

ANALYSIS OF PROBLEMS FORMING SANITARY - HYGIENIC CULTURE AMONG STUDENTS UKRAINE

At all stages of the formation of youth education and health is a strategic task of our state. In modern society, health is seen as the most important criterion realize the creative potential of the person in professional activities.

Health, qualification, competence of staff and their high civil responsibility largely determine the scope and pace of scientific and technological progress, intensification of the economy.

The unfavorable demographic situation, increased mortality and reduced life expectancy in Ukraine put forward kahortu national priorities and measures to strengthen public health Ukraine and especially young people. Special attention to students because the students are high school youth vanguard detachment.

Students - a social stratum of the population that can be attributed to increased risk as a new way of life often negative impact on health. Most studies in institutions of higher education does not contribute to the preservation of the health of young people.

Background is the fact that the scientists noted a weak motivation of students to lead a healthy lifestyle, not of healthy active introduction of modern technology in the educational process of education aimed at the preservation and strengthening of health of students, formation of their perceived needs a healthy lifestyle.

Analysis of the research in forming sanitary culture shows that many aspects of the process have been insufficiently studied. For example, no single approach to diagnosis the level of formation of this type of culture in the students education. To philosophical level health

phenomenon considered in E.M. Kudryavtseva, P. L. Ysytsyna, L.P. Sushchenko; medical-biological level reported in studies Mamosova N. V. Voitenko, Z.M. Shkiryak Nyzhnyk; socio-pedagogical works presented V.P. Petlenko, G.I. Tsaregorodtsev, D.A. Izutkin, L.G. sailors and others.

However, despite the current research in teaching, practice problem in mass formation in students a culture of health has sufficient expression.

Lack of this problem is developed and its practical significance in the educational process of college identified the topic of research.

The article is to study the existing practices of the educational process of forming sanitary agrobiological culture in college, a problem in this area and identify ways to address them.

The modern system of education based on the work of the development of ideas about health (information approach) as well as work on the formation of Strategies and Technologies in Health (at best reduced to the ability and skills). But the development of the "correct" attitude to public health, a culture of health, almost no attention is paid.

Harmony and integrity of human beings, the adequacy of interaction with the environment and people, and the human capacity for creative expression and active life reflects the concept of "culture of health".

Culture of Health - is a comprehensive concept that includes theoretical knowledge about the factors that contribute to health and competent application in daily life the principles of active stabilization care, ie rehabilitation.

According to the academician YP Lisitsyn, who is a recognized authority in the field of preventive medicine, primary question for preservation health - a healthy lifestyle that the figurative expression RI Kupchinova is concentrated expression of the relationship of health and lifestyle.

Healthy lifestyle (HLS) - a way of life, aimed to strengthen, preserve and improve human health, as a subject of socio-historical and culture that ensures full implementation of all forms of human activity and as a result - affects the economic, employment, population, defense, cultural and spiritual potential of society [1, p. 37].

The path to healthy nation is through the culture of healthy living. Therefore, higher education institutions must provide the individual choices of social values healthy lifestyle and create a stable basis for their individual system of values, the individual is able to provide self-regulation, motivation of behavior and activity. For this it is essential to form students in socio-psychological belief in the need for a healthy lifestyle.

Ukraine has adopted and implemented a number of legislative and other regulations to protect public health. The significance of the problem of maintaining health is reflected in the Laws of Ukraine "On Education", "On Physical Culture and Sports". Societal Attitudes, behaviors and lifestyles are formed early in life. It is therefore important to know which factors have a decisive influence on the behavior of the conservation and promotion of health. Ukraine is a member of the international research project "Health and Behavioral orientation of students» («Health Behaviour in School-aged Children» - HBSC).

In Ukraine conducted scientifically grounded public policy, built on the basis of social, economic and demographic processes in the country. The consolidated efforts of the Ministry Education, the Ministry of Health, Ministry of Sport and Tourism and other concerned ministries and departments.

One of the main conditions to attract young people to a healthy lifestyle (increasing their physical activity) is the availability of logistics - sports facilities and structures. The country implemented consistently

work to bring them in line with modern requirements of comfort and safety.

