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Health of Students and Concept of Healthy Lifestyle Development in Krasnoyarsk (Russia) State Medical University

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Abstract: Students are a dynamic age group which is in the process of biological, psychological and social development and adaptation. This group is extremely vulnerable and susceptible to adverse impacts and therefore needs a well thought-out system of health protection. The mental and physical health of this group of youth defines the health of subsequent generations, the direction of future national and international reforms and scientific and technical progress.

Key words: University environment, healthy lifestyle, physical fitness, value, healthcare

INTRODUCTION

The culture of health is an essential part of a country's culture in general and its every citizen in particular. Health was, is and will be the main value irrespective of time, place and social pattern as it is a prerequisite for development and improvement of soul and body. Health is a property of both a particular person and society in general (Artyukhov *et al*., 2015a-c; Kaskaeva *et al*., 2014a).

Every person's health is both their benefit and an essential condition for the growth of workforce productivity, economic power of a country and people's prosperity. It is only possible to keep and prolong a healthy life through a healthy lifestyle which involves rational physical activity and nutrition, control over stress, excluding unhealthy habits and applying health-enhancing techniques. The regularity of health-improving measures as well as motivation to follow the demands of a healthy lifestyle, is important too (Artyukhov and Kaskaeva, 2014; Zimnitskaya *et al*., 2015).

Health is the greatest social value. Good health is the main condition for a person to fulfill his or her biological and social functions and a basis for personal self-actualization. The concept of health appeared quite a long time ago. WHO defines health as the absence of diseases together with a state of complete physical, mental and social well-being. Over the years, the concept of health has been amended and specified many times. Some authors consider the above mentioned definition to be the best from the methodological viewpoint, though there are >300 variants (Kaskaeva *et al*., 2014b; Vishnyakova *et al*., 2013).

MATERIAL AND METHODS

One of the main tasks of modern education is to help a learner to realize his or her potential. However, a person cannot live up to their potential if their health is poor. A person's health defines physical abilities, working efficiency, life and social motivations and many other things (Kaskaeva *et al*., 2012a-c).

The culture of health involves developed ideas of health as a unity of its physical, mental, spiritual and moral components in students, motivation to live a healthy life, knowledge of risk factors and risk-related behavior patterns, ability to control one's health, to maintain and improve it (Artyukhov *et al*., 2013a, b; Vishnyakova and Kaskaeva, 2015).

Official statistic data demonstrate a negative trend of student's health worsening and the share of healthy people in all age and sex groups reducing over the last 20 year (Artyukhov e*t al*., 2013b; Tepper *et al*., 2013; Vishnyakova and Kaskaeva, 2014). Students are impacted by numerous specific factors that accompany education in a modern university. The most significant factors are:

- Intense mental work over a long period
- Emotional overloads, sedentary labor, dissonance between high demands and limited material resources
- Necessity to work to obtain additional means of existence at the expense of health and quality of learning

Entering a university causes change of life stereotypes, conditions and intensity of educational process, regime and quality of nutrition and often a

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change of residence in most students. Therefore, they need to adequately adjust to new sanitary, hygienic, psychological climatic, geographical conditions, new schedule and other unusual environmental factors (Artyukhov *et al*., 2011; Kaskaeva *et al*., 2012b; Kaskaeva *et al*., 2015). A person's subjective evaluation (or self-evaluation) of his or her physical and mental state and social and living conditions is one of the most significant indicators of his or her attitude to health.

RESULTS AND DISCUSSION

The results of surveys among the students of Krasnoyarsk State Medical University in 2015 report that 40.5% have found their health satisfactory and 45.3% good while the other 14.2 % do not think about their health and are not ready to evaluate themselves. Health factor occupies the second place in the scale of panhuman values among the respondents -53.2% (family and family relationships occupy the 1st place -81.7% among the majority of the respondents).

The behavior that enables to maintain health is also revealed in the level of medical activity. University students of various specializations have a low level of medical activity which is revealed in rare or tardy visits to a doctor or non-fulfillment (partial fulfillment) of his or her recommendations. This is especially typical of medicine students who often practice self-treatment or ignore their health.

Dissatisfaction with the level of medical services is another important reason of poor health, apart from academic loads and lack of free time. The fact that the occurrence of chronic diseases increases with the term of studying in the university causes concerns. It indicates the unfavorable impact of irrational work schedule, rest and nutrition regime on student's health. Every second student has some chronic disease by the end of university study period.

