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Memory of  
dr Władysław  
Biegański

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# The state of formation of a careful attitude towards health in the modern youth

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## ABSTRACT

**Aim:** The aim of the study was to explore the factors that influence the development of a caring attitude toward health in modern youth as a foundation for an active life stance.

**Materials and Methods:** Various methods, including analysis of normative and scientific sources, systematic analysis, and empirical research, were employed. An anonymous survey of 114 pedagogical students was conducted to assess how much they value their health. This survey gathered information on health value, motivations for a healthy lifestyle, and self-assessments of physical and emotional well-being.

**Results:** The findings indicate that 86% of students recognize the importance of maintaining health. While 88% attribute decreased life expectancy to war and diseases, 12% cite harmful habits and a sedentary lifestyle. Positive factors identified by 60% include clean water, quality food, and effective medications. Regarding mental health, 61% consider their state normal, while 39% feel sad and anxious. Only 25% believe they eat properly, and 75% do not follow a healthy diet. Additionally, 88% view physical education as essential for health, and 68% see themselves as active participants in their lives. However, 46% do not grasp the importance of personal responsibility in maintaining their health.

**Conclusions:** A significant portion of pedagogical students do not prioritize health as a guiding principle. It is essential to structure the educational process to transform societal values into personal achievements, making health a lifelong necessity.

**KEY WORDS:** health attitude, physical education, motivation, mental health

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## INTRODUCTION

At the current stage of societal development, there is a negative trend in the declining health of the younger generation. The interest in health is due to the tendency to deteriorate in today's complex socio-economic and environmental conditions [1, 2]. The concept of «values of health» includes the following positions [3-6]: mastering the content of this concept, understanding it as an important characteristic of socio-economic and cultural development of society, as well as the values of human existence; mastering the means and methods of preserving, shaping and strengthening their own health and the health of children; active dissemination of the idea of health care among children, parents, teaching staff; improvement of knowledge, skills and abilities in the field of physical education and rehabilitation.

It is well known that various social, medical, preventive, and sports institutions are involved in the health care of children and youth. However, this does not improve the situation. It is evident that government programs promoting health are not being implemented very effectively.

On the other hand, parents' demands for the intellectual development of their children, starting from an early age, are increasing, while they do not pay enough attention to the formation of physical health, endurance, and resilience in their child's body. The problem also lies in the fact that parents pay significant attention to their children's health; however, due to a lack of comprehensive information on healthy lifestyle issues and the absence of personal examples, their health-promoting efforts are not always effective or successful [7].

In light of the above, we believe that the formation and strengthening of children's and youth's health is not only a medical and social issue but also an educational one.

## AIM

The aim of the study was to explore the factors that influence the development of a caring attitude toward health in modern youth as a foundation for an active life stance.

## MATERIALS AND METHODS

To actualize the didactic aspects of the problem, the methods of analysis of normative and scientific sources, systematic analysis and generalizations, the results of our own empirical research, questionnaire materials, and active modeling of the formation of a caring attitude towards health of modern youth were used.

To achieve the aim of the research, we have conducted experimental task, during complying which we considered a belief that students' acknowledged and value relation to health depends on several factors. They are: knowledge of main one's health factors and children's health, factors that influence health and means of preserving and forming it; worldview rethinking of physical culture and wellness work prioritization in the conditions of preschool education institution; wellness solutions skills; ability to use health preserving and enforcing skills to one's own health and children's health; ability for critical analysis and appropriate application of physical health forming technologies, providing optimal mental health and forming social health of children.

We conducted experiments using empirical method of conducting scientific pedagogical researches, that is, survey method. We chose half-open type survey (except for choosing an answer, the respondents could also express their own point of view).

To process results we used mathematic registration method, which allowed revealing certain qualities in the analyzed phenomena. To improve clarity and convenience of further findings analysis we used graphical method of representing experimental data. We also used methods of hypothesis, systemic analysis and generalizing, which allowed drawing conclusions in our research.

