

Self-management as a condition for creating a health culture among students

OLGA I. ZAVYDIVSKA¹, NATALIYA N. ZAVYDIVSKA², OLENA V. KHANIKIANTS³

¹Department of Human Resources Management, Lviv institute of Banking University, UKRAINE

²Department of Theory and Methodology of Physical Education, Lviv State University of Physical Culture

³Department of Theory and Methodology of Physical Education, Lviv State University of Physical Culture
UKRAINE

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Abstract:

The necessity of creating self-management skills in the process of health preserving students' study was grounded. A comprehensive assessment of the lifestyle of graduates was conducted. The characteristics of students forming responsibility for their health during this health-preserving study were revealed. The conditions for the self-organization of a student's healthy lifestyle via their self-determination, self-organization, self-motivation and self-realization were determined. Technological content on the formation a health culture among students was created based on self-management.

The methodological basis of research is the idea of unity in the world and the main ideas of philosophers and scientists regarding health suggest that it the most important value in life. The preservation and strengthening of the health of students in higher educational establishments must be studied.

Self-management was considered in terms of personal autonomy and self-health management as a mechanism for students' to self-organize their lifestyles. Under these conditions, the main goal of self-management in the health-preserving process is to maximize student's own opportunities to organize their lifestyle to promote and maintain health. Creating a healthy culture among students is represented as a process that involves mastering expertise and vital motor actions, which result in the ability to manage health and, conduct diagnostic, preventive, rehabilitation, and corrective measures.

Was concluded that the formation of self-management in students is a prerequisite for optimizing the process of forming a culture of health. The use of educational technology positively affected the student's increasing ability to apply health-forming tools.

Key Words: self-management, self-organization, self-realization, healthy lifestyle, health preserving study.

Introduction

Health preservation and its formation at all stages of human development is a strategic task of any state. Life and health are defined as the highest human values; are indicators of civilization and reflect the overall socio-economic development of society [1]. Priority forming a responsible attitude to the student's health caused it is one of the key factors that determined by defining the role of the health of this population in creating a healthy future [5].

Although the domestic and foreign scientists researched the problem of forming a health culture among students from different points of view, today we continue to observe the negative trend of deterioration in health of young people. Moreover, it is evident that fact that the health care system is not useful for solving the problem of it optimal improvement. In this regard progressive educational community today set itself a new challenge - to form student's need in self-realization of obtained health preserving knowledge and skills during their whole life [11; 12].

Designing and modeling of process of health preserving study of students – a relatively new trend in pedagogical science, which requires the development of special pedagogical teaching methods and technologies [4; 7]. The versatility of the currently existing technologies and methods of health preserving and the absence of student's need for to use them – cause necessity of teaching students on the basis of the formation of their self-management skills. Self-management in this case – is a self-organizing of lifestyle, the ability to manage yourself for the continuation of years of healthy life in the widest sense of this word (self-organization of leisure time, physical activity, nutrition etc.).

Material and methods

The question of a general theory of human action discussed in scientific papers of Pavlov I., Sechenov I., Kostyuk G.; solution of problems of modernization of modern education devoted to researches of Zyazyun I., Padalka O., Piechota O., