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## INVESTIGATION OF ASSESSMENT OF THE ATTITUDE OF STUDENTS TO A HEALTHY LIFESTYLE

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The purpose of this article is to present to the professional community the level of knowledge of students about the protection and strengthening of health and their relationship to a healthy lifestyle (HL) determined by the questionnaire survey. This article presents the results of an empirical study conducted to assess students' attitudes towards a healthy lifestyle. The object of the study was: students' ideas about the concepts of "health" and "healthy lifestyle", and their attitude towards these phenomena.

The study was conducted using a questionnaire survey, in which 67 students of the Armenian-Russian (Slavic) University took part. The completed questionnaire included 15 questions related to attitudes towards a healthy lifestyle. The questionnaire data were processed by generally accepted methods of mathematical statistics. Based on the above, the article presents the results of a study related to the level of value attitude of young people towards their own health and a healthy lifestyle. The conclusions of this research are related to the determination of the level of value attitude of the young generation to their own health, to a healthy way of life, to physical activity and the main assumptions related to it.

**Key words:** *health, lifestyle, physical activity, sports, student age, survey.*

In the modern public healthcare system of any country, a special position is allocated to the issues of monitoring, maintenance and improvement of the health of preschool and school age children, as well as students. The health condition problem of the youth becomes more acute over the years due to the deterioration of environmental ecology, development of information technologies, prevalence of inactivity, and a decrease in the degree of physical fitness; as evidenced by studies conducted in recent years [3; 5; 9].

Moreover, the aforementioned studies also outline the main factors that have an unfavorable impact on the health of young generation. Among them the following concepts are considered in particular: deterioration of the socio-economic environment, unique influence of the entertainment industry, increase in the educational workload, decrease in the physical activity, insufficient awareness related to health and healthy lifestyle. Similar undesirable trends in health condition and physical fitness have also emerged in studies conducted among students of Armenian educational institutions and universities [1; 4; 8].

The aim of this stage of research was to evaluate the students' attitude toward indicators of a healthy lifestyle.

To accomplish the research goal, the following issue was distinguished: to find out the rank and significance of healthy lifestyle in the daily life of students.

67 first-year students (30 boys, 37 girls) from the Armenian-Russian University took part in the questionnaire survey conducted with an aim to resolve the distinguished problem.

Thus, an author's questionnaire was used for studying the mentioned problems. While compiling the questionnaire, the opinions and ideas of modern authors on healthy lifestyle were taken into account [2; 6; 7; 10; 11; 12].

By the prepared questionnaire (15 questions in total) it was intended to find out: the students' attitude towards the factors that maintain and strengthen their personal health, the level of students' knowledge on the distinguishing features of people leading a healthy lifestyle, the students' attitude about the principles of a healthy lifestyle, the factors preventing the introduction of a healthy lifestyle in everyday life, the state of one's health, the causes of stress, following a diet, preferred forms of sport and wellness physical education.

A number of questions in the questionnaire included several answer options. In such a case, the respondent was free to choose one (or several) options that he considered to be the right answer. In other cases, where the question denoted one answer, the subjects chose the option that was most consistent with the particular respondent's behavior logic.

As a result of the questionnaire survey analysis, it was found that the respondents currently have serious deficiencies in successfully implementing their

biological, social and professional functions. Moreover, there were also appropriate attitude problems related to various provisions of a healthy lifestyle. This fact confirms that each active member of the modern society should expand his perceptions on maintaining and strengthening personal health, learn the basic criteria of a healthy lifestyle regime.

The obtained data also made it clear that maintenance of hygiene rules occupies an important place in the healthy lifestyle system of 68.7% of the respondents, while 62.7% preferred to maintain the daily regime.

The analysis of survey indicators revealed that, according to the students, people leading a healthy lifestyle first of all stand out with a strong body, are more diligent and capable, are constantly interested in data related to healthy lifestyle and undergo regular medical examinations in order to prevent diseases. It was also revealed that in order to lead a healthy lifestyle as a daily routine, by the beliefs of 55.2% of the respondents, it is necessary to follow the principles of a healthy lifestyle. Along with that, for 37.3% of the respondents, following the principles of a healthy lifestyle is not so important. It is also well known that a number of factors encountered in the daily life of modern youth can lead to stressful situations, to refrain from which, it is necessary to review and improve one's lifestyle, otherwise stress, in combination with various factors, can damage health.

According to the obtained data, 21% of the respondents are rarely exposed to stress, 44.6% - from time to time, and 34.4% - rather often. And from the reasons causing stress among students, the respondents singled out the following: financial difficulties (16.7%), socio-psychological problems related to colleagues (30.0%), problems related to studies (66.7%). The data of this research also testified about the insufficient level of students' motor activity. Meanwhile, the analysis of obtained indicators has documented that in recent decades, young students consider the following types of health physical culture (HPC) and applied sports as more attractive and preferable: health fitness (41.8%), swimming (36.4%), athletic and rhythmic gymnastics (29.1%), cycling (10.9%), athletics, health walking and running (10.9%), aerobics (9.1%), yoga and wushu (10.9%). One of the typical features of modern students is also that 82.1% of the respondents receive information about a healthy lifestyle from Internet.

