

Influence of technology of formation of skills of healthy lifestyle on changes of physical activity of students

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Purpose: to define influence of technology of formation of skills of healthy lifestyle on physical activity of students.

Material & Methods: 90 students of the III course of the specialty "Fine and decorative and applied arts" of Lviv national academy of arts took part in the research. The following methods were used: theoretical analysis and synthesis of data of scientific and methodical literature, sociological methods (questioning), and methods of mathematic-statistical data processing.

Results: it is revealed that the optimization of process of formation of skills of healthy lifestyle is possible on condition of logical combination in the program of physical education of theoretical, methodical and practical components; it is found out that the content of the discipline "Physical education" in higher educational institutions of the art direction has to promote the formation of the corresponding skills which will promote the correct physical self-improvement of students. It is defined that students of the experimental group had positive shifts according to all characteristics which were studied.

Conclusions: it is proved that the created technology of healthcare education is more effective, than traditional for students of the specialty "Fine and decorative and applied arts".

Keywords: healthy lifestyle, physical activity, students, technology.

Introduction

As native and international experience testifies, physical education and sport in the higher school is the integral component of formation of the general and professional culture of the personality according to requirements of time and has to provide the increase in level of working capacity, preservation and promotion of health, to promote the continuation of active longevity of the person [3].

Sports education is the complete complex of knowledge, skills, psychological features (qualities), and beliefs in need of maintaining healthy lifestyle [5]. The process of physical education, first of all, is directed to the improvement of physical preparedness, and already then to the formation at students of knowledge, skills that in the future will give them opportunity to carry out recreational activity fully in non-core higher educational institutions.

Undoubtedly, the high level of formation of healthy lifestyle at students depends more on quality of the organization of work on physical education, pedagogical conditions of management of physical activity [6; 7; 8]. However, the researches which characterize the technique of formation of skills of healthy lifestyle of students of higher educational institutions of the different professional direction including people of creative professions, is insufficiently for today.

The change of priorities in the system of physical education of students-artists concerning the improvement for the sake of optimization of the process of formation of skills of healthy lifestyle at them comes down to change of the target orienta-

tion of contents and organizational aspects, namely – to the transition from some kind of categorical requirements concerning the performance by students of tasks to studying of their interests and the needs for the sphere of corporal and spiritual self-improvement. Especially, in our opinion, it concerns students of creative professions.

We consider that the process of formation of skills of healthy lifestyle belongs to spheres of both study, and education of students-artists as in the conditions of management of behavior, that is study, it is necessary to cultivate the culture of health at students. The researches of M. Amosov [1], V. Baronenko [2], N. Brayko [4], T. Krutsevich [5] and many others, also convince that physical longevity is the integrated result of many circumstances of life, forms of education and types of professional activity of the person.

Communication of the research with scientific programs, plans, subjects

The work is performed according to the Built plan of the research work in the sphere of physical culture and sport of the Ministry of Ukraine of family, youth and sport on the subject 3.9 "Improvement of the scientific principles of sport for everybody, fitness and recreation", for 2011–2015 (number of the state registration is 0111U001735).

The purpose of the research:

to define influence of technology of formation of skills of healthy lifestyle in physical education on physical activity of students.

Research tasks:

1. To define the ways of optimization of the process of formation at students of art specialties of skills of healthy lifestyle.
2. To find out the degree of formation of skills of healthy lifestyle of students of the specialty "Fine and decorative and applied arts".

Material and Methods of the research

90 students of the III course of the specialty "Fine and decorative and applied arts" of Lviv national academy of arts participated in the research. All students were distributed on two groups: control (CG) – 45 persons and experimental (EG) – 45 persons. Students of the control group studied according to the traditional training program of physical education, and the process of study of students of the experimental group was followed by the introduction of healthcare technology of education.

The following methods of research were used for the solution of the put tasks: theoretical analysis and syntheses of data of scientific and methodical literature, sociological methods (questioning); methods of mathematic-statistical data processing.

Results of the research and their discussion

The technology of healthcare was developed at the previous investigation phase that generalizes in certain the system of not only the use of means of physical culture, but also the process of improvement of personal qualities, physical development, state of health, psychophysiological potential, through the formation of beliefs in need of continuous physical self-improvement. The generalized technology of healthcare displays and considers specifics of the professional activity of students-artists, their specific features and a lot of other factors. The created healthcare technology of education has cross-disciplinary, integrative, complex, fundamental structure and contents. The attention was concentrated on studying by students exclusively detailed, specially allocated, by the fact that will define in the future their lifestyle in sections of the program of the created by us integrative training course "Basis of healthy lifestyle" [9; 10].

The questioning, which was carried out before carrying out the pedagogical experiment and after its end, was carried out for the identification of influences of use of the new-created technology of formation of skills of healthy lifestyle on changes of physical activity of students; the definition of effectiveness of influences of maintenance of cross-disciplinary course and the corresponding specially prepared educational and methodical complex towards the formation of healthcare knowledge, skills.