During the research, we based our findings on the belief that the development of a careful attitude toward one's own health, as well as the health of others, depends not only on the awareness and positive perception of health as a value. First and foremost, it depends on the desire and ability to organize one's own activities aimed at realizing this value. The formation of a careful attitude toward one's own health is possible only if the individual is an active participant and a creative subject of their own life. To implement a health-oriented lifestyle, it is essential to be able to make appropriate health decisions on a daily basis. In accordance with the aims and objectives of the research, 114 students from educational majors were surveyed. The students are undergraduate degree seekers majoring in 012 Preschool Education and 013 Primary Education at Borys Grinchenko Kyiv Metropolitan University, studying in their second and third years of full-time education. All respondents are female and are aged 18-19 years.

The questionnaire consisted of three sections. The first section included questions about the structure of factors influencing the personal health of students:

1. How many years do you plan to live?
2. What could prevent you from living to that age, and which of the factors you mentioned can you avoid through your own efforts?
3. Who (or what) will help you prolong your life?

The second section included questions about self-analysis of physical condition:

1. Are you satisfied with your weight?
2. What can you do to change it? (What methods can help you?)
3. How do you feel when you wake up, and why?
4. Do you get tired easily, and what tires you the most?
5. How do you understand the concept of «proper nutrition»? What does it mean to you?
6. Are you eating properly?
7. What is your opinion on vegetarianism and raw food?
8. What do you think about eating food from street vendors? Please comment on why.
9. How often should you wash your hands? Why?

The third section included questions about the motives, incentives, and guidelines for adequate health behavior:

1. In your opinion, are you prepared for the challenges that come with family life?
2. What (or who) will help you cope with these challenges?
3. How much time would you allocate for sports activities during family life?
4. Are you willing to change your routine for the sake of your child?
5. What will help you with this?
6. What can help you maintain productivity and energy throughout the day, week, or at any time?
7. What could prevent your husband from living a long life?
8. Do you believe that heredity affects lifespan? What can help overcome such hereditary factors?
9. Would you consider it essential to actively participate in your children's physical games?

The research was carried out in accordance with the principles of the Declaration of Helsinki (VMA, 1964), and was approved by the Bioethics Committee of the Science Center.

## RESULTS

In response to the first question of the first section of the questionnaire, all respondents indicated that they wish to live a long life (100%). Based on the responses to the second question of the questionnaire, we can note that

**Table 1.** Responses of students to Section I, which included questions about the structure of factors influencing personal health

Question number of the questionnaire	Section I of the questionnaire	Percentage amount
1.	Wish to live a long life.	100%
2.	Causes of shortened lifespan: war and illnesses, harmful habits, other tragedies.	88%
	bad habits, a sedentary lifestyle, accidents.	12%
	Factors for a long life through personal efforts: leading a healthy lifestyle, maintaining an active life, avoiding stress.	68%
3.	Who (or what) will help prolong life: clean water, quality food, effective medicine.	60%
	family, friends, doctors, coaches.	46%

**Table 2.** Responses of students to Section II, which included questions about the structure of factors influencing personal health

Question number of the questionnaire	Section II of the questionnaire	Percentage amount
1.	Satisfied with own weight.	87%
	Dissatisfied with own weight.	13%
2.	Methods of weight change: Healthy lifestyle, sports activities, individual sessions with a coach.	88%
	Mood with which students wake up:	
3.	Positive.	61%
	Normal, sad, anxious.	39%
4.	Reasons for a sad mood: War, anxiety, anticipation of distressing news from the front, lack of good news, illness, absence of restful sleep or relaxation, a lot of tasks.	79%
	Reasons for fatigue:	
5.	War, bad news, unpredictable events, stress, lack of a clear study plan, boring tasks during classes, heavy workload.	47%
	Certain people.	1%
6.	Understanding the essence of proper nutrition.	96%
	Do you eat properly?	
	Yes.	25%
7.	No.	75%
	Negative attitude towards vegetarianism and raw food.	75%
8.	Positive attitude towards street food.	75%
9.	Frequent handwashing throughout the day.	100%

the majority of respondents identified war and illness as reasons for a shortened lifespan (88%). In addition, these 88% indicated that harmful habits and other life tragedies could hinder living a long life. 12% of respondents consider harmful habits, a sedentary lifestyle, and accidents as causes of a shortened lifespan. In response to the question about what from the aforementioned can be avoided through personal efforts, a significant number of respondents pointed to the importance of leading a healthy lifestyle, maintaining an active life, and avoiding stress (86%). To the third question of the

questionnaire, 68% responded that everything depends on them, while the remaining 46% indicated that doctors, family, friends, loved ones, a coach or instructor, as well as a positive attitude, would help prolong their life. Another 60% of respondents identified clean water, quality food, and effective medicine as factors influencing longevity (Table 1).

