



## FORMATION OF A MOTIVATION-VALUE ATTITUDE TO A HEALTHY LIFESTYLE STUDENT YOUTH

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### ABSTRACT

*At the present time, it increased the number of studies aimed at understanding the issues related to the attitude of today's youth to a healthy lifestyle. Moreover, the formation of such behavior should begin from adolescence. After all, it is young people, as the most actively developing social group, who are most susceptible to various kinds of risks and need skills to save and promote health.*

**KEY WORDS:** *healthy lifestyle, health, physical culture, student youth, interests, needs, formation.*

### DISCUSSION

In modern times, due to the acceleration of the pace of social, economic, technological, climatic, environmental and other changes occurring in the world, there is a pattern that leads to the formation of new problems related to the health of the population. A decrease in the functional reserves of the body, self-regulation processes, the birth of weakened offspring and much more is characteristic of the modern generation. In this regard, in our country, the state has determined the main goal in the field of physical culture and sports - the improvement of the nation, the formation of a healthy lifestyle of the population and the harmonious education of a healthy, physically strong generation. The state of health of the younger generation and student youth is of particular concern. The future depends on them the potential of our country. In this regard, the value attitude of young people to their health and the formation of motivation for a healthy lifestyle are relevant today.

In everyday life, we are faced with the fact that most often the need of a young person for health and the actions he takes to strengthen and preserve it do not coincide.

The formation of a healthy lifestyle refers to almost all aspects of human life, from the biological to the emotional and spiritual spheres. The organization of the normal life of student youth entering a new independent adult life depends on the conditions and traditions of the educational institution in which they study. The modern lifestyle

and behavior of students is largely influenced by housing and living conditions, financial opportunities, material wealth, the organization of study and recreation, the regime and quality of food (this especially applies to nonresident students). The interpersonal relationships that develop in the student environment are of great importance. The motives associated with the social environment are expressed in imitation of friends, idols. Motives associated with self-affirmation - the desire to prove the ability to lead a healthy lifestyle, motives associated with a sense of duty and responsibility, or the desire to be an example for someone. The first course of study at the university is characterized by a transition to a new education system, students are aimed at obtaining the knowledge necessary for future professional activities, overloading with educational material. Therefore, the first two courses young people adapt to new conditions, and this time is associated with the loss of physical, mental, and sometimes social health.

At the present time there are a large number of sociological studies revealing the views and knowledge of young people about health and healthy lifestyles, their needs for compliance with the norms of a healthy lifestyle and the reasons why students do not lead a healthy lifestyle. This formulation of the question does not solve the existing problem and its relevance remains today. Analysis of some studies in this area shows about the fact that the majority of our population, especially pupils and students are not generated values related to health and healthy way of



life and what the dynamics of the relationship to these values every year goes down.

Young people, as the most actively developing social group, are most susceptible to various kinds of risks and need knowledge related to the culture of health and the skills of leading a healthy lifestyle in order to save and improve health. Young people do not yet realize the importance of their health for the future and are often prone to underestimate its value. Unfortunately, most of the students studying at different universities do not have the correct knowledge about health, a healthy lifestyle, and have not developed an interest in physical education. Also, the worldview has not been formed, about the close relationship of indicators of preventive culture with other values that determine the influence of the lifestyle, lifestyle on health and the achievement of life goals. Sociological research confirms that young people are more formal about their health. They lack actions aimed at the implementation of a healthy lifestyle, which manifests itself primarily in real behavior. This may be due to the fact that young people do not have a sufficiently versatile view of this problem, focusing their understanding of a healthy lifestyle only on such aspects as proper nutrition and giving up bad habits. A situation often arises when the principles of a healthy lifestyle are imposed on them from the outside and young people do not make them the basis of their behavior. In this regard, it is required to teach students about health aspects, factors posing a health risk, about the role of physical activity for strengthening, maintaining and restoring health, about the essence of hardening and its significance for health, in order to expand their understanding of behavior, which should be aimed at maintaining health and thereby create the basis that will allow young people to really enjoy life without exposing their health to those risks that will negatively affect in the future, reducing their social well-being and the ability to perform their functions throughout their lives.

Formation of motivation for a healthy lifestyle among students requires certain efforts. Since the effect of these efforts is projected for the future and not every student is able to solve this problem on his own, it is necessary to focus the system of higher education on the formation of students' motivational and value attitude to a healthy lifestyle. The educational process in higher education should be saturated with health-preserving values and aimed at fostering a culture of health among young people. The lack of volitional efforts to maintain a healthy lifestyle is aggravated by the peculiarities of life - it is a sedentary lifestyle (elevator, transport, etc.), modern media are modern technologies (Internet, video, telephone, etc.), which modern young people not only do not offer resistance, but

actively spend the maximum of their time and money on them.