It is well-known that few hours on assimilation by students of theoretical knowledge, generally this discipline is presented by practical training, is taken away in non-core higher educational institutions in the content of the discipline "Physical education". At the same time, the total amount of information, techniques and technologies, in the sphere of healthcare increases the same rates now, as well as the whole set of scientific information. In our opinion, impossibility of representation throughout physical education classes even of the part of

such information obvious, and it negatively influences the formation at students of requirement of use of means of physical culture for strengthening of own health. The presented data in table 1 are the confirmation to it.

Table 1
The analysis of answers of rather positive influence of classes by physical exercises on the state of health (in %)

| Group | Answers | Before the PE | After the PE |
|-------|-----------------|---------------|--------------|
| EG | I didn't think | 42,4 | 6,8 |
| | I don't believe | 2,9 | 0 |
| | I believe | 54,7 | 93,2 |
| CG | I didn't think | 40,7 | 22,5 |
| | I don't believe | 3,2 | 2,8 |
| | I believe | 56,1 | 74,7 |

Only 56,1% of respondents of the control group and 54,7% – the experimental group are confident in positive influence of classes by physical exercises on the state of health at the beginning of our experiment. Also it turned out that some students of both control, and experimental groups don't believe in usefulness of physical exercises at all (respectively 3,2% and 2,9%).

The number of students who believed in usefulness of physical exercises, grew by 38,5%; those who did not think of this question, remained to only 6,8% of persons; also there is no student left who would not believe in usefulness of physical exercises in the experimental group. Insignificant shifts took place in the control group: the number of students who believed in usefulness of physical exercises grew by only 18,6%; almost the fourth part (22,5%) remained such who did not think of this question and in 2,8% of students, the belief in usefulness of physical exercises didn't appear.

Also we found out the opinion of students concerning influences of the motive mode on reduction of quantity of diseases. At the beginning of the experiment, and it actually after two years of study, such students as in the control group (16,8%), and in the experimental group (15,9%) are not many. However the number of such students who recognized physical activity as the factor of reduction of risk of developing of diseases grew to 71,2% after the experiment the in experimental group, and in the control – to only 22,4% of persons.

We also studied student's likings concerning the choice of forms of physical activity and implementation by them to introspection concerning positive (negative) feelings that it was necessary to worry from exercise stresses. The number of those who do not like exercise stresses at all from 24,7% only to 19,6% of persons throughout the experiment in the control group reduced, and in the experimental group – 26,7% to 7,4% of students.

Generalizing, it should be noted that the number of students of the experimental group, who did not like exercise stresses at all in comparison with the number of such students of the control group, was almost three times smaller after the completion of approbation of the developed by us technology of formation of skills of healthy lifestyle.

The positive result, in our opinion, can be considered the fact that 87,5% of the interviewed students of the experimental group after the completion of the experiment specified that most often they use as exercise stresses jogging (at the beginning of the experiment their quantity made 23,4%). It is well-known that despite of availability of jogging, the youth seldom calls this kind favorite.

We consider that such result managed to be received thanks to change of technology of training with students of this group and introduction of cross-disciplinary integrative course of study in the system of physical education. It is obvious that the understanding by students of the experimental group of usefulness of jogging, their conscientious attitude, to need of use of means of physical culture for the improvement of own health, led to the increase in number of participants of this type of classes.

And here the number of students who like such type of recreational classes from 25,8% to 3,1% of students reduced in the control group, despite of the fact that jogging is the most available type of recreational classes.

Besides we found out whether the formation of skills of healthy lifestyle is promoted by the content of the discipline "Physical education". The negative answer was provided by 87,6% of students of the experimental group before the experiment, and after its end, that is the academic year organized with use of the new-created pedagogical technology of formation of skills of healthy lifestyle in the system of physical education, the number of such respondents lowered to 6,4%. 93,6% of this group gave the affirmed answer (tab. 2).

Table 2

Result of self-assessment by students of the content of the discipline "Physical education" concerning the formation of skills of healthy lifestyle (in %)

| Group | Answers | Before the PE | After the PE |
|-------|---------|---------------|--------------|
| EG | No | 87,6 | 6,4 |
| | Yes | 12,4 | 93,6 |
| CG | No | 84,8 | 82,6 |
| | Yes | 15,2 | 17,4 |

Also it should be noted that students, both of the control, and the experimental groups at the beginning of the experiment complained: on misunderstanding of psychophysiological processes which happen at them under the influence of exercise stresses; on ignorance of technique of selection of physical exercises of the different direction; on inability to organize the day, food and to create for itself safe working conditions and rest. If these questions and remained unclear after the experiment for students of the control group, then students of the experimental group pointed to usefulness of listened by them theoretic-methodical classes which were included into the program of the inter-disciplinary training course "Basis of healthy lifestyle"; there was no student who would point to the lack of information in questions which concern healthy lifestyle.

Studying of the reasons of admissions of classes in the discipline "Physical education" and unwillingness them is the following aspect that we found out throughout questioning of students-artists to attend recreational actions. The great-

est was the number of students of the control group (53,2% of persons) and the experimental group (41,3% of persons) who specified that they are indifferent to classes by physical exercises,, and visit them only for receiving offset on the discipline "Physical education" as the content of classes does not meet their requirements at the beginning of the experiment. The number of such respondents of the control group almost didn't change (44,1% of persons) after the experiment and only 5,1% of such students were in the experimental group (pic. 1).