Responses to the questions in Section I of the questionnaire indicate that students wish to live long and productive lives. They believe that achieving this depends on their own activity, as well as on their family,

**Table 3.** Responses of students to Section III, which included questions about the structure of factors influencing personal health

Question number of the questionnaire	Section III of the questionnaire	Percentage amount
1.	Ready for family life.	61%
	Not ready for family life.	39%
2.	Family will help cope with family pressures.	78%
3.	Time you would spend on sports during family life:	75%
	5% of your time, 30 minutes, three times a week, it will all depend on the family budget, 2-3 hours a day.	
4.	Ready to change your routine for the sake of your future child.	89%
	Not quite ready.	11%
5.	Family will help with childcare.	81%
6.	Factors for maintaining productivity:	75%
	Rest, coffee, delicious food, friends, family support, morning exercises, healthy sleep.	
7.	Factors influencing your husband's lifespan:	81%
	War, stress.	
	Negative habits.	
8.	Heredity influences lifespan:	52%
	Yes.	
	No.	
9.	Will actively participate in their own children's active games.	83%
	Will not always actively participate in their own children's games.	5%

doctors, coaches, and others. A significant number of students lack personal beliefs about their responsibility for maintaining and developing their health.

Responses from students to the questions in Section II of the questionnaire allowed for certain conclusions regarding their physical condition. When asked if they are satisfied with their weight, the majority of them answered affirmatively (87%). A small portion of respondents (13%) indicated that they are dissatisfied or partially dissatisfied with their weight, mentioning that they need to lose weight or build muscle. The majority of respondents noted that the means of changing their weight include a healthy lifestyle, engaging in sports, and individual training sessions with a coach (88%). In response to the question about the mood with which students wake up and why, the answers were distributed as follows: 61% of respondents indicated that they wake up in a positive mood, while 39% wake up with varying moods (normal, sad, anxious). The majority of respondents (79%) indicated that their mood is influenced by factors such as war, nighttime air raid alerts, explosions, the anticipation of distressing news from the front, the lack of good news, illnesses of family and friends, the absence of restful sleep or relaxation, and a heavy workload, among others. When asked if they get tired easily and what tires them the most, half

of the respondents answered no, as they usually feel energetic (53%). The other 47% reported that they tire quite quickly, citing reasons such as studying, monotonous tasks during classes, heavy workloads, as well as war, bad news, unforeseen events, stress, and the lack of a clear work plan, among others. 1% indicated that certain individuals in their environment tire them.

Regarding the question about proper nutrition, students showed consensus in their responses. 96% of respondents indicated that it involves a balanced diet and eating routine. When asked if they eat properly, the majority answered «no» (75%), while only a quarter of those surveyed (25%) believe they do. For the seventh question in Section II of the questionnaire, a significant portion of respondents indicated a negative attitude (75%), 4% stated that they were indifferent and had not thought about the issue, expressing a neutral stance but not seeing it as a prospect for themselves. Additionally, 1% of respondents had a very negative view of vegetarianism and raw food (Table 2).

In response to the eighth question of Section II of the questionnaire, students stated that eating on the go is acceptable because it is convenient, quick, and saves time for more important tasks (75%). However, they noted that such quick meals are not entirely healthy. Regarding the question about the necessity of frequent



handwashing, all respondents (100%) agreed that it is important and mentioned that frequent handwashing has become a daily habit due to the spread of the coronavirus disease.

Responses to the questions in Section II of the questionnaire indicate that students understand that physical health is the foundation of a healthy personality. They also recognize the reasons (both objective and subjective) for the deterioration of their mental (emotional) health.

Responses to the questions in Section III of the questionnaire allowed for the following conclusions. For the first question, a significant portion of respondents answered affirmatively (61%), while the remaining 39% answered negatively. Regarding the second question, a common viewpoint emerged among 78% of respondents, stating that family would help them cope with various challenges.

For the third question, the majority of respondents (75%) indicated that they would allocate time for sports during family life as follows: 5% of their time, 30 minutes, three times a week, depending on the family budget, or 2-3 hours a day. Notably, students recognize the importance of physical exercise, even within family life.

