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AXIOLOGICAL NATURE OF HEALTHY LIFESTYLE AND ITS IMPORTANCE IN SAVING REPRODUCTIVE HEALTH OF STUDENTS

Basing on the study of modern state of health (including reproductive health), the analysis of axiological nature of the concept of "healthy lifestyle" has been carried out. Its role in saving reproductive health of students has been determined. Besides, some recommendations to government authorities on purposeful work and development of national policy aimed at healthy lifestyle promotion in society (especially among students) have been suggested.

Keywords: man, students, health, reproductive health, healthy lifestyle, culture, education, values.

Problem statement. The review of scientific sources and some statistics on the issue of reproductive health indicates that nowadays most of young people in Ukraine do not understand the importance of following the rules of healthy lifestyle. According to the results of the annual anonymous survey, carried out in 2013-2014 academic years in Ternopil among 423 students aged from 15 to 19 years, 76% of young people drink alcohol, 81% smoke, 14% have ever taken drugs; 63% consider extramarital sexual relations to be a standard of sexual communication; 18% are sure that abortion does not affect the fertility; 12% have negative experience of surgical abortions, which resulted in psychological injuries; 28% know almost nothing about contraceptive methods; and the most important thing is that 83% make comments about the lack of information about the issues of maintaining reproductive health.

Basing on the scientific researches of O. Bezpalko, O. Yezhova, V. Kravets, H. Laktionova, S. Omelchenko, V. Orzhekhovska, it should be noted that reproductive health education is ineffective due to the formal approach, episodic nature, and insufficient consideration of objective behavioral patterns of youth.

Modern liberalization of sexual morality, "erotization" of young people's consciousness and behavior (especially among students) by means of mass media cause the lack of motivation to healthy lifestyle, decrease the level of responsibility for unsafe actions concerning personal reproductive health, condition early sexual initiation, which is the factor of sexually transmitted diseases, unwanted pregnancy and irresponsible parenthood.

The review of scientific sources in the field of Pedagogy, Psychology, Philosophy, Sociology, Medicine proves the opinion of many researches that studentship is a unique period, which affects the lifestyle, because it essentially eliminates taking care of one's own health. This situation can be explained by the fact that, firstly, young people feel optimistic about their own health and future, and this hopefulness exceeds the desire to preserve it, because psychic and physical recourses seem to be inexhaustible in this age; secondly, that orientation at healthy lifestyle, certain limitations and health concerns

attribute to older generation and are not considered by students as necessity [8; 10; 11; 12].

The aim of the article is to study the axiological nature of healthy lifestyle for maintaining reproductive health of students; as well as to develop some recommendations to government authorities on purposeful work and development of national policy aimed at healthy lifestyle promotion in student society.

Major content. Describing the modern state of society, one should note the tendency of increasing the number of such negative phenomena as extramarital sexual relations, unwanted and unplanned pregnancies and abortions, illegitimate birth, irresponsible parenthood, the number of orphans having alive parents, spreading sexually transmitted diseases, HIV/AIDS.

According to many researchers, today's crisis state of health in general and reproductive health in particular, is preconditioned by a number of factors:

1. Incomprehension of the importance of health. In modern society indifference to national health is a predominant phenomenon, because there is no efficient system of motivating people to preserving their own health.

2. There is no personal responsibility of local government administration for the state of people's health and implementation of methods and means of its improvement. The level of competency, knowledge and skills of local government authorities and civil servants on the efficiency of realization of national policy of healthy lifestyle preservation in Ukraine is insufficient. The system of staff training concerning the issues of improving people's health, employment of such professionals at enterprises, institution and organizations of different forms of ownership is still undeveloped.

3. Limited physical activity and hypodynamia are typical for most people of active working age and senior citizens and cause a lot of diseases. Only 13% of Ukrainians have sufficient, physiologically conditioned level of physical activity, whereas in EU countries this indicator is about 40-60%, and in Japan it is about 70-80%. Physical activity is one of the main factors of preservation and promotion of health. People, who are engaged in physical activities and sports, as a rule do not smoke, drink alco-

hol, take drugs and as a result are less susceptible to HIV/AIDS and other diseases.

