

## Chapter 13. THE BIOLOGICAL AND SOCIAL FUNDAMENTALS OF HEALTHY LIVING OF PARTICIPANTS OF THE EDUCATIONAL PROCESS

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**Abstract.** *The current state of youth health requires new approaches to formation principles of a healthy lifestyle, intensification of the promotion of a healthy lifestyle life. The establishing of a system to support a healthy lifestyle requires rethinking in the system of education and upbringing of young people the issue of motivation for a healthy lifestyle. A systematic approach to solving the problem of maintaining public health involves consideration of the biological basis and biosocial essence of man at forming motivation to lead a healthy lifestyle, and means involving not only the health sector in addressing this need, but also education, culture, social work, etc. education of physically and socially healthy creative personality is a topical issue of pedagogical science and practices. Implementation of this area of socio-pedagogical activities, the need for technological support of formation responsible attitude to health of participants in the educational process make relevant requirements for professionals who are called carry them out.*

**Keywords:** *the system to support a healthy lifestyle, the motivation for a healthy lifestyle, education, culture, social work.*

### Introduction

Health is a public value that must be ensured by a system of scientific and practical measures to preserve and strengthen, the activities of structures that they are implemented, and the conscious concern of each member of society about personal and public health (Воскобойнікова, 2010, 2011, 2012, 2015). These qualities and features health behaviors are nurtured both in the family and during learning, because education is a purposeful cognitive activity of people with acquisition and development of competencies or their improvement. Way life activities aimed at preserving and improving human health; human activities to preserve and promote health that contribute to exercise man of his functions through the mediation of health activities living conditions – work, rest, life – the definition of a healthy way life (Селезнєва, 2016).

The reforming of the health care system of Ukraine is active carried out primary prevention, based on the formation of healthy lifestyle, increasing the responsibility of each person for their health, reducing or eliminating the effects of health risk factors, increases the relevance of motivation for a healthy lifestyle, its feasibility and necessity, and therefore must be formed throughout life, beginning with children's age.

Teachers' work is most often considered as a set of the following types: general pedagogical, subject (including biological) and methodological; general pedagogical, professional-pedagogical and professional-methodical activity. In the professional activity

of teachers, in addition to the methodological component, there are educational, socio-pedagogical, correctional and developmental, cultural and educational and organizational and managerial.

### **Analysis of recent publications**

The state of health of the population is an integrative indicator of political, economic and social well-being of the country. Numerous studies are dedicated to the study of health works in various contexts: a systematic approach — P. Anokhin, V. Afanasyev, G. Belenka, I. Blauberg, P. Gusak, B. Lomov, E. Smirnov; integrative approach — V. Ananiev, I. Brekhman, T. Boychenko, Y. Boychuk, O. Vasilieva, G. Nikiforova, N. Ringach, L. Sushchenko, G. Shatalova; axiological approach — V. Kolbanova, Y. Lisitsyna, S. Lapayenko, A. Maslow, K. Khrutsky; personal approach — O. Asmolov, I. Bekh, A. Brushlinsky, M. Boryshevsky, O. Leontiev. In the works of G. Apanasenko, L. Burlachuk, V. Voitenko, V. Kaznacheeva, V. Kopa, I. Kotsana, S. Maksymenko etc.

The social and philosophical reconstruction of the concept is carried out "health". A number of international documents, including Beijing, Minsk, Ashgabat, Vienna WHO Declaration, Health 2020 Framework foundations of European policy and strategy for the XXI century. ", European Declaration on mental health, the Declaration of the Health of Children and Adolescents intellectual disabilities and their families testify to globality of the problem and determine the legal field of world activity community (Носко, Гаркуша & Воєділова, 2014).

The current state of youth health requires new approaches to formation principles of a healthy lifestyle, intensification of the promotion of a healthy lifestyle life. The social significance of a particular problem and its insufficient study led to the choice of research topic. Analysis of scientific papers shows that the problem of forming a healthy lifestyle is multifaceted and is related to a set of factors that affect a person throughout life: harmonious physical, mental, cultural, spiritual development of the individual; adherence to optimal for health of the day, study and rest, nutrition, personal hygiene, motor activity, hardening, overcoming bad habits (Griban, et al, 2021).

