

ATTITUDE OF STUDENTS OF THE DEPARTMENT OF TOURISM OF THE SIBERIAN STATE UNIVERSITY OF PHYSICAL CULTURE AND SPORTS (SIBGUFK) TO THE FORMATION OF A HEALTHY LIFESTYLE

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Abstract

The aim of the research was to find out the attitude of students of the Department of Theory and Methods of Tourism and Recreation of the Siberian State University of Physical Culture and Sports, the city of Omsk to the formation of a healthy lifestyle and an opinion on how to strengthen the health of the nation as a whole. The research involved 131 bachelor students from the Department of Tourism, aged 18 to 22 years. Of these, 50 males and 81 females. The research was conducted in September 2019. The polling method was used based on the methodology of V.I. Dobrenkov (2004). The results of the study showed the following. Defining the concept of a "healthy lifestyle" - 96 people indicated that it was proper nutrition, 84 people said that they were involved in sports, 74 people said that they had no bad habits. The correct diet is only 18%, not always 64%. Only 4% do morning exercises every day, never does exercises – 72%. Engaged in various sports - 87%. 85% believe that a healthy lifestyle contributes to success in human life and activity. 54% spend enough money on healthy foods and vitamins. To raise their vitality, 106 people chose to follow the daily regime, 111 people went in for sports, 95 people took constant walks in nature, 4 people used alcohol and 3 people used energy in nutrition. According to respondents in order to strengthen the health of the nation it is necessary: to lead a healthy lifestyle, including sports, observe the daily regime, at the state level: make gyms and sections free, promote a healthy standard of living in the media, monitor the environmental situation throughout country, educate in childhood the basics of a healthy lifestyle. Thus, this research confirmed a high degree of students' awareness of the formation of a healthy lifestyle, their involvement in sports, most of them have no bad habits. However, not yet the majority of respondents observe the proper nutrition, do morning exercises, in addition, some - 43% have bad habits.

Keywords

Healthy lifestyle; Sport; Ecology; Vitamins; Proper nutrition.

INTRODUCTION

Health is the most important component of human life in the modern world. In recent decades, due to the deterioration of the environmental situation, poor nutrition, deterioration in the quality of products, decreased physical activity, bad habits (alcohol, drugs, smoking), psychoemotional stress, the overall population health indicators in Russia have worsened. The average life expectancy in Russia for 2019, according to the Ministry of Health, is 73 years, when in Europe, for example, Germany, it is 80 years.

According to the definition of the World Health Organization "health is a state of physical, spiritual and social well-being, and not just the absence of diseases and physical defects."

In the scientific literature in Russia, the concept of "healthy lifestyle" is used. There are many definitions of this concept by various authors. We according to the definition of Vilensky and Avchinnikov believe that a healthy lifestyle is a form of organizing all human activities; with this understanding an individualized healthy lifestyle includes ideological, behavioral

and activity aspects that contribute to maintaining and strengthening health (Vilensky, Avchinnikova, 2004).

A healthy lifestyle is a concept of human life, aimed at improving and maintaining health through appropriate nutrition, physical fitness, moral attitude and rejection of bad habits.

A healthy lifestyle is a prerequisite for the development of different aspects of human life, achievement of active longevity and the full implementation of social functions.

For modern students we believe that it is important not only the absence of bad habits (alcohol, drugs, smoking), but also the development of skills for a healthy lifestyle for successful study and building a future career.

The relevance of students' healthy lifestyles is caused by an increase and a change in the nature of stresses on the human body in connection with the complication of public life, an increase in the risks of anthropogenic, environmental, psychological nature that provoke negative changes in the state of health.

OBJECTIVES, RESEARCH QUESTION

The main objective of the presented research was to find out the attitude of students of the Department of Theory and Methods of Tourism and Recreation of the Siberian State University of Physical Culture and Sports Omsk to the formation of a healthy lifestyle. The next goal of the presented study was to determine students' opinions on how to improve the health of the nation as a whole.

The main research questions state:

- How aware are students of promoting a healthy lifestyle?
- What activities, according to students, will improve the health of the nation?

