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THE INFLUENCE OF DYNAMIC SOCIETY ON STUDENTS' HEALTH

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ABSTRACT

The aim: The article examines the impact of a dynamic society on the health of students of pedagogical specialties, identifies approaches to the formation of self-preserving and health-preserving behavior in student youth.

Materials and methods: A set of methods was used in one-step (cross-sectional) research: general scientific (analysis, synthesis, comparison, systematization, generalization), empirical (observations, interviews, questionnaires) to determine the impact of negative factors of a dynamic society on student health. The object of research is the process of the impact of a dynamic society on student health. Subject – factors influencing the dynamic environment on the health of students of the first (bachelor's) educational level of pedagogical specialties.

Results: In our opinion, the dynamism of modern society is an important factor in changing the personality of a young person to understand the value of their own health, awareness of the relationship of physical, social, spiritual, and intellectual development in health. The results of the study are based on a survey of students. The questions were formulated in such a way as to investigate the influence of the factors of a dynamic society on the well-being and health of the respondents. The study was conducted remotely during the COVID-19 pandemic using a Google questionnaire.

Conclusions: The results of the survey of students provided an opportunity to study the impact of dynamic society factors on the well-being and health of respondents and find out the importance of responsible self-preservation and health-preserving behavior and professional career.

KEY WORDS: life strategy, healthy behavior, factors, student youth

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INTRODUCTION

Modern society is characterized by a high level of dynamic development of all its spheres: manufacturability of production processes, material, spiritual, communication and other spheres of life, leading to changes in personality, especially perceptions of health and factors that affect it. On the one hand, these changes are positive because they stimulate the competitiveness of the individual, his/her creativity, flexibility in acquiring and applying knowledge and skills. On the other hand – the dynamic development of modern society has a negative impact on human well-being, health, not only causing stressful situations, but also forcing neglect of health in favor of other needs: the desire to be realized professionally and personally, “catch up”, to combine education with earning money, etc. Thus, there are contradictions between society's requirements for the level of human health and its real state: society needs the health of its citizens, but in the conditions of its dynamic development it is difficult to achieve. The constant changes and transformations of the living space of modern man are so serious that society is forced to comprehend its consequences, developing appropriate strategies to prevent min-

imizing the negative impact of various factors on various spheres of life and taking care of health. Research shows that today's human health is not only deteriorating, but also the “fashion” for health is disappearing, and states that educational institutions mostly do not pay due attention to the formation of a positive attitude to health and do not consider factors that destroy health [1].

Young people are a progressive part of any society. During the student years, a person actively masters various areas of life: studying in a higher education institution, work, communication of interests, personal relationships, building one's own life strategy etc. Adolescents develop ideas about the value of health, responsible health-preserving behavior.

The state of health of young people is an important indicator of social well-being of the society. “Analysis of modern domestic and foreign literature on issues of health of students' youth indicates the presence of negative trends to deterioration of health students” [2]. At the same time, the state of youth health is one of the acute medical and socio-economic problems of our country [3]. In addition, in recent years there is a tendency of negative impact of

the intensification of the educational process of higher education institutions on the motor activity of students [4].

Note that the modern approach to the concept of “health”, based on the definition of the World Health Organization, is systemic, integrated, holistic, considering not only physical well-being but also other parameters of human condition, namely: emotional, level of its sociality and spirituality, intellectual development, way of life. All components of health are the result of the interrelated impact of the ecology, social environment, lifestyle, including its guidelines for health. In modern market conditions, the success of self-realization in professional activities is determined not only by professional knowledge, but also mental and physical well-being and attitude to their health [5]. The educational policy of our state is aimed at the formation of the growing generations of health in all its components: physical, mental, social, spiritual, which is reflected in the regulations [6-10] and others.

THE AIM

To determine the influence of the factors of a dynamic society on the health of students and approaches to the formation of self-preserving and health-preserving behavior in student youth; to analyze the results of the survey of students of the first (bachelor’s) level of specialties 012 Preschool education and 013 Primary education.