In this regard, new effective forms of the formation of a motivational-value attitude to health and a healthy lifestyle for our younger generation and student youth, who are the future of our country .

In practice, it turns out that the implementation of the factors that determine the behavior and lifestyle of students, which are an integral part of a healthy lifestyle, is extremely difficult. There are many reasons, but the most important is the lack of motivation for a positive attitude towards one's health. The fact is that the needs underlying the behavior of student youth, health is far from being in the first place. This is due to the low culture of society and student personality. It follows that the focus on the priority of the value of health the needs of young people are absent, and the formation of health is, first of all, the problem of every person. Thus, the level of motivation for a healthy lifestyle does not fully correspond to the modern realities of life. But student youth is not only a productive force, but also the most active part of society, which will be entrusted with the further development of the Russian state. Therefore, the educational and upbringing process in higher educational institutions is entrusted with a great responsibility for the formation in the young generation of high demands on themselves, on their health, striving for a healthy lifestyle. Further professional and social adaptation of young people depends on the degree of success in solving this problem of higher education.

Motivation for a healthy lifestyle is external and internal motives that induce actions to strengthen and maintain health, as well as conditions that act as an accompanying health-preserving behavior. The motivation for a healthy lifestyle changes depending on age, health status, social status and other factors.

To form a value-based attitude towards one's health among students, one must begin with raising the level of health culture, forming active self-development and self-sufficiency in health. The upbringing and educational process in higher education institutions should be organized, with a focus on preserving and strengthening the health of students, means and methods of recreational activities should be aimed at the conscious development and self-development of a healthy student's personality. Thus, the necessary conditions are created for self-knowledge of oneself and one's health, self-improvement and self-realization.

The purpose of physical education in higher educational institutions is the formation of physical culture of the student's personality. To achieve it, the teacher must necessarily solve the problems of a positive and valuable attitude of students to physical culture, attitudes towards a healthy lifestyle, physical



self-improvement and self-education, the need for regular exercise and sports. Physical culture plays a huge role in a healthy lifestyle. In the organization of active leisure of student youth, a wide range of various physical culture and recreational activities, contributing to the formation of a habit of healthy outdoor activities. A variety of physical exercises are used to combat physical inactivity. The possibility of complex use of all means of physical education, such as the natural forces of nature, hygienic factors and physical exercises, provide their high health-improving and hardening effect.

Physical culture classes are a structural element in the system of spiritual and physical development of student youth, they provide an opportunity to show social activity and be expressed in the purposeful development of consciousness and behavior of a young person. Therefore, as an initial step in the formation of a healthy lifestyle, it is necessary to consider the process of upbringing an adequate attitude to one's own health and physical education.

Physical culture is a type of culture that is a specific process of human activity and the results of this activity, as well as ways of physical improvement of people to fulfill their labor, social and biological duties. Therefore, we consider it possible to consider the formation of a healthy lifestyle among students in the process of physical education in higher educational institutions.

The formation of a person's physical culture can be judged by how and in what specific form students' personal attitudes towards physical culture and its values are manifested. Students who are convinced of the value and the need to use physical culture for the development and realization of personality capabilities, inherent in the thoroughness of knowledge of physical culture, the student must possess the skills and abilities of physical self-improvement, use the means of physical culture for rehabilitation with high neuro-emotional stress and after illness, must have skills in organizing and leading a healthy lifestyle. Young people should have a creative initiative and use modern forms of physical exercise for active recreation, leisure and entertainment in family life, in professional activities.

It is necessary to carry out the promotion of a healthy lifestyle by the mass media in the educational environment of higher education. Measures to prevent alcohol consumption, five tobacco, drug use among students, should be a systematic intervention, and be an integral part of long-term, educational programs. Students must have information about bad habits that destroy human health. Recently, the problem of preserving the mental health of the younger generation has become increasingly important. In this regard, young people need to be

armed with knowledge about the lifestyle and the role of the family in raising a healthy child, what harmful habits of parents affect the health of children, how the lifestyle of the family affects the physical development and health of the child, about the mental health of the family, features and ways of preserving it. ...

After graduating from the university, young specialists show independent initiative in many spheres of life. Therefore, it is appropriate to assert that physical culture acts as an integral part of the general and professional culture of a young person, and as the most important qualitative characteristic of his personal professional growth.

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