The main factors determining human health are lifestyle, biology and heredity, environment and natural and climatic conditions, health care. The proportion of factors affecting health varies. So, the impact of lifestyle is approximately 51.2%, human biology and heredity – 20.5%, environment and natural and climatic conditions – 19.9%, health care – 8.5%. In the formation of a healthy lifestyle is important the factor is the motivation of the individual, his psychological attitude to preservation health (Мехед, 2019; Мехед, Мехед & Швидкий, 2012).

Educational environment, that based on the principles of conservation and developing the health of participants in the educational process and stimulating the positive processes of their physical, intellectual, mental, spiritual development, is called health, and indicators of its quality in the system education is the dynamics of health, level of education and upbringing.

The above causes the expansion of the professional functions of the teacher as a subject of socio-pedagogical activities. The subject of this type of professional activity of a teacher is, in particular, the education of students, taking into account the basic principles of an innovative approach; creating favorable conditions for effective adaptation of participants in the educational process; promoting the development of personally significant qualities for a healthy lifestyle in secondary education; prevention of antisocial actions and phenomena; timely prevention and, if necessary, overcoming of crisis situations; promoting the process of forming a socially active personality, high-quality and timely activation of the pedagogical potential of society in order to create and maintain a healthy educational environment, etc. As the solution of the above-mentioned social and educational tasks is an actual component of work of the teacher, we consider that social and pedagogical activity in establishments of general secondary education makes great sense, is based on cooperation

of all participants of educational process, in particular for creation of motivation for a healthy way of life.

### **The purpose of the research**

The purpose of the work is to cover the study of the biological basis of a healthy way of life and individual health of participants in the educational process.

### **Material and methods of the research**

The following research methods were used: analysis of scientific, psychological–pedagogical, educational–methodical and special literature, information sources on the research problem; synthesis and generalization of theoretical positions revealed in scientific and educational literature; generalization of own pedagogical experience of preparation of future teachers for realization of social and pedagogical activity for motivation of youth to a healthy way of life, and also practical experience of teachers.

### **Results of the research and their discussion**

As you can see, socially significant health indicators are a must determined by the biological parameters of the human body. Of course that each indicator is significantly affected during a person's life social factors, which in themselves, in isolation, can not characterize health because they are outside the body and are not medical or biological characteristics of man. Social in terms of health human (group, society) can be considered a certain dependence of health on features of industrial relations, family relations, team, that are formed in the process of education, training, employment, recreation etc., from the social features of each formed in the process of ontogenesis people, groups, societies. Social features of each person are determined mainly by the social conditions of development and formation personality and its ability to implement emerging tasks, social development and social activity. A healthy lifestyle in the medical and biological sense is this style life, for which there is an optimal standard of living organism, increase of adaptive potential and reserve possibilities organism, the activity of the organism is preserved until old age.

The most important components of a healthy lifestyle are rational nutrition, physical activity, personal hygiene, mode of work and rest, hardening, abandonment of bad habits, health culture (Воскобойнікова, 2010, 2011, 2014).

Among the important factors in solving urgent conservation problems population health is the formation at different stages of personality development urgent priority of health, education of all participants in the educational process motivation for a healthy lifestyle, as well as the ability to use acquired knowledge in everyday activities.

The implementation of these tasks involves the introduction of development culture aimed at protecting and preserving health – health culture – and at the same time active involvement in this cause of each person, children of preschool and school need special attention age, which must be taught from the first years of life to respect health.

The organization of a healthy lifestyle also involves an understanding of certain initial theoretical foundations. Such initial fundamental health statements are called the principles of a healthy lifestyle. They focus on the biological foundations of a healthy lifestyle, on those important biological processes that determine health.

One of the fundamental components of a healthy lifestyle is rational nutrition (physiologically complete nutrition of a person with taking into account her age, sex, condition, type of activity). Rational nutrition characterized by balance, diversity, it also requires rhythm, individuality, so that everyone gets almost necessary substances that ensure the implementation of food, energy, regulatory, protective and informative, etc. functions.

