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INTEGRATION OF PHYSICAL, MENTAL, SOCIAL AND SPIRITUAL COMPONENTS IN THE IMPLEMENTATION OF A HEALTHY LIFESTYLE OF MODERN HIGH SCHOOLCHILDREN

In the article deals with the theoretical approaches to the formation of positive motivation for a healthy lifestyle of modern schoolchildren in the realities of today. The article shows the significance of the fact that in recent years the attention of scientists to the study of the issues of healthy lifestyle implementation has intensified, its qualified propaganda in the mass media is being carried out. Nevertheless, it has been established that the problem of improving the health of the younger generation remains unsolved. Sociological research has shown that 90 per cent of schoolchildren have health problems, more than 50 per cent have inadequate physical training, and almost 60 per cent have a low level of physical development. It has been established that only 38 per cent of pupils take up regular physical exercise, 55 per cent do it occasionally and over 6 per cent do no physical exercise at all.

Topicality of the research is also due to the fact that the number of diseases among high schoolchildren increased, a sharp decline in their physical activity and physical performance. The research and analysis of these negative phenomena have shown that the causes of this condition should be sought in the system of school education, in the identification of those factors of educational activities that lead to overstrain of the pupils' bodies and do not create the right conditions to meet their needs for a healthy lifestyle.

The purpose of the research was to analyze the main structural components of a healthy lifestyle and give proof of their implementation among modern high schoolchildren.

The results of the analysis provide strong evidence that a healthy lifestyle is simultaneously a pedagogical, spiritual and social category, it covers different aspects of the life of schoolchildren, ensuring the development of their physiological, social and mental functions in a dynamic unity. It has been clarified that the attitude towards a healthy lifestyle does not emerge by schoolchildren on its own, but develops as a result of pedagogical influence aimed at forming by them a positive attitude towards a healthy lifestyle. The solution of this problem at the comprehensive schools is mainly trusted to the teachers and medical staff. Quite often, however, both doctors and teachers are not fully prepared to promote the benefits of a healthy lifestyle and do not always set a positive example in this regard. It is therefore fair to assume that one of the important points in forming positive motivation to lead a healthy lifestyle is to understand the essence of a healthy lifestyle, which consists in disclosure its main structural elements.

It was established that a healthy lifestyle is a value phenomenon that integrates at least four components – physical, psychical (mental), social (public) and spiritual. In real life, all four components – soial, spiritual, physical, physical – are transformed into the organization of motion activity, prevention of bad habits, in the fulfilment of the requirements of sanitation, hygiene and hardening, in the mode of education, work and rest, in the nutrition regime, in the organization of sleep, in the culture of communication, in the culture of sexual behavior, in the psychophysiological regulation of the organism.

It has been proved that all the components act simultaneously and their influence determines the general state of human health as a value complex of the phenomenon.

Key words: *healthy lifestyle, senior pupils, physiological functions, social health, positive motivation, health, components of a healthy lifestyle, educational activity.*

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ІНТЕГРАЦІЯ ФІЗИЧНОЇ, ПСИХІЧНОЇ, СОЦІАЛЬНОЇ ТА ДУХОВНОЇ СКЛАДОВИХ В РЕАЛІЗАЦІЇ ЗДОРОВОГО СПОСОБУ ЖИТТЯ СУЧАСНИХ СТАРШОКЛАСНИКІВ

У статті розкрито теоретичні підходи до формування позитивної мотивації на здоровий спосіб життя сучасних школярів в реаліях сьогодення. Показано значимість того, що саме в останні роки активізувалася увага вчених до дослідження питань впровадження здорового способу життя, ведеться кваліфікована його пропаганда в засобах масової інформації. Проте, встановлено, що проблема поліпшення здоров'я підростаючого покоління залишається нерозв'язаною. Соціологічними дослідженнями виявлено, що 90 % школярів мають відхилення в стані здоров'я, понад 50 % – незадовільну фізичну підготовку, майже 60 % – низький рівень фізичного розвитку. Встановлено, що регулярно займаються фізичними вправами лише 38 % відсотків школярів, 55 % – епізодично, більше 6 % самостійно фізичними вправами взагалі не займаються.

