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**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ  
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ  
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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## ISSUES OF THE HEALTHY LIFESTYLE ADHERENCE DURING UNIVERSITY DAYS

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**Introduction.** The issue of the modern higher education system is searching for optimal ways of training highly qualified specialists with a high level of competitiveness in a market economy. In this regard, the adaptation of young professionals to new conditions requires them to possess a deep professional knowledge, sustained efficiency and good physical health.

Many scientists noted that a healthy lifestyle expresses the individual focus on strengthening and development of personal and public health, realizes the most valuable type of disease prevention – primary prevention, promotes critical needs in the active body-movement activities and physical exercises. Some researchers believe that the healthy lifestyle of students should necessarily include the following practical components that provide health: rational work; rational nutrition; rational physical activity; body hardening; personal hygiene; refusal of bad habits; active interaction with nature; optimal personal relationships; motivation to health and healthy living.

The analysis of scientific sources indicates a significant research intensification of domestic and foreign scholars to certain aspects of physical education and healthy lifestyle adherence during university days. The main reasons for the negative state of health of future professionals is the lack of motor activity and the lack of formed value orientations to support and strengthen health. The low level of students' health makes essential the search for ways to its strengthening. Today, unfortunately, the structure of health lifestyles is not fully revealed, as well as the composition of its most effective components, the degree of regular use and activation of this process.

**The aim** of our research – to check that students of the National University "Odesa Law Academy" adhere only a few practical components that contribute to health promotion, and to identify the percentage of students who actually use them during university studies.

**Research methods:** analysis and synthesis of literature on the issue of health preservation, attitudes and features of formation of students' needs in a healthy lifestyle; questionnaires; mathematical processing of research results.

To solve the research issue we conducted a survey developed by prof. R.T. Raievskiy. The study involved 124 first-year students of the Judicial and Administrative Faculty of the National University "Odesa Law Academy" and 116 fourth-year students of the same faculty who answered the proposed questions and chose the most appropriate answers for them. The questions were grouped into sections: student work features, eating habits, physical activities, personal hygiene and hardening. In this publication, we will only consider the adherence of some components of a healthy lifestyle by students. As a result, the study found that 53 % of first-year students work to the best of their abilities, 37 % – only occasionally, 10 % – seldom. Questioning the fourth-year students prove that they have changed their attitude to health: 65% work to the best of their abilities, only 32 % – sometimes, 3% – seldom. The workload of 31 % of first-year students does not exceed their physical capacity, 58% – sometimes exceeds, 11 % of girls – very seldom. The workload of 26 % surveyed IV-year students does not exceed their physical capacity, 65 % – sometimes exceeds, 9 % – very seldom. Only 30 % of first-year students rationally alternate work with rest, most students (53 %) – only occasionally, 17 % answered "very seldom". 53 % of IV-year students rationally alternate work with the rest, 40 % – occasionally, only 7 % answered "very seldom". Only 13 % of first-year students are engaged in the prevention of fatigue and daily after-work restoration, 59 % – only sometimes, 28 % never or very seldom. 23 % of IV-year students are engaged in the prevention of fatigue and daily after-work restoration, 63 % – only sometimes, 14 % – very seldom. The total of 24 % of first-year

students organize their rest at the end of the week, 65 % – have a full rest in vacation time, 11 % never have a full rest. The IV-year students' results changed as follows: 37 % of respondents organize their rest at the end of the week, 56 % – have a full rest in vacation time, 7 % never have a full rest.

Our results are consistent, to some extent, with the data obtained by other researchers, bringing the objective state of the issue.

Based on the research we can draw the following **conclusions**:

1. First-year students of the Law Academy do not always include components of a healthy lifestyle in their daily routine, and if they do - only sporadically.

2. Understanding the value of health, teaching students to determine their level of health is the most important task of the university, which will promote the improvement of physical fitness that greatly affects the professional activity at an appropriate level.

Students' non-adherence of a healthy lifestyle should be considered as a teaching issue, where the main task will be to form abilities and skills of the time planning, development of moral and spiritual potential as one of the elements of the culture of students who have to think about their future right now.

Considering the urgency of the problem and the need for its detailed study, in the further research it is planned to develop guidelines that would help students optimize the formation process of a healthy lifestyle.

### **Literature**

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