Human motor activity is one of the main conditions of life body, it is determined by the state of the muscular system. From muscle activity movements depends not only on the physiological activity of all other body systems, but and the state of strengthening of immunity, also motor activity promotes mental activities, can provide social activity of the individual.

Properly organized is important for good health self-care, hygiene of clothes and shoes, maintenance Personal hygiene not only helps to improve health and improve course of metabolic processes, but also provides optimization of development physical and, consequently, mental abilities of the person.

The biorhythms of individual organs and systems due to the interaction between create an ordered system of biological rhythms of the organism contribute to its optimal performance. The above determines the relevance observance of reasonable alternation of modes of work and rest as prevention of desynchrony is an important component of healthy lifestyle. From what it is appropriate to draw a conclusion about the promotion of rhythmic the course of physiological processes as the basic principle of the component health.

Abandoning bad habits is a necessary condition for maintaining a healthy lifestyle. The most common bad habits are smoking and excessive alcohol consumption. According to research by the World Organization Ukraine ranks third in the world in the number of smokers. By According to statistics, every Ukrainian has an average of 7 cigarettes a day (Гусак, Зимівець & Петрович, 2009). Also, the bad habits of contemporaries include excessive spending and time, disharmony, work with computers and gadgets, etc. Especially harmful are drug addiction, alcohol abuse, substance abuse and smoking. Each of the bad habits is addictive, leading to behavioral disorders, the above is one of the causes of a number of diseases.

The basis of health care for participants in the educational process is instilling and developing a culture of maintaining and strengthening one's own health and others. This process involves the acquisition of certain knowledge (cognitive component), skills development and skills development component), as well as the formation of ideas and beliefs (value-emotional component) in relation to the value of health, leading a healthy lifestyle.

The study of lifestyle and structure of leisure was conducted on the basis of a survey of young people. Most respondents rate their health as good and satisfactory (65.78% and 22.06% respectively). About 11% of respondents consider their health to be excellent and only 1.5% to be poor. 73.56% of people indicated the need to monitor their health; 24.53% of respondents believe that health should be mentioned and paid attention to only in case of illness, and 1.87% of people generally believe that health in there are so many of them, so it makes no sense to keep it. Approximately 45% of the surveyed young people visited a doctor up to twice a year, and 22.22% of the total number of young people surveyed visited more than six times a year. The analysis of the questionnaires revealed that 86.86% of respondents want to lead a healthier lifestyle (83.76% of the total number of surveyed boys and 89.95% of the total number of surveyed girls).

According to the answers to the questions about nutrition, it was found that about 40% of respondents are dissatisfied with their weight. They are dominated by those who consider their weight overweight.

Physical culture and organized physical activity have not yet been properly disseminated among student youth. Thus, about 40% of students in general, even sporadically do not engage in physical culture and sports.

After training, about 60% of students are involved in sports sections, clubs and interest groups.

It is necessary to understand that the organization of a healthy way of life, creation a healthy educational environment requires organization and effort all participants in the educational process.

According to the above components of the biological basis of healthy lifestyle among the most important components of health culture distinguish the culture of nutrition, culture of physical activity, sexual culture.

Principles that are thorough in issues of creating a healthy educational environment, organically derive from biological processes that determine health. The relationship and

interdependence of physical, psychological and social components of human health affirms the principle of unity (integrity) for man as a biosocial being.

The need for a mobile lifestyle, active formation volitional qualities that reduce the harmful effects of negative emotions, choice active life position, etc. emphasizes the principle of activity.

The principle of rhythmicity requires dietary requirements, loads, rest, work according to internal and external biological rhythms.

Basic principles of increasing one's own adaptive potential, strengthening immunity, psychological stability, cognitive learning and motivation human adaptability is set out in the principle of adaptive adaptability focus on the importance of the body's adaptive mechanisms for conservation and health promotion.