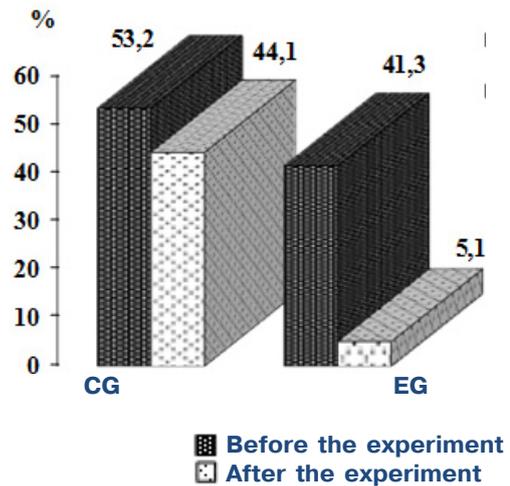


Fig. 1. Dynamics of changes of the number of respondents, who consider that the content of the discipline "Physical education", does not meet their requirements (in %)

It should be also noted that the number of students who visited sections health-improving clubs and were engaged in physical self-improvement after hours, made 19,1% in the experimental group and 18,3%, – in the control group at the beginning of the experiment. 69,5% of students of the experimental group began to visit various sections and health-improving clubs, in the control group – the number of students who in addition began to be engaged in physical self-improvement made only 18,7% upon the termination of the experiment.

Besides, the redistribution of motives which indicates the existence of beliefs in need of physical activity took place at students of the experimental group. The awareness of usefulness of physical exercises by them for improvement of the state of health became motive after the experiment in the experimental group for most of students (67,3% of persons).

Considering the stated above, it becomes clear that the optimization of process of formation at students of art specialties of skills of healthy way is possible only on condition of logical combination in the content of physical education of theoretical, methodical and practical components. In particular, students of both groups, both at the beginning and at the end of experiment recognized that the main task of the discipline "Physical education" is knowledge acquisition and abilities, what will be necessary for them in future activity, and here improvement of sports results is not for them priority. And, the number of such students of the experimental group after the fact that they took inter-disciplinary training course of formation of skills of healthy lifestyle according to the specially created program, grew to 70,1% of persons.

The following question of the questionnaire concerned self-assessment students of abilities to organize active recreation on the weekend. The number of students of the experimental group who recognized the abilities, which are created at them to organize recreational actions during week-end, grew to 87,4% of persons.

We received positive displacements, having carried out the analysis of answers to the question which concerned self-assessment students of knowledge, skills, concerning the organization of remedial gymnastics and rehabilitation actions in case of such need. The number of those who are able to make sets of exercises of remedial gymnastics, and carry out rehabilitation actions at requirement after the completion of the experiment made 82,7% of persons in the experimental group, whereas in the control – only 23,4% of respondents. These data were almost identical in both groups at the beginning of the experiment and made 24,3% and 22,8% of persons, respectively.

The comparative and factorial analysis of the obtained data at the forming stage of the pedagogical experiment demonstrates that at students of the experimental group, in comparison with students of the control group, positive shifts according to all characteristics took place that were studied by us, and it allows to establish the fact of positive influence of the new-created technology of education for formation at students-artists of the corresponding knowledge, skills, concerning maintaining healthy lifestyle.

Thus, we proved that the new-created technology of health-care education is more effective, than traditional for students of the specialty “Fine and decorative and applied arts”. The organization of physical education for this technology caused statistically the reliable improvement of physical activity of students; the level of knowledge, skills and reduction of admissions of classes, through respiratory diseases.

Conclusions

1. It is proved that the use of the new-created pedagogical

technology in the system of physical education promoted the formation of skills of healthy lifestyle. So, 87,6% of students of the experimental group claimed that the content of the discipline «Physical education» does not promote the formation of skills of healthy lifestyle before the beginning of the experiment whereas after its end, the number of such respondents made 6,4% of persons.

2. It is certain that the redistribution of motives to classes by physical activity took place at students of the experimental group. The awareness of usefulness of physical exercises by them for the improvement of state of health became motive for most of students (67,3% of persons) after the experiment in the experimental group.

3. It is established that 87,5% of students of the experimental group after the completion of the experiment noted that they apply jogging (the number of such students made 23,4% of persons at the beginning of the experiment). The number of students who like such type of recreational classes unfortunately reduced from 25,8% to 3,1% of students in the control group.

4. It is found out that positive shifts concerning self-assessment them knowledge, skills, from drawing up sets of exercises of remedial gymnastics and application of rehabilitation actions took place at students of the experimental group. So, the number of such students made 82,7% after the completion of the experiment, whereas in the control – only 23,4%. These data were almost identical and made 24,3% and 22,8% of persons, respectively, at the beginning of the experiment in both groups.

Prospect of the subsequent researches is the creation of programs for carrying out observations of own health by students, changes in state of health; developing and use in the system of physical education of health-improving systems, models, programs which will induce students of higher educational institutions of the art direction to the use of modern health-improving technologies in daily activity.

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