MATERIALS AND METHODS

Conducted a one-step (cross) study using a set of methods: general science (analysis, synthesis, comparison, systematization, generalization), empirical (interviews, questionnaires) to identify levels of understanding of the factors influencing a dynamic society on the health of student youth. The object of research is the process of the impact of a dynamic society on student health. Subject – factors influencing the dynamic environment on the health of students of the first (bachelor’s) educational level of pedagogical specialties.

RESULTS

During the research, a survey of students was conducted. The questions were formulated in such a way as to reveal an understanding of the influence of the factors of a dynamic society on the well-being and health of students. Factors in the context of research are understood as a condition, driving force, the cause of the process of impact of a dynamic society on student health. Students got acquainted with them in the disciplines of the psychological and pedagogical cycle, which students study within the educational and professional program, and in the Center for Self-Knowledge and Self-Development, which operates at the Pedagogical Institute of Borys Grinchenko Kyiv University. Students also take an active part in organizing a safe, healthy, inclusive educational environment of higher education institutions and preschool and general second-

ary education institutions in the process of pedagogical practice, in the formation of spirituality, healthy lifestyle.

After analyzing the answers to the question: “Identify, in your opinion, the main factor on which human health depends”, we positively note the high level of students’ understanding of the value of their own health by defining lifestyle (79.2%) as a major factor in health impact. At the same time, 6.2% and 6.3% of respondents prefer social factors and the quality of modern medicine, 7.3% – the importance of environmental factors in the impact on human health. Moreover, the progressive views of modern youth on their own responsibility for health should be noted in contrast to many of our citizens who tend to shift the responsibility for deteriorating health to adverse environmental conditions and inadequate, in their opinion, quality of health care, not considering negative factors of their lifestyle: smoking, alcohol, unhealthy diet, sedentary lifestyle, etc. Confirmation of the previous result can be found in the answers of the respondents to the question “How do you think health affects a person’s lifestyle, spirituality, worldview, attitude to one’s own health and to other people and nature.” Again, we note as a positive fact the answers of 69.8% of respondents – “very strong influence” and the fact that no student noted the position – “does not affect at all.” It should be said that 69.8% of respondents showed an understanding of the importance of health for building and implementing a life strategy and professional career, and 30.2% – said that it affects in some way.

Unfortunately, a large part of our society does not tend to pay attention to the spiritual component of health, noting the importance, first of all, of the physical and mental components of health. Instead, the spiritual component of health is extremely important for the person of the XXI century, which is evidence of his/her acceptance of universal values, cultural heritage of mankind, desire for self-improvement, including health, understanding of the environment and one’s place in it. This is confirmed by the students’ answers to the question: “Determine how a person’s health is affected by his/her spiritual development, which determines the purpose of his/her existence, ideals and values”. Thus, 27.1% of respondents said “very strong influence”; 71.9% – “affects in a certain way”; 1% – “does not affect”. Young people need to realize that it is impossible to achieve spiritual health without maintaining physical health, and vice versa. Violation of human harmony between the physical and spiritual negatively affects both areas of one’s life [11]. It is important for future teachers to understand the focus of modern education on the formation of children’s spirituality, a healthy lifestyle that will ensure the harmonious development of a growing personality.

The answers to the questions: “How do you think health is affected by the ability to properly assess and perceive their feelings and sensations, consciously manage their emotional state” were distributed as follows: 55.2% – “very strongly affects”; 44.8% – “affects in a certain way”; 0% – “does not affect at all”. In further communication, students noted that negative emotions from the mismatch of expect-