METHODS

Material and organization of investigation

According to the World Health Organization human health is 70% dependent on his lifestyle, 20% on genetics and 10% on medical care. In recent years the popularity of sports and a healthy lifestyle in Russia has been increasing. In this regard we decided to conduct a study at the Department of Theory and Methods of Tourism and Recreation of SibGUFK in order to find out the students' attitude to the formation of a healthy lifestyle. A survey of undergraduate students of the department was conducted. The total population was 199 people. The required sample size is 131 people. In this case, the confidence probability is 95%, the confidence interval, the error $\pm 5\%$. Age of respondents from 18 to 22 years. Of these 50 males and 81 females. The polling method was used based on the methodology of V.I. Dobrenkov (2004).

Diagnostic tool

To conduct the research we developed a questionnaire consisting of 16 questions (Malygina, 2019). The questions presented in the questionnaires were opening and closed.

Statistics

The relevance of research question of the presented study was analyzed as the main distinctive point between deductive and inductive approaches. We provided a deductive approach test of the validity of assumptions in the context of the research question, whereas inductive approach contributed to the predictions and generalizations for Russian milieu.

Methodology

From the point of view of methodology, we choose the method of interviewing undergraduate students of the Department of Tourism. In concrete we

used methods of analysis, synthesis, induction and deduction and applied anchored theory method, as well as causal and operational thinking. Continuously in the process of solving the project, the authors took into account the hysteresis, where the study of social phenomena emphasizes the importance of historical contexts for the study of current phenomena and their prediction in the future.

RESULTS AND DISCUSSION

RESULTS

A healthy lifestyle is most often associated with sports and giving up bad habits. In 2018 according to the Ministry of Sports Russian Federation the share of

the population systematically involved in physical education and sports amounted to 39.8%, which is three percentage points higher than a year earlier. In addition the share of schoolchildren and students systematically involved in physical education and sports increased to 83%.

The following results were obtained.

The results of a survey of bachelor students conducted in September-October 2019 at the Department of Theory and Methodology of Tourism and Recreation were as follows.

At the beginning of the questionnaire a question was asked about understanding the category of "healthy lifestyle". The question was given 7 answers (Fig.1).

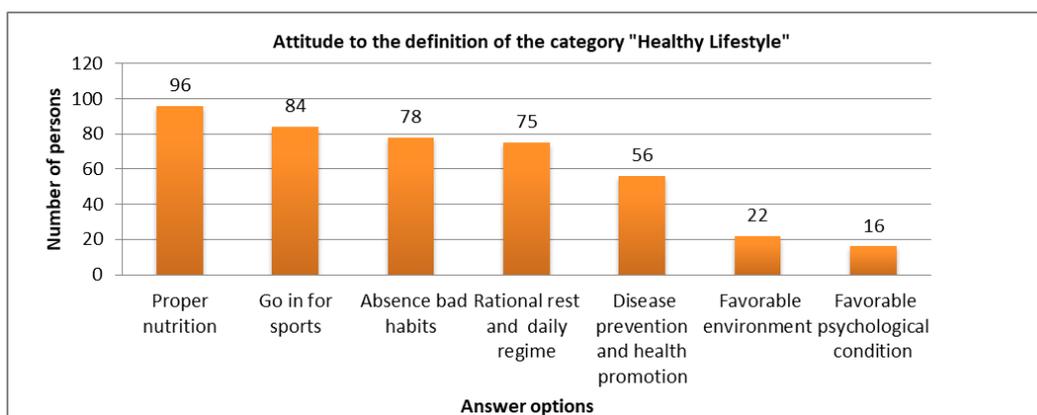


Fig. 1. Healthy lifestyle category definition

96 people chose the right diet, 84 people – playing sports, 78 people – lack of bad habits, 75 people – rational rest and daily routine, 56 people – disease prevention and health promotion, 22 people – favorable environment, 16 people – favorable psychological state.

57% of respondents have bad habits, 43% do not have bad habits.

Question: How do you spend your free time? He suggested the choice of several response options by the respondents (Fig. 2). 63 people prefer to go out with friends, 56 people go in for sports, 29 people do not have free time, 22 people sit at home, watch TV or play computer games.

