

Formation of Motivation to the Upbringing of Healthy Life Style in Students

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Abstract- The article involves the problem of a healthy lifestyle and the formation of motivation for the upbringing of a healthy lifestyle (HL) of future teachers of educational institutions. The concept of motivation principles of the formation of the motivation of healthy lifestyle is described; information on the results of experimental studies is given.

Index Terms- health, healthy lifestyle, components of healthy lifestyle, motivation, structure of motivation, attitude to healthy lifestyle, principles of motivation of healthy lifestyle, healthy-saving culture.

I. INTRODUCTION

HL (healthy lifestyle) is a social category. When we talk about healthy lifestyle, it means that we are talking about the active life of society (class, social group, personality, etc.). At the same time, humanity is an integral part of the biological world, and we should not forget about the spreading of the biosphere laws to the organic and inorganic world [4, p. 122].

The problem of a healthy life style is the most important problem for a person, contributing to the full development of a person in the field of work and have a rest, scientific justification, social and hygienic activities. In solving this problem, the large significance involves the formation of motivation for the upbringing of healthy lifestyle.

When we talk about the role of the motivational factor in the formation of a healthy lifestyle, first of all, future educators should know what is the motivation. The motivation is to act in such a way, that a person, in its content, can begin to perform certain activities. In particular, the motivational factor in the problem of the formation of healthy lifestyle is aimed at ensuring that people understand the importance of health preservation and health culture [3, p.301].

Culture of health is a scheme of life values, based on knowledge about the essence of health (including the ways and methods of its formation, preservation and strengthening) and regulating people's behavior in the process of vital activity. It is possible to successfully educate a health culture may be under forming a healthy lifestyle motivation on the basis of relevant principles. According to literary data, the basic principles of the formation of the motivation for healthy lifestyle, directed at creating a system of personal values, which occupies an active life position, developmental motivation for self-development and self-improvement, allowing to ensure the formation of health-saving

behavior strategies and the creation of a health-saving environment, the followings are:

-the principle of aceologicality, ensuring the formation in people of worldview ideas about universal values, respect for themselves, for their health and the health of others, about the preservation of somatic, mental and moral health;

- the principle of gradualness, which provides for the sequence of realization of the goals and objectives for the formation of a healthy lifestyle, achieved through the regulation of physical and mental loads and their consistent increase, complementing factors that contribute to the preservation of children's health;

-the principle of individuality, based on the experience of intercultural activity, including the system of the concept of knowledge and skills, leading to the rejection of negative deviations and the formation of the correctness of students' behavior;

-the principle of acquiring the skills of health preservation and sannogenic thinking, allowing to optimize the lifestyle of the individual, to actively engage in individual health, based on changes in the motivational environment of the individual;

- the principle of holism, orienting to consider a person as a holistic being in the system of "personality-environment";

-the principle of causality, related with the knowledge of cause- investigative relations in the organism and allowing person can see the whole process of formation of a healthy lifestyle motivation as the choice of one's being;

-the principle of apperception, promoting awareness and search for the presence in the organism of health mechanisms;

-the principle of anticipation, which allows to anticipate behavioral models, focused on holistic health-saving activities, sociocultural standards of healthy lifestyle;

- the principle of functional consistency, related with the formation of health standards, taking into account the characteristics of diseases;

- the principle of ethnic differentiation is based on Eastern and Western health doctrines, being the main reference point in the understanding of painful manifestations at the psychophysiological and socio-psychological levels [1, p. 102].

It is established that motivation is an external or internal motivation of the subject to work in order to achieve some goals, the presence of interest in such activities and the ways of its initiation, urge. The motives for maintaining healthy lifestyles are formed under the influence of the entire system of pedagogical influences, first of all is tried in the process of direct educational activities. The education of positive motivation for healthy

lifestyle depends on the content of training, the organization of the educational process, the personality of the teacher [2, p. 192].

As you know, basic information about healthy lifestyle, students receive in the studying of course subject of “Basics of Valeology”, in the process of assimilation of which he acquires health-saving knowledge.

In the context of the above, we carried out research with students of the faculties of biological, preschool and methodology of primary education in order to determine the level of the formed motivation of the healthy lifestyle of students of a pedagogical educational institution. The following indicators of motivation for the formation of a healthy lifestyle were considered:

- degrees of displaying the healthy lifestyle in life activity;
- components of a healthy lifestyle;
- motivation composing of a healthy lifestyle;
- socialization of healthy lifestyle;
- the direction of motivation for healthy lifestyle;
 - the direction of the motivation of healthy lifestyle, depending on ability (according to ability);
- energy of motivation of healthy lifestyle;
- - truthfulness (justice)of the motivation for healthy lifestyle.

During the survey of future teachers, it became clear what does influence them to conduct healthy lifestyle and why do they lead healthy lifestyle, which did make it to characterize the composition of the structure of the motivation of healthy lifestyle, generalization and focus of motivation for healthy lifestyle, as well as the focus of motivation on methods of healthy lifestyle, the energy of motivation of healthy lifestyle and its effectiveness.

At the first stage of research, the initial level of motivation for healthy lifestyle was identified, which was compared with the data obtained at the end of the pedagogical experiment, in the course of which the program of the experiment developed by us was implemented, including the holding of special classes on the methodology for the formation of healthy lifestyles, interactive methods, games and health-saving technologies, the formation of the philosophy of health and healthy lifestyle were used.

A comparative analysis of the data, obtained during the course of the pedagogical experiment, it was revealed that significant positive shifts in the development of motivation for a healthy lifestyle among students of experimental groups.

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