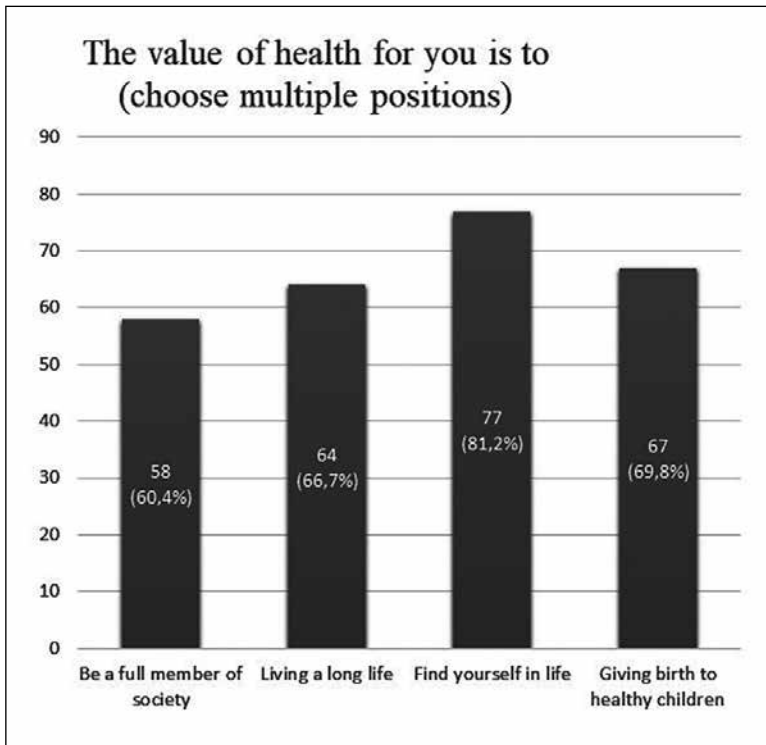


Fig. 1. Factors determining the value of health for students

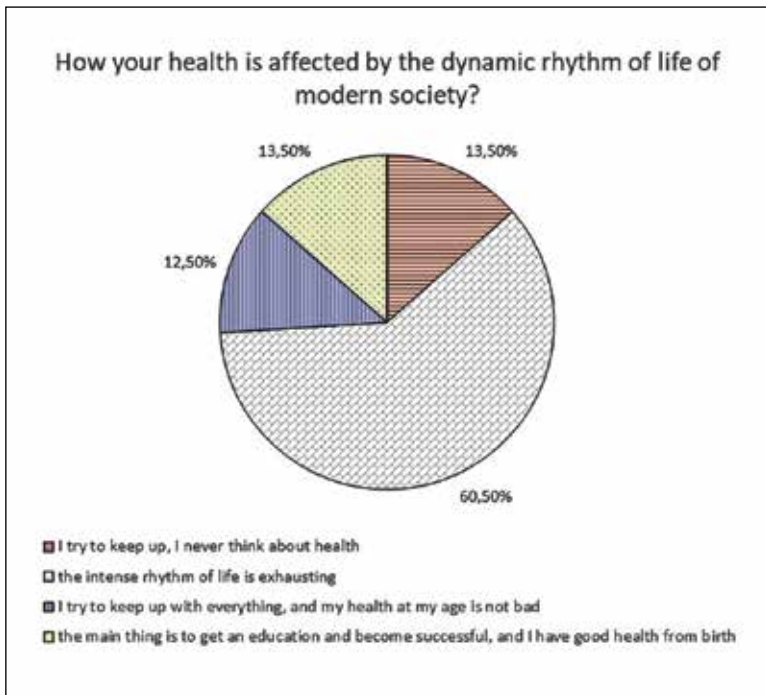


Fig. 2. Indicators of the impact on students' health of the dynamic rhythm of life in modern society

tations of real life, tension in communication with family and friends lead not only to bad moods and depression, but also cause headaches, tachycardia, fatigue. At the same time, 47% of students said that human health depends not so much on the events that take place in our lives, but on the reaction to them. If one mobilizes, assess the situation realistically, can manage one's emotional state, it will not affect one's well-being. Thus, 53% of students agreed with this statement, but noted that it takes a long time to develop psychological mechanisms of protection against the negative factors of the environment. Indeed, man

becomes alienated from nature, instead absorbed by the problems of society and lives by them, immersing himself in various sources of information, often from the inability to dissociate from secondary stimuli. This not only causes internal disharmony, but also destroys physical health. Students are right that good health depends on the ability to work on oneself. It should be borne in mind that the guidelines of human existence are the values that organize one's life, significantly affect the direction and content of one's social activity, behavior and actions, the attitude to the world, to oneself, including one's own health. Young