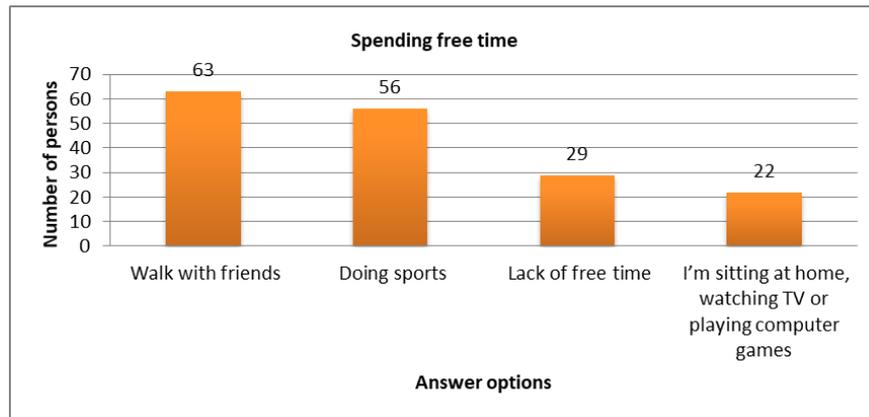


Fig. 2. Spending free time

On the issue of visiting various sports facilities results were obtained (Fig. 3). 57% regularly attend various sports sections, gyms, swimming pools,

20% cannot attend because there is no time for this, 13% cannot attend due to lack of money, 10% could attend, but do not see the point.

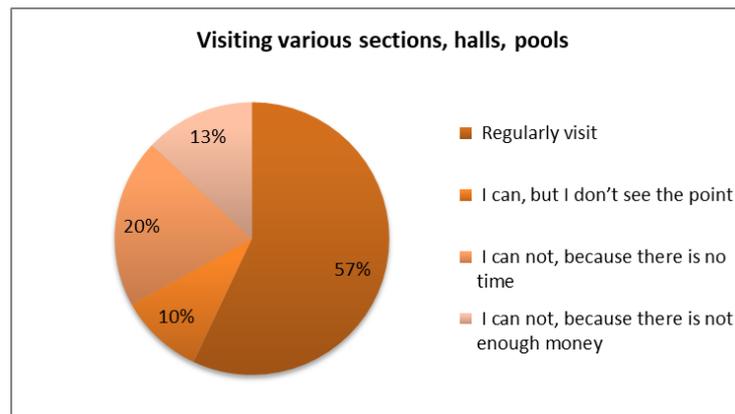


Fig. 3. Visits to various sports venues

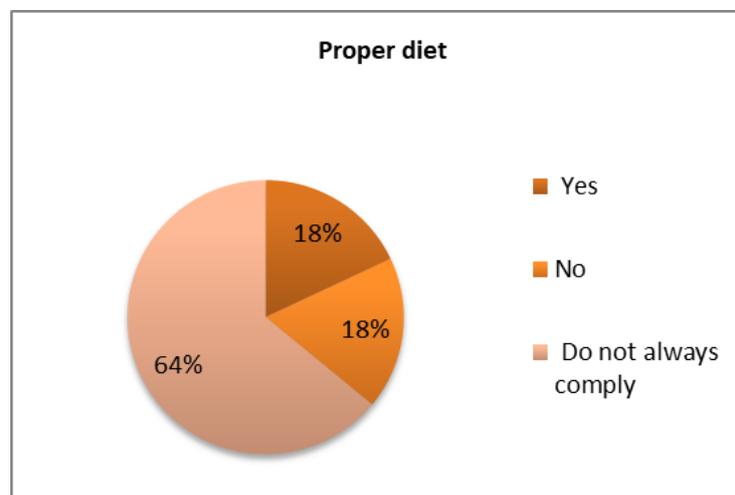


Fig. 4. Proper diet

The question of observing the correct diet (Fig. 4). The following answers were received to him. 64% comply with

the diet, 18% do not comply, and 18% do not always comply.

