

PSYCHOLOGICAL FEATURES OF A HEALTHY LIFESTYLE

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Abstract

In this article, the author outlined all the components of a healthy lifestyle in philosophy. A healthy lifestyle is an individual system of human behavior that provides him with physical, mental and social well-being in the real environment (natural, man-made and social) and active longevity.

Keywords: anthropology, concept, theories, philosophy, Arab Muslim philosophy.

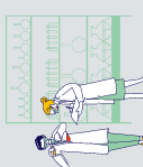
Introduction

Maintaining a healthy lifestyle is an important condition for the vital, that is, self-preservative behavior of an individual. Unfortunately, in recent years there have been increasingly negative trends in the decline in the level of health of the population, including among students. Not the least role in this process is played by insufficient attention to the importance of observing the principles of a healthy lifestyle in our society. Meanwhile, maintaining the health of the younger generation is a primary task of our time, requiring an integrated approach to finding solutions with the involvement of specialists from various scientific fields. Problems of maintaining a healthy lifestyle (HLS) can be considered from the perspective of medicine, psychology, physiology, valeology, social work, using various definitions and classifications that have developed in certain scientific schools. Today, socio-psychological health problems are relevant and are being developed by a number of domestic researchers.

The organization of a healthy lifestyle is influenced by a whole range of prerequisites, including the following:

- objective social and socio-economic conditions of society;
- specific circumstances of life in which the individual's family, household and professional activities are carried out;
- individual typological hereditary factors;
- personal and motivational factors determined by a person's worldview and culture and the degree of their orientation towards health and a healthy lifestyle.

If for the first three positions we have pre-established conditions of the external environment, society and human life circumstances, which most often cannot be influenced or significantly changed, then with the last position of this list the situation is different. It is personal and motivational factors that largely influence the system of actions and relationships that mediate health, and ultimately, the life expectancy of each individual. Moreover, this concerns not only



the chronological life expectancy, but also its quality, which is largely determined by the level of human health.

It is known that in the very definition of the concept of a “healthy lifestyle”, two starting factors are taken into account - the genetic nature of a given person and its compliance with specific living conditions. From these positions, a healthy lifestyle is a way of life that corresponds to the genetically determined typological characteristics of a given person, specific living conditions, and is aimed at the formation, preservation and strengthening of health and the full performance by a person of his socio-biological functions.

In this case, the emphasis is on the individualization of the concept itself, i.e. Even if there are fundamental recommendations for building a healthy lifestyle for each person, it should be purely individual, having its own specific characteristics. Thus, in developing a healthy lifestyle program for each person, it is necessary to take into account both his typological characteristics (type of temperament, morphofunctional type, predominant mechanism of autonomic nervous regulation, etc.), as well as age, gender, nationality and social situation in which he lives (marital status, profession, traditions, working conditions, material support, everyday life, etc.), etc. In addition, in the initial premises, an important place should be occupied by the personal and motivational characteristics of a given person, his life guidelines.

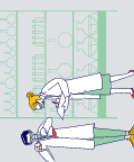
Principles of organizing and maintaining a healthy lifestyle

1) The principle of responsibility for one’s health. Only a reasonable attitude to health allows a person to maintain vigor, high performance, social activity and achieve longevity for many years. Providing a healthy lifestyle is only possible if a person himself wants to be healthy. It is necessary for a person to constantly remember in his behavior: good and reliable health is the main condition for realizing his physical, mental and mental capabilities. To be healthy or regain health, significant personal efforts are required, which cannot be replaced by anything (for example, pills). As a rule, a person resorts to these efforts if he has a vital goal, motivation, which is different for each person (social success, love, family, fear of death, and some others).

2) The principle of complexity. You cannot maintain health in parts. Health means the coordinated action of all systems of the body and personality, so that a change in any of them will necessarily affect health as a whole.

3) The principle of individualization. Each person is unique both from a biological (genotypic), psychological and social point of view. Therefore, each of us should have our own healthy lifestyle program, which should take into account the relevant features, namely:

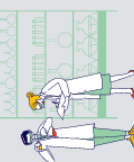
- genotypic factors (body type, metabolic characteristics, the predominant nature of autonomic regulation, biorhythmological indicators, etc.);
- psychological factors (type of temperament, extra- or introvertiveness, self-psychoregulation, etc.);
- social factors (belonging to a specific social group and a person’s relationship with others);
- family and living status;



- the level of a person's culture, his life priorities (here, nurturing a culture of health, healthy needs and instilling healthy lifestyle skills is of particular importance).
- 4) The principle of moderation. To train functional systems, moderate loads should be used. By "moderate" we mean those that cause an average degree of fatigue, the effects of which should not last more than 24 to 36 hours. Smaller loads (mental, intellectual, physical), as a rule, do not contribute to the growth of the body's reserves, and more significant ones can lead to overwork. Moderation of loads should be discussed from the point of view of the body as a whole, and not just the most loaded system.
 - 5) The principle of rational alternation of load and rest. As noted by the domestic physiologist N.E. Vvedensky, "people get tired not because they work hard, but because they work incorrectly." At the same time, it is important to build a lifestyle in such a way that subsequent rest fully corresponds to the nature of the work performed before. For example, after a large amount of intellectual work performed, specially organized physical labor should follow (according to the effect of "active rest", it stimulates a more active restoration of intellectual potential). Such reasonable alternation allows the body to rationally not only spend, but also restore its potential. Neglect of this principle leads to the accumulation in the body of the consequences of under-recovery with the development of fatigue. Most often this manifests itself in various forms of mental disorders (neuroses).
 - 6) The principle of rational organization of life. With proper planning of his activities, a person will be able to complete all the necessary tasks in the optimal time frame and with the appropriate intensity of workload in accordance with their actual priorities.
 - 7) The principle "today and throughout life." Health is not given to a person for future use; it requires constant and persistent efforts.
 - 8) The principle of valeological self-education. The formation of a healthy lifestyle has as its ultimate goal the improvement of living conditions and life activities on the basis of valeological training and education, including the study of one's body and one's personality, mastering hygiene skills, knowledge of risk factors and the ability to put into practice the whole range of means and methods for ensuring a healthy lifestyle.

Key points underlying a healthy lifestyle:

- 1) An active carrier of a healthy lifestyle is a specific person as the subject and object of his life activity and social status.
- 2) In implementing a healthy lifestyle, a person acts in the unity of his biological and social principles.
- 3) The basis for the formation of a healthy lifestyle is a person's personal and motivational attitude towards the embodiment of his social, physical, intellectual and mental capabilities and abilities.
- 4) A healthy lifestyle is the most effective means and method of ensuring health, primary prevention of diseases and satisfying vital health needs.



In this regard, developing motivation and correct understanding of healthy lifestyle among students requires effort

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