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**PSYCHOLOGICAL FEATURES OF DEVELOPING A HEALTHY LIFESTYLE IN  
EARLY YOUTH**

**Abstract:** *In the article, the authors consider the need for development of healthy lifestyle in early youth. The theoretical analysis on the issues of healthy life, both physical and mental, is performed. A questionnaire that helped determine the level of development of healthy lifestyle is developed. Mini-lectures that provide an opportunity to learn more about their own health, the possibilities of the human body and exercises that help to promote health and well-being, are presented. A training program for development of a healthy lifestyle of students is proposed.*

**Keywords:** *healthy lifestyle, junior adolescence, mental and physical stress, chronic fatigue syndrome, training, auto-training.*

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**ПСИХОЛОГІЧНІ ОСОБЛИВОСТІ РОЗВИТКУ НАВИЧОК ЗДОРОВОГО  
СПОСОБУ ЖИТТЯ У РАННІЙ МОЛОДОСТІ**

**Анотація.** *У статті автори розглядають необхідність розвитку навичок здорового способу життя у ранній молодості. Проведено теоретичний аналіз щодо питань здорового способу життя людини, як фізичного, так і психічного. Розроблено анкету, яка дозволила визначити рівень розвитку навичок здорового способу життя. Наведено міні-лекції, які дають можливість дізнатися більше про власне здоров'я, можливості людського організму та вправи, що сприяють зміцненню здоров'я та самопочуття. Запропоновано тренінгову програму щодо розвитку навичок здорового способу життя студентів.*

**Ключові слова:** здоровий спосіб життя, молодший юнацький вік, психічні та фізичні навантаження, синдром хронічної втоми, тренінг, аутотренінг.

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## ПСИХОЛОГИЧЕСКИЕ ОСОБЕННОСТИ РАЗВИТИЯ НАВЫКОВ ЗДОРОВОГО ОБРАЗА ЖИЗНИ В РАННЕЙ МОЛОДОСТИ

**Аннотация:** рассматривается необходимость развития навыков здорового образа жизни в ранней молодости. Проведен теоретический анализ по вопросам здорового образа жизни человека, как физического, так и психического. Разработана анкета, которая позволила определить уровень развития навыков здорового образа жизни. Приведены мини-лекции, которые дают возможность узнать больше о своем здоровье, о возможностях человеческого организма, и упражнения, способствующие укреплению здоровья и самочувствия. Предложена тренинговая программа по развитию навыков здорового образа жизни студентов.

**Ключевые слова:** здоровый образ жизни, младший юношеский возраст, психические и физические нагрузки, синдром хронической усталости, тренинг, аутотренинг.

**Problem setting.** The main value for the person at all times has been the health, both physical and mental. Health status determines the quality of life, affecting all aspects of life. Human's health is affected by many factors, both external and internal. And if we can influence external factors rather indirectly, for example, environmental condition, the internal factors entirely dependent on each individual and their desire to preserve their own health.

Unfortunately, a healthy lifestyle is not in a trend today, especially among today's youth, but health is easy to damage and difficult to recover. Therefore, this issue is very relevant both for the country, health care, and for high school, where not only the professional knowledge of the younger generation of is formed, but also education of their social guidelines and principles is performed that help youth resist such contemporary problems as smoking, alcohol and drugs.

**Analysis of previous research.** The issue of healthy lifestyle, both physical and mental, is considered in a large number of scientific publications, including of A. Alekseenko, M. Amosov, V. Ananiev, V. Bobrytska, J. Miller, G. Mieszko [2–7], et al. But the problem is always relevant and important.

A healthy lifestyle should enter into the consciousness of every human being, to determine their quality, be a priority for everyone. Only healthy people can become successful, give birth to healthy offspring, and advance on the career ladder. Meanwhile, the current working conditions are not conducive to a healthy lifestyle: heavy loads, continues stress, lack of exercise, all this causes major health problems.

**The purpose** of this article is to develop a training program for the development of healthy lifestyle among today's youth of college age.

**The main material.** Healthy living include many components relating to both physical and mental health, and, according to many researchers, mental health defines the physical. We in our work to the components of a healthy lifestyle classified as follows: regime of work and rest, organization of sleep, diet, physical activity, personal hygiene, prevention of addictions, culture, interpersonal communication, regulation of psychophysical organism, and physical self-improvement. Consider in more detail each of the components.

