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студенческой молодежи

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Современные проблемы формирования здорового образа жизни студенческой молодежи : материалы III Международной научно-практической интернет-конференции, 8–9 октября 2020 г., Минск, Беларусь / БГУ, Фак. социокультурных коммуникаций, Каф. экологии человека ; [редкол.: И. В. Пантюк (отв. редактор) и др.]. – Минск : БГУ, 2020 г. – 192 с. : ил., табл. – Библиогр. в тексте.

В сборник включены материалы III Международной научно-практической интернет-конференции «Современные проблемы формирования здорового образа жизни студенческой молодежи», в которой приняли участие представители учреждений образования, культуры, здравоохранения Беларуси, России, Украины. Рассматривались вопросы поддержания и сохранения уровня физического здоровья во время пандемии; проблемы безопасности жизнедеятельности и формирования культуры здорового образа жизни при подготовке специалистов; освещались психолого-педагогические, экологические и философские аспекты здоровья, физической культуры и спорта у молодежи.

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**ЗДОРОВЬЕСОХРАННЫЕ ТЕХНОЛОГИИ В ОРГАНИЗАЦИИ
УЧЕБНО-ВОСПИТАТЕЛЬНОГО ПРОЦЕССА
В МЕДИЦИНСКОМ УНИВЕРСИТЕТЕ**

**HEALTH-SAVING TECHNOLOGIES IN EDUCATIONAL
PROCESS ORGANIZATION AT MEDICAL UNIVERSITY**

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В статье раскрыты особенности управления учебно-воспитательным процессом в университете на принципах здоровьесохранных технологий, что способствует сохранению здоровья, увеличению активности студентов, обеспечению условий для самостоятельной подготовки к занятиям. Сделан вывод о том, что в формировании здорового образа жизни приоритетной должна стать роль образовательных программ, направленных на сохранение и укрепление здоровья будущих специалистов. Обоснована роль здоровьесохранных технологий.

Ключевые слова: здоровьесохранные технологии, здоровьесохранное обучение, мотивация здорового образа жизни.

The article reveals the management peculiarities of the educational process at university on the health-saving technologies principles, which contribute to maintaining health, increasing the students activity, ensuring the conditions for self-preparation. It was concluded that the role of educational programs aimed at preserving and strengthening future specialists health should become a priority in healthy lifestyle formation. The role of health-saving technologies in the future professional activity of medical students has been grounded.

Key words: health-saving technologies, health-saving learning, motivation of healthy way of life.

Introduction. In the context of health care reform, the activity of all medical universities is aimed at increasing the efficiency of the training of doctors of high qualification. The educational process at a higher medical school is aimed at assimilating the students theoretical knowledge of profile subjects and acquiring practical skills necessary for professional activity. An important stage in the training of future physicians is the process of forming

both professional and personal qualities, principles and values [1, p.108]. Undoubtedly, it is the formation of the values of health and a healthy lifestyle.

In the last decade, world science has attached the health problem to a range of global problems, the solution of which causes not only quantitative but also qualitative characteristics of the future development of mankind [2, p.112]. According to modern concepts, health should not be seen as a medical problem. According to WHO, human health by 50-55% is determined by the conditions and way of life, by 25% - by environmental conditions, by 15-20% - by genetic factors and by only 10-15% by the activity of the health care system [3, p.4].

Students form a special social group, united by specific conditions of learning and life. Many students (up to 60%) live in a hostel separate from the family, which makes them rebuild the stereotype of life. In addition, the student must adapt to the new conditions of training and successfully complete the entire volume of educational and social work. Adaptation to new conditions takes place in 3 stages: 1 stage - 1, 2 courses. He is the hardest because the students passed the final and entrance exams, often without a summer vacation. Stage 2 - the period of full adaptation to the new conditions - these are 3-year students. At senior courses, the burden increases due to the addition of new factors - the creation of a family, the need to combine work with education, participation in student scientific circles, community work, etc. [4, p.372].

The restructuring of the student's body to new social conditions causes active mobilization, and then the exhaustion of the physical reserves of the organism and, as a result, the failure of the process of adaptation and development of a number of diseases. Factors that adversely affect the health of students can be divided into two groups:

1. Objective and related to the organization of living conditions (duration of the school day; the density of the load, due to the schedule, nutrition and its regularity, sleep and its sufficient size, physical activity, etc.).

2. Subjective, personality characteristics (organization and discipline, motivated healthy lifestyle, observance of the optimal mode of the day, the presence of bad habits, the formation of physical culture of the individual).

Health can act as a leading factor in determining not only the harmonious development of a young person, but also the success of mastering the profession of health worker. The most active components of a healthy lifestyle are: rational work of students, rational nutrition, rational motor activity, quenching, personal hygiene, abandonment of bad habits [5, p.257].

Who is better than a student of a medical institution to be a model and can reasonably (with sufficient theoretical justification) be advocated and

encouraged to a «healthy lifestyle»? However, students do not regard their health as a capital that needs to be preserved and multiplied, in the long run, it has brought its dividends.

