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THE IMPACT OF INDIVIDUAL FEATURES OF BEHAVIOR ON THE FORMATION OF A HEALTHY LIFESTYLE AMONG INDIVIDUALS WITH DIFFERENT LEVELS OF EDUCATION

Topicality of our research. Maintaining appropriate health level through a healthy lifestyle should be the main goal of every individual. First of all, "*health*" is identified as the main and the most important possession of any human being, which determines his/her ability to work, achieve success and ensure the harmonious development of personality [1; p.48].

Scientifically health is defined as a state of complete harmonious development of the organism in which all vital functions are normally performed [2; p.46]. In Ukraine the issue of forming a healthy lifestyle of students and the nation as a whole is the most pressing issue in terms of public health at the present stage of its development [3; p.184].

Aim of research is to analyze the individual peculiarities of behavior of individuals, which meet the qualificative requirements of our research, and scientifically substantiate the formation of medical students' formative principles of a healthy lifestyle in the process of obtaining different educational levels.

Results and their discussion: We conducted a survey of 150 students of the Zhytomyr medical institute of Zhytomyr regional council, including the vocational college. Among respondents 85.3% of the interviewed were females and, respectively, 14.7% of the surveyed were males; the age of respondents ranges from 15 to 48 years; statistically, the age of the students who participated in the experiment varied in the following ration: 17 years – 21.3%, 18 years – 14%, 19 years – 13.3%.

Also, the level of education of the surveyed was the following: junior bachelor (58.7%); bachelor (20%); master's degree (21.3%).

The highest priority values of life, which occupy a prominent place in the lives of students, is indicated in the following way: 37.3% chose a family as the priority; 30% highlighted their health; 18% preferred freedom, which is manifested by independence and autonomy; for 10.7% the priority is materially secure life; the last positions in priority are occupied by: social acknowledgement (respect of the peers) – 2%; entertainment (pleasant lifestyle with minimal responsibilities) was chosen by 1,3% of respondents; friends and acquaintances occupy prominent place in the lives of 0,7% surveyed.

The preservation of health is directly influenced by various factors. According to the students, the most important health-impacting factor is the observance of the customs and rules of a healthy lifestyle – 68%; 7.3% believe that the level and availability of medicine and medical care is of major importance, and 10.7% are inclined to believe that the ecological state of the environment affects the preservation of health; only 4% identified genetic heredity as the crucial factor of health status' changeability. It is important to emphasize that 48.7% of respondents claim that they lead a healthy lifestyle only occasionally; 13.3% do not stick to the rules of HLS at all; 16.7% of participants find it difficult to answer this question, and only 21.3% say that they lead a systematic healthy lifestyle.

The main motive for leading a healthy lifestyle for students is the desire to be healthy and strong (33.3%); 14% surveyed see it as the means to succeed in many areas of life; 26.7% of respondents exploit it to amplify sense of confidence and emotional well-being; 26% of individuals identify HLS as the way to become spiritually rich and healthy person.

In addition, among motivational factors for a healthy lifestyle, according to students, prominent place is given to willpower – 70.7% of respondents chose this option; 13.3% claim that the availability of financial resources plays an important role; others emphasize the need for certain skills, abilities (9,3%) and the availability of relevant knowledge (6.7%). Quite often the opinion of the acquaintances, family, role models is taken into consideration – 72% of students supported this idea; the attitude of 18% Respondents' health is directly influenced by the media, while 5.3% are impacted by peers and friends; 4.7% of participants require a piece of advice from their teachers.

It should be noted that more than half of the respondents (65.3%) rated the level of their awareness of possible negative impacts on their health as "medium"; 28% said that they have a "high" level on the main issues of healthy lifestyle; 2.7% identified their level of awareness as "low"; 4% did not provide a clear answer, as this question was "difficult to answer". It is important that students rate their physical condition and development, so 2.7% rated their overall physical parameters as "low"; 72.6% rated it as "medium"; 20.7% identified it as "high" and 4% chose "difficult to answer" option.

