

2 (16) June, 2022

ISSN 2641-9823

GLOBAL ACADEMICS

International Journal of Advance Researches

Quarterly Issue # 2 (16):

*Increasing the Role of Human Capital at the
Regional and Global Levels*

www.i-journal.org

GLOBAL ACADEMICS

International Journal of Advance Researches

*The Journal has been added to the Library of Congress electronic resource database.
Control No.: 2019201864.*

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**STUDYING THE PHYSICAL AND PERSONAL QUALITIES OF YOUTH IN THE
CONDITIONS OF A HEALTHY LIFESTYLE**

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Abstract

The article deals with specifics of students' healthy lifestyle formation, future specialists in physical education and sport in present-day society. The issues of health, diseases, medicine and health protection have long been the center of attention of researchers in various specialties.

Along with development of the strategy of fostering the need in healthy lifestyle, the issue of definition of physical and personal qualities promoting healthy lifestyle is urgent due to the purpose of their fostering and development among the young generation.

The aim of the research is to determine the level of formation of a healthy lifestyle and the dominant physical and personal qualities of future specialists in physical education and sports, as an indicator of their health and competence.

The main tasks have been determined as follows: to analyze the current state of the issue of healthy lifestyle formation of young people; to determine the level of healthy lifestyle formation as a priority form of life for future specialists in physical education and sports; to conduct research to determine the qualities of personality that contribute to a healthy lifestyle; to determine the index of healthy lifestyle of the target group; to form prospects of further researches in the specified area. Theoretical, empirical and statistical methods were used in the study.

During the study, theoretical and methodological sources on the research issue were analyzed; questionnaires, statistical and qualitative analysis of survey results were conducted and based on this the main issues of healthy lifestyle formation with focus on personal qualities of the individual have been determined.

To achieve this goal, a survey was conducted among students of higher educational institutions of Ukraine in the field of "physical education and sports". The study involved 156 students of 2nd -5th year of study. The gender ratio of boys and girls is 62% to 38%.

On the basis of a survey of students on lifestyle and health, a satisfactory level of formation of certain health culture components of future specialists in physical education and sports has been established. The index of healthy lifestyle ($IHLS = m/n \cdot 100\%$, where m is the number of respondents who adhere to HLS (always or mostly), and n is the total number of respondents) for boys it is 72%, for girls - 67% and is estimated as average, i.e. the lifestyle of students can be considered close to healthy.

The novelty of the research lies in the study of the experience of formation of a desire for healthy lifestyle, young people's awareness of the value of their own health, determining of the criteria for a healthy lifestyle, which according to future specialists in physical education and sports are indicative. The gender aspect of the study is also valuable.

Key words: health, health factors, healthy lifestyle, personal and physical qualities, life span, health value.

One of the main ways to achieve maximum human health is to develop a healthy lifestyle (HLS). HLS is a qualitative prerequisite for the future self-realization of young people, successful learning, efficient activities, creative as well as social and political activity. Moreover, HLS is a powerful tool for self-development, self-education, self-improvement, preservation and health improvement [1].

Modern research on the "healthy lifestyle" phenomenon does not give an unambiguous definition. If, according to traditional notions, this concept meant the absence of bad habits, presence of a balanced diet, optimal motor activity and conditioning, today it has added the need for rational organization of work, life and increased human immunity. Thus, according to T. Boychenko and N. Kolotiy, "a healthy lifestyle is a set of forms of human life that ensures health and successful life. In fact, it is a harmonious human life that helps to strengthen and protect health "[8]

A healthy lifestyle should be purposefully formed and maintained constantly throughout a person's life, and not depend on circumstances and life situations. Only in this case, it will become a tool of primary health prevention and protection, will improve the body's reserve capacity, ensure the successful implementation of social and professional functions, regardless of political, economic as well as social and psychological situations [2].

The result of the formation of a healthy lifestyle is a culture of health as a system of worldviews, beliefs, life values, based on knowledge of health, which determines a conscious, responsible, valuable attitude to personal health, health of others and the environment, forms a stereotype of thinking, behavior and activities aimed at protection of human health [3].