At the same time to organize physical development and strengthen adaptive capabilities of the organism is an important principle of self-organization. It also touches on issues of professional self-discipline, full self-realization their own abilities, because the basis of a healthy lifestyle is individual system of behavior and habits of each individual. Active the carrier of a healthy lifestyle is a specific person with its characteristics and social status.

The principle of conformity emphasizes the important role of correlation speed of metabolism and exchange of information with the needs of the body, emphasizing the moderation and self-restraint requirements of the regime nutrition, exercise, age and growth development, etc.

The principle of individuality indicates the need to understand the biological uniqueness of each person, individual manifestations of higher nervous activities to realize their "I", character traits, etc.

Thus, a set of principles for organizing a healthy lifestyle creates the basis of biological and social development of the organism and its interaction with living environment. It is an indisputable fact that the choice of attitude to health is personal solutions that directly affect human health. Properties personality, sense of coherence, competence that has a person – the most important factor in health. For example, the absence of personality motivation for self-knowledge, self-regulation and self-development creates the basis for alexithymia – predisposition to psychosomatic diseases. Active motivation for a healthy lifestyle directly depends on unity training and education, so the formation is especially important health-preserving paradigm in pedagogical activity.

Content, methods, forms and means of health care (Nosko, et al., 2020) implemented through the use of the principles of scientificity, integrity, system, openness, optimality, variability, objectivity, prevention, consistency. Acting not as an end in itself, but as a means to goal achievement, the format of technology use is individualized. Each the teacher usually combines them with traditional and innovative pedagogical technologies (Носко, Грищенко & Носко, 2013), given the intellectual potential audience, form of classes, tasks.

In recent years, there has been a dynamic increase in morbidity young people in almost many classes of diseases. It is teenagers who have the highest morbidity rates for endocrine pathology, nervous diseases system, musculoskeletal system, frequency of injuries and poisonings compared to other population groups. The decline in the health of young people is due to objective specific reasons (heredity, lifestyle, unsatisfactory preventive work and medical care, environmental pollution, low quality products food and drinking water, unfavorable living conditions, etc.), and more general (crisis phenomena in the economy, the decline of material welfare, social instability) (Концепція формування позитивної мотивації, 2004).

Studies have shown that people with higher levels of physical preparedness of the body's resistance to environmental influences significantly higher than in people with low general physical fitness.

Heredity and age-related changes that occur in the human body in moderation its development, largely determine the quality of health. Abilities, needs, interests, desires, as well as problems of smoking, alcoholism and drug addiction, predisposition or disease have a hereditary component.

The body's ability to resist the effects of harmful factors determined by the hereditary features of adaptive mechanisms and their nature changes. Health is hereditary and socially conditioned, but it changes accordingly from the degree of responsibility for the person himself. You can improve your health, primarily through active behaviors related to science reasonable recommendations for a healthy lifestyle.

Among the most important factors that worsen the state of health teachers – overload, burnout, low level logistics, the need to combine the main work with part-time work, irrational nutrition, reduced physical activity, etc.

Subjective factors that affect the health of all participants in educational process, personal characteristics – organization and discipline, motivation for a healthy lifestyle, availability bad habits, the formation of physical culture of the individual and his activity component.

Educational problems are designed to solve the above difficulties technologies, including cycles of classes in the basics of health and biology, organization and holding of socially significant educational and cultural events, which motivate the community to a healthy lifestyle, active physical and spiritual self-improvement.

Thus, the combination of health technologies with classic traditional and innovative pedagogical technologies allows you to create a comfortable learning environment in which each participant educational feels its motivation and success in each levels of the learning pyramid.

Organizational and pedagogical direction of health care technology is optimally implemented using a synergistic approach – combined with classic traditional and innovative pedagogical technologies (Griban, et al., 2021).

Support of innovative changes in the organization and construction of pedagogical process contributes to the implementation of the principle of innovation, democratic development basics of organization of management of educational process in educational institutions. A common problem for the application of the principle of innovation in the education system today has a shortage of qualified staff and research methodological support of innovative content that can be overcome by effective implementation of social partnership of educational and medical institutions in development and implementation of preventive and health programs and measures, as well as in the training of a modern teacher. Personality formation modern teacher who has the optimal level of medical and valeological competence, as well as has innovative technologies and techniques learning a healthy lifestyle is a necessary condition for creating quality new system of valeological education and upbringing in educational institutions and extracurricular education (Griban, et al., 2021).

