

Hryban V. G.

*Ph.D., Professor of
Dnipropetrovsk State University of Internal Affairs,
Honored Worker of Education of Ukraine (Dnipro)*

Chmel-Dunaj G. M.

*Ph.D., Associate Professor of
Dnipro Humanities University (Dnipro)*

Khmel O. S.

*Ph.D., assistant of
Dnipropetrovsk State Medical University (Dnipro)*

Griban M. V.

*Employee of the scientific and methodological department of
Alfred Nobel University (Dnipro)*

BEHAVIOR THAT PROMOTES HEALTHY LIFESTYLE FORMATION AND HIGH CULTURE AS A PREREQUISITE FOR YOUTH HEALTH FORMATION

*Грибан В. Г., Хмель-Дунай Г. М., Хмель О. С., Грібан М. В. Поведінка,
що сприяє формуванню здорового способу життя та високій культурі як
передумова формування здоров'я молоді*

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At present, the need for a harmonious physical, mental and spiritual development of a young person, his socialization as a person, is a prerequisite for the formation of a healthy nation, the revival of a rich cultural and historical experience and traditions of national education. A physically, mentally and spiritually healthy young person strives for something new, better both for himself and for society. Therefore, it is at a young age that motivation for the formation of optimal behavior and high culture, an understanding of their expediency and the need to develop, strengthen and maintain one's own health should be instilled and brought up.

The state of health of the population of any country is a key factor in its socio-economic development, because it determines the state of human resources, and therefore, human resources, investors, employers and other participants in economic relations. Health is one of the greatest values of a person, a guarantee of his well-being, happiness and longevity.

In our opinion, health is a capital that provides the benefit not only to an individual, but also to society, it requires preservation and enhancement. A person should consider his health not only as personal capital, but also as a state value. Indeed, a person has no value greater than health. It is a shame to admit that the age of a person is relatively short, and besides, the vast majority of people spend a significant part of their lives in illness and suffering. At the same time, medicine, which has achieved deliverance from many diseases through the use of effective methods of prevention and pharmacological agents, turned out to be powerless in terms of improving the health of people, relieving them of diseases.

Today, every person faces a dilemma – to stay healthy or get sick, the solution of which depends primarily on his behavior, lifestyle. Since adequate behavior, along with culture, is a prerequisite for the formation of health, it is necessary to focus more on the formation of behavior that forms a healthy lifestyle. Behavior is a set of actions, a reaction to the environment (stimuli), conscious and unconscious.

In humans, unlike primitive biological systems, to replace a significant part of the elementary reactions of self-preservation and inherited complex behavioral actions, such as caring for offspring, mechanisms for self-assessment of health, health control and more adequate behavior have been formed, according to which, contrary to signals of immediate danger, it implements reasonable actions, ensuring its well-being in the distant future.

Therefore, summing up the above, we can conclude that the culture of a young person's health acts as a unity of talent, humanistic orientations, knowledge and behavioral skills. It is expressed in the presence and degree of development of the need and ability to be healthy.

Грибан В. Г.

*доктор біологічних наук,
професор кафедри фізичного виховання та
тактико-спеціальної підготовки,
Заслужений працівник народної освіти України,
Дніпропетровський державний
університет внутрішніх справ (м. Дніпро)*

Котова О. В.

*кандидат педагогічних наук, доцент
доцент кафедри теорії та методики фізичного
виховання і спортивних дисциплін,
Мелітопольський державний педагогічний університет
імені Богдана Хмельницького (м. Мелітополь)*

ФІЗИЧНА АКТИВНІСТЬ ЯК СПОСІБ ПІДВИЩЕННЯ ФУНКЦІОНАЛЬНИХ РЕЗЕРВІВ ОРГАНІЗМУ

*Gryban V. G., Kotova O. V. Physical activity as a way to increase the
functional reserves of the organism*

Keywords: cardiovascular and respiratory systems, physical activity

Людина має досить великі можливості пристосування до незвичайних умов існування або дії надзвичайних факторів. Ця здатність базується на резервах організму та його здатності до компенсаторних реакцій.

Під фізіологічними резервами розуміють створену протягом еволюції здатність організму або його окремих органів значно підсилювати інтенсивність своєї діяльності порівняно з періодом спокою.