Актуальність дослідження зумовлена й зростанням кількості захворювань саме серед старшокласників, різким зниженням їхньої рухової активності та фізичної працездатності. Дослідження та аналіз цих негативних явищ показав, що причини даного стану слід шукати в системі шкільної освіти, у виявленні тих факторів навчальної діяльності, які призводять до перенапруження організму учнів й не створюють належних умов для задоволення їхніх потреб у здоровому способі життя.

Мета дослідження полягала в здійсненні аналізу основних структурних компонентів здорового способу життя та обґрунтуванні їх втілення серед сучасних старшокласників.

Результати аналізу переконливо свідчать, що зоровий спосіб життя – категорія водночас і педагогічна, і духовна, і соціальна, вона охоплює різні боки життєдіяльності учнів, забезпечуючи розвиток їхніх фізіологічних, соціальних і психічних функцій у динамічній єдності. З'ясовано, що установка на здоровий спосіб життя не з'являється у школярів сама собою, а розвивається в результаті педагогічного впливу, спрямованого на формування в них позитивного ставлення до здорового способу життя. Вирішення цієї проблеми в загальноосвітніх школах в основному покладено на вчителів та медичних працівників. Але досить часто і лікарі, і вчителі виявляються не зовсім підготовленими до пропаганди переваг здорового способу життя і не завжди є в цьому позитивним прикладом. Тому цілком слушно слід вважати, що одним із важливих моментів у формуванні позитивних мотивацій щодо ведення здорового способу життя є розуміння сутності здорового способу життя, яка полягає у розкритті його основних структурних елементів.

Встановлено, що здоровий спосіб життя це ціннісний феномен, що інтегрує принаймні чотири складові – фізичну, психічну (розумову), соціальну (суспільну) і духовну. В реальному житті всі чотири складові – соціальна, духовна, фізична, психічна трансформуються в організацію рухової активності, в профілактику шкідливих звичок, в виконання вимог санітарії,

гігієни й загартування, в режим навчання, праці й відпочинку, в режим харчування, в організацію сну, в культуру спілкування, в культуру сексуальної поведінки, в психофізіологічну регуляцію організму.

Доведено, що всі складові діють одночасно і їх вплив визначає загальний стан здоров'я людини як ціннісного складного феномена.

Ключові слова: *здоровий спосіб життя, учні старших класів, фізіологічні функції, соціальне здоров'я, позитивні мотивації, здоров'я, складові здорового способу життя, навчальна діяльність.*

Problem statement. The current stage of education reform in Ukraine is characterized by an increase in diseases among high school students, a sharp decrease in their motion activity and working efficiency. The research of the causes of these phenomena shows that they need to be sought in the school education system, in identifying those factors of educational activity that lead to overstrain of the body of pupils and do not create the right conditions to meet their needs for a healthy lifestyle.

One of the ways to achieve the best possible health of pupils is to form their positive motivation for a healthy lifestyle. It is a healthy lifestyle that is a qualitative prerequisite for the future self-realization of young people, successful learning of productive activities, the ability to create a family and have healthy children, creative and social and political activity.

Healthy lifestyle is a category that is both pedagogical, spiritual and social, it covers different aspects of pupils' life, ensuring the development of their physiological, social and mental functions in a dynamic unity. The attitude to a healthy lifestyle does not appear by pupils by itself, but develops as a result of pedagogical influence aimed at forming a positive attitude to a healthy lifestyle. The solution of this problem in comprehensive school is mainly entrusted to teachers and medical workers. But quite often both doctors and teachers are not quite prepared to promote the benefits of a healthy lifestyle and are not always positive examples themselves. Therefore, one of the important points in the formation of positive motivations for a healthy lifestyle is to understand the essence of a healthy lifestyle, which is to reveal its main structural components.