The effectiveness of Ukraine's state policy conducted in health of young people, eloquently illustrated by the opinion polls, according to which 55% of young people as a priority of social values selected preservation and strengthening of health. However, only 1/3 of them regularly engaged in physical culture and sports, the majority - from time to occasion, and 6% of young people are involved in sports in general [2, p. 87].

In the mass public consciousness of a healthy lifestyle is not a priority. Often as factors that encourage people to monitor their health, acting disease, trauma and other life emergencies. More than 50% of morbidity due to unhealthy lifestyles, especially smoking, physical inactivity, excessive use of alcohol.

Among the students enrolled in universities I-II and III-IV accreditation levels, daily smokers 30,5-34% of boys and 16-17% of girls respectively) [2, p. 72].

This is due, on the one hand, the lack of social prestige in the community health underestimation of the social, educational, health and applied the role of physical culture. On the other - lag from the current requirements in personnel, material and scientific and methodological support formation of healthy lifestyle.

In this regard, Ukraine suggested the Concept of state policy in combating the spread of drug abuse, combat illicit trafficking in narcotic drugs, psychotropic substances and precursors for 2011-2015, developed a state program of development of physical culture and sports in 2007-2011, state social program "Youth of Ukraine" for 2009- 2015 years. As part of its implementation in the country carried out a set of measures aimed at developing population health conscious settings. The draft

concept developed state targeted social program "Building a healthy lifestyle Youth of Ukraine" for 2013-2017 years. Concept of necessity due to insufficient development of a culture of health in the population and kept in the consumerist society attitude to health and the lack of personal responsibility for its preservation and strengthening.

Valeological education students realize to some extent high school physical education department. Despite valeological orientation of higher education, its efficiency is low. In absolute positive attitude of students to healthy lifestyle factors, especially for food, motor mode actually use them 10-15% students in higher educational institutions [6, p. 84]. Analysis of empirical data on students of life indicates nevporyadkovannist and chaotic organization of their lifestyle. Negative trends are manifested in such important components of a healthy lifestyle as diet - untimely intake of food, sleep - a systematic lack of sleep, physical activity - lack of movement, hardening - lack hartuvan. Only 15% of young people in Ukraine are sober lifestyle, 43% drink alcohol occasionally. [3]

This is not from lack valeological literacy, but because of the low activity of the individual, behavioral activity.

The formation of sanitary hihinichnoyi culture is complex, often contradictory, indirect nature and do not always produce results. This is because the problem is not the individual's health priority among youth. According to many authors, most students do not take any practical steps to strengthen their health, although the rating values put health second only to education, it is aware that a high level of care provides a competitive advantage in the labor market.

Further data were analyzed medical examination of students colleges. The main causes significant disturbances in health and physical development of the students is to ignore them the basic elements of a

healthy lifestyle, lack of physical activity, poor daily regimen, no hardening, poor diet, bad habits and the presence of others.

The primary factor in a student's life, which adversely affects the health of students Boyarka College of Ecology and Natural Resources called the constant fatigue associated with heavy workload and the need to work in parallel with studies (72%). Followed by: unbalanced diet, lack of sleep, low physical activity, and expressed a feeling of loneliness, which may be associated with severe microclimate in collective. Over 50% of students indicated a high level of anxiety caused by future employment. About 35% of students do not believe that they will be needed as professionals after graduation. To relieve chronic stress, suppression of anxiety caused by the above-mentioned factors, young people are fairly easy to resort to drinking, smoking, taking light psychotropic drugs. Thus, most of the respondents believe in the absolute harmlessness of beer took first place in the structure of the students used alcohol.

Particularly marked negative trends of healthy lifestyle factors as diet, motor mode, sleep mode. In fact, they use 12%. OBSERVATION students living in a hostel, found that up to 22 hours before bedtime leaving 19% to midnight - 81%. Thus 42% of young people know that regular lack of sleep reduces to 7-15% mental efficiency. Most students surveyed (91%) would like to improve their health. To improve and preserve health, they would choose to conduct appropriate healthy lifestyle. However, there is dissonance between the declared, being seen real value the health and behavior of students, aimed at its preservation and strengthening. Among the factors that prevent students lead a healthy lifestyle 48% of students surveyed noted undeveloped culture of health, 32% - said they can not rest, 15% - indicated that they do not have time for physical education, 5% - believe that they have no need in health.