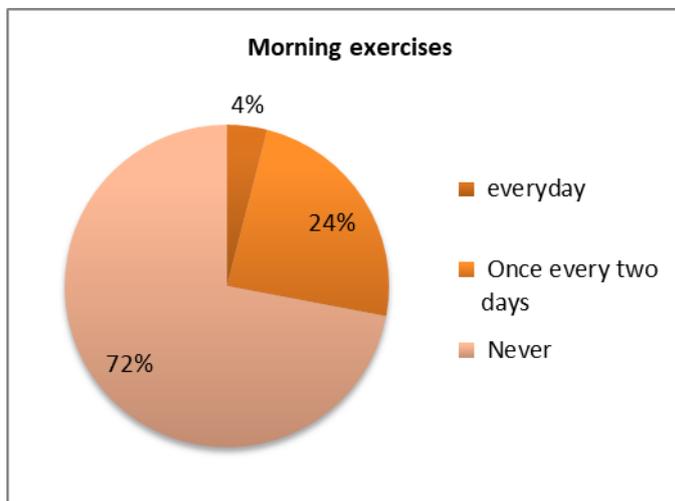


Fig. 5. Morning exercises

72% of respondents never do morning exercises (Fig. 5). Only 4% do exercises every day, 24% do exercises once every two days.

To the question whether the respondents are engaged in any kind of sport (indicate the sport) or in the sports section, the following answers were received. Popular sports that the students of the department deal with are track and athletics 26 people, volleyball 18 people,

football 11 people. 87% of respondents go in for sports, 13% of respondents do not go in for sports.

The question is when did the respondents last go in for sports (Fig. 6). 61% went in for sports on the day before of the questionnaires, 20% - a week ago before the questionnaires, 10% - a month before the questionnaires, 9% do not remember when she went in for sports for the last time.

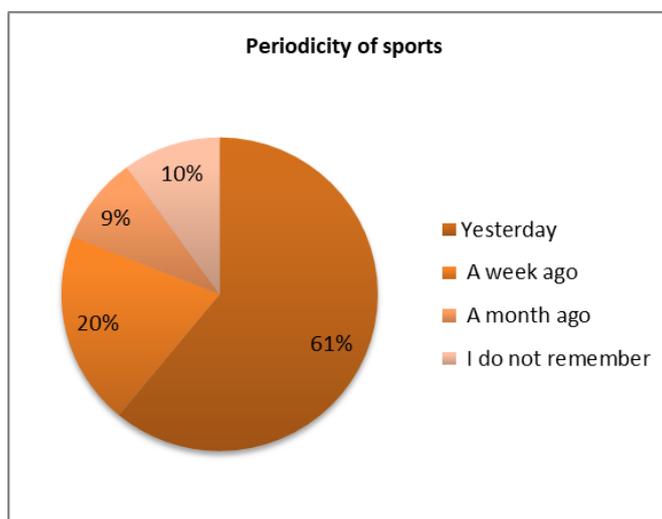


Fig. 6. Periodicity of sports

To the question of whether a healthy lifestyle contributes to success in other areas of human activity (study, work, etc.), (Fig. 7). The following answers

were received. Yes, 85% of the respondents answered, no, 8% of the respondents answered, 7% of the respondents found it difficult to answer this question.

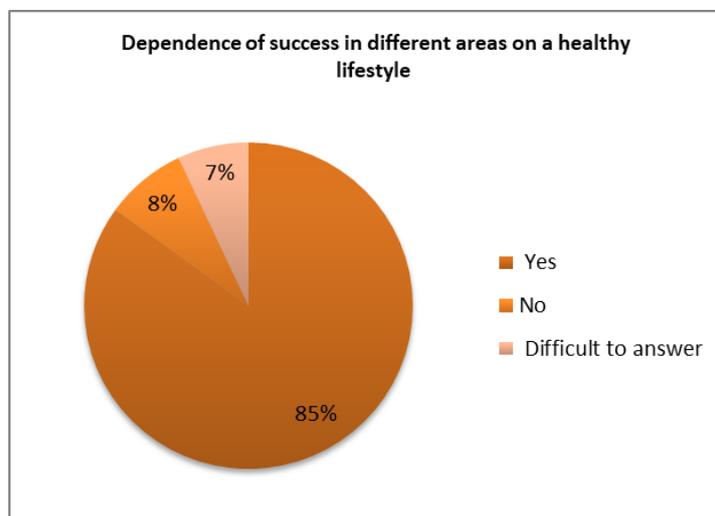


Fig. 7. Dependence of success in different areas on a healthy lifestyle

The question is how often do respondents think about the correctness of their lifestyle (Fig. 8). The following answers

were received: often – 56% very rarely – 31%, I don't think about it at all -13%.