4. Smoking and alcohol consumption. There is a great number of not only alcohol-related diseases but moreover alcohol-related crimes, social problems in families and great losses for the economy of the country in general.

Thus, changes in economic and social environment, which have happened during the last decade, extremely negatively affect public health (particularly reproductive) and it has become an urgent social problem of modern society. Especially it concerns countries, which have no economic recourses, well-developed social sphere and stable political situation. To a great degree it concerns Ukraine, which has been experiencing social and economic transformations since the mid 1990s. The course of events has negatively affected health and social state of most Ukrainians; and the most serious thing is that it has affected physical, reproductive, psychic, spiritual and social health of the younger generation.

Based on the theoretical review, we have found that reproductive health is one of the most important components of human general health. This hypothesis is undeniable and axiomatic, that is why the spreading of fundamental standards and principles concerning general health is quite reasoned.

The lifestyle of young people is determined by the world experience, which conditions the state of general health (including reproductive). The prospective of population health improvement is associated with the system activity aimed at healthy lifestyle formation, especially among students.

Within the context of this study some works concerning the formation of healthy lifestyle, value attitude towards health and preventative measures of bad habits among youth are especially important. For example, V. Vodopianov considers the concept of healthy lifestyle as a unique social value, on which activity of a personality as a kind of occupation, as a social quality manifesting the high level of “involvement” of an individual into social relations depends [5, p. 55]. I. Berezin [2, p. 184] suggests the following interpretation of the concept of “healthy lifestyle”: person’s holistic worldview, certain self-attitude, attitude towards one’s own health and in general meaning – one’s own life. Besides, S. Popov [9, p. 93] thinks that healthy lifestyle should be based on certain social and biological requirements. He notes that social significance of young person’s healthy lifestyle is determined first of all by the fact that it helps to reveal and develop the personal qualities necessary in terms of dynamic development of the society. These qualities are the following: high mental and physical capacity, social activity, creative longevity, highly moral attitude towards the society.

Some authors, for example L. Kasenok [6], who studied the process of forming moral values of healthy lifestyle, was sure that the category of “healthy lifestyle” had appeared as a result of human life under social conditions and had been determined by peculiarities of external and internal factors. Along with this, external factors deter-

mine healthy lifestyle (social environment, culture, material, living and natural conditions). Internal (psycho-pedagogical) determinants and conditions are the following: motivational and axiological sphere of a personality, its value orientations, interests, requirements, attitudes towards healthy lifestyle, individual qualities and peculiarities. L. Alioshyna [1] considers healthy lifestyle as a system of individual manifestations of a personality (moral, spiritual, physical) in different fields of activity (educational, communal, communicative), which reflects the attitude of social environment from the perspective of health importance and contribute to the maintenance of the organism resistance according to the age, maximum activity of a person in everyday life and work.

Among recent scientific papers the works of A. Izytkin, A. Stepanov and H. Tsarhorodtsev are worth noticing. Their researches have contributed to the development of the scientific concept of human healthy lifestyle, promoting the view that “health is the universal human value and is gradually turning into the significant indicator and at the same time the necessary condition of a progress of the social system in general and a personality in particular” [7, p. 15].

However, some social functions should be peculiar to the healthy lifestyle as a social process and a phenomenon. For instance, S. Blazhei distinguishes the following four functions, which are the properties of the concept of “healthy lifestyle”: identifying, comparative, assessing and integrating.

The identifying function allows to distinguish individuals, groups of people, whose lifestyle assists or prevents the preservation and promotion of their own health.

