

METHODOLOGICAL FOUNDATIONS OF HEALTHY LIFESTYLE

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Annotation. The phenomenon of a healthy lifestyle is analyzed in terms of such methodological approaches as systemic, synergetic, personality-centered, hermeneutic and holistic ones. The pedagogical principles of harmony with nature, humanization and democratization, complexity and interdisciplinary integration, succession and continuity are defined. A conceptual idea of a healthy lifestyle is formulated including formation of cultural, social and economic reasons to preserve and strengthen the health of Ukrainians, consolidation of the efforts of teachers to develop a long-term educational technology for forming a healthy lifestyle, which will unite all periods of human life (pre-school, school, student, mature age), improvement of the health of people in the Ukrainian society, maintenance of optimum ability to work, improvement of the quality of life for healthy living and educating healthy children. The basic mechanisms of implementation of the conceptual idea are proposed.

Keywords: health, life, personality, methodology, principles.

Introduction

In the present conditions, when there are many various paradigms, scientific theories, conceptions, conceptual ideas, it is necessary not only to choose and form the methodology of scientific pedagogical research, which would reflect and reveal the essence of the object of the research (healthy life style), but also to ground conceptual idea for efficient implementation of practical methods.

Formation of healthy life style is, out of the question, a difficult pedagogical task. Researches of O. Vakulenko, A. Dubogay, S. Lapayenko, L. Suschenko, V. Shkurkina et al. concerning formation of the rising generation's healthy life style help to fancy complex approach to the problem of health life [4, 5, 14, 17]. However, formation of students' healthy life style is an urgent problem of higher educational institutions and requires separate, more detail research for determination of methodological grounds.

The research has been fulfilled as per the plan of scientific & research works of Crimea engineering-pedagogical university within the frames of subject "Theoretical foundations and methodological conditions of development of students' physical and psychological potential" (approved by academic council PBH3 CIPU, minutes No.6, dt. January 28th, 2013).

Purpose, tasks of the work, material and methods

The purpose of the research - to analyze the phenomenon of healthy life style formation from the point of view of methodological approaches, to determine pedagogical principles, to formulate conceptual idea of personality's healthy life style formation.

Results of the research

Methodological foundation of the research is a philosophical doctrine about human being. We started theoretical cognition of research object basing on general methodological problems: cognition of contradictions; correlation of general and specific; categorical structure with studying of definitions "health", "health life style".

The necessary condition of health formation is systemic approach, which presumes studying of integral, hierarchic, interdependent, open process in its constant development and self-development. System is "infinity of interconnected elements, arranged in definite order, which create certain integral unity" [6, 33]. M. Amosov regarded conception "health" in a schema of interconnected factors of system's "mankind" components [1]. Systemic approach makes it possible to research an object as a part of the whole [13]. That is why the process of health formation is regarded by us as a part of overall process of healthy life style's formation.

From the point of synergetic approach, the health of an individual is a system, able for self development [7, 9]. Permanent self organization gives opportunity for a person to improve his health level in different situations of everyday life. Having determined synergetic quality of health, i.e. the possibility of self-development for self-organization, we realize our responsibility concerning development and implementation of children's and youth's health formation technologies as a single pedagogical process, because organization of children's health self development influences on their future development in this direction during all life.

From axiological point of view it is necessary to ground on the values, which comply with humanness criterion, base on the positions of humanism as world outlook and way of life (existential, social, political, jurisdictional and moral values). With formation of an individual's health axiological and personality-orientated approaches become of special importance. These approaches mean setting interests of a person, his demand and abilities, rights as a member of society, his sovereignty in the center of educational process [8, 7, 15]. Only through such hierarchy of value approaches like person (personality) – people (culture, history, education) – state (society) it is possible to implement perspective and democratic model of healthy life style formation [16, 20]. With this, correlation of personality's and situational factors should be regarded as correlation of personality's qualities and objective demands of activity.

Let's analyze general conception "health" from hermeneutical position in order to determine components of the existing interpretations of this conception. English "health" derives from Anglo Saxon "hal"- whole. Greek "hugies" –

means health, reasonableness and wholeness. That is why health should not be reduced to physical state, but presumes psycho emotional balance, spiritual and social health. Statements of K.G. Yung, mentioning such conceptions as “whole”, “heal”, “health” [18] are of common knowledge. F. Perls and E. Fromm regarded as healthy such individual who is able to remain integral with the help of recreation of body, soul and spirit balance [12, 19]. Scientific work of B. Ananyev, in practice, is an example of studying an individual as an integral phenomenon. He stresses that development of a personality takes place through interaction in social situations [2, 202]. In our research we study health in detail from positions of holistic approach as a “part of whole”, meaning “healthy life style” on the one hand and as multi component integrity, required for creation of healthy personality’s wholeness on the other hand.

The used approaches become of special importance in their complex integration with conducting of pedagogical research of students’ healthy life style formation.

Principles are methodological reflection of used approaches. Among the principles, following which is the most important for formation of health life style, are the mentioned below:

- Principles of compliance with nature, humanization and democratization of pedagogical process, which influence on all natural peculiarities of the youth’s development;
- Principles of complex character and inter discipline integration, which assume combination of academic and educational processes and efforts of different organizations, affecting the process of education and self education in healthy life style formation;
- Principles of successiveness and continuity: starting from child’s first years of life health formation process goes through several stages, during which the content and directions of components of integral system of healthy personality’s establishment gradually become more complicated and various. This process is continuous, infinite and is going during all conscious life of a person.

Now, let us formulate conceptual idea of the given research, which consists of directions of personality’ healthy life style formation:

- formation of cultural, social and economical motives to protection and improvement of Ukrainian people’s health.
- consolidation of pedagogues’ efforts for development of long term pedagogical technology, which would unite all periods of a person’s life (pre-school, school, student’s years, mature period) in order to form healthy life style;
- rising of people’s health level in Ukrainian society, supporting of optimal working ability, quality of population’s life for ensuring of healthy life style and education of healthy children;

Mechanisms of realization of conceptual idea.

Realization of conceptual idea of a person’s healthy life style formation is possible on the base of pedagogical health centers organization in educational establishments: preschool, schools, higher educational institutions.

The tasks of such pedagogical health center can be the following: 3

- creation of ideological base for existing of sound and safe environment, methodology of formation of population’s set for healthy life style as the highest value;
- mastering of methods of psycho physiological and intellectual person’s abilities’ determination for efficient self regulation of own health state;
- development of educational standard and training of pedagogues for healthy life style formation.

Summary

From methodological position healthy life style has been regarded as an open and dynamic phenomenon, which does not exist in balance and has its own great potentials for self-development with the help of interaction with environment. Determination of methodological approaches, principles, conceptual idea of healthy life style formation permits to create theoretical basis for practical activity in this direction.

The prospects of the research. The offered mechanisms of the given conceptual idea’s realization require further elaboration, basing on consolidation of pedagogues’ efforts in healthy life style formation’s methods development.

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Cite this article as: Mukhamediarov N.N. Methodological foundations of healthy lifestyle. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 2013, vol.3, pp. 36-38. doi:10.6084/m9.figshare.644981

The electronic version of this article is the complete one and can be found online at: <http://www.sportpedagogy.org.ua/html/arhive-e.html>

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Received: 11.02.2013

Published: 31.03.2013