A separate stage in the development of health-forming and health-preserving educational programs should be the creation of information products: computer software, video and multimedia room support classes, information cases for a certain type and level of prevention; animated videos and short videos (for preschoolers institutions and primary school), illustrated booklets.

The effectiveness of social partnership, which implements the cooperation of teachers and physicians are also provided with the participation of programmers, animators, illustrators and the use of the latest technical means. Pedagogically skill in the implementation of preventive and sanological competence in the first place provided by the teacher's ability to form vital sanological skills according to age intellectual and physical development personality, as well as the motivational and formative component of educational educational process (Воскобойнікова, 2010).

The essence of forming a responsible attitude to health c personality (according to our defined structural components responsible attitude to health and their essential characteristics) is a process obtaining reliable, up-to-date, balanced information for awareness values of health and personal responsibility for it; system development personal values, the formation of a hierarchy of terminal values, in which health values will be the most important; creating motives cognitive-cognitive activity, the formation of meaningful, stable motives, which not only directly motivate to action, but also give meaning to the performer activities; semantic interests that would stimulate active activity personality, aimed at preserving and strengthening their own and public health; direct experience and living personality responsible attitude to health in interaction with the real environment reality; development of life skills and abilities that contribute to achievement success, support and "cultivation" of their well-being, among which is special attention is paid to reflection skills; education of volitional qualities personality – purposefulness, consistency, initiative, independence, independence, endurance, self-control (Носко, 2013).

On the effectiveness of formation responsible attitude to health in the individual, are affected by a variety factors of socio-pedagogical processes and phenomena that determine the movement the latter. The main factors influencing the formation process responsible attitude to health, scientists (Носко, Гаркуша & Воєділова, 2014) attribute the content educational material, methods (methods) of educational work, personality of the teacher and his professionalism, psychophysiological features the subject of the process.

Conscious attitude to human health as a public value is the basis formation of professional competence of future teachers. The above implies a high spiritual and value potential, the presence of scientific worldview, a high level of general scientific and subject training. That's right the model of formation of the personality of the modern teacher gives the chance to realize humane and personal approach to students in the implementation of health technologies in the educational process.

The process of professional training of a modern teacher who is able to hide creation and active activity of health education environment, requires free possession of modern innovative technical means, the introduction of modern health technologies in educational process, ensuring compliance with hygienic requirements for the organization educational process, hygienic requirements for educational premises, equipment and facilities (Griban, et al., 2021).

In this regard, the problem of mental compliance is relevant loads and physiological capabilities of pupils and students as well appropriate motor activity. The solution to this problem involves valeologization of educational space, creation of psychological and pedagogical conditions, favorable for the formation of sustainable motivations for a healthy lifestyle, responsible attitude to their own health and the health of other participants educational process, the formation of a culture of health in the education system pedagogical workers.

Thus, a modern successful educator must possess the necessary knowledge of the physical, mental, spiritual and social components of health human, methods of self-regulation and self-restoration of harmonious development to make the pedagogical process of health developmental and health-preserving. In general, a teacher of a new type should be highly spiritual personality, highly qualified specialist with a modern worldview, knowledge of human health, its harmonious development, preservation, self-regulation and reproduction (Воскобойнікова, 2012)

The values of one's own health that dominate in youth environment, vary depending on the nature of the ideals and authorities that determine the vectors of directions in the spiritual world of a particular group of young people. It is an indisputable fact that physical culture is a guarantee healthy lifestyle. In modern conditions, the reduction of spiritual potential and the health of young people, especially adolescents, is becoming a tangible reality formation of healthy habits in them, physical training, in general healthy lifestyle –

one of the priorities of modern activity education of Ukraine (Мехед, 2019; Мехед, Мехед & Швидкий, 2012).

