

UDC 614.2

HEALTH-SAVING COMPONENT OF THE EDUCATION SYSTEM

L. A. Balykova

*Doctor of medical Sciences, Professor,
Director of the Medical Institute, corresponding
Member of the Russian Academy of Sciences,
e-mail: doctor@is.mrsu.ru,*

N. M. Selezneva

*ORCID 0000-0002-2290-0013,
candidate of medical Sciences, associate professor,
e-mail: nata_rm@mail.ru,
ORCID 0000-0002-3004-2063,*

E. V. Semeleva

*candidate of medical Sciences, associate professor,
e-mail: shtanina37@mail.ru,
ORCID 0000-0001-6692-4968,
Mordovia N. P. Ogarev
National Research State University,
Saransk, The Republic of Mordovia, Russia*

Abstract. The problem of health state of students in the Russian Federation is being considered in the article. Questions about students and teachers' health formation, preservation and promotion have acquired a socially important priority today. The purposes of the article are the analysis of health state of students and teachers in Mordovia N. P. Ogarev National Research State University and introduction of health saving and health development techniques in educational practice. The methodology of the research is a generalized analysis of a preventive health questionnaire among students and teachers of N.P. Ogarev MSU as part of the activities aimed at prevention and promotion of a healthy lifestyle. The authors of the article have considered questions and problems of modern quality of education in the Russian Federation, the importance of optimization of academic, psychological and physical activity for preservation and promotion of students' health was emphasized.

Keywords: health saving component; healthy lifestyle.

The state of students' health in the Russian Federation causes reasonable concern of educators, health care workers and the society in general. There are dysfunctions of mental and social spheres and a low immune system and disorders in nervous, cardiovascular, respiratory, musculoskeletal and other anatomophysiological systems [1, p. 38; 4, p. 177]. The education system constructed without the fundamental health saving principles is unproductive and mainly has a preventive character as the most relevant challenge for a younger generation becomes almost outstanding, and that is formation, preservation and promotion of students' health.

The organization of health saving activity as an indispensable condition in the education system has to include complex socio-pedagogical and psycho-physiological monitoring of indicators of individual develop-

ment adaptation for forecasting probable changes in the health state of the students. The use of health saving educational techniques is the major condition influencing formation, preservation and promotion of students' health.

Research objectives: to analyze the health state of students and teachers in Mordovia N. P. Ogarev National Research State University and to introduce health saving and health developing techniques into practice of education. Research problems: to analyze results of the preventive health questionnaire among students and teachers, to establish the most important negative factors influencing formation of a healthy lifestyle. In September – December, 2017 the preventive health questionnaire among students and teachers of N. P. Ogarev MSU was carried out as part of the activities aimed at prevention and promotion of a healthy lifestyle.

To understand teachers' attitude to a healthy lifestyle, 100 people were questioned among which 30 % were health workers, 70 % teachers. 57 % of them were females, whose average age was 46 years. At the same time, when specifying weight and height, an increase of respondents' body weight index was revealed – on average, it varied from 25 to 33 that demonstrates excess of respondents' body weight. When asked a question about having scientific books concerning a healthy lifestyle at home, 67 % of the respondents answered positively. When asked a question about whether it is possible to consider your way of life healthy, 17 % said yes, 53 % believed their way of life was rather healthy, 30 % of the respondents admitted they are far away from a healthy lifestyle path. Also, the attitude to physical culture has been estimated in the questionnaire: 9 % of the respondents do morning exercise, 17 % work out not less than 3 times a week, 74 % are satisfied with household physical activity, at the same time, 59% of the respondents used to do sports in their childhood. 37 % of the respondents admitted having chronic diseases, 74 % catch a cold twice a year, 26 % – 3 times and more often.

After estimating the results of the research, it is obvious that the way of life of educational workers who are key persons for advancing and promoting a healthy lifestyle actually is not healthy. At the same time, when asked a question about what factors prevent them from looking after their health, 9 % answered that there are no such factors, 39 % said there is a lack of time, 26 % referred to fatigue, 13 % to laziness, 9 % to house employment, 4 % to absence of companions for doing exercise.

When estimating their own way of life 76 % of the respondents were sure that students can be taught how to lead a healthy lifestyle. At the same time, 64 % of teachers (health workers) considered that responsibility for teaching students how to do it lies with a family, 18 % thought university should deal with such questions, 5 % said health workers

are responsible for this. Employees of the educational system (teachers) consider that the family is 57 % responsible for teaching their children a healthy lifestyle, the educational system – 13 %, and the health care system – 30 %. There is an obvious conflict of interests, and confirmation of the fact that family prevention is very important.

500 students (50 % of girls, 50 % of young men) have also taken part in the questionnaire. They were asked a number of questions and as a result, it was found that 51 % of them play sports, 17 % do morning exercise. The data of the questionnaire demonstrates that in students' way of life a risk factor, hypodynamia, prevails. When asked a question about smoking – 28 % answered "yes", 14 % – "sometimes". At the same time, 93 % believe that in order to be healthy it is necessary to stop smoking. The fact that 37 % of the interviewed students take alcoholic beverages (56 % of them consume beer) is disturbing. It is important to notice that the respondents who said that they take medium strength and strong drinks do it rather seldom. Unfortunately, there were also such students who said that they drink strong drinks every day.

When asked a question about from what age you can begin sex life, the following results were received: from 14 years old – 8 %, from 15 years old – 10 %, from 16–15 %, from 17–16 %, from 18–37 %, and from the time when you are older than 18 years old – 14 %. It is possible to assume that the respondents answering the question already had sex experience at the specified age. Thus, 49 % had sex life without having attained their majority. It is obvious that prophylactic work is extremely necessary in this direction.

The presented results demonstrate that the problem of harmful habit development on a large scale is especially relevant and its roots go back to the history of our nation, and its prevalence is also connected with low culture of the society. Not only the society has to deal with this problem, but also each person should realize great harm these habits

cause and try to struggle with them. Only after that, it is possible to speak about the solution of this problem.

In the first place, among the factors influencing the health state of students greatly, there are personal qualities of the teacher, state of his health, professional competence, ability to use health saving pedagogical techniques and readiness for health saving activity. It is necessary to create a need for good health of students, to teach them to take responsibility not only for their own health, but also for health of other people [2; 3]. The analysis of the students and teachers' preventive health questionnaire in N. P. Ogarev MSU allows to create a systematic idea of health saving activity as a pedagogical basis for the adaptive developing education and training. Teaching the basics of a healthy lifestyle and health culture at educational institutions has to be carried out using special subjects, optional courses, health improving clubs, conferences and seminars. Realization of a complex of health saving approaches in

education contributes to the development of physical, mental and socio-moral qualities of students.

Библиографический список

1. Балыкова Л. А., Селезнева Н.М., Семелева Е.В. Непрерывное медицинское образование: аспекты реализации в РФ // В сборнике: Практико-ориентированный подход в подготовке специалистов Медицинского вуза: актуальные проблемы и пути их решения: сборник научных статей: электронный ресурс. – Самара, 2018. С. 37–41.
2. Федеральный закон от 29.12.12 г. «Об образовании в Российской Федерации» №273-ФЗ.
3. Федеральный закон от 21.11.11 г. «Об основах охраны здоровья граждан в Российской Федерации» №323-ФЗ.
4. Semeleva E. V., Selezneva N. M. Continuing medical education: the need for change / Международный научно-исследовательский журнал // 2017. – № 4–3 (58). – С. 177–180.

© *Balykova L. A.,
Selezneva N. M.,
Semeleva E. V., 2020.*