

The Use of Information and Communication Technologies in the Analysis of a Healthy Lifestyle of Students at the University

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ABSTRACT

The article deals with the problem of searching for modern health-saving technologies, new directions of physical culture and sports, which are able to solve the main social and pedagogical problems that face the discipline "Physical education". The purpose of the article is to analyze the healthy lifestyle of students. The authors come to the conclusion that it is necessary to create a system that focuses on Wellness physical education, in order to allow students to be able to navigate in their own health, to know information about their health and have a strong demand for occupations by physical education.

Keywords: *health-saving technologies, health-preserving competence, psycho-emotional health, psychophysical health*

1. INTRODUCTION

The level of health of modern students due to a large number of extremely diverse factors. However, among them a special place is occupied by the factor of education in university. In a number of studies convincingly proved that the health of students is not the most prosperous at the time of admission to University and further deteriorates significantly.

In this regard, the question arises: what are the mechanisms of deterioration in the health of students in the learning process? The answer to this question will make it possible to prevent and correct that extremely negative social phenomenon. Analysis of scientific literature allows to conclude that the factor of education in university is complex, includes a fairly wide range of different aspects that have a negative impact on the health of students. These include: intensification of the educational process, which contradicts the physiological and psycho-physiological capabilities of students; unfavorable working conditions (study) and students' lives; hypodynamia - as already mentioned, the existing training system is based on the predominance of static activity, which contributes to an artificial reduction in the volume of motor activity of students; low orientation of universities on the health of students; shortcomings in the activities of the teaching personnel.

It is necessary to develop programs that reduce the negative impact of all the above-mentioned causes on the health of future professionals.

2. MATERIAL AND METHODS

At present, there is a growing search for and attempts to create a technology of training, which, along with ensuring the need to improve health and compulsory attendance at physical education classes in order to obtain good grade. According to the survey, 65.9% of girls and 37.5% of boys did not attend physical education classes if they were not compulsory. The most significant reasons that hinder the realization of sports interests: the lack of the right time, the necessary amount of money and conditions for your favorite activities. The level of health and the amount of health - a quantitative indicator, which is determined by the amount of reserve capacity of the body. The quantitative criterion of the level of health can be the functional readiness of students, the most important component of which is physical efficiency. Analysis of the indicators that determine the functional readiness allowed to reveal the initial state and some features of the development of students in first year science courses and to trace these indicators within three years. The analysis of the UFS of students showed a tendency to increase the number of students at high and medium level of development and decrease the percentage of students with low level. However, despite the positive dynamics of the change in the percentage of students, a significant number of boys and girls are at the level of "below average" and "low", which indicates the need for a radical restructuring of physical education and changing the direction of physical education in universities [1].

3. RESULTS AND DISCUSSION

Thus, the analysis of dynamics of data of physical working capacity and level of physical readiness of students showed the tendency to increase of studied indicators that testifies to rather high sensitivity of an organism of students to physical loading and characterizes their potential on this period of biological development. However, statistically significant change in most indicators is the basis for the claim that the direction of the general preparation in physical education is currently ineffective because it does not allow to fully realize the potential of the student body. In this regard, there is a need to reorient the working programs for students to predominantly recreational and training effect (development of motor qualities). To meet the objective posed is possible only on the basis of the application of sports and recreation areas in physical education, which allows to use the means and methods of sports training, which generally contributes to the intensification of the educational process [2].

To fulfil the requirements of the state educational standard and to build an effective educational process, it is necessary to distribute the training hours aimed at the development of the main sections of the program.

Redistribution of hours between the main sections of the curriculum and the courses were based on the results of studying the needs and demands of students, the features of a sports-oriented program and the availability of material and technical base and the appropriate teaching personnel. The content basis of the problem-modular technology of training is a sports-oriented program, which consists of problem-thematic modules on sports, considered by students as the most significant.

Each module is intended for an average of 4246 hours of study time, of which 6 hours are devoted to the development of methodological and practical material in the sport, 4 hours for control test and 2 hours – for get a credit, and 26-32 hours for practical classes [3].

After analyzing the changes in morphometric parameters that occurred during the academic year in students, we have established the following. In the process of research, we proceeded from the fact that one of the tasks of the experimental method was to improve the harmonious proportions of the body, so the students did not see an increase in muscle mass, which is typical for men at the initial stage of athletic gymnastics.

In order to form a motivation for a healthy lifestyle, the complexes of athletic exercises included in the program of health fitness for girls were aimed not at increasing muscle mass but at improving the proportions of the body and the formation of a beautiful figure by reducing the fat component. And this was provided mainly by reducing the layer of subcutaneous fat.

The effectiveness of the technique is confirmed by statistically significant improvement of indicators

characterizing the physical preparedness of students: running 100 m (4.3%; $P < 0.05$), running 2000 m (9.7%; $P < 0.05$), flexibility (52.6%; $P < 0.01$) [4].

Pedagogical technology of physical education in university is a set of psychological and pedagogical approaches that determine the content of education, a set of forms, methods, techniques, educational tools that implement the educational process (description of the process of achieving the planned learning outcomes).

The essence of the technological educational process was designed on the basis of the given initial settings: social order (society), educational guidelines, goals and content of education.

These initial ideas involved the specification of modern approaches to the assessment of students achievements, as well as the creation of conditions for individual and differentiated tasks.