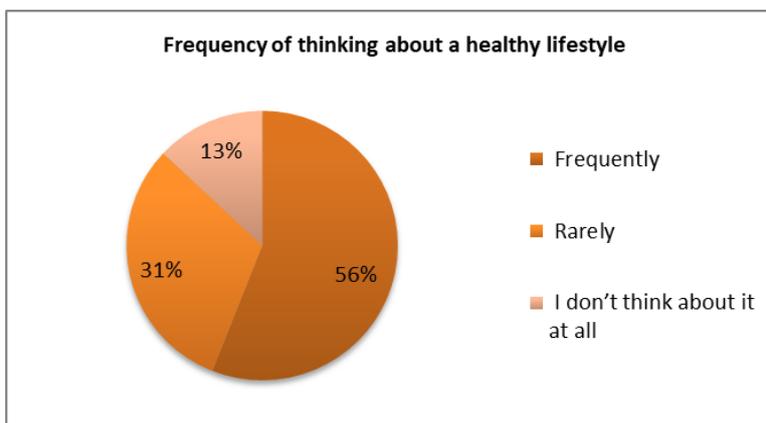


Fig. 8. Frequency of thinking about a healthy lifestyle

We found out the students' personal attitude to a healthy lifestyle (Fig. 9). 64% believe that it is necessary to adhere to a healthy lifestyle, 24% believe that it is

sometimes necessary to observe, 10% believe that it is possible not to observe a healthy lifestyle, 2% of respondents found it difficult to answer this question.

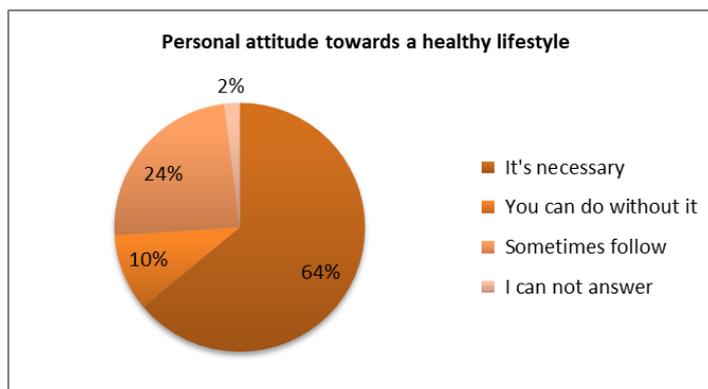


Fig. 9. Personal attitude towards a healthy lifestyle

The question of the amount of money spent on the purchase of vitamins, healthy foods (fruits, vegetables,

etc.), (Fig. 10). Almost all free money – 8%, quite a lot – 54%, few – 30%, almost no spending – 8% of respondents.

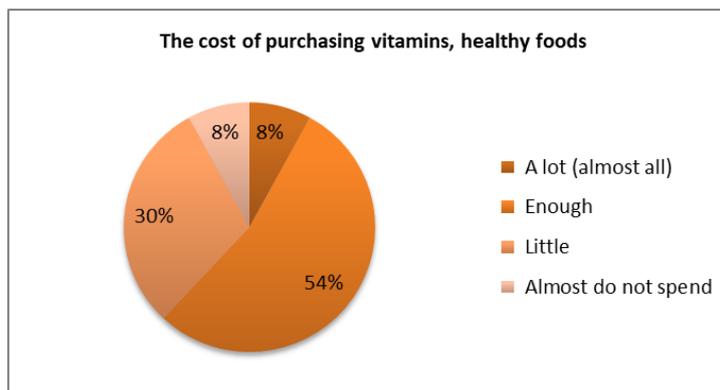


Fig. 10. The cost of purchasing vitamins, healthy foods

The question of what is necessary to increase vitality suggested that respondents select several answers (Fig. 11). Compliance with the daily routine was

chosen by 106 people, playing sports – 111 people, constant walks in nature – 95 people, drinking alcohol – 4 people, drinking energy drinks – 3 people.

