

THE PROBLEM OF FORMATION OF STUDENTS' HEALTH CULTURE

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The future specialist must master not only the culture of sci-pedagogical thinking and be a professional in his field of book knowledge but also have physical and mental health.

However, the results of scientific research testify to the tendency of decline in health of younger generation continues to persist and becomes strong.

Studentship can select as a category of people with a high-risk factor. These factors are: nerve strain and mental fatigue, chronic violation of work and rest regime, sleep mode and diet, bad habits (drinking alcohol, smoking, drug addiction, a pursuit of video games and the Internet, etc), insufficient physical activity, difficulties with the living in the dorm and etc.

The analysis results of examination of students from Odessa National Polytechnic University (ONPU) revealed that students' state of health changes for the worse, as it is evidenced by the number of students who passed out of PE up to 40,22 %.

In order to identify factors that influence the health and attitude towards their health, a survey was conducted among students of ONPU.

Respondents identified that the most important factors affecting the health of the future engineer, are the "human factor" and "the efforts of the man himself."

On the basis of these data, it becomes clear, that you can change the attitude of students to the culture of health by changing the learning environment at the university, encouraging students' interest to form their own health by themselves and creating a strong motivation for a healthy lifestyle.

Health culture is one of the most important human values, and, for this reason, the studies of philosophers, pedagogues, psychologists and sociologists were devoted to it.

Evaluating their lifestyle, only 12,06 % of respondents consider it healthy.

The low level of literacy in matters of health protection and promotion calls attention to itself.

Only 36,94 % know that smoking is harmful to the human body, 48,82 % of respondents believe that controlled drinking does not harm the body. About 28,74 % of the surveyed students, for example, consider that a use of other personal hygiene items is acceptable. Only 6,20 % of the students attend sports clubs or do one of the physical exercises by themselves.

On the basis of these data, we can conclude that the students - the future experts, do not only have a low level of literacy in matters of health protection and promotion but also the lack of attention to the physical education, which is a major factor in establishing the health culture.

Thus, to form the attitude to the health culture as being the first value, to give the knowledge that is necessary for everyone's life, and to learn to live a healthy lifestyle are the most important tasks for the future specialist.

These aims can be achieved with the help of a rational combination of psycho-pedagogical and medical-biological approaches, and the main base for the formation of students' health culture should be the physical education during the learning process of the university.