Pedagogical technology of healthy lifestyle formation is based on humanization and democratization of pedagogical relations with procedural orientation, priority of personal relations, individual approach [5].

The content component of the experimental technology included sports and health technologies, integrated with the characteristics of the territory of residence.

Exploratory studies have shown that one of the most important indicators characterizing a healthy lifestyle in the representation of young people is the characteristic of spending free time. 6.7% of students visit theaters, 4.9% - museums, 6.3% - art clubs, 11.1% - temples. According to the survey, only about half (56.7%) of students watch television programs, and 46.8% of respondents read fiction. Unfortunately, these indicators in young athletes are even more negative.

We also determined how necessary respondents consider a healthy lifestyle. It turned out that 17.1 percent of girls failed to clearly indicate the need for a healthy lifestyle noting that the contribution of health to prolong life does not mean improve its quality. A small number of students see the importance of a healthy lifestyle in ensuring a happy family (29.4% >) and disease prevention (24.8%).

Healthy lifestyle as the key to the health of young people consider 17.1% of the population, and as conducive to longevity, determine 9.7% of girls. Another 2.3% point to its contribution to the preservation of life on earth [6].

Young men believe that a healthy lifestyle is necessary, justifying their answers with the following arguments: prevention of diseases (35%), premise for longevity (22.5%), not to be burdened by relatives in old age (20%).

A healthy lifestyle promotes the development of strength (10%), is necessary to achieve different goals in life (7.5%), for the prosperity of the state (5%). Consequently, this contingent considers a healthy lifestyle as a way to prevent diseases, and only some young man believe that it is necessary for the development and improvement of the individual.

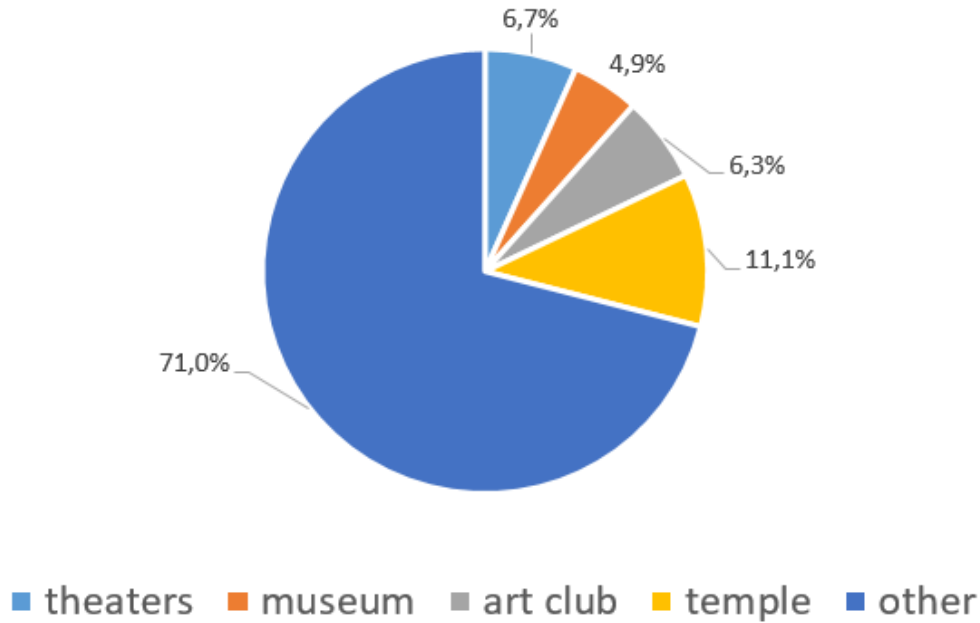


Figure 1 Students visiting places

The analysis of the answers to the question about the degree of implementation of a healthy lifestyle obtained the following results: girls and boys, these indicators respectively amounted to 39.0 and 42.5%.

Girls not involved in sports as the reasons of non-observance of a healthy lifestyle name the following: irregular sports activities (29.3%), Smoking (17.3%), irregular food (7.4%), insufficient sleep (4.9%), bad ecology (2.4%). Young man as the main reasons identified were consumption of alcohol (22.8 percent), smoking (1.5 percent), lack of interest in physical education lessons, lack of time for maintaining a healthy lifestyle (5%).

During the survey and interviews with students, we found that 75.7% of girls and 72.9% of boys would like to lead a healthier lives. As shown by the results of the study, the idea of a healthy lifestyle among students differ. For boys it was associated with such concepts as the development of creativity, calmness, activity, efficiency. For the girls surveyed is characterized by the emphasis on the characteristics of the external appearance [7].

4. CONCLUSION

In summary, the materials of this survey allow us to distinguish two views about health: the "feminine" aspect of being healthy is to have healthy and attractive, to look attractive to other people, and "muscular" aspect - to be healthy means to be active, fit and keep working in the real social conditions.

The main criterion of health, according to respondents-is the total social success of the individual. At the same time, some respondents note that it is obscenely to be healthy when people around you are sick.

Most of the respondents attributed the deterioration of their health status to the Federal authorities, linking it with the economic crisis. The factor of individual responsibility was less pronounced: the logic of most of the answers was that the need to survive does not allow to fully take care of their health.

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