

# Psychological and pedagogical factors in the formation of students' healthy lifestyle

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**Abstract.** In this publication, an analysis was carried out based on socio-psychological approaches to the formation of a healthy lifestyle among students. Mental health and physical health are deeply connected, with studies showing that an improvement or decline in one can lead to an improvement or decline in the other. In this article the socio-psychological and pedagogical approaches were considered. The differences from other existing methods are presented. During the analysis, the results were made on the influence of self-regulation and psychological well-being, as well as other factors that contribute to the formation of a healthy lifestyle. The works of such theorists as N.M. Amosov, S.O. Baigaziev, B.Zhusueva, M.A. Bekezhanov are indicated. Based on the results of the analysis, conclusions are presented on the influence of socio-psychological factors on healthy behavior, as well as a proposal for a comprehensive study of a healthy lifestyle using other methods.

**Keywords:** psychological and pedagogical approach, healthy lifestyle management, healthy lifestyle formation, harmony with oneself, healthy nation, health preservation, physical development, psychological condition.

## 1. Introduction

Health is the first and most important need of a person, which determines his ability to work and ensures the harmonious development of personality. It is the most important prerequisite for self-affirmation, knowledge of the world around us and human happiness. Health is the priceless wealth of each individual and of society as a whole.

In the domestic education system, great importance is attached to the preservation of the health of young people, in particular among students. Mastering the basic skills of a healthy lifestyle are reflected in regulatory legal documents, such as the Law of the Kyrgyz Republic "On Education" [14;1], "State Educational Standard of the Kyrgyz Republic" (State Educational Standard of the Kyrgyz Republic). The federal law "On Sanitary and Epidemiological welfare of the population" clearly defines the tasks of educating knowledge about a healthy lifestyle and strengthening the health of all residents of the country, and you need to start from preschool age in educational institutions [15;2].

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There are 3 types of health: physical, mental and moral.

Physical health is a condition of the human body, which is characterized by the ability to adapt to various environmental factors, the level of physical development, physical and functional fitness of the body to perform physical activities:

- the normal functioning of all human organs and systems as a whole, ensuring the vital activity of the body;
- harmonious constitution and anthropometric data (correspondence of height and weight dimensions, individual constitutional features, posture, ideal parameters of neck girths, biceps, forearms, chest, waist, hips, etc.);
- physical status, data of human physical development (hand strength, biceps, triceps, legs, endurance, dexterity, physical fitness, strength, readiness to work in extreme conditions, resistance to physical exertion) [2;74].

Mental health is a state of well-being in which a person realizes their abilities, can withstand the usual stresses of life, work productively and contribute to their community. It is an important and integral part of human health. This is due to the fact that the human body is largely under the control of the nervous system, in which all elements are interconnected with each other and affect each other, which is why the mental state affects the work of each of the functional systems, and their condition, in turn, affects the psyche [1;3].

Mental health is characterized by the absence of mental or psychosomatic diseases, normal age-related mental development and a favorable functional state. Also, mental health depends on the state of the brain, it is characterized by the level and quality of thinking, the development of volitional qualities, the degree of emotional stability, the development of attention and memory.

Moral health is a set of characteristics of the motivational and need-informative sphere of life, the basis of which is determined by the system of values, motives and attitudes of an individual's behavior in society. This type of health is determined by those moral principles that are the basis of human social life [ 1;22].

## **2. Materials and Methods**

The purpose of this work is to identify and identify socio-psychological factors that influence the formation of a healthy lifestyle of students who do not have special health problems. The results of psychological science contribute to solving the problems of preserving and shaping the health of students, which for a long time has been developing theoretical foundations and socio-psychological mechanisms to solve this problem. The objective of this work is to consider psychological characteristics in adolescence; to consider the factors influencing the formation of students' healthy lifestyle; to study the means of solving the problem of formation of students' healthy lifestyle.

To carry out this analysis, the works of such theorists as N.M. Amosov, S.O. Baigaziev, B.Zhusueva, M.A. Bekezhanov, I.I. Brekhman, G.K. Zaitsev, O.A. Kulakovsky, V.A. Sukhomlinsky and others were used.

The methodological basis of the analysis was a survey of social groups, especially 1st year students, experimental work. An analysis of modern literature on the topic under study has shown that a healthy lifestyle implies giving up bad habits, for example, alcohol, smoking, etc.