The comparative function allows not only to distinguish, but also to compare the specific characteristics of healthy lifestyle of people from the standpoint of their health. In this case the comparison of individuals identified according to their lifestyle can be performed by means of different parameters: firstly, by subjective socio-economic and cultural conditions, under which a certain lifestyle is implemented; secondly, by structural characteristics of the processes of person’s socio-cultural life organization; thirdly, by the complexity and mobility of the lifestyle of different social groups representatives in the course of studying the dynamic aspects of human socio-cultural life.

The assessing function allows to consider the qualitative characteristic of person’s lifestyle as a specific social value. The basis of such assessment is concrete historical ideas about the tendencies of the development of social life from the standpoint of human health.

The integrating function reflects the unity of socio-medical, medical and hygienic, medical and biological, psycho-pedagogical researches of human lifestyle [3, p. 22].

When studying the issue of healthy lifestyle researches distinguish three investigation levels: theoretical (socio-philosophical), specialized scientific theoretical and specialized scientific empirical one. The essence, structure and the dynamics of human lifestyle are determined in the most common form at the socio-

philosophical level. When studying general issues of lifestyle, philosophers develop theoretical, methodological, worldview, ethic, value and ideological foundations for the next two levels of investigation. At the specialized scientific theoretical level structural and dynamic aspects of human lifestyle in different branches of its revealing are determined. At this stage of research the methodology of certain sciences is used. Thus, one can state about ecological, psychological, pedagogical, medical and sociological aspects of studying the issue of lifestyle.

From a practical perspective, the investigation of human lifestyle at the specialized scientific theoretical level is the most important, because it becomes more specific depending on the way of its integration into the conceptual apparatus of different sciences. At the specialized scientific empirical level practical researches of different specific scientific aspects of healthy human lifestyle are carried out. At this level special interdisciplinary researches of lifestyle are performed. The characteristic feature of such researches is their connection with the diversity of life activities of a certain person. Thus, the whole process of creative activity of a person during social and historical development, oriented at the formation of ideas about the healthy lifestyle and motives of behavior in everyday life, should be considered as a component of social cognition [4, p. 142].

That is why the policy of forming healthy lifestyle, according to researches, requires the following:

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- purposeful efforts of all politicians and other state and social leaders, as well as other workers who deal with preparing and taking management decisions concerning the consequences of these decisions and actions for individual and public health;

- the unity of such efforts into common actions of all leaders in every field of activity, at every hierarchical level of state structure and non-governmental organizations, consideration of the consequences of their decisions;

- aspiration of the society to form in politicians and other leaders' consciousness responsible attitude towards the state of health of the society in general and each personality in particular, to create a mechanism of politicians' reporting, consideration of their activity from the standpoint of the efficiency for health in physical, psychological, spiritual and social suspects [11, p. 86].

Conclusions. Considering all the above mentioned conditions rules of healthy lifestyle must be promoted and implemented in everyday life of the society. The promotion of healthy lifestyle must become the priority of state policy, especially in Ukraine, where the population is decreasing. We are sure that much more attention should be paid nowadays to the issues of the formation of students' healthy lifestyle, value orientations to healthy lifestyle; promotion of healthy lifestyle among students; medical and biological as well as psycho-pedagogical foundations of healthy lifestyle.

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ЦІННІСНА ПРИРОДА ЗДОРОВОГО СПОСОБУ ЖИТТЯ ТА ЇЇ ЗНАЧЕННЯ ДЛЯ ЗБЕРЕЖЕННЯ РЕПРОДУКТИВНОГО ЗДОРОВ'Я СТУДЕНТСЬКОЇ МОЛОДІ