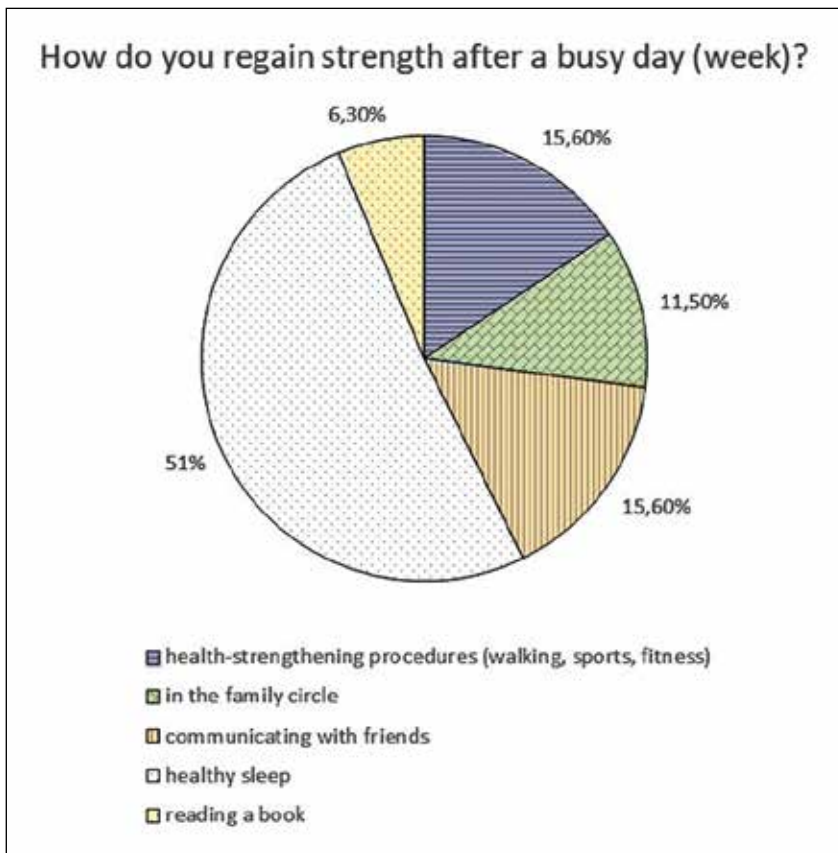


Fig. 3. Methods and indicators of recovery of students after a busy day (week)