In response to the fourth question, almost unanimously, respondents (89%) stated that they are willing to change their lifestyle for the sake of their child, while 11% said that perhaps not at this time.

For the fifth question, 81% of respondents indicated that the family should be the primary support in caring for a child. In response to the sixth question, nearly 75% of respondents cited rest, coffee, good food, friends, family support, morning exercises, and healthy sleep as essential factors for maintaining well-being.

To the seventh question, a significant portion of respondents identified war and stress as major influences (81%), while 19% pointed to negative habits. For the eighth question, responses were almost evenly split: about half (52%) expressed belief in overcoming negative hereditary factors, while the other half (48%) did not. They noted that self-improvement, the desire to change, self-confidence, consultations with various specialists, and medicine can help combat negative heredity.

Finally, for the ninth question, a large majority (83%) responded that they would actively participate in their children's physical games, while a few noted they would not always do so (5%) (Table 3).

Responses to the questions in Section III of the questionnaire indicate that students understand that family life comes with certain risks and is complex and challenging. As a result, some young people approach the formation of a new family with responsibility. How-

ever, a significant portion is not ready for family life. This highlights the issue of family upbringing for the younger generation.

## DISCUSSION

The analysis of the questionnaire results indicates that students recognize health as a key factor in leading an active, happy, and effective life. They agree with the axiom that maintaining health is a complex issue that requires hard work both from individuals and society [5, 6]. Students are aware of the objective and subjective reasons for adopting a healthy lifestyle and acknowledge that physical education is an effective means of promoting and strengthening health. They understand the importance of proper nutrition and personal hygiene and recognize that environmental degradation, chronic fatigue, and negative habits contribute to declining health and well-being [8, 9].

However, while students demonstrate knowledge and understanding of these issues, this awareness does not always translate into personal acceptance or conviction. The information they acquire remains somewhat detached from their daily lives and does not motivate them to prioritize their health. This disconnect suggests that contemporary societal challenges necessitate a reevaluation of personal attitudes toward health. Unfortunately, many young individuals lack a strong internal drive to prioritize their well-being [10].

This situation points to a gap in the formation of daily skills for making health-related decisions. Understanding health as a value is different from actively organizing one's activities or educational efforts to actualize that value. As a result, values can sometimes be reduced to mere declarations. Furthermore, students may not fully grasp that a low level of general educational culture significantly impacts an individual's health-oriented mindset.

To address these issues, it is essential to create supportive environments that foster personal responsibility and promote health literacy. By integrating health education into daily routines and providing practical tools for decision-making, we can help students transition from awareness to action, ultimately encouraging a culture of health and well-being.

It is evident that not all students are prepared for family life. While they express a positive attitude toward it and show a willingness to change their lifestyle, rhythm, and routine for the sake of a future child, simply having a positive outlook is not enough.

Moreover, students are not fully convinced that they should be active participants and creative agents in their own lives. They do not entirely recognize the necessity of personal responsibility and the importance

of being a role model for their future children. Only the daily health-oriented behavior of adults serves as a model to emulate, and a healthy lifestyle should be the norm every day. Any gaps in the process of taking responsibility for one's health or in finding effective ways to strengthen it can lead to a loss of health for individuals or even entire generations.

## CONCLUSIONS

The results of the questionnaire analysis indicate that a significant portion of respondents is confident that maintaining health and developing health-oriented behaviors depend on the individual. They understand the importance of personal responsibility in building a healthy trajectory. At the same time, another considerable group of respondents believes that the issue of

health preservation lies within the family, preschool institutions, schools, and medical facilities. These students think that not everything depends on their own efforts. They feel that family, coaches, and professionals from various fields can assist them in adopting a health-oriented lifestyle.

It is important to note the positive attitude and interest of contemporary students in physical exercise and sports. They consider physical culture to be an effective means of strengthening and promoting health. However, students did not demonstrate a conscious approach to evaluating their own health or the development of health preferences and habits.

We believe that knowledge about a healthy lifestyle is essential for students to engage in active living right now. It is equally important for this system of knowledge and skills to be transformed into a healthy way of life.

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## CONFLICT OF INTEREST

The Authors declare no conflict of interest

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