*Mode of work and rest.* Day regimen is a normative basis of life for all people. At the same time it should be individual, that meet the health status, level of disability, personal interests and inclinations. It is important to ensure the sustainability of an activity within a day, avoiding significant deviations from specified standards. Regimen is real and feasible, if it is dynamic and counts for unforeseen circumstances.

Young people, especially students, should keep clearly organized way of life, observe a permanent regime of work, rest, nutrition, sleep and exercise.

*Organization of sleep.* Sleep is a compulsory and most complete form of daily rest. For a man, it should be considered normal night monophasic sleep of 7, 5-8 hours. Hours designated for sleep, can not be regarded as a kind of reserve time, which can often be used with impunity for other purposes. It usually affects the productivity of mental work and psycho-emotional state. Erratic sleep may lead to insomnia and other nervous disorders.

Intense mental work should stop 1,5 hours before bedtime because it creates the cortex closed loop excitation, which are highly resistant. An intense brain activity goes on even when the person has finished working. Because mental work is performed immediately before going to bed, falling asleep is difficult leading to situational dreams, lethargy and poor health after awakening.

*Organization of nutrition.* Nutrition culture plays a significant role in the formation of healthy life. Everyone can and should know the principles of nutrition, regulate normal body weight. Rational nutrition is a physiologically full meal by people on the basis of sex, age, nature of work and other factors. Nutrition is based on the following principles: achieving energy balance; establishing the right balance between the major nutrients – proteins, fats, carbohydrates, between the plant and animal proteins and fats, simple and complex carbohydrates; balance of minerals and vitamins; rhythm of Nutrition.

*Organization of physical activity.* One of the essential factors of a healthy lifestyle is regular, relevant to gender, age, health status physical activity. It is a combination of different motor actions performed in everyday life, in an organized and independent physical exercise and sports.

In a large number of people engaged in mental work, physical activity is limited. This is typical for students in which the ratio of dynamic and static components of life is a time of 1:3, and energy consumption of 1:1; outside the classroom time it is 1:8 and 1:2, respectively. The fact that the dynamic component of student's activities during classes and extracurricular is almost equal, indicates a low level of physical activity.

According to the program of major hypodynamic risk factors prevention, a good situation is in which a person pays to physical exercises 4 hours per week. The optimal mode is one in which men spend exercising 8-12 hours a week and women 6-10 hours. Focusing on physical exercise, it is advisable to spend at least 6-8 hours for men and 5-7 hours for women. The remaining time is complemented by physical activity in different conditions of household activities. An important factor in optimizing motor activity is independent exercise classes (morning gymnastics, micro-pauses at work using specially designed exercises, daily walks, hiking weekends, etc.).

*Personal hygiene.* Knowledge of the rules and requirements of personal hygiene is required for each cultural person. Body hygiene makes special demands to the state of the skin that functions for protection the internal environment, excretion of metabolic products from the body, thermoregulation and others. They are performed fully, only if healthy and clear skin.

*Prevention of bad habits.* A healthy lifestyle is incompatible with addictions. Alcohol, drugs, tobacco is the most important risk factors for many diseases that adversely affect human health.

The style of life associated with alcohol inevitably leads to loss of social activity, closure in terms of own selfish interests. Reduced quality of life in general, main landmarks of life are distorted and do not reflect the generally accepted; work that requires volitional and intellectual effort is difficult, there is conflicting nature of the relationship with society.

Smoking – one of the most harmful habits. The impact of tobacco smoke on respiratory system causes irritation of the mucous membranes of the respiratory tract, causing their inflammation, accompanied by cough, especially in the morning hoarseness, expectoration is dirty gray. Subsequently the elasticity of the lung tissue is violated and emphysema develops. This is why smokers are 10 times more likely to develop lung cancer.

Drugs use is also related to bad habits. There are several classes of drugs that are different in nature and degree of influence on the human body.

*Culture of interpersonal communication.* Communication, whose efficiency is determined by the maturity of communicative culture of its participants, is the leading type of interaction between people and one of the components of a healthy lifestyle. Culture of interpersonal communication includes a system of knowledge, norms, values and patterns of behavior accepted in society that organically and naturally it realized in the business and emotional communication. This is an important condition for the satisfaction of an individual's relationship with the life in general, one of the keys to mental, physical, emotional, social and intellectual development of the individual.

