhealthy ways of behavior, and life of people began to be studied. The development of anthropogenic civilization, along with the complication of environmental problems, has made a number of changes in the life of people that cannot be unambiguously attributed to a healthy or unhealthy lifestyle.

The purpose of this article is to correlate such phenomena and concepts as a mobile and sedentary lifestyle (lack of exercise). This goal includes the following tasks. First of all, we determine physical inactivity from the standpoint of civilizational and valeological approaches. Second, we identify the most effective ways of fitness and health practices that contribute to the systematic elimination of the habit of hypokinesia and physical inactivity.

2. Materials and Methods

In this review article, the material is the results of sociological, psychological, pedagogical, and biomedical studies, as well as the authors' own psychological and pedagogical experience in the formation of an adequate lifestyle for young people with reduced motor activity, including those with symptoms of physical inactivity. The following methods have been used: methods for analyzing sources of scientific literature on a specified topic, comparing similar data from different sciences, psychological and pedagogical methods of observation, applying different physical-health-improving practices in teaching methods of physical culture at a university.

3. Results and its Discussion

As can be read in the medical literature reference, physical inactivity a term having the following meaning. Hypodynamia (from the Greek *hypo* – decrease, insufficiency; and the Greek *dynamis* – strength) is a weakening of muscle strength and the whole body due to a sedentary lifestyle. The term “*hypokinesia*” is very similar to this term (from the Greek *hypo* – decrease, insufficiency; *kinesis* – movement), which means reduced motor activity as the cause of the resulting physical inactivity as a decrease in activity and strength of the body. In connection with the above, physical inactivity can be considered as the result of hypokinesia, which, in turn, can occur due to a variety of reasons.

Depending on the factors causing physical inactivity, several types of physical inactivity are distinguished in medicine [15]. This can be, for example, climatic factors, such as forced inactivity in great frosts or in extreme heat when people stay at home, cannot be in an active state for a long time due to natural and geographical factors (climatogeographic hypodynamia). This can be an addiction to a sedentary lifestyle in relatively calm living conditions (habitual household physical inactivity). Physiological inactivity caused by congenital or acquired diseases that, if necessary, limit the quality and number of movements of a person (for example, cerebral palsy and its lifelong consequences; polyarthritis). As a rule, clinical physical inactivity is associated with prolonged bed rest of patients with certain diseases (for example, after bone fractures, complex operations), as a result, considerable time is required for the rehabilitation of motor activity. The school (and student), as well as professional physical inactivity, are associated with a significant restriction of movements as a result of, mainly, sitting (but not only) position during study or work. Also, experimental inactivity associated with the experimental study of the effects on the human body of special forms of life (for example, in space) is highlighted.

But the end of the last century and especially our 21st century brought new, very widespread forms of inactivity. They are associated with the development of anthropogenic civilization, which contains many paradoxes in the stated goals and results. Only in the last quarter-century, these paradoxes have become the subject of special research attention of theoretical and applied sciences, such as anthropology, biomedicine, physical culture, ecology, technology, pedagogy, psychology, valeology, sociology, philosophy, etc. The main declared goal of the development of technogenic civilization is to improve the lives of people and society by freeing themselves from hard, debilitating physical labor, increasing the overall comfort of people's lives, strengthening their health and longevity. At first glance, it seems that indeed, these stated goals, strategies, and attitudes of the activities of modern information and technological civilization are completely consistent with each other, mutually reinforcing, and serve to overall improve the quality of life of individuals, the population, and society as a whole.

However, upon closer examination, the cherished goal that a person strives for, namely: avoiding hard physical labor, increasing time for rest and comfort compared to labor activity, turns out to be very deceptive and ultimately doubtful. Indeed, the benefits of civilization give a modern person many advantages, especially urban lifestyle, for example, using numerous vehicles and social services. These are amazing technical assistants in everyday life who free homework from hours of routine cooking, cleaning, and heating. This is an opportunity to order, without leaving home, many services, communicate at very different distances with a very large number of people on social networks, have access to huge flows of information, create comfort in the house for many hours of relaxing time, comfortable rest, etc.