Summarizing the questionnaire survey results, it can be noted that today it is essential to solve such problems as:

Forming of contemporary concepts about vital priorities, which will allow to find ways to reduce the impact of hindering (objective and subjective) circumstances, as well as effectively introduce health consciousness into everyday life of the young generation.

Building motivation related to health and its strengthening through the expansion of knowledge about the individual characteristics of one's organism,

principles of organizing a healthy lifestyle, i. e. construction of a rational rhythm of life, taking into account the choice of profession, regimes of physical activity, undergoing medical examination, nutrition and daily routines, as well as the most important features of life activities.

It must also be noted that the solution to the problems of introducing health consciousness into young people's daily life is not limited only to accumulation of knowledge and formation of a willingness to lead a healthy lifestyle. Here, it is necessary to find a means to effectively implement this position (readiness), that is, ways of creating one of the most important goals of a person – health preserving technologies.

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## **ИССЛЕДОВАНИЕ ПО ОЦЕНКЕ ОТНОШЕНИЯ СТУДЕНТОВ К ЗДОРОВОМУ ОБРАЗУ ЖИЗНИ**

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Цель данной статьи – представить профессиональной общности выясненный методом анкетного опроса уровень знаний студентов об сохранении и укрепления здоровья и их отношения к здоровому образу жизни (ЖОЗ). В статье представлены результаты эмпирического исследования, проведенного с целью оценки отношения студентов к здоровому образу жизни. Объектом исследования являлись: представления студентов о понятиях «здоровье» и «здоровый образ жизни», и их отношение к этим явлениям.

Исследование проводилось методом анкетного опроса, в котором приняли участие 67 студентов Армяно-Российского (Славянского) университета. Составленная анкета включала 15 вопросов, связанных с отношением к здоровому образу жизни. Данные анкетного опроса были обработаны общепринятыми методами математической статистики. На основании вышеизложенного в статье представлены результаты исследования, связанные с уровнем ценностного отношения молодежи к собственному здоровью и здоровому образу жизни. Выводы исследования связаны с определением уровня ценностного отношения к здоровью, здоровому образу жизни, физической активности молодого поколения и основных предпочтений, связанных с этим.

*Ключевые слова: здоровье, образ жизни, двигательная активность, спорт, студенческий возраст, опрос.*

## **ԱՌՈՂՋ ԱՊՐԵԼԱԿԵՐՊԻ ՆԿԱՏՄԱՄԲ ՈՒՍԱՆՈՂՆԵՐԻ ՎԵՐԱԲԵՐՄՈՒՆՔԻ ԳՆԱՀԱՏՄԱՆ ՀԵՏԱԶՈՏՈՒԹՅՈՒՆ**

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Սույն հոդվածի նպատակն է մասնագիտական հանրույթին ի ցույց դնել հարցաթերթիկային հարցման մեթոդով բացահայտված առողջ ապրելակերպի հանդեպ ուսանողների վերաբերմունքի և առողջության պահպանման ու ամրապնդման վերաբերյալ նրանց գիտելիքների մակարդակը: Հոդվածում

ներկայացված են ուսանողության՝ առողջ ապրելակերպի հանդեպ ունեցած վերաբերմունքի գնահատման նպատակով անցկացված էմպիրիկ հետազոտության արդյունքները: Հետազոտության օբյեկտ են հանդիսացել «առողջություն» և «առողջ ապրելակերպ» հասկացությունների մասին ուսանողների պատկերացումներն ու այդ երևույթների հանդեպ նրանց վերաբերմունքը:

Հետազոտությունն իրականացվել է հարցաթերթիկային հարցման մեթոդով, որին մասնակցել է Հայ-ռուսական (Սլավոնական) համալսարանի 67 ուսանող: Կազմված հարցաշարում ներառված է եղել առողջ ապրելակերպին վերաբերող 15 հարց: Հարցաթերթիկային հարցման տվյալները մշակվել են մաթեմատիկական վիճակագրության համընդհանուր ընդունված մեթոդներով: Ելնելով վերը նշվածից, սույն հոդվածում ներկայացված են հետազոտության արդյունքներ, որոնք կապված են սեփական առողջության և առողջ ապրելակերպի նկատմամբ երիտասարդության արժեքային վերաբերմունքի մակարդակի հետ: Հետազոտության եզրակացությունները կապված են երիտասարդ սերնդի առողջության, առողջ ապրելակերպի, ֆիզիկական ակտիվության նկատմամբ արժեքային վերաբերմունքի մակարդակի որոշման և դրա հետ կապված հիմնական նախասիրությունների հետ:

***Հանգուցային բառեր՝** առողջություն, ապրելակերպ, ֆիզիկական ակտիվություն, սպորտ, ուսանողական տարիք, հարցում:*

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