*Psychophysical regulation of the body.* All subjective perception of different situations, events, their assessment (desirability, utility) is associated with emotions. They help mobilize the body for emergency overcoming of any difficulties. Negative emotions lead to an increase in blood acetylcholine, which causes narrowing of the arteries of the heart. How to get rid of unnecessary worries, overcome negative emotions? It can be done by switching focus to another object or activity. The more important for us an event, the stronger the reaction to it. Therefore the habit to rationally assess conditions is good for health.

*Physical self-education and self-improvement – a prerequisite of a healthy lifestyle.* The physical self-education is understood as a process of focused, deliberate, systematic work on oneself and is focused on the formation of physical culture of the person. It includes a set of techniques and activities that define and regulate emotive, effective position on the individual's health, mental and physical condition, physical improvement and education.

To determine the level of healthy lifestyle habits among students of 1-5 courses of the National Technical University “Kharkiv Polytechnic Institute” we developed a questionnaire containing 12 questions. P. Obraztsov gives this definition: “a survey is method of empirical research based on a survey of a large number of respondents and used to obtain information about the typicality of certain psychological and educational events” [8, p. 85]. Thus was created *the questionnaire* – a study document, designed in accordance with the established requirements, it consists of questions that usually have response options.

Questions in a questionnaire can be of three types: closed, open and half-closed. Open questions are those in which there is no response and the respondent must respond independently. Half-closed are questions which along with response options offer an opportunity to express their opinion. Closed answers have the responses, you need only choose a certain option.

In the first survey question “How do you assess the state of their health?” 78% said “good”, 22% answered “bad”, from which it can be assumed that most of the respondents follow a healthy lifestyle. On the second question, “Do you smoke?” 57% answered “yes”, indicating that 27% of respondents have potential health threat.

The next question of our questionnaire “How often do you drink alcohol?” 76.5% of respondents answered “once a month”, 23.5% gave the answer “once a week”, and no one uses alcohol more than once a week. From these responses we concluded that among those surveyed, such a harmful habit as alcohol abuse is absent.

The question about healthy nutrition was quite controversial because there are many points of view on the healthy nutrition issue. 62% of respondents said that they eat properly, rest answered “no”.

To the question “Do you exercise?” almost 61% of respondents answered “no”, indicating the sedentary lifestyle of modern students. Of course, learning activities are not conducive to physical exercise and outdoor life, but a person should do at least minimal exercise to maintain normal health.

Next question “How many hours did you sleep in excess of six hours?” was also controversial because women and men need different amounts of sleep hours to rest adequately. 48% of respondents answered to this question “yes”.

To the question “Do you have times when you lose sleep because of excitement?” 57% said “yes”. Indeed, modern living conditions cause many stresses that disrupt the normal sleep.

To the question “Does the weather changes affect your health?” 49% of respondents answered “yes”. This may be due to various reasons, one of which may be sedentary lifestyle, smoking also contributes to the deterioration of blood vessels and blood flow in the body.

Next in our questionnaire was the question “Is it more difficult for you to focus than in previous years?”, to which 67% of respondents answered “no”, indicating an active mental activity of young people, but 33% of respondents say that they cannot focus so easily as before.

The next question of our questionnaire “Are you concerned about the weakening of your memory, forgetfulness?”, to which 89% of respondents answered “no”. This is because, firstly, all students were young, and secondly, studying requires constant mental labor, and thus constantly trains memory.

To the question “Are you sometimes short of breath when walking fast?” 23% answered “yes”, due to a sedentary life.

The latest question of our questionnaire was “Do you think that you are capable, as before?” A positive answer to this question was given by 48% of respondents, i.e. 52% get tired faster. Fast fatigue can be caused by various factors, but still fast fatigue is associated with the condition of health.

Thus, summarizing the results of a survey of students NTU “KPI”, we can conclude that they need to develop the skills of a healthy lifestyle in the first place, because the whole their life is still ahead, and secondly, today almost all professions are not conducive to the mobile lifestyle and preserving the health of young people.

The next stage of our research was to develop a series of measures for the development of healthy lifestyle among students, which consisted of several stages.