The level of student's physical development is far from perfect only one third of them have normal indices of physical health. Physical development of students is closely linked to their health; students with chronic diseases significantly more frequently have poor physical development in comparison with healthy students. The attitude to physical fitness and sport which helps maintain and improve health and physical beauty, eases intellectual overloads and distracts from unhealthy habits is one of the parameters of self-protecting behavior.

The study of student's motor activity has shown that its level is quite low, especially among girls. Lack of free time, laziness and disorderliness have been reported as the main reasons. However, researchers cannot but admit that in recent years the availability of sports clubs, swimming pools and gyms has decreased which also makes people do less physical training.

Researchers analyzed the dynamics of health of students of Krasnoyarsk State Medical University over the 10 year period from 2005-2015. The research showed that the number of healthy students decreased 2.2 times, the group of students with chronic diseases increased 2.7 times and the group of students with the risk of diseases remained almost unchanged for the years of study and comprised 31-34% of the total number of students.

Over the last 2 year, according to the records of the General Medical Practice Department, the morbidity rate was 327.3 in every 1000 students; according to regular medical monitoring results, it was 381.1 in 1000 learners. Among the nosological forms which cause student's morbidity, respiratory diseases occupy the first place with 39.8%; eye diseases and adnexa oculi diseases are in the second place -32.9% while the diseases of the digestive system occupy the third place -9%.

Thus, the implementation and development of healthy lifestyle is an actual task aimed at protecting the health capital of students and personnel and therefore increasing the effectiveness of education and health care. Among the priority aspects of this concept researchers emphasize creating health-keeping environment for physical, mental and moral development of a person and to increasing motivation for healthy lifestyle in students, professors and university personnel through health and fitness work as well as educational work.

The problem of healthy lifestyle development has a complex solution, including the activities that impact on all health components and development of motivation to healthy behavior. They are based on understanding health as the greatest human value. The work on developing heath culture is based on the following principles:

- Continuity and succession which define the necessity to regularly perform the work
- Complex interdisciplinary approach based on integration of health issues in various educational programs
- Raised responsibility of students, professors and personnel for their health, behavior and life
- Use of modern information technologies in developing health-protecting environment of a university
- Availability of medical, fitness and educational services for students, professors and personnel, especially those with limited physical capacities

- Control and evaluation of results, based on receiving feedback through various diagnostics and self-diagnostics
- Combination of protecting and training strategies (the protecting strategy relates to the implementation of the 'cause-no-harm' rule while the training one aims at increasing the adaptive capabilities of body)
- Differentiated approach to the events aimed at improving mass physical training and sports work in university with account for the specifics and targets of mass physical fitness and elite sport
- Availability of practicing physical fitness and sport for all categories of students, personnel and professors of university

Thus, the basic components to implement the concept are:

- Physical training and fitness component
- Educational component linked to the development of health culture by integrating valeological knowledge in teaching various university subjects
- Resource component to provide the development of health-protecting environment

The physical component of health is the most obvious and is considered major by most people as protection and improvement of somatic health is a condition for a person's high capacity for work, mobility, competitiveness, good mood and attractive looks.

The improvement of physical training and fitness, sports and medical activity is the important component for developing university environment as a territory of health. Young people who are in a difficult social and psychological situation and have no clear value orientations or life skills to cope with these difficulties look for ways to escape the tormenting experiences. Various substance abuse, alcohol and drug addiction are the possible options.

In this situation, complex preventive work linked, among other things, to the development of internal university environment that provides persistent rejection of smoking, drug and alcohol abuse and enable students to realize themselves in professional and creative areas becomes especially important. This environment involves the development of value attitude to oneself and one's health, ability to cope with difficult life situations and creation of self-assurance.

CONCLUSION

This research is improved and performed by all the professors, curators, volunteer students in the university and the personnel of the psychological center. The main tasks of the concept are to focus a person on healthy lifestyle to shift the health value to the leading positions in the hierarchy of personal values and to orient a person to the behavior that protects life and health. These tasks are solved by the program aimed at developing healthy lifestyle (Artyukhov *et al*., 2015a-c; Danilova *et al*., 2014; Kaskaeva and Tutynina, 2015; Kaskaeva, 2014; Kaskaeva *et al*., 2015).

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