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## HEALTH IN THE CIVIC STUDENTS' VALUE SYSTEM: EMPIRICAL ANALYSIS

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### ABSTRACT

**Introduction:** Nowadays one of the priority directions of state education policy in Ukraine is the formation of a healthy lifestyle through education, creation health-preserving educational environment in high educational institutions.

**The aim** of our work was to give an analytical estimation of the formation of health value as an integral characteristic of a modern Ukrainian student in high educational institutions of Zhytomyr region, to develop a scientifically substantiated system of diagnosing the value of health in the system of civic values of a future specialist in contemporary socio-economic conditions.

**Materials and methods:** Two students' surveys were carried out in Zhytomyr region of Ukraine, among young people of 15-22 years old. A number of methods were used: observation, comparison, analysis, synthesis, generalization, the study of products of students' activity, tests, etc.

**Results:** the success of the process of the formation of students' health value depends on the factors such as educational environment, the culture of health, training of university teachers to cultivate health value in collaboration with society, and using modern forms, methods, and tools in the formation of health value.

**Conclusion:** Thus, the policy recommendations for high education institutions are: the prevention of drug addiction, smoking, consumption of alcohol, chronic diseases, Internet addiction; the organization and conduction of mass physical culture and recreational activities; the creation an effective health service system in high educational institutions; the providing the system for monitoring both the future specialists' health and health work results in high educational institution.

**KEY WORDS:** health value, civic values, physical activity, healthy lifestyle, valeological culture, health preservation competence

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### INTRODUCTION

At the present stage of human development, the health of the nation is regarded as an indicator of civility of the country, reflecting the socio-economic situation of society, and it is the basic criterion for the effectiveness in all areas of human activity and social development.

Modern social and economic conditions are characterized by the accelerated pace of life, increased activity of interpersonal relations, problems of adaptation of an individual in the society, which require a high level of mobilization of all internal processes of a young person, which provide the vital functions of the organism and affect future specialist's health.

There is a major concern of health care of young generation, which constitutes about 35% of the population of Ukraine. It affects directly the national workforce, economic development of the country, it is also crucial for the health of the future generation and the Ukrainian population as a whole [1]. The sharp deterioration of the health of Ukrainian young people in recent years demands the immediate activation of the state youth policy, especially in the health sector. An increase in the rate of depopulation, a decrease of the quality of life and health of young people, deterioration of conditions of obtaining

full education, active departure of citizens aged 21-35 for employment in Western Europe, an increase in the number of drug addicts, growth of delinquency and crime in the youth, environment complicate the process of participation of a young person in the civil life of Ukrainian society.

Health is a normal psychosomatic state of a person, reflecting his physical and mental well-being in order to ensure the full implementation of labour and biological functions [7], which define to a large extent person's lifestyle, the level of his social, economic and labour activity, mobility, his attraction to the contemporary achievements of culture, science, art, engineering and technology, the way of spending leisure and recreation.

### THE AIM

The aim of the research is to give an analytical assessment of the formation of the value of health as an integral characteristic of a modern Ukrainian student in higher education institutions of Zhytomyr region, to develop an evidence-based diagnostic system and the formation of the health value of a future specialist in contemporary socio-economic conditions.

**Table I.** General characteristics

<b>Gender</b>		
Female	792	67.0
Male	390	32.9
<b>University Level</b>		
Junior (I, II, III years of study)	750	63.4
Senior (IV year of study and master's degree)	432	36.5
<b>Major</b>		
Health-related	350	29.2
Non-health-related	832	70.8
<b>Living Situation</b>		
On campus	661	56
Live with family	521	44

Source: Survey

**Table II.** Peculiarities of physical activity

<b>Running</b>	171	254	308	258	190
	(14.5%)	(21.5%)	(26.1%)	(21.8%)	(16.1%)
<b>Regular walk</b>	298	487	258	100	39
	(25.2%)	(41.2%)	(21.8%)	(8.5%)	(3.3%)
<b>Swimming</b>	35	42	394	580	129
	(3.0%)	(3.6%)	(33.3%)	(49.1%)	(10.9%)
<b>Fitness</b>	154	434	351	146	97
	(13.0%)	(36.7%)	(29.7%)	(12.4%)	(8.2%)
<b>Health nutrition</b>	290	494	254	107	35
	(24.5%)	(41.8%)	(21.5%)	(9.1%)	(3.0%)
<b>The adherence of sleep mode</b>	183	441	286	168	104
	(15.5%)	(37.3%)	(24.2%)	(14.2%)	(8.8%)
	V Often	Often	Rare	V Rare	Never

Source: Survey

To achieve the goal, the scientists of the Zhytomyr Medical Institute and Zhytomyr Ivan Franko State University set the following tasks: to assess students' state of health according to statistics of their morbidity in higher education institutions; to determine the factors influencing the formation of the value of health and healthy lifestyle of students in the educational process during the period of study in higher education institutions in Zhytomyr region.