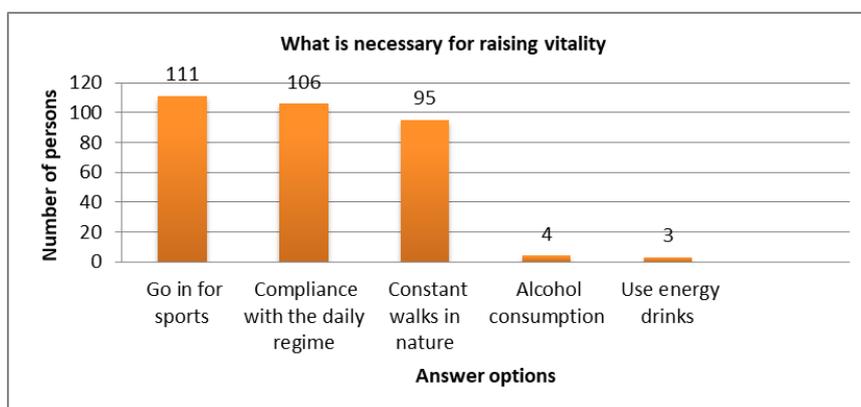


Fig.11. What is necessary for raising vitality

The most popular answers to the question of what the state needs to do to strengthen the health of the nation are as follows: motivate people to lead a healthy lifestyle, play sports, make sports cheaper, promote healthy nutrition, make rooms and sections free, promote physical education and compliance with the regime days, to educate since childhood the basics of a healthy lifestyle, monitor the environment throughout the country, reduce the sale of alcoholic beverages.

DISCUSSION

Currently, the problem of a healthy lifestyle is being actively studied and discussed by scientists from different countries.

The promotion of a healthy lifestyle, informational and educational work should be focused on the formation of a mental, figurative, conceptual and effective model for a person that allows a person to consciously and expediently carry out activities aimed at maintaining their health (Druzhilov, 2016).

A healthy lifestyle is associated with personal and motivational embodiment by individuals of their social, psychological, physical capabilities and abilities. It should be borne in mind that for a healthy lifestyle it is not enough to focus efforts only on overcoming risk factors - the occurrence of various diseases, on combating alcoholism, smoking, drug addiction, physical inactivity, malnutrition, and conflict relations. It is important to support everything that "works" to create a healthy lifestyle. The scientific basis of a healthy lifestyle is made up of the basic principles of valeology. According to them a way of life is a person's choice regarding the way and the way he lives. This choice is largely dependent on the constitutional characteristics of the individual. Therefore in the student years it is important to think over and reasonably plan your educational activities and leisure, this will allow you to do a lot, while

maintaining vigor and activity (Rakhmatov, 2016).

Authors exploring the topic of a healthy lifestyle include various components in this concept:

- Education from early childhood of healthy habits and skills;
- environment: safe and favorable for living, knowledge about the impact of surrounding objects on health;
- giving up bad habits;
- nutrition: moderate, corresponding to the physiological characteristics of a particular person, awareness of the quality of the products used;
- movements: physically active life, including special physical exercises (for example, gymnastics), taking into account age and physiological characteristics;
- body hygiene: compliance with the rules of personal and public hygiene, possession of first aid skills;
- hardening.

A person's physiological state is greatly influenced by his psycho-emotional state, which, in turn, depends on his mental attitudes. Therefore, some authors also highlight the following aspects of a healthy lifestyle:

- Emotional well-being: psycho-hygiene, ability to cope with one's own emotions, difficult situations;
- Intellectual well-being: the ability of a person to recognize and use new information for optimal actions in new circumstances;
- Spiritual well-being: the ability to set truly meaningful, constructive life goals and strive for them, optimism.
- The formation of a healthy lifestyle that promotes human health is carried out at three levels:
- Social: propaganda in the media;

- Infrastructure: specific conditions in the main areas of life (the availability of free time, material means), preventive (sports) institutions, environmental control;
- Personal: a system of value orientations of a person, standardization of everyday life.