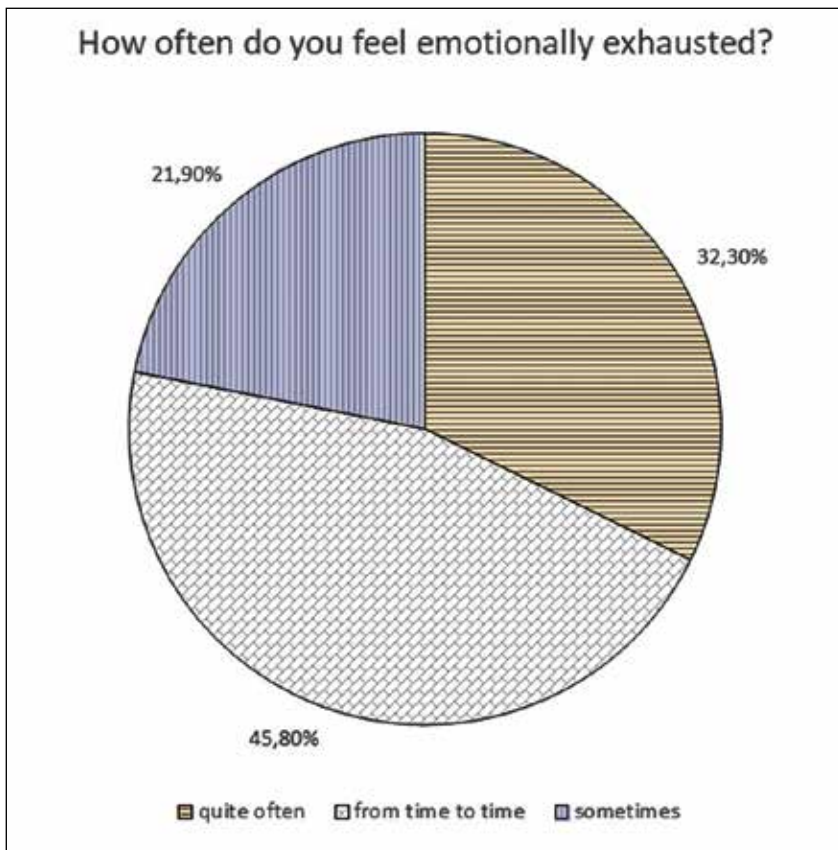


Fig. 4. Indicators of the frequency of emotional exhaustion of students of the institute

people experience psychological comfort and satisfaction when the environment is in tune with their value system. Otherwise – they feel stress, inner anxiety. For example,

students who came to study at a higher education institution from small towns and villages, accustomed to closer, direct, warm relationships with family members, friends,

neighbors. In a big city, this seems impossible: people are quite treacherous from each other. Young people also attach great importance to the concept of "personal space", in which students include not only the area within which a person feels comfortable, cozy, and free, but also its essential feature – "personal development" [12].

Students' answers to the question "The value of health for you is to..." (with the possibility to choose several positions) were as follows: 60.4% of respondents said that it is important for them to be a full member of society; 66.7% – live a long life; 80, 2% – to find yourself in life; 69.8% – to give birth to healthy children (Fig. 1).

In response to the question "Do you agree with the opinion of scientists that health is one of the conditions for achieving maximum success in education, training, productivity, optimistic and life-affirming attitude to everything that is happening" 52.1 % of respondents completely agreed; 44.8% – partially agreed: success in education and training depends more on other factors; 3.1% disagreed: these achievements are not related to health at all, but depend on other personality traits. Thus, most students are aware that health determines a person's ability to self-actualize.

When asked "How does the dynamic rhythm of life in modern society affect your health", 13.5% of students answered: "I try to keep up, I never think about health"; 60.5% – "Tense rhythm of life is exhausting"; 12.5% – "I'm trying to keep up, and health at my age is so good"; 13.5% – "The main thing for me is to get an education and become successful, and my health is strong from birth" (Fig. 2). In this aspect, it is important to note that most young people are not aware of the detrimental effects of chronic fatigue on the body. Modern living conditions cause a growing remoteness of man from nature, immersed in the problems of society. Clarifying students' perceptions of the impact of a dynamic environment on their health, they approved the ability to achieve their personal and professional aspirations through certain long-term constraints (1-3 years), including: rest, study and work, study at two higher education institutions at the same time and work. Some of the young people were even proud of their endurance and good functioning, but most admitted that it is difficult to combine work and study, it is impossible to "catch up", and therefore there is a risk of "falling behind" the pace of modern society.

Regarding the answer to the question "How do you regain strength after a busy day (week)", 15.6% of respondents said that they are engaged in procedures that promote health (walking, sports, fitness); 11.5% – regain strength in the family, 15.6% – regain strength in pleasant communication with friends; 51% – trying to sleep; 6.3% relax by reading books (Fig. 3).

The answers to the question "Do you follow a healthy lifestyle" were distributed as follows: 17.7% of students said that they must follow a healthy lifestyle; 66.7% – try, but do not have time; 15.6% – do not follow. Importantly, among the reasons that most often cause students stressful situations (it was suggested to choose several positions): 54.2% said that stress causes them fear of the future; 18.8% – pandemic;