The first stage of our work was to hold a number of mini-lectures on the development of healthy lifestyle, each lasting 30 minutes. Mini-lectures is a rather convenient and efficient method that helps reveal the essence of the issue, while not overburdening the audience with a

large amount of information. We conducted four mini-lectures. The first lecture “Bad habits” was devoted to the influence of bad habits on the human body and describes the effects and diseases caused by smoking, excessive alcohol consumption and drug use.

The next mini-lecture “Want to be healthy – Move!” contained information about the benefits of physical activity, daily exercises, walks in the fresh air and so on. Also at the lecture we talked about self-hardening and benefits of working (physically and mentally).

The third mini-lecture “Merry attitude is half health” is dedicated to emotional and spiritual health. The well-known phrase “healthy body – healthy mind” is really useful and effective. The person must be healthy not only physically, but also mentally, to love oneself and others, be stress-resistant, think positively in general and look to the future with confidence. This is especially true of today's youth, because youth is exposed to different kinds of stress, overloading and nervous excitement. As part of this activity, we offer some psychological auto-training that help improve emotional state.

The last mini-lecture “I choose a healthy lifestyle!” was dedicated to the general rules for strengthening health, which includes personal hygiene, culture of communication, attitude to others and to the nature. A healthy lifestyle is not only a physical health, it is a sound mind, positive thinking, love of life, the pursuit of development and learning.

The next stage of the program for the development of healthy lifestyle was training. The first training “We are for a healthy lifestyle” was designed to provide information on health, healthy lifestyles and the factors influencing the health, create a comfortable atmosphere to actualize sense of the importance of health, understanding the complexity of its achievement and preservation, training exercises were designed to help make choices for a healthy lifestyle.

The second training “Your life – your health!” was dedicated to the prevention of smoking. This habit, at first glance, is not so harmful, but the results of medical research and statistics of diseases caused by tobacco use, strongly suggest otherwise. Today in Ukraine a large number of women and adolescents are prone to this habit, according to the Ministry of Health of Ukraine the situation is critical. Therefore this issue is devoted to individual training.

After training we offered students the so-called “Health Code” developed and improved by various scholars, which contains advice on maintaining your own health – physical and mental:

1. Know your body.
2. Live in harmony with nature.
3. Kindness and mercy.
4. Strengthen confidence in yourself that you are healthy and wish health to everyone who surrounds you.
5. Harden oneself.
6. Proper nutrition.
7. Apply enough physical strain on your body.
8. Weekly bath or sauna.
9. Do not use too much alcohol and do not smoke.
10. Restrict to a minimum the use of medications.
11. In catarrhal diseases accompanied by fever, do not stop self-hardening procedures.
12. Labor.
13. Respect your children.

14. Sleep at least six or seven hours a day.
15. Find faith in yourself.
16. Keeping health is also a work [1].

The third phase measures aimed at healthy lifestyle among students involved the consideration of methods to eliminate fatigue. High intensity work, which most experts are in the current conditions, results that when coming from work people literally fall down. Every day one feels great fatigue that accumulates over time; and it does not disappear even after a long vacation. It is no accident the “chronic fatigue syndrome” (CFS) was officially recognized as a disease at the end of the twentieth century. Its appearance is caused by many factors, the main reason – the immune system in a prolonged stress mode.

In the prevention of mental fatigue, improving blood circulation in the brain, physical exercises play a significant role. Today, special complexes are developed for representatives of various professional groups, including for those engaged in mental labor. A special place is given to exercises for the visual and vestibular sense organs. They need optimum performance not only for successful training activities, but also for any other, related to high emotional stress. Training program provides a set of exercises that one can learn in a group or individually.

At the last stage we have developed programs for the development of healthy lifestyle, we offered the students three choices of morning psychological trainings, two of which involve exercise, the third exercise – the actual auto-training, which aims to daily set up your body and thoughts on a positive footing. Psychological auto-training helps feel good all day, have a good mood, to express positive emotions and good attitude to the people around them.

**Conclusions and prospects for further research in this area.** Thus, the proposed training program for the development of healthy lifestyle aimed at all areas of life: to physical health, emotional state, satisfaction with life, love for yourself and others. Developed mini-lectures and workshops provide an opportunity to learn more about one’s own health, the possibilities of the human body and exercises that help promote health and well-being. We consider it appropriate implementing measures listed in the study for the entire contingent of students.

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