## MATERIALS AND METHODS

Two independent student surveys were carried out in Zhytomyr region of Ukraine, among young people born between 1997 and 2003. The subjects included in the surveys were 15 to 22 years old. The total sample size of the survey was 1,182 in two educational institutions – Zhytomyr Ivan Franko State University and Zhytomyr Medical Institute. The present analyses include 390 men and 792 women.

Semi-structured questionnaires, interview schedules,

focus group discussions and monitoring checklists were used to collect quantitative and qualitative data from respondents.

A number of methods were used in the experiment: pedagogical observation, comparison, analysis, synthesis, generalization, the study of products of student activity, testing, statistical processing of obtained results, etc. Among the survey methods, the most effective in the context of the subject of research were the methods of questioning and conversations, through which information about health-preserving activities, the degree of its focus on improving future professional activities was gathered.

Quantitative data was obtained in SPSS format, while qualitative data was obtained in written format and in audio format. Figures on quantitative data were analyzed using SPSS V.23, while qualitative data was originally placed in MS Word format before being analyzed using NVivo V.11.

Since the data analysis was independent one from another, they were triangulated to minimize deviations.

**Table III.** Negative tendencies

<b>Difficulty in doing daily physical activities</b>	401	243	326	179	32
	(33.9%)	(20.6%)	(27.6%)	(15.2%)	(2.7%)
<b>Feeling very tired every day</b>	92	379	232	271	204
	(7.8%)	(32.1%)	(19.7%)	(23.0%)	(17.3%)
<b>Increased weight</b>	83	265	263	254	340
	(7.0%)	(22.4%)	(20.3%)	(21.5%)	(28.8%)
<b>Smoking</b>	197	354	308	248	74
	(16.7%)	(30.0%)	(26.1%)	(20.9%)	(6.3%)
<b>Consumption of alcohol</b>	271	260	301	164	185
	(23.0%)	(21.9%)	(25.5%)	(13.9%)	(15.7%)
<b>Psychological atmosphere at home</b>	392	343	146	42	256
	(33.2%)	(29.1%)	(12.4%)	(3.6%)	(21.7%)
	V Often	Often	Rare	V Rare	Never

Source: Survey

**Table IV.** Screen Time

Days	N	Games	Social networks	
		%	N	%
Monday-Friday				
<2 hours	772	65.5	579	49.1
3-5 hours	234	19.7	463	39.1
>6 hours	176	14.8	140	11.8
Saturday-Sunday				
<2 hours	522	44.21	498	42.1
3-5 hours	403	34.09	485	41
>6 hours	257	21.7	199	16.8

## RESULTS AND DISCUSSION

The culture of health of a young person should include the motivation and value attitude of an individual, knowledge, and concept of health, the ability to realize this knowledge in his future professional activities and everyday life, the ability to evaluate himself as a health preserving entity, analysis of learning outcomes, mastering self-assessment methods, self-control and self-correcting lifestyle.

Negative tendencies in the health of young people of Zhytomyr region are noted to a large extent in the process of professional education: an increase in morbidity among students is observed in Zhytomyr region, the range of "student" diseases is expanding; the number of students with disabilities increases. Only 11.5% of students were certified as healthy.

Obviously, most of the reasons for the deterioration in the dynamics of the formation of a healthy lifestyle among young people are beyond the competence of the education system. However, after analyzing this problem in the scientific literature, we can delegate partially responsibilities to the educators, for example, problems of providing the didactic conditions of a healthy environment for the for-

mation of the value of health in educational institutions; the problem of the organization of educational life, which counteracts the limitation of motor activity, overload and stress.

The formation of chronic pathology is often due to the unformed attitude of young people towards their health as to something valuable, low physical activity and competence in healthy lifestyles, the widespread use of asocial forms of behavior [2; 5].

Assessment of the healthy lifestyle of the students of Zhytomyr Medical Institute and Zhytomyr Ivan Franko State University was conducted based on the study of various types of physical activity, the attitude of young people (I, II, III, IV years and Master degree) to health (Tab.I).