39.6% – disappointment in the future profession; 80.2% – heavy training load; 30.2% – fear of not being interesting to others; 63.5% – feelings for the health of loved ones; 43.8% – unsatisfactory financial condition. To the question "How often do you feel emotional exhaustion?" 32.3% of respondents said "quite often"; 45.8% – "from time to time"; 21.9% – "sometimes"; 0% – "never" (Fig. 4). Students detailed what they associated with emotional exhaustion (it was suggested to choose several positions). Thus, 16.7% of respondents said that emotional exhaustion is associated with the fact that they do not like the future profession, and learning takes a lot of effort and time. Note that this is a worrying factor for teachers, as the teaching profession is difficult in organizational and psychological terms, associated with great responsibility. The formation of a growing personality depends on the educator, the teacher, so there should be no random people in this profession. The study found that such students experience anxiety and stress from thinking about the profession, and entered the pedagogical specialties on the advice of parents. 56.2% of students noted the reason for the feeling of emotional exhaustion, the mismatch of real life expectations; 8.3% – dissatisfaction with personal relationships; 16.7% – conflict in the immediate environment; 2.1% – excessive control by relatives.

To the question "How often do you feel tired?", the answers of students were distributed as follows: 45.8% – "quite often"; 43.7% – "from time to time"; 10.5% – "sometimes"; no student answered – "never". Among the factors associated with the occurrence of fatigue, students noted (it was suggested to choose several positions): 70.8% – heavy workload; 60.4% – some subjects are difficult and require more effort, at the same time there is a desire to study well and get high scores; 56.3% – a combination of study and work; 33.3% – performance of economic duties; 13.5% – exhausting personal relationships. When asked about the amount of time needed to recover, only 1% of respondents said 1-2 hours; 8.3% – 3-4 years; 16.8% – 1 day; 20.8% – 2 days; 12.5% – a week. The majority of students (40.6%) noted the importance of a good night's sleep. The living conditions and well-being of the young man were undoubtedly affected by the pandemic: distance learning has reduced the number of direct contacts with friends, classmates, and relatives.

DISCUSSION

Modern means of communication save time by providing distance learning and work, communication, entertainment, etc., and at the same time create an additional burden on mental health, including risks of immersion in virtual life instead of overcoming the challenges of reality. This is also the reason that affects the lack of recovery, fatigue, stress of modern youth. Of concern is the high percentage of responses to the emergence of stressful situations in students due to the heavy workload, the complexity of educational programs. At the same time, a significant number of students consider education and the development of professional competencies important.

On the positive side, students from other cities have gone through a difficult phase of adaptation to living conditions in a big city, found friends, advisers among their teachers, and some even the workplace. As a result, anxiety and worry disappear, which negatively affects well-being. Clarifying students' perceptions of the impact of a dynamic environment on their health, they found the advantage of achieving dreams and aspirations in professional and personal life. Some students continue to be proud of their endurance and stable functioning of the body. However, most agree that even young people find it difficult and often impossible to have time to work and study well, successfully build personal relationships and act in the rhythm of modern society, which hinders their well-being.

“Components of learning: social comparison and evaluation, dissatisfaction with the process and the result of learning, feelings of injustice in the assessment of knowledge, unjustified hopes, difficulties in communication are factors of emotional burnout” [13]. For comparison, according to foreign researchers: “The academic, social and emotional adjustment is influenced by a number of factors. As freshmen arrive at university with different personal, social, cultural and linguistic backgrounds, and characteristics, the factors that affect the adjustment process necessarily vary from one student to another. However, gender, self-esteem, and student expectation of university life have been identified as important factors influencing successful adaptation” [14]. Many studies explored the challenges and hurdles experienced by students attending institutions of higher education in the US. In particular: “These difficulties include, but are not limited to, difficulties adjusting to the academic culture, misunderstanding, and complications in communication with faculty and peers; stress, anxiety, feeling of isolation, social experiences, culture shock, financial hardships, lack of appropriate accommodation, isolation and loneliness, and any adaptation in their daily life” [15].

CONCLUSIONS

Theoretical understanding and the results suggest that the health of young people in general and its components such as emotional state, physical well-being are influenced by social factors: dynamism and saturation of modern life, economic condition of society, industrial, family, and personal relationships. Obviously, the socio-economic situation in the country directly affects the opportunities and needs of young people, including in the field of health: the opportunity to attend sports, fitness clubs, etc., but above all it affects the emotional state of young people, causing uncertainty in the future.

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The Authors declare no conflict of interest.

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