The interest of this study lies in the consideration of a socio-psychological approach, which is understood as the concept of forming a healthy lifestyle among social groups associated with the social adaptation of citizens and solving health problems.

Most scientists, when substantiating the socio-psychological concept, proceed from the concept of the essence of the individual, his health, both physical, mental and social, as well as a healthy lifestyle. People who do not have chronic diseases are most often exposed to

unhealthy behavior. Scientific research currently being carried out studies the attitude towards the disease through the prism of a certain disease [2;245].

### 3. Results

The purpose of the experiment is to identify the level of formation of students' ideas about a healthy lifestyle. Diagnostic techniques were selected in accordance with the indicators. Indicators of the level of formation of students' ideas about a healthy lifestyle and diagnostic techniques are presented in the table.

**Table 1** Diagnostic map of the experiment

Criteria	Indicators	Diagnostic techniques
Attitude to healthy lifestyle	From 18 to 25 students From 30 to 50 From 10 to 15	Survey: 1. "What is health for you?" 2. "Do you lead a healthy lifestyle?" 3. "Do positive emotions affect health?"

During the conversation "What is health for you?" The following results were obtained. The average level of ideas about health and a healthy lifestyle, about the causes of certain diseases, and understanding of the relationship between lifestyle and health was revealed among students (40%). To the question: "Do you lead a healthy lifestyle?" (70%) answered "yes". Being in harmony with oneself, always being positive, according to some students (30%) does not affect health. In addition, questions were also asked such as: "Are you satisfied with the relationship between teachers and students?", "Are there conditions for physical education and sports in the educational institution?", "Are you engaged in hardening your body?", "Is smoking harmful to non-smokers around you", "Is your health status changing after taking alcoholic beverages?", "Are you familiar with the problem of drug addiction among young people?". In total, about 50 1st and 2nd year students were interviewed. The teacher's questions did not help the students to find the relationship between compliance with the rules of rational nutrition, the need to follow the daily routine, tempering, regular physical education and spiritual development.

In the modern world, when the scientific, technical and industrial revolution took place, almost everything is made by machines for a person and thus deprives him of motor activity. Sports and physical education make up the bulk of an individual's physical activity. People do not always have the opportunity, time, energy, desire, etc. for this. Hence, there is poor health, lethargy, illness, obesity and other ailments.

### 4. Discussion

Having carried out a study of the social characteristics of the formation of a healthy lifestyle, it is necessary to proceed to the formulation of the meaning of the psychological approach in this matter.

In connection with the above, it is necessary to summarize the psychological research of the respondents and present the following conclusions:

- openness to cooperation;
- independence; the formation of healthy behavior among young people occurs due to the development of will with a high level of motivation;

- the desire to improve one's personality and to understand positive and negative qualities;
- the absence of a negative mood affects the formation of a healthy lifestyle.

## 5. Conclusion

Based on the personal example of a teacher-educator, the upbringing of generations based on national values is the foundation of the modern educational concept of the university. Requirements for spiritual and moral education, it is only through a role model that the personality of a teacher can become a conviction of students, it becomes a reality. In other words, the version of the personality of the teacher, teacher-educator is part of the educational work, the most important guarantee of successful implementation.

In this paper, we analyzed the severity of healthy lifestyle in students of different courses who, at the time of participation in the study, did not have serious health problems. The main purpose of this process was to analyze the socio-psychological characteristics that affect the healthy lifestyle of representatives of different age categories. The study determined not only the number of the above-mentioned characteristics, but also the quality of the latter's impact on the respondents. In view of the above, it is necessary to identify a number of the following conclusions:

1. The degree of self-development, behavior has a significant impact on the formation of healthy lifestyle;
2. The influence of social factors, for example, dependence on the opinions of others, is one of the most powerful conditions for the formation of behavior.
3. Self-awareness of the individual is of crucial importance in the process of studying the individual and his health
4. Analysis of the type of disease in citizens who do not have serious health problems has shown that an optimistic view of life contributes to the active management of healthy lifestyle. Also, a teacher who leads a healthy lifestyle, who looks at life correctly, with a high spiritual world, is simply not instructive, but “a version of instruction, the ideal of an influential adult.” He was and will be the spiritual and moral mentor of his people.

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