But the paradox is that the external forces of a person's comfortable existence more and more replace and replace the need for his constant, vital, necessary optimal internal stress and physical activity. No wonder

they say that movement is life, and its absence is death. In other words, so desired for man and set as the primary goal of information and computer civilization as a civilization of global mass consumption, the comfort of life turns into its opposite in the end. As a result, now, on a global scale, and especially in the richest and most prosperous countries, we are increasingly faced with the total complex physical inactivity of the civilization of global mass consumption. Currently, this type of physical inactivity is not acquiring medical but general social, civilizational significance. It is associated with a fundamental change in the quality of human life, which has become the subject of special scientific study [11; 14]. It can be described as the "inactivity of civilizational comfort." This type of inactivity is just beginning to be studied by humanities and other specialists [3]. In this article, we will pay attention only to the valeological and physical-sports aspects of this phenomenon.

First, we will pay attention to the fact that hypokinesia and physical inactivity have not only medical, but also pronounced social, socio-ecological, psychological, pedagogical, and valeological aspects. The main difference between medical and non-medical approaches is that in medicine, physical inactivity is primarily associated with deviations in human health, and then with pronounced pathologies associated with cause-effect relationships with physical inactivity. "Long-term hypokinesia (more than 5-10 days) in all its forms has a multifaceted, multi-organ, pathological effect on the body, reduces its biological resistance, and is a serious non-specific risk factor for various diseases. The reason for pathological changes in motionless disease is a long-term decrease in muscle activity, which is accompanied by a decrease in energy consumption. Based on the previous, changes in the musculoskeletal system and, above all, the muscles are of the greatest importance for the formation of the pathological consequences of physical inactivity" [15].

First of all, the medical approach draws attention to those aspects of physical inactivity and hypokinesia that lead to pathologies in the form of well-defined diseases of the human body. The non-medical approach considers these phenomena like changes in the way of life of people, including, to a large extent, due to modern technogenic-consumer civilization. The subject of more and more careful study was the lifestyle and various modifications [4; 6; 14]. Accordingly, physical inactivity and hypokinesia should be attributed to an unhealthy lifestyle (ULS), as well as to a manipulative (socially induced for commercial purposes) lifestyle (MLS).

The result of a person's vital activity is the deterioration of his mental and physical condition, up to diseases. People are under-educated, and sometimes sweetly, pleasantly deceived, are exposed to this lifestyle [3].

Also, studies of the spread of physical inactivity in people of various professions are indicative [15].

Not only experienced specialists, but also young scientists, students (S. A. Durakova, P. S. Zemtsov, E. S. Kalukova, A. Yu. Krylovsky, A. A. Pantyushina, M. A. Sidelnikova, V. A. Stupina, A. O. Tikanov and others), relying on personal experiences, note serious negative changes in the students' lifestyle associated with physical inactivity. In this connection, they pay special attention to physical culture classes [5; 6; 7; 8; 10; 13].

A lot of work has been written on the role of physical culture and sport in organizing a healthy lifestyle, and this is wholly justified (P. G. Vorontsov, A. A. Geraskin, S. M. Golovin, P. Ya. Dugnist, I. V. Zhuravleva, N. G. Zakrevskaya, N. A. Karmaev, A. A. Kozlov, V. V. Kuznetsov, N. M. Lobygina, V. B. Mandrikov, O. A. Medvedeva, V. A. Milkhin, E. V. Romanova, E. V. Utisheva, E. V. Ushakova, and many others) [2; 7; 9; 10; 12]. In this problem, we will pay attention to one important aspect. First, we will proceed from the fact that initially, in most cases, hypokinesia and physical inactivity are socially determined, especially in modern civilization. Second, it is necessary to take into account if a person's lifestyle is associated with the predominance of hypokinesia and physical inactivity for a long time. Exposure to him by activating his life through material culture and sports should be systematic, consistent, and initially sparing for the body.