After analyzing the responses of students during the questionnaire, we received such results: only 10.4% of the respondents rated their physical activity as high, 41.8% as the average and 47.8% as low. Students understand the importance of health in life, but only 29.2% favor physical exercise (e.g. running, walking, fitness, swimming), while 24.5% give preference to healthy eating and 15.5% adhere to correct sleeping and relaxing habits. As for the desire

and plan of students to engage in physical activity, a certain passivity can be traced. Mostly, among the typical sports for our region, the rates are rather low (Tab.II).

The level of formation of the value of health in the system of civic values of a modern student depends on the psychological characteristics of an individual, the peculiarities of the organism, the specifics of the educational process at different courses (days, weeks), occupation, degree of physical fitness, daily regime, nutrition, and the presence of harmful habits.

During questioning about the factors influencing the healthy lifestyle of students, it was revealed: reluctance to physical activity - 54.5%, chronic fatigue - 39.9%, weight gain - 29.4%, etc (Tab.III).

According to students, health condition depends heavily on such common factors as harmful habits: alcohol consumption (44.9%), smoking (36.7%), which were also assessed by using the self-administered questionnaire, according to which the participants were classified as never smokers, ex-smokers and current smokers (<5 or ≥10 cigarettes per day). The participants were categorized into abstainers and alcohol users.

Online addiction is among the negative trends in the development of the value of health of Zhytomyr students. In spite of a rather slow pace of development of information technology in Ukraine compared to other European and world countries, the extent of online addiction has proven to be substantial. In the process of diagnosing the value system of higher education students, cybergaming and cyber-relational addiction (dependence on communication in social networks, forums and chats) was over 50% (Tab.IV).

Significant influence on the health of future specialists is due to the unfavorable socio-economic conditions of the population in Zhytomyr region (poverty, in 2018 40% of registered unemployed people in Zhytomyr region had higher education and 29% had vocational education), ecology of Zhytomyr region (radioactive contamination as a result of the Chernobyl disaster mainly Cs137 and Sr90), hydrosphere pollution as a result of sewage discharges of industrial enterprises and municipal wastewaters, the state of municipal waste landfills - Zhytomyr, Berdychiv, Novograd-Volynsky, Korostyshiv, Malyn); sanitary and hygienic conditions of training and life of future specialists (work and recreation regime, inappropriate nutrition, living conditions, etc.), as well as high level of mental tension.

In the research process conducted in the Zhytomyr Medical Institute and Zhytomyr Ivan Franko State University, scientists and practitioners of medical specialties developed a system of formation of the value of health of students in the educational process of the high educational institution (Fig. I). We offer the following components of the system of formation of the health value of students: the target component is represented by the necessary conditions for effective training of the future specialist, among them: meaningful familiarization with the basics of health preservation; application of acquired knowledge in practical healthcare activities; mastering the methods of

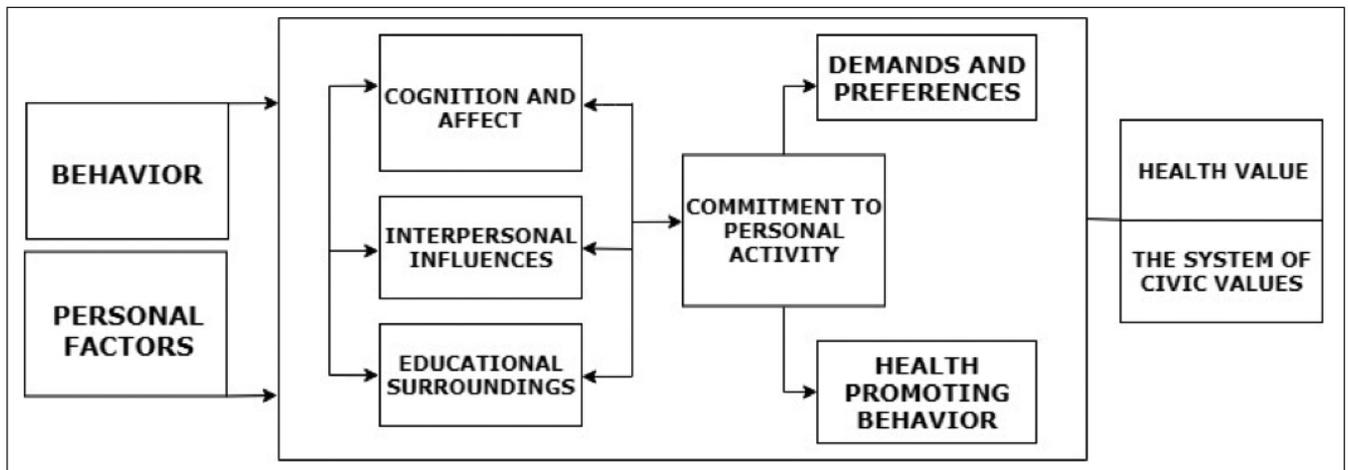
diagnosing your own level of health; the motivational component involves personal interest in maintaining health and preventing diseases. The motivational component reveals the positive motivation of an individual, which manifests in a combination of sustainable needs (the desire of self-discovery, the need for security, self-improvement, creative professional longevity, etc.); motives (to be healthy and able to work, to lead a healthy life, to apply methods of health improvement, health-saving technologies, etc.; motivational-value: value attitude to health, positive motivation for health-saving activity. Such urge implies an awareness of the necessity and significance of this type of activity, focus on its application, and recognition of a student as a subject of pedagogical interaction, pedagogical optimism, formed reflexion and empathy, ability to communicate with others through cooperation [4; 6; 7].