Only 13.3% of surveyed follow a proper daily routine; moreover, 35.4% of students have bad habits that can harm their health; 48.7% have a negative attitude towards smoking, 56.7% of students (more than half) noted about the neutral attitude towards alcohol use; positive indicator is that students have a negative attitude towards the use of various drugs among the majority of those surveyed 96.9%.

Also, more than half of the respondents (56.7%) try to adhere to a regular and complete diet. As a result of generalizing the data obtained, the most common and effective options to overcome stress among the students are the following: listening to music or watching a movie, simple physical activity, talking to a loved one. However, it should be noted that there are students who struggle with stress through bad habits and stress-eating. It is necessary to dwell on the following question, which involves obtaining information about the causal links that contribute to the irrational nutrition of students. According to the majority of respondents, one of the main reasons is lack of time (54%), reluctance to cook at all (22%), lack of financial resources (14%), unawareness of the basic principles of healthy eating (10). The majority of respondents have the opportunity to change the quality of their food, balance and rationalize it - 58.7% confirmed this fact, but 13.3% are unable to do so due to a number of reasons.

90% of respondents believe that systematically organized physical activity is necessary for a healthy lifestyle, but only 28% of the surveyed are systematically engaged in the corresponding activities. 66.7% believe that it is necessary to add a health-preserving competence forming component to the educational programs; 50% consider the environment of the Institute a favorable area for health preservation.

Conclusions. It is confirmed that the lifestyle of a modern applicant of education directly affects the efficiency and success in obtaining different educational levels. Therefore, every individual must possess knowledge of rationalization and adjustment of his/her lifestyle. Thus, the problem of formation of health-preserving competence in students and applicants of education proves its relevance and topicality.

Therefore, in order to maintain and strengthen the health, it is necessary to extent the understanding of health and disease, as well as the ability to use all aspects of HLS and its components to form a positive attitude to a healthy lifestyle. It should be noted that the level of health is usually directly related to the level of education. It is believed that the higher the level of education is the better the overall health indicators would be. It is impossible to take care of one's own and public health without appropriate corresponding knowledge.

The training of highly qualified specialists who are aware of the health-preserving means and methods in the system of education of Ukraine includes not only the process of mastering subject knowledge and vital competencies, but also the formation of relevant life values, the result of which is their ability to independently "manage" their health. The students have also emphasized the urgent need to transform the educational environment into a health-friendly and stress-relieving entity that would contribute to the fulfillment and realization of the "Healthy nation" state concept.

Prospects for further research. Development of practical recommendations for motivating students to form HLS during the acquisition of different educational levels in higher education is the priority goal of our research. In order to fulfill it, we must investigate the overall application of corresponding educational material, which will promote improvement of a level of health of the population and will correspond to the state "Healthy nation" concept. These materials will be spread via the social media, audiovisual materials for interviews, student- and teacher-oriented lectures

aiming at increasing the awareness of the current health-preserving issues, forming the necessary health-directed competencies, stimulating the interest in health, as well as organizing socio-pedagogical and educational trainings, educational activities to promote a healthy lifestyle.

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A NEGATIVE IMPACT OF UNHEALTHY LIFESTYLE ON A STUDENT'S BRAIN

Admission: The most dangerous habits are obtained at a relatively immature age. Such habits often cause considerable damage to human existence – premature aging of human body and the acquisition of diseases of various kinds.

Aim of the study: This study aims at clearly specifying the worst lifestyle habits done by university students, and how these habits could influence students' academic achievements. Our paper explains the category of bad habits that both harm human health and restrict person from the full use of his abilities throughout his life.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared. A 18-item questionnaire was formulated and randomly distributed to 20 students. Based on the findings of the study, relevant interpretations were discussed, and some recommendations were suggested.

Most research on habit is based on correlational studies using self-report measures. Habits form through repetition of behaviour in a specific context [1]. Depending on students' perceptions, the worst lifestyle habits most students suffer from are lack of sleep, studying overnights, overuse of multimedia and alcohol.