Even if a young person (as well as at any other age) has no pronounced pathologies associated with physical inactivity, it should be borne in mind that all his/her organ systems work in slow and relaxed mode. Therefore, it is contraindicated to apply high physical activity immediately. At the same time, excessive exercise and overload, possible painful phenomena and injuries, can for a long time, and possibly forever,

develop a person's negative attitude to training and sports. Also, it can cause sharply negative self-esteem of one's abilities and a depressed state of the psyche associated with this.

Accordingly, for people, for one reason or another, who have come to a hyperdynamic lifestyle as unhealthy and (or) manipulative, firstly, educational and training valeological training is necessary. The man himself must understand that the type of life he has adopted is not healthy and, in the future, threatens him with more complex and dangerous ailments when he becomes a regular visitor to medical institutions, additionally wasting life and money. This will create the necessary emotional and sensual mood for one own recovery. Second, it is necessary to form the worldview of a healthy lifestyle, both physical and psycho-spiritual, with the corresponding intellectual and strong-willed attitude. Third, without sports and recreational practices, without the pedagogy of healing, any theory is dead. The most important role in this process is played by the scientifically sound pedagogy of recovery, the founders and developers of which, as P. G. Vorontsov notes, are A. V. Zaporozhets, V. T. Kudryavtsev, B. B. Egorov, G. P. Malova) [2]. These scientists have developed and practically widely applied this relevant, vital direction in relation to childhood. But today, it has no less significance, especially in connection with the development of a hypodynamic lifestyle, with reference to almost any age, taking into account the necessary specifics.

Pedagogy of recovery is especially important for young people [2]. In connection with the foregoing, the problem of the formation of such a lifestyle that is able to withstand a hypodynamic unhealthy, arises. In our opinion, such an alternative is *a mobile lifestyle* as a healthy and absolutely necessary. The formation of a mobile lifestyle should be carried out multifaceted. Namely, in the family, in educational institutions, in the workplace, in a variety of health-improving institutions and practices. All age and social strata of the population must be variedly involved in it. Particular attention should be paid to the pedagogical healing process, i.e., practical physical culture and sports and world-valeological.

But, as we have already noted, the transition from an unhealthy hypodynamic lifestyle to an active, healthy, moving lifestyle using physical-health-improving practices appropriate for a person should be carried out sequentially and gradually, first, under the supervision of experienced teachers and trainers. Initially, this process can and should be gentle, like training in special medical groups (A. N. Vedukhina, N. M. Lobygina, S. V. Sharapova) [1]. It is necessary to take into account the complex psychological state of those people who are not able to perform certain exercises and physical activity in comparison with more trained peers. Inattentive, and all the more mocking, attitude towards such untrained students in classes and student groups can have the opposite effect, namely, persistent unwillingness to engage in sports and fitness practices. Untimely physical exertion or exercises of increased complexity, while the body of the students is not sufficiently strong, can lead to injuries. We believe that in the course of their activities, teachers of the departments of physical education in Russian universities need to take into account the real situation with the health of young people, continue painstaking, and specific work with students of special medical groups throughout the entire period of study. The so-called health-saving technologies must be applied [1].

4. Conclusion

Thus, the authors of the article believe that it is necessary to form a mobile lifestyle in the conditions of modern civilization. Today, this task is of paramount importance, because there cannot be a healthy lifestyle without sufficient individual activity of a person supported by various social practices, primarily educational and educational, based on the pedagogy of healing the individual and the whole population, people. These issues are even more actualized by the total increase in hypokinesia and physical inactivity, starting from childhood, and continuing throughout the life of a person. This problem is not purely medical. It is directly related to the development of physical culture, sports, with the pedagogy of recovery, with the formation of a correct worldview in organizing a healthy lifestyle in society.

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