

FORMATION OF STUDENT'S HEALTHY LIFESTYLE FOR FUTURE PHARMACISTS

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Introduction. Physical and mental health of young people remains one of the actual problems for nowadays society. As a result of fast technologies' development, mass media, and unstable economy situation in the world, nowadays young people tend to be under impact of negative factors that give negative effects on to physical and emotional state of a person. The problem of educating the healthy lifestyle was a hard question for scientists all the time. The formation of habits is rooted usually in adolescence and they have impact on the health state during the lifetime.

Aim. Overview of the problem of formation student's healthy lifestyle for future pharmacists.

Materials and methods. We used analysis and generalization of scientific-methodic literature, pedagogic testing, monitoring.

Results and discussion. Worsening of student's health is not only medical but also pedagogic problem. Analysis of pedagogic literature on valueology showed the following: problem of choice of life style is becoming a leading one in protection and strengthening of health. With it life style is regarded as main reason of preservation or loss of health. Besides, in it, it is noted that the greatest influence on human health is rendered by life style (50-55%). The cause for that is lack of programs, technologies and methodical approaches towards the organization of education, that will be aimed for self-development and forming the basis of healthy lifestyle of youngsters, so that it shows us the topicality of the main theme. But we also believe that among all he ways to prevent bad habits, the leadership of educational institutions does not give enough attention for educating the students how to lead active life, go in for sports, because sport is to our mind one of the cheapest ways towards healthy life. We believe that it would be helpful to create effective informational-propagandistic system that will increase the knowledge about negative impact of risk factors for health and the ability of its decreasing for students.

Conclusions. Pedagogical understanding of educational work management in university with formation of students' healthy lifestyle permits to create specific educational environment. In this case the process of formation of disciples' positive firm individual picture of health becomes a necessary condition of their viability. Only in such case culture creating healthy lifestyle can transform into youth' sense of life.