The question of the ability or inability to adhere to healthy lifestyle is extremely subjective, as it is primarily determined by the degree of human awareness of the importance of real actions in this area. Even with lack of some objective conditions for a healthy lifestyle (for example, comfortable housing, nutrition, social well-being, etc.), people with a high level of awareness of a healthy lifestyle strive to act for their own health. On the contrary, the lack of personal incentives, even in fairly optimal living conditions, makes it impossible to achieve the desired goal of being

healthy.

Human behavior to protect personal health largely determines the prevalence of the most common diseases of 21st-Century civilization, such as cardiovascular disease, cancer, or obesity. The analysis of scientific researches of native and foreign scientists (Karpova IB, Korchinsky VL, Zotov AV, Shosh I., Goti T., ChalalL., Etc.) showed that observance of a healthy lifestyle, including diet depends not only on the social environment but also on personal characteristics. Moreover, the review of the references emphasizes that personality traits play an important role in maintaining physical qualities and restoring human health [2; 6].

In Ukraine, there is no separate central body responsible for the strategy of healthy lifestyle formation at national and local levels. Several ministries involved in health care or social support are responsible for this activity: the Ministry of Health of Ukraine, the Ministry of Social Policy of Ukraine, the Ministry of Education and Science of Ukraine, the Ministry of Youth and Sports of Ukraine, relevant executive bodies and institutions. Health care, education, spiritual and physical perfection of students are becoming one of the primary tasks of higher educational institutions, especially those that train specialists in the field of "physical education and sports" [7]. After all, good health is the basis of professional training, the guarantee of acquired knowledge realization, the main factor of efficiency in the course of life. Training of a versatile person in an educational institution is now considered an important component of the formation of competitive specialists who are able to work effectively under conditions of labor market globalization. However, primarily, each person is responsible for their own way of life.

Therefore, recognizing the importance of individual's orientation on HLS to maintain personal health, **the aim of the study** was formulated as follows: to determine the level of healthy lifestyle and dominant physical and personal qualities of future specialists in physical education and sports as an indicator of their health and competence.

To achieve this aim, a survey was conducted among students of higher educational institutions of Ukraine in the field of "physical education and sports". The study involved 156 students of 2nd-5th year of study. The gender ratio of boys and girls is 62% to 38%. Anthropometric indicators of height and body weight of respondents showed that most of them have normal body weight by BMI. Only 2 overweight young people were found among the young men. No students with underweight or overweight were identified. Among the respondents, only 5 noted presence of

chronic diseases.

The research process involved an anonymous online survey using Google form.

The diagnostic form contained questions aimed at determining the dominant indicators of a healthy lifestyle, self-assessment of one's health and level of health, compiling a list of physical and personal qualities that promote or hinder a healthy lifestyle. Let us consider the results in detail.

When assessing their own health, none of the respondents rated it as bad, which is probably due to the chosen future profession. However, according to their subjective assessment, the answers are "satisfactory" and "average" (Fig. 1). We assume that girls tend to assess their health more meticulously, which leads to gender differences in responses.

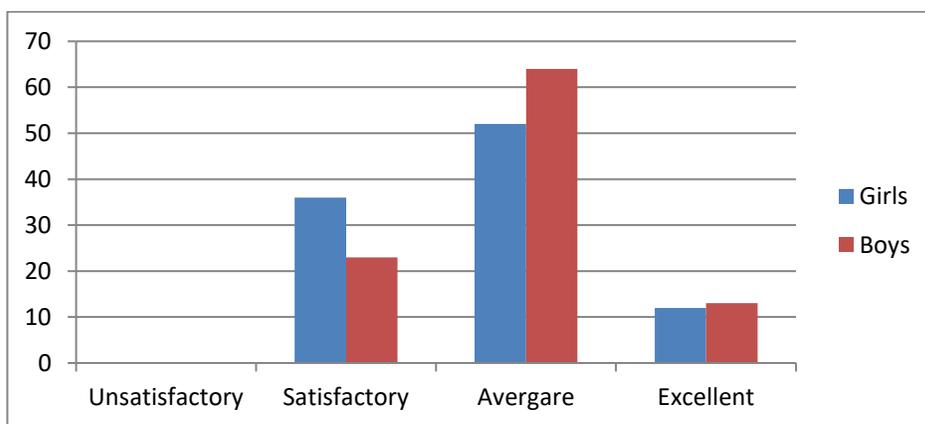


Fig. 1. Evaluation of personal health

The questionnaire also showed that regardless of all respondents being future specialists in physical education and sport not all of them adhere to healthy lifestyle (Fig. 2).