World science has developed a holistic view of a healthy lifestyle as a phenomenon that integrates at least four of its spheres or components - physical, mental, social and spiritual. In real life, all four components – social, spiritual, physical, mental, to which we include the organization of motion activity; and the prevention of bad habits; and the fulfillment of the requirements of sanitation, hygiene and hardening; and the regime of study, work and rest; and the regime of nutrition; and the organization of sleep; and the culture of communication; and the culture of sexual behavior; and the psychophysiological regulation of the body act simultaneously and their influence determines the general state of human health as a holistic complex phenomenon. Scholars contend (Кундієв, 2006; Лаврова, 2009; Закопайло, 2001), healthy lifestyle should be considered as a pedagogical, spiritual and social category, which covers different aspects of pupils' life, aimed at the development of their physiological, social and mental functions in unity. At the same time, it should be borne in mind that the attitude towards a healthy lifestyle does not appear by pupils by itself, but develops as a result of pedagogical influence aimed at forming a positive attitude towards a healthy lifestyle.

Analysis of the recent researches and publications. The study of the literature (V. Baranov, B. Vedmedenko, H. Vlasiuk, V. Hlukhov, A. Holoborodko, V. Kuzmenko, O. Laptiev, V. Orzhekhovska, I. Suscheva, etc.) shows that in recent years the attention of scientists to the study of healthy lifestyles has intensified, and that in recent years there has been a more qualified healthy lifestyle promotion in the media. However, the problem of improving the health of the younger generation remains unresolved. According to sociological studies, over 90 % of schoolchildren have health problems, over 50 % have unsatisfactory physical fitness, and almost 60 % have a low level of physical development (Закопайло, 2001). Only 38.2 % of schoolchildren regularly exercise on their own, 55 % do so occasionally, and 6.8 % do not exercise on their own (Закопайло, 2001). The solution of this problem in comprehensive schools is mainly entrusted to physical education teachers and medical workers. However, neither doctors nor teachers are well prepared to promote the benefits of a healthy lifestyle and do not always set a positive example.

During the interview of parents and physical education teachers was found that not all of them know the basic building blocks of a healthy lifestyle. High schoolchildren do not have this knowledge either. A conducted survey of 233 high schoolchildren shows that 89 % of them understand the structural components of a healthy lifestyle as not drinking alcohol, no-smoking or doing sports. 2 % added that the components of a healthy lifestyle should also include hardening and performance of hygienic requirements. It follows that the majority of high school pupils have a superficial understanding of the essence of a healthy lifestyle.

The purpose of the article is to show the health-saving potential of the main structural components of a healthy lifestyle on the basis of available sources and literature, to outline the main aspects of their implementation among modern high school students.

Methods and Techniques of the Research. The following methods were used in the process of the research: analysis, comparison, generalization and systematization.

Presentation of the basic material. Insight into literary sources (Закопайло, 2001; Кузьменко, 2003), which reveal the essence of a healthy lifestyle, shows that different authors refer to its structural components as; motion activity organization; prevention of bad habits; meeting the requirements of sanitation, hygiene and hardening; study, work and rest regime; eating regime; sleep organization; communication culture; culture of sexual behavior; psychophysical regulation of the body, etc.

The majority of scientists (Додорова, 2009; Герасимова, 2009; Закопайло, 2001; Кузьменко, 2003) consider that organization of motion activity is an obligatory component of healthy lifestyle of high school pupils. Motion activity is understood as regulated by intensity physical activity that fully satisfies the biological need for movement, meets the functional capabilities of the body, promotes health and harmonious development of the student's personality. The optimal motion regime for high school pupils is one in which they spend 8-12 hours a week on classes. At the same time, they should spend at least 6-8 hours on purposeful physical exercises. The rest of the time is complemented by physical activity during the day (independent physical exercises, morning hygienic gymnastics, gymnastics before lessons, active rest during breaks, physical education minutes, walks, doing homework on physical culture, weekend hikes, etc.) To fulfill this movement regime, high school pupils need to exercise 1.3-1.8 hours a day. The necessary conditions for these exercises should be a free choice of means and methods of their use, high motivation, positive emotional and functional effects of physical, volitional and emotional efforts.