Among the causes of inattention to support their observed physical condition of the students lack of time (18.5% of girls and 41.6% boys) and lack the necessary perseverance, will, perseverance (17.5% of girls and 20.8% boys). This shows a lack of organization and rigor to his students in the organization of life where there are naturally strong-willed efforts.

According to results of a poll of students Boyarka College of Ecology and Natural Resources of the reasons that motivate young people to care about health, first place is "ill health" - 24.4%, the second - "awareness of the need for this" - 17.4 %, 58.8% - other factors.

Theoretical Analysis of the educational process allowed us to determine the basic means and methods of forming sanitary culture students. On this basis developed:

1. The program of psychological training "Healthy Life";
2. Plan educational activities on a culture of health of students. With the implementation of practical work on sustainable education need to maintain a healthy lifestyle of young people were considered three main components: the objective social conditions, specific forms of life, allowing them to implement, and the system of value orientations to guide the conscious activity of college students.

The main directions of formation of sanitary culture students Boyarka College of Ecology and Natural Resources currently implemented through tasks set by the government in the state program of socio-economic development of Ukraine for 2011-2015 .:

- Improvement of physical training and education, formation perceived needs of students in a healthy lifestyle;
- Wider promotion of values of physical culture and sports;
- Forming of broad opportunities available and the use of sport infrastructure;

- Activation sports movement among young people, engaging in physical training and sports at least 20% of students to 2016 [5].

Formation of sanitary culture is a long, complex process, the implementation of which is often changing an existing attitude towards their health and lifestyle. By means of motivational and value attitude to health is aimed social impacts, which are important in providing health information.

Pedagogical community is able to solve the problem through concrete measures to create a sanitary culture, the establishment of the cult of healthy body, healthy mind, healthy traditions, healthy habits among students.

The foregoing suggests that the formation of sanitary culture of students - a problem that requires a comprehensive (valeurological, cultural, innovation, personal and orientirovannoho) approach to its solution. Achieving results can contribute four areas that determine the formation of sanitary culture:

1. Establishment institution outreach education system to raise the awareness about the negative impact of risk factors on health, its possible reduction.
2. "Training health." It is a comprehensive education, training and educational activities aimed at raising awareness on health and its protection, on the skills improve health, creating incentives for healthy lifestyles among students.
3. The adoption of specific measures to reduce the prevalence of smoking and tobacco use, alcohol consumption reduction, prevention of drug use and drug trafficking.
4. Encourage students to physically active lifestyle, physical culture, tourism and sport, increase the availability of these types of recovery.

Formation of sanitary culture and motivational-value relations students to health is directly linked to a set of measures:

- Intensification of social and preventive work (stocks, themed disco, theater performances, Internet conferences, company information, contests, etc.).
- Organization of mass sports and recreational activities (workshops, flash mobs, hikes, day care, sports competitions, sporting events, bike ride, etc.);
- Develop mechanisms to encourage healthy lifestyles; Providing social and medical care to students at risk; Fighting addictions.

In addition to this:

- Establishing optimal schedule of classes with sufficient time to rest, physical education breaks, proper nutrition;
- Allocation of time in the curriculum to increase physical training, expansion of sports clubs;
- Inclusion of special courses on sanitary culture, psychology and culture of healthy lifestyles;
- Active promotion and popularization of healthy life in the media, creating a "fashion" on health;
- Overcoming the passive attitude of students to programs to improve their health and correction with increased individual motivations to preserve health;
- Introduction to methods of recovery by strengthening the theoretical component of the course "physical culture".

Thus, health students must be under state scrutiny. The state should create material and intellectual base for the formation of sanitary culture of students and higher education become the main agent of constructing a healthy lifestyle of students.

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