Проведено аналіз досліджень, які стосуються формування здорового способу життя, ціннісного ставлення до здоров'я і профілактики шкідливих звичок у молодіжному середовищі. Також представлено результати моніторингу ставлення студентської молоді м. Тернополя до здорового способу життя, розуміння молодими людьми впливу таких негативних чинників на репродуктивне здоров'я, як вживання алкоголю, наркотиків, тютюнопаління, дошлюбні статеві стосунки, аборти тощо. Встановлено, що студентська молодь у цілому проінформована щодо питань збереження репродуктивного здоров'я, проте значна її частина не має повноцінної інформації та знань щодо репродуктивного здоров'я в цілому та безпеки статевих стосунків зокрема. Автор пропонує конкретні рекомендації щодо створення системи інформування з питань репродуктивного здоров'я молоді. З'ясовано, що формування здорового способу життя вимагає: 1) волі: консолідації цілеспрямованих зусиль усіх політиків, інших державних і громадських діячів, працівників, що мають відношення до підготовки та прийняття управлінських рішень стосовно прогнозування наслідків цих рішень і дій для індивідуального й суспільного здоров'я; 2) рішучих дій: поєднання зусиль у спільну роботу суспільних діячів усіх галузей на всіх ієрархічних рівнях державної структури і громадських організацій; 3) змін: прагнення суспільства до формування в свідомості усіх політичних діячів та інших людей, які мають відношення до цього процесу, керівного імперативу відповідальності за стан громадського та індивідуального здоров'я, створення механізму підзвітності політиків, аналізу їхньої діяльності з точки зору ефективності для здоров'я в усьому розмаїтті його цілісного розуміння – фізичного, психічного, духовного, соціального. Також зроблено висновок про те, що світовий досвід не тільки зумовлює стан здоров'я (зокрема репродуктивного), але й визначає спосіб життя, який веде молодь. Тому перспектива поліпшення громадського здоров'я пов'язана із системною діяльністю щодо формування культури здорового способу життя, особливо у студентському середовищі.

Ключові слова: людина, студенти, здоров'я, репродуктивне здоров'я, здоровий спосіб життя, культура, виховання, цінності.

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ЦЕННОСТНАЯ ПРИРОДА ЗДОРОВОГО ОБРАЗА ЖИЗНИ И ЕЕ ЗНАЧЕНИЕ ДЛЯ СОХРАНЕНИЯ РЕПРОДУКТИВНОГО ЗДОРОВЬЯ СТУДЕНЧЕСКОЙ МОЛОДЕЖИ

Проведен анализ исследований, касающихся формирования здорового образа жизни, ценностного отношения к здоровью и профилактике вредных привычек в молодежной среде. Также представлены результаты мониторинга отношения студенческой молодежи г. Тернополя к здоровому образу жизни, понимания молодыми людьми влияния таких негативных факторов на репродуктивное здоровье, как алкоголь, сигареты, наркотики, внебрачные половые отношения, аборт и тому подобное. Установлено, что студенческая молодежь проинформирована о вопросах сохранения репродуктивного здоровья, однако значительная ее часть не имеет полноценной информации и знаний относительно репродукции и безопасности половых отношений. Предоставлены конкретные предложения относительно создания системы информирования в вопросах репродуктивного здоровья. Таким образом, формирование здорового образа жизни требует: 1) воли: консолидации целенаправленных усилий всех профессиональных политиков, других государственных и общественных деятелей, работников, причастных к подготовке и принятию управленческих решений относительно прогнозирования последствий этих решений и действий для индивидуально-общественного здоровья; 2) действий: объединения усилий в совместные действия всех политиков во всех сферах деятельности на всех иерархических уровнях государственной структуры и общественных организаций, их реагирования на последствия своих решений; 3) изменений: стремления общества к формированию в сознании политиков и всех людей, причастных к этому процессу, руководящего императива ответственности за состояние общественного и индивидуального здоровья, создания механизма подотчетности политиков, анализа их деятельности с точки зрения эффективности для здоровья во всем разнообразии его целостного понимания – физического, психического, духовного, социального. Сделан вывод о том, что мировой опыт не только обуславливает состояние здоровья (репродуктивного в частности), но и определяет образ жизни, который ведет молодежь. Поэтому перспектива улучшения общественного здоровья связана с системной деятельностью по формированию культуры здорового образа жизни, особенно в студенческой среде.

Ключевые слова: человек, студенты, здоровье, репродуктивное здоровье, здоровый образ жизни, культура, воспитание, ценности.

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