Today, the level of hygienic awareness of students is so low and so little associated with the self-esteem of health, which can be talked about as a factor that reduces the diagnostic capabilities of doctors and preventing the ability of the population to prevent elemental illness.

Therefore, the main task of the learning process is not only to teach, to develop skills, to develop creative potential, but also to preserve the health of students as much as possible. This helps to use the educational process of health-saving technologies.

The purpose of the work is to provide theoretical substantiation of health-saving training and experimental verification of the model of management of educational process at Zaporizhzhya State Medical University (ZSMU) on the basis of health-saving technologies.

The notion of «health-saving learning» brings together all areas of activity to maintain, preserve and strengthen the health of students. Under healthcare-saving training is proposed to understand:

- favorable conditions for students' education in higher educational establishments (absence of stressful situations, adequacy of requirements, methods of teaching and education);
- optimal organization of the educational process (according to age, gender, individual characteristics and hygiene norms);
- a complete and efficiently organized motor regime.

One can not fail to take into account the fact that the preservation and strengthening of the health of student youth also depends on the sufficient material and technical base, the obligatory combination of it with the appropriate size and purpose of the premises of lecture rooms, profile departments, clinical and theoretical bases of university units and the territory of the campus, which is important both for the physical and mental development of students.

Physical education sessions play an important role in the educational process of medical students of ZSMU, which is one of the main means in shaping the values of health and healthy lifestyle, focusing on improving the psychophysical state of students and preventing hypodynamia.

Special attention is paid to the physical recreation [6, p.4], the activity of students, which covers various types and forms of motor activity and is aimed at active rest, the restoration of the forces spent in the learning process.

Already from the first year students have an opportunity to improve their physical condition by doing sports. And for this purpose, the best conditions

are created: beside the educational buildings and student hostels there is a stadium with sectors of athletics, a football field, sports grounds, sports halls, tennis courts, a shooting range for sports shooting, and a fitness club. In the summer of 2013, at the request of students, an outdoor gym is installed.

Student years are not just learning. Between lectures and seminars should be time and on «lyrics», which helps to educate a harmoniously developed personality. Students develop their debatable skills and ability to defend their point of view at the meetings of the philosophical discussion club «Sofia», improve the knowledge of foreign languages in the circle of Lingva.

Students can develop their artistic talents at the University's Amateur Club. By the way, the students themselves manage the club: the club's council plans, prepares and organizes various cultural and artistic events, and students join in their conduct, polishing their talents in various circles and teams. They are many in the ZSMU for every taste: three vocal singing collectives, two international vocal and instrumental ensembles, pop and dance groups, ballroom dance and oriental dance, four dance aerobics associations. The best singers and dance couples demonstrate their skills at city-wide contests, concerts and festivals.

Traditionally, the Club's work begins with the Day of Knowledge of the holiday «Dedication to Students». In September-November, the cultural life of the university is especially intense - there is a review-competition of the creative collectives of the University «Rhythms of the Autumn». The departments organize exhibitions, prepare special editions of the radio newspapers «Pulse», disputes, sports competitions, concerts of amateur performances.

The results of reviews, contests and the annual contest «Student of the Year» are being celebrated on the International Student Day on November 17. The winners, in addition to the special cup, also receive gifts and cash rewards.

Favorite holidays of the Zaporizhzhya Medical University - «Farewell to anatomy», «Allo, we are looking for talent», theme nights, theatrical performances, aerobic points, competition «Kvkok rektora» - collect a sale in the assembly hall, equipped with high-quality sound amplifiers.

With the traditional culture of foreign countries, the festival «We introduced and made Ukraine» organized by students from India, Palestine, Morocco, Tanzania, Ecuador, Nigeria, Lebanon, Azerbaijan, Uzbekistan, Georgia and other countries.

One of the most important directions of the university's activity is to provide the necessary sanitary and hygienic conditions of the internal environment, in particular: gardening the territory of the student town,

comfort in the hostels, control over artificial lighting, ventilation and lighting of educational facilities, temperature regime, control over the purity of the study rooms.

University campus with 5 educational buildings, 5 hostels, a sports complex built in the park area near the Dnieper. The territory is fenced and impresses with the beauty and well-being at any time of the year, with picturesque alleys and well-equipped autonomous infrastructure: dining and cafes, household services, beauty studio, medical center, sanatorium-preventorium, which annually heals more than 800 students and teachers.

Particular attention is paid to controlling the nutrition of students.

Importance is given to maintaining the psychological, spiritual and social health of students. This requires the creation of a special atmosphere in the university that would open up to each student a positive space for personal growth in the intellectual, spiritual and social spheres.

Currently, 1800 foreign students from 42 countries study at the ZSMU. The University has created the most favorable conditions for their study and living: all dormitories have reading rooms and computer classes, rooms have access to the Internet. The dining room of national Indian cuisine is functioning.

In the context of the topic of the article it is impossible not to say a few words about our department. The department of general hygiene and ecology of the ZSMU clearly arranges the educational process. Students of medical and international faculties in the specialties «Medical» and «Pediatrics» study general hygiene. Students of pharmaceutical faculties and students on the specialty «Technology of perfumery and cosmetics» study hygiene with the basics of ecology.

