

LUTSENKO IRYNA,
*Acting Head of the Department of
Physical Education and Special Training,
The University of Customs and Finance,
Ph.D. (Physical Education and Sport), Associate Professor*

NESTERENKO NATALIYA,
*Prydniprovsk State Academy of
Physical Culture And Sport,
Ph.D. (Physical Education and Sport),
Associate Professor
(Dnipro)*

THE STATE OF HEALTH OF YOUTH STUDENTS, CAUSES OF ITS DETERIORATION

*Луценко Ірина, Нестеренко Наталія. Стан здоров'я студентської молоді,
причини його погіршення.*

*Ключові слова: здоров'я, студент, вищий навчальний заклад, фізичний розвиток,
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physical education, motor activity.*

Introduction. A healthy nation is an indispensable and crucial component of the economic and political stability of Ukrainian society. Student youth are the future of every developed country, its intellectual and labor potential. The suitability of future specialists should be determined by the presence of a safe level of health, because this ensures not only the fulfillment of tasks, but also the preservation of life. Currently, in the conditions of quarantine due to the COVID-19 pandemic and the state of war on the territory of Ukraine, this issue is extremely relevant.

In today's scientific research, human health is considered not as the presence or absence of diseases, but as an opportunity for an individual to ensure his life, to withstand adverse environmental conditions, study and work.

It is impossible to form the concept of «health» unambiguously, there are more than 400 definitions of this concept. The World Health Organization (WHO) defines health as a state of complete physical, spiritual and social well-being and not just the absence of disease and physical defects. It should be noted that the concept of «health» is somewhat conditional and is objectively established based on a set of anthropometric, clinical, physiological and biochemical indicators, which are determined taking into account gender and age factors, as well as climatic and geographical conditions [1].

According to Professor H. Apanasenko, the greatest paradox of modern medicine is that medicine deals with illness by making it its task to achieve health. As a result of this paradox, every year, more and more humanity gains knowledge

about diseases, treatment and diagnostic methods, etc. It is generally accepted that if the task is to obtain advanced space technology, money is invested in rocketry, if society is struggling to have a lot of meat and milk, money is invested in agriculture. The more money is invested in the disease, the more people get sick [2].

Results. Scientists note that health is when the state is able to provide the population with an appropriate and decent standard of living, however, the experience of the richest countries in the world shows that progressive spending on medical and social benefits does not always provide the desired effect, therefore money is also invested in physical education and health programs aimed at forming a healthy lifestyle. Health also implies a high level of physical development, stability of the psycho-emotional state, a sufficient level of development of physical qualities, skills and abilities, thanks to which high work capacity, effective spending of free time, and the ability to navigate in extreme conditions are ensured. A person's level of health is often equated with his physical condition, as this concept contains more specifics.

In the definitions of scientists, there are disagreements about the ways of determining the amount of health. Thus, the well-known scientist M. Amosov suggests that the amount of health be determined by the sum of the reserve capacities of the main functional systems of the body and calculated with the help of reserve potentials. According to R. Baevsky, the calculation of health levels is based on the quantitative assessment of adaptation processes [3]. The leading place in the practice of physical education of students is occupied by the concept of G. Apanasenko.

The basis of the method of quantitative express assessment of the level of physical health is based on anthropometric indicators (body length and weight), vital capacity of the lungs, hand dynamometry, indicators of the state of the cardiovascular system. To evaluate the reserve and economization of the function of the cardiovascular system, the indicators of the Robinson index and the Roufier index were used, the vital index was used to evaluate the function of external breathing; strength index – of the muscular system.

Based on the analysis of scientific and scientific-methodical literature, several reasons for the decline in the level of health and physical capacity of students have been determined. Most often, there are global and local reasons of a social nature. Among the global ones, the following are noted: a decrease in the socio-economic standard of living in Ukraine, the level of development of the scientific and educational spheres of life, etc. To the local: lifestyle, nutrition, working conditions, attitude to one's own health, organization of one's own leisure time. It is also important to note that the free time of modern youth is not always a health-recreational and intellectual-developmental activity [4].

Separately, it is necessary to pay attention to environmental factors – in recent years, the number of adverse effects on the body related to human activity has increased almost a million times, and the number of methods that could be used to eliminate these effects is only 1000. Environmental factors are among the

most important; medico-biological factors – alarming data on the state of health of young people and the general situation cannot be fundamentally changed for the better at the expense of the existing health care system in the country; unhealthy lifestyle – a large number of scientific publications highlight not new, but extremely relevant and significant causes of health deterioration (drug abuse, the epidemic nature of tuberculosis, smoking, which today is positioned as a fashionable trend); insufficient motor activity – lack of movement is one of the reasons for the disruption of many vital processes. Motor activity is the main means of increasing the adaptation capabilities of the organism, it allows to increase the energy potential of the biosystem to a level above which neither endogenous risk factors nor chronic somatic diseases are registered. The fact that the level of motor activity is a rather important health factor is evidenced by the direct connection between them. Therefore, the state of motor activity of young people is an urgent socio-pedagogical problem. The motor activity of student youth should consist of 6-8 hours per week of specially organized physical exercises as part of the educational and extracurricular process.

Conclusions and prospects for further development can be seen in the improvement of program approaches adopted in the system of higher education. The organization of physical education should declare the direction of improvement as the main one, focus attention on the problems of physical development and health of student youth, and, taking into account the latest events in Ukraine, additionally introduce means of a military nature.

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