A healthy lifestyle cannot be combined with bad habits (Лаврова, 2009; Закопайло, 2001). The use of alcohol, tobacco and drugs increases the risk of many diseases that have a negative impact on the health of high school pupils. At the same time, the anonymous questionnaire revealed that all of the surveyed pupils drank alcohol more than once, and 30% of them almost regularly drink it on weekends. Regular smokers are 55 %, 10 % have taken drugs once, 2 % of them - intravenously. At this age, pupils do not think deeply about the consequences of bad habits, so the task of parents and teachers is to help them not to take this destructive path. The main obstacle to the emergence of schoolchildren's craving for harmful habits is the formation of the inner cultural core of the personality, its moral values, the constant need for physical education, sports, educational and work activities, clear organization at home of their own learning and recreation, the introduction of physical culture and sports in their lives.

An important component of a healthy lifestyle is personal hygiene, sanitation and hardening of the body (Закопайло, 2001; Кундієв, 2006). Compliance with the requirements of sanitation and body hygiene contributes to the proper functioning of the body, improvement of metabolism, blood circulation, respiration, development of mental and physical abilities. Hardening of the body is an important means of preventing the effects of cooling the body or exposure to high temperatures. It reduces the number of cold-related diseases in 2-5 times, and in some cases almost completely eliminates them. At the same time, the results of the questioning of high school pupils showed that most of them basically know the basic rules and principles of hardening, but only 6 % of them perform them, so, starting hardening, pupils should adhere to the gradualness, individuality, continuity and variety of hardening means. The most common means of hardening are sun, air, water, walking barefoot, shower, etc.

An important role in maintaining a healthy lifestyle is played by the regime of study, work and rest (Закопайло, 2001; Кундієв, 2006). A well compiled day regimen is the basis of life activity of all pupils. Their survey showed that only 25 % of them adhere to the day regimen in some way. Scientific evidence convincingly shows that high schoolchildren in particular need to maintain a well-organized way of studying, resting, eating, sleeping and exercising. During the daily repetition of the usual way of life in the family, a relationship is quickly established between these processes, fixed by a chain of conditioned reflexes. Due to this physiological property, the previous activity is like an impetus for the next one, preparing the body for an easy and quick transfer to a new type of activity, which ensures its better performance. The regime of the day should be individual, correspond to the specific conditions, health, level of performance, personal interests and inclinations of the pupil. The regime will be implemented only when it is dynamic, built taking into account unforeseen circumstances.

Nutrition plays a leading role in maintaining a healthy lifestyle of high schoolchildren (Гавриленко, 2009; Закопайло, 2001). In this regard, every high schoolchild should know the principles of nutrition, regulate their body weight. Nutrition is a physiologically complete meal taking into account age, gender, nature of study, work and other factors. It should be based on the principles of achieving energy balance; establishing the correct ratio between the main food substances - proteins, fats and carbohydrates; balance of minerals and vitamins. The nutrition regimen should be approached individually. The main rule is to eat a wholefood diet at least 3-4 times a day. Systematic violation of the diet worsens metabolism and contributes to the emergence of diseases of the digestive system. During exercise, you should eat 2-2.5 hours before training and 30-40 minutes after training finishing.

An obligatory part of a healthy lifestyle and daily rest of high school pupils is sleep (Закопайло, 2001; Кузьменко, 2003). Hygienists recommend that pupils should sleep an average of 8-10 hours a day. The hours allocated for sleep cannot be considered as a reserve of time that can be used for other purposes. Because as a result of lack of sleep there is weakness, headaches, decreased efficiency, increased fatigue.

One of the causes of sleep disturbance can be overstrain caused by improperly constructed activities (excessive intensity, prolonged performing of exercises). Overstrain can also cause excessive sleepiness. Therefore, in this case, it is necessary to reduce the load by restructuring the training methodology. Strenuous mental work on homework should be stopped 1.5 hours before bedtime, as it creates closed cycles of excitation in the cerebral cortex, which are highly stable.