While organizing the process of forming of the value of health of students it is necessary to take into account personal factors - biological (age, physical ability, dexterity), psychological (state of health, self-esteem, self-motivation) and socio-cultural (ethnicity, socio-economic status, education, level of success). The attentive and correct attitude of a student towards himself is important, the desire for self-knowledge, self-improvement, awareness of spare capacity of the body (physical, mental, spiritual), awareness of the value of own health, ethical norms of a healthy lifestyle, ability to overcome difficulties of the objective and subjective nature [8; 9], feel the joy of a healthy lifestyle, adapt the body ability to physical activity, endurance, speed, agility, strength, flexibility.

The substantial component of the system of formation of the value of health of students involves the formation of knowledge about the laws of conservation and development of health, physical, mental, social, occupational health, healthy lifestyle, health culture, individual characteristics and potential capabilities of organism in accordance with the biological age, sex, methods of health improvement, health-saving technologies, factors that have a negative impact on the health and livelihoods of humans.

We consider the healthcare-saving environment of a higher education institution as a comprehensive program based on the appropriate social infrastructure of a higher education institution, which includes educational, medical, administrative, managerial and other forms of work to ensure the formation of the value of the health of younger generation in the educational process [2; 9]. The educational process is the most significant factor in the duration and impact on the student's health [10]. Accordingly, its intensification and the use of new learning technologies leads to problems of adaptation of freshmen students to the educational workload.

The purpose of the healthcare environment in higher education institution is to provide students with a high level of real health by arming them with the necessary knowledge and skills necessary for a healthy lifestyle, involve the student in various activities, both educational and professional, social, creative, physical, recreation and mass sports, which contribute to the formation of health-saving



**Fig. 1.** The system of health value formation in high educational institutions

competence. The result of the healthcare environment is the competence of actions in the interest of public health.

The active component of the system of forming the value of health of students involves the formation of health-preservation and commitment to a healthy lifestyle, active participation in physical culture and health activities of higher education institution, the ability to perform diagnostics of the psychophysiological state of body, to form an effective program for the preservation of health; the ability to create a health-saving space; know how to organize preventive measures and healthcare; actualize personal experience of healthcare activities, etc.

The efficient component of the system of forming the value of health of students determines the stability of established positions, a positive attitude to health conservation activity.

## CONCLUSIONS

Preservation and improvement of the health of students is a priority issue of national importance, common task of society, community and higher education institutions because the health of students is a prerequisite for their social value, active longevity, and productive contribution to the life of their families and the Ukrainian nation in general.

Out of the findings of this survey, we made the following policy recommendations:

- Fast track the implementation of the revised national policy on the formation of students' health-saving competence in high educational institutions;
- Prevent of drug addiction, smoking, consumption of alcohol, chronic diseases, Internet addiction;
- Organize and conduct of mass physical culture and recreational activities;
- Create an effective health service system in high educational institutions;
- Equip the material resources of high educational institutions to improve and promote a healthy lifestyle of students;
- Enhance and rationalize staffing in educational insti-

tutions in order to facilitate the process of health value formation and prevent negative trends among students

- Provide the system for monitoring both the future specialists' health and health work results in a high educational institution.

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**Conflict of interest:**

*The Authors declare no conflict of interest.*

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