(Vilensky, Abyzova, Gendin, Ivanov, Nikiforov G.S. et al., 2015-2018).

The monograph "Public Awareness about the Importance of Wellness for Human Life" is the result of many years of work by authors from different countries (Czech Republic, Slovak Republic, Poland, Russia, Canada), who devoted their research to one of the most pressing problems of our time - wellness and healthy lifestyle of people. Each author conducted a public awareness study on the importance of wellness for a person's life in his country. (Krejčí, Vacek, Kornatovská, Boroň-Krupińska et al, 2019).

Physical health represents one of the most important foundations of human life. It refers to the level of person's fitness and performance. Each of us wishes to have a healthy and flexible body, literally glowing energy. Then we are not tired and we feel satisfied all day. To maintain physical health, it is important to move regularly, preferably daily, to breathe properly and relax muscle tension. Muscle tension can be released in different ways, for example, by exercise, but also by laughter or relaxation. Proper exercise activity is part of the prevention of pathological processes. Adequate movement regime is a real necessity in today's sitting society. It has a beneficial effect on the whole nervous, locomotive and circulatory system, regulates the function of internal organs and endocrine glands and is a prevention of civilization diseases. Moreover, practically there is no disease that justifies an absolute ban on physical exercise and activity at all. The prohibition of physical education, as it

can still be found in schools for various reasons, is often more dangerous and risky than the opposite. The human body and the human mind are so connected to each other that the relaxation of the mind relaxes the body and, on the contrary, the relaxation of the body leads to the relaxation of the mind. This is used for e.g. healing, reconditioning. Food and body hygiene are also important factors in physical health. The diet should always be freshly prepared and a significant share of human health is also the raw food (fruits, nuts, vegetables, milk, muesli, etc.). (Krejčí, 2019).

Thus in the modern world awareness of the population about a healthy lifestyle is very important, including this applies to students. Thanks to research certain problems are identified, the correction of which will allow the young generation to improve their health, be more physically active, eat right, think correctly, and therefore become more successful in their studies, further careers and life in general. (College of Physical Education and Sport PALESTRA, Ltd., Prague 2019. 271p. Milada KREJČÍ, Ludmila VACEK, et al.)

CONCLUSIONS

In recent years the popularity of sports and a healthy lifestyle has been increasing in Russia. A study at the Department of Theory and Methods of Tourism and Recreation of the Siberian State University of Physical Education and Sports the city of Omsk made it possible to elucidate the students' attitude to the formation of a healthy lifestyle and make a number of recommendations.

Most of the respondents, 96 people, understand the category "healthy lifestyle" as proper nutrition. 57% of respondents have bad habits, 43% do not have bad habits. Out of 131 respondents, only 56 are involved in sports. 57% of respondents regularly attend various sports sections, gyms, and swimming pools.

64% of respondents follow a diet. Unfortunately, 72% do not do morning exercises. The most popular sports that are attended by students of the department are athletics 26 people, volleyball – 18 people, football 11 people. 87% of respondents go in for sports. 87% of respondents believe that a healthy lifestyle contributes to success in various fields of human activity. 64% of respondents believe that it is necessary to adhere to a healthy lifestyle. 54% spend enough money on vitamins and healthy foods. To raise their vitality, 111 people chose to play sports, 106 people observed the daily routine.

Respondents believe that strengthening the health of the nation, the state should do the following: stimulate people to lead a healthy lifestyle, including sports, make sports cheaper, promote healthy eating, make gyms and sports sections free, advertise a healthy lifestyle, and educate the basics of a healthy childhood lifestyle, monitor the environment throughout the country, reduce the sale of alcohol.

Thus this research confirmed a high degree of students' awareness of the formation of a healthy lifestyle, their involvement in sports, most of them have no bad habits. However, not yet the majority of respondents observe the proper nutrition, do morning exercises, in addition, some - 43% have bad habits.

The formation of a healthy lifestyle among students while studying at the university is the most important task of teachers. We recommend encouraging students to strengthen, maintain their health, to promote and maintain a healthy lifestyle, which will lead to an even greater increase in the number of people leading a healthy lifestyle. The educational process requires the introduction of

new knowledge about wellness aimed at developing a healthy lifestyle.

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