Scientists give a prominent place in the structure of a healthy lifestyle to the culture of communication (Закопайло, 2001; Лаврова, 2001; Кузьменко, 2003), which covers the system of knowledge, norms, values and examples of behavior established in the family and society. For high school pupils it is an important condition of satisfaction with their relationships with the surrounding life, a guarantee of mental, physical, emotional, social and intellectual development of the individual. The culture of communication is based on such features of thinking as frankness, flexibility, non-standard actions. Spoken language proficiency requires a large vocabulary, imagery and correct pronunciation; the ability to extract the essence of the matter from what is heard; correct formulation of questions; brevity and accuracy of answers to questions; logical statements. The development of communication culture is promoted by physical culture and sports activities with its numerous connections and relationships.

Of great importance in the system of healthy lifestyle is the culture of sexual behavior (Закопайло, 2001), which is one of the aspects of human social behavior. Research shows that most modern high school pupils have had sexual relations. Nowadays young people start their sexual life earlier. Liberalization of sexual morality, change of partners together with low sexual culture generate a number of serious consequences - abortions, spread of venereal diseases. AIDS. Culture builds the erotic ritual of courtship and sexual technique, leaving place for individual or situational variations, the content of which can vary considerably. Physical attractiveness is the basis of sexual attention, so high school pupils should attach more importance to physical culture of the individual, the formation of good posture, etc. An obligatory component of a healthy lifestyle for senior pupils is psychophysical regulation of the organism (Закопайло, 2001; Герасимова, 2009). Problems in the family, at school,

resentment, dissatisfaction with life, fear, lack of time, sudden changes in living conditions – all this causes negative emotions by pupils, under the influence of which stressful conditions arise. Stress is the main cause of neuroses (Кундієв, 2006). Stress-relieving effect is provided by regular physical activity, which relieves anxiety and depression of high school pupils. Therefore, it is important that physical exercises at school and at home bring them pleasure, distract them from everyday troubles. There are also other effective methods of dealing with stress: psychophysical regulation through autogenic training, breathing exercises, attention training, non-traditional healing methods, etc.

Conclusions and prospects for further research. So, one of the main ways to achieve the best possible health of modern high schoolchildren is motivation for a healthy lifestyle, which envisages the formation of a responsible attitude to their health and the health of people around them, awareness of the vital need for a healthy lifestyle. At another point, the formation of motivation for a healthy lifestyle as a value phenomenon lies in the integration of at least four components – physical, psychical (mental), social (public) and spiritual. In real life, all four components – social, spiritual, physical, psychical – are transformed into the organization of physical activity, the preventive measures of bad habits, the fulfillment of sanitation, hygiene and hardening requirements, the learning regime, work and rest, the nutrition regime, the organization of sleep, the culture of communication, the culture of sexual behavior, the psychophysiological regulation of the body. It is quite right that all components act at the same time and their influence determines the general state of human health as a complex value phenomenon.

Directions for future research: at the same time, the solution to the problem of health of young schoolchildren should not be associated only with traditional hygienic and medical measures, which are carried out in parallel with the educational process, but also with the organization of the school health-improving system. The components of this system should organically complement the structure of the educational process and envisage the use of health-saving educational technologies in classroom and out-of-lesson activities. In order to encourage high schoolchildren to lead a healthy lifestyle, it is necessary to improve existing, develop and implement new scientifically based methods and forms of organization of preventive education and upbringing by teachers in the educational process. The most effective among them are training sessions on the fundamentals of health, valeology, health and safety training course; circles, clubs and optional classes; questionnaires, testing; thematic lectures; school sports and athletic contest, relay races, sports and tourist competitions; role-playing games, quizzes, game programs; psychological, valeological trainings; preventive consultations; citywide campaigns; publication of wall newspapers; cooperation with parents.

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