The state of health depends on the person's chosen lifestyle future. A healthy lifestyle should be a priority, but it is still there is not generally accepted in Ukrainian society. Young people should have formed personal–value and active attitude to development somatic, mental, intellectual, social, professional, moral and spiritual health, the formation of a culture of health as social and spiritual and somatic value The purpose of formation a healthy lifestyle is the promotion of achieving, in a broad sense, well–being and health for all, at all levels, in all spheres. Basic the mechanism of formation of a healthy way of life – creation of conditions for separate individuals, groups of people, communities to positively affect health problems.

Health education programs that are even designed accordingly modern approaches to their creation, implemented by teachers and social employees who, for the most part, are unfamiliar with these theoretical foundations.

Accordingly, they often adapt the program as they see fit required. For example, instead of training sessions, conversations and lectures are held. Exactly therefore, in our opinion, we need professional training of teachers, social employees to organize the process of forming a responsible attitude to health. Modern scientific research on the impact on young people's health systemic means of physical culture and sports suggest that today it is one of the most promising areas, which effectively and radically solves health issues. Possibility of physical culture and different types sports to have a positive effect on health promotion, correction of physique and posture, increase of the general working capacity, mental stability, at last in self–affirmation is very large.

The formation of positive motivation for a healthy lifestyle should be an integral part of the activities and professional competence of the teacher (Концепція формування позитивної мотивації..., 2004). The individual plays an important role in ensuring the fulfillment of this condition teacher (lecturer), his positive example and aspirations.

The successful implementation of socio-pedagogical activities by the teacher involves an integrated approach to the implementation of a number of modern social, psychological and pedagogical technologies and more. The above type of teacher activity is based on the recognition of the student's personality as a subject of the educational process, the highest value, which is due to the implementation of humanistic priorities and can be effective for maintaining the health of students. The key to the effectiveness of this type of activity of the teacher are not only personal and professional qualities of the teacher, of great importance is his psychological balance. In addition, socio-pedagogical activities require the teacher of deep theoretical knowledge and practical skills to use methods of diagnosing the behavior of participants in the educational process, its correction, the teacher's ability to create humane educational interpersonal relationships and a favorable microclimate in society.

The content of pedagogical activity of a teacher of biology and basics of health in the social aspect, in addition to the above, provides a favorable socio-educational environment in secondary education, aimed at effective educational and motivational work on promoting a healthy lifestyle, health and health. saving educational environment, providing leisure, sports and other types of socially active activities of schoolchildren.

### **Conclusions**

Influenced by the motivational work of a health teacher human, biology, physical culture, success in physical education culture, formed an interest and habit of self–healthy lifestyles that are based on the importance of their health, creative longevity, harmonious development of personality, physical fitness, social activity and other values of a healthy lifestyle. The current state of youth health requires new approaches to formation principles of a healthy lifestyle, intensification of the promotion of a healthy lifestyle life. The establishing of a system to support a healthy lifestyle requires rethinking in the system of education and upbringing of young people the issue of motivation for a healthy lifestyle. A



systematic approach to solving the problem of maintaining public health involves consideration of the biological basis and biosocial essence of man at forming motivation to lead a healthy lifestyle, and means involving not only the health sector in addressing this need, but also education, culture, social work, etc. Education of physically and socially healthy creative personality is a topical issue of pedagogical science and practices. Implementation of this area of socio-pedagogical activities, the need for technological support of formation responsible attitude to health of participants in the educational process make relevant requirements for professionals who are called carry them out.

The key to the effectiveness of health work are the personal and professional qualities of the teacher, deep theoretical knowledge of methods of diagnosis and correction of student behavior and the ability to effectively apply them in practice. Preparation for this type of professional activity of future biology teachers on the basis of health takes place during classroom classes, independent, educational and research work of students, is improved in pedagogical practices. Prospects for further research are to establish and characterize the stages and levels of mastering by students of the main socio-pedagogical activities of biology teachers and the basics of health, to describe the method of forming relevant competencies of future teachers, and accordingly, further research requires the formation of relevant competencies biology and basics of health.

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