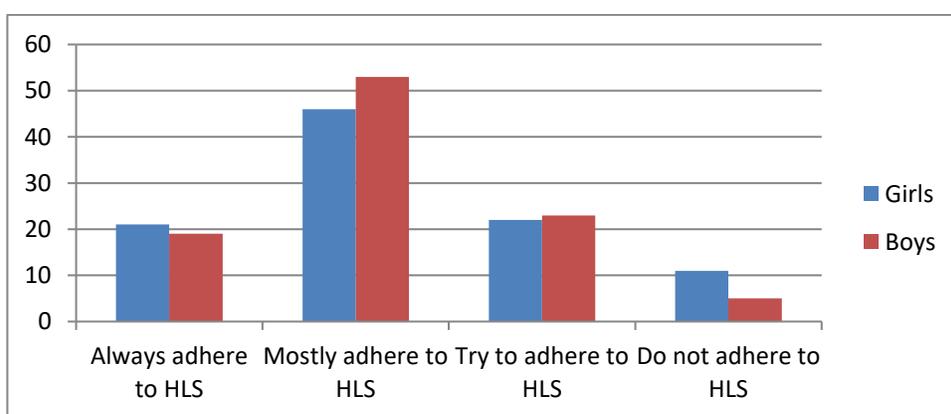


Fig. 2. Adhering to HLS

Summing up responses we may calculate the Index of healthy lifestyle:

IHLS = $m/n \cdot 100\%$, in which *m* is the number of respondents adhering to HLS (always or

mostly),

n – overall number of respondents.

The indicators are as follows: with boys the IHLS is 72%, with girls - 67% and is estimated as average, i.e. the lifestyle of students can be considered close to healthy. It is interesting to compare the results of our study with that conducted on the initiative of the Ministry of Youth and Sports. According to a 2018 survey, the majority of young people, 82.4% of Ukrainian youth, believe that they lead a healthy lifestyle (76.8% in 2015). Most of them in the age group of 14-19 years (87.5%), while among 30-34-year-olds this figure was 82% [7].

Thus, we see that the rate of IHLS in our sample is lower than according to the results of the state survey program. Since the comparative survey shows a tendency to increase of IHLS, we can assume that our indicator is peculiar to future specialists in physical education and sports, who in the course of professional training become more critical of their own way of life.

To determine the dominant indicators of a healthy lifestyle, respondents were asked to assess the main components of HLS by ranking them on a scale from 1 to 9:

- Adhering to personal hygiene rules;
- Rationally-balanced diet;
- Optimal motor activity (regular motor activity of average intensity);
- Absence of bad habits;
- Elementary methods of self-control;
- Medical control (preventive examinations);
- Culture of interpersonal communication;
- Psycho-physical self-regulation of the body (ability to resist stress);
- Sex culture.

The index was determined via calculation of average statistical coefficient (addition of all scores by the criterion and division of the obtained results by the number of respondents). The obtained results are shown in Fig. 1.