For future dentists, hygiene and industrial sanitation in the field with the basics of ecology and hygiene with hygienic expertise are lay out. In order to motivate dentist students to have a healthy lifestyle, the topics of the lectures were introduced and approved in the work curriculum and the thematic plan on the discipline «Hygiene and Ecology» from 2017-2018 academic year, in particular Theme № 2 «Hygiene of the inhabited places, its bioethical aspects. Hygiene of water and water supply. Impact of drinking water quality on general and dental health of the population»; Theme № 3 «Food and health of the population. Basics of rational nutrition. Influence of nutrition on general and dental health of the population. Biosafety Nutrition. «

The approximate list of issues and practical skills for the final control of the relevant content modules and discipline in general contains questions that motivate the students to value the attitude to personal health.

Thematic module 1.

– Hygienic value of natural light. Effect of illumination on visual functions, state of the central nervous system, efficiency.

– Hygienic requirements for the microclimate of residential and public buildings, influence on the organism and methods of evaluation.

– Springs of atmospheric air pollution. Influence of contaminated air on health and sanitary conditions of life. Sanitary protection and biosafety of atmospheric air.

– Hygienic value of water, influence of water quality and conditions of water supply on health of the population, sanitary conditions of life. Bioethical problems of water supply.

Thematic module 2.

– Nutrition as a social and hygienic problem. Basic nutritional functions. Bioethical aspects of nutrition of a healthy population.

Thematic module 3.

– Physiological changes in physical and mental labor. Fatigue and overfatigue. Fundamentals of prevention of fatigue.

– Forced position of the body and the strain of certain groups of muscles are considered as a professional harm. Prevention of diseases caused by forced body position in the work of a dentist and dental technician.

– Hygienic principles of a healthy lifestyle. Personal hygiene in modern conditions.

– Hygiene of the body and oral cavity. Means of hygiene of the oral cavity and their hygienic assessment.

– Tempering as an element of personal hygiene. The principles of quenching.

– Hygienic value of the regime of the day. Hygiene of rest and sleep.

– Medical and social value of harmful habits, prevention of their occurrence.

– Hygiene of mental labor. Hygienic requirements for fabrics, clothing and footwear. Comparative hygienic characteristic of natural and synthetic fabrics.

Research results. Summing up the work in the direction of physical and hygienic education, it should be emphasized that special attention in the learning process is given to the involvement of students and teachers in the health process: health promotion, increased productivity training, reducing morbidity; reduction of prevalence of tobacco smoking and alcohol consumption; increase of motor activity of students and teachers, decrease of the raised weight of a body; the interaction of teachers and students: the organization of educational work, the involvement of students in various types of recreational activities.

Nowadays, volunteer work is a significant place in the youth environment, medical students take care of veterans, promote a healthy lifestyle in secondary and higher educational institutions of the city, organize thematic educational events, lectures on the negative influence of bad habits, educational actions «AIDS - NO!», «Safe Rest», «Red Ribbon», «Remember. Revive Save. «

Thus, health-preserving education is a training that includes a set of specific conditions (hygienic, medical, psychological, pedagogical), health-saving technologies used by the medical university aimed at preserving and strengthening the health of students, for improvement their mood and state of health, on creation of favorable conditions for their development and self-development.

Conclusions. The optimal model of management of the educational process at the medical university on the basis of health-saving technologies will be more effective provided:

1. Implementation of the educational process on the basis of health-saving technologies with the use of methodological components of healthcare-saving learning environment.

2. Ensuring a high level of subject competence of teachers for the effective implementation of educational process using health-saving technologies.

3. Creation of motivation of subjects of training (students and teachers) to introduction of health-saving technologies.

Prospects for further work

Working out recommendations on the application of health-saving technologies in the management of educational process. Determination of pedagogical conditions and approaches to the process of forming a value attitude to the health and healthy lifestyle of medical students.

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INFORMATION AND PSYCHOLOGICAL SAFETY PRINCIPLES OF STUDENTS RECEIVING HIGHER EDUCATION

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The article discusses the features of the informatization process influence on student's personality. The use of information technologies in the educational process has been analyzed through the prism of their positive and negative impact on students. The focus is on manipulating the minds of students through the Internet and social networks. As a means of ensuring the informational and psychological safety of subjects of educational activities, it is proposed to form rational methods of perception, memorizing and interpreting information, and develop criteria for assessing its quality and usefulness.

Key words: students, information and psychological security, personal values, achievement motivation

Introduction

Currently, computerization of higher education is being actively carried out. It means the process of improving the educational process through the introduction of information and communication technology tools. Their use greatly expands the possibilities of presenting educational material. The use of color, graphics, sound, all modern video equipment allows you to recreate the real situation of activity. The computer allows you to significantly increase the motivation of students to learn. The number of Internet users is growing rapidly.

Despite the fact that information technologies have become a powerful means of knowing and transforming the world and the person himself, at the same time they have become a serious threat [1] Students are at risk of possible manipulation of their consciousness - changing needs, interests, beliefs. At the same time, young people can easily be drawn into the communication of