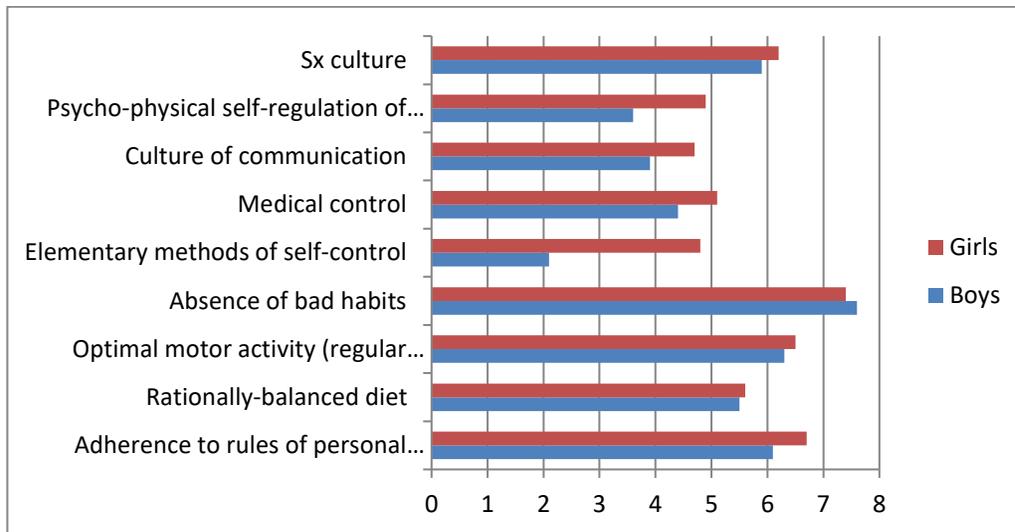


Fig. 1. HLS dominant features

As can be seen in Fig. 1 significant differences in the responses of boys and girls are found only in the criteria of “mastery of basic methods of self-control” and “culture of interpersonal communication”, due to psycho-physiological features: girls are more restrained and have a higher need for communication. Mostly, as the most significant indicator of HLS, respondents mentioned the absence of bad habits.

Currently, the most common in the study of personality behavior and health is the five-factor personality model, which includes the following aspects: neuroticism, extraversion, openness of experience, desire for satisfaction, scrupulosity [9]. Thus, studies have shown that high levels of neuroticism have a positive effect on alcohol consumption and cigarette smoking, and at the same time negatively correlates physical activity. In its turn, high degree of extraversion is associated with high levels of physical activity, and also with more frequent alcohol consumption and smoking. Openness to new experiences has a positive effect on the consumption of fruit and vegetables, physical activity, but also provokes alcohol consumption and smoking, while the level of scrupulosity contributes to regular physical activity and general adherence to a healthy lifestyle.

Based on the results of research on the five-factor model of personality in the survey, respondents were asked to identify personality qualities (physical and psychological) that contribute to or interfere with a healthy lifestyle. The same lists of qualities were given as favorable and unfavorable: neuroticism, scrupulosity, openness to new experiences, extraversion, introversion, eccentricity, phlegmatism, endurance, impulsiveness, inhibition, flexibility, speed, retrogradeness. The components of the five-factor system were purposefully included in the list.

In each case, they have to select five factors. Quantitative analysis of the responses is shown in the table.

Table: Personal qualities and their influence on HLS

Personal quality	Girls		Boys	
	Positive impact	Negative impact	Positive impact	Negative impact
Neuroticism	1%	17%	—	21%
Scrupulosity	54%	—	51%	—
Openness to new experiences	23%	11%	31%	9%
Extraversion	26%	15%	5%	14%
Introversion	16%	14%	8%	19%
Eccentricity	3%	27%	—	16%
Phlegmatism	5%	12%	6%	26%
Endurance	41%	2%	61%	—
Impulsiveness	3%	18%	4%	11%
Inhibition	2%	17%	1%	24%
Flexibility	41%	4%	58%	2%
Speed	39%	14%	69%	5%
Retrogradeness	7%	12%	9%	16%

Based on the data in the table we see that physical qualities were most often chosen as factors of positive influence on a healthy lifestyle. For instance, such qualities as speed, agility and endurance are among those that develop physical culture, so it is not surprising that future specialists in physical culture and sports associate them with the positive factors of HLS.

On the basis of a survey of students on lifestyle and health, a satisfactory level of formation of certain components of health culture among future specialists in physical education and sports has been determined. The index of healthy lifestyle ($HLS = m/n \cdot 100\%$, where m is the number of respondents who adhere to HLS (always or mostly), and n is the total number of respondents) for

boys is 72%, for girls - 67% and is estimated as average, i.e. the lifestyle of students can be considered close to healthy. There were no significant differences between the indicators of individual components of HLS among boys and girls. The highest priority as an indicator of a healthy lifestyle was found on the scale of "Absence of bad habits", for both boys and girls. The lowest rates were found on the scales of "mastery of basic methods of self-control" (boys) and "culture of interpersonal communication" (both groups). Regarding the distribution of personality qualities as those that positively or negatively affect the maintenance of a healthy lifestyle, there is a tendency to choose physical qualities as a priority in observance of HLS.

Prospects for further research are to conduct a survey of students in the field of "physical education and sports" training in order to develop a system of activities aimed at formation of health values, motivation for their lifestyle and identifying readiness to form students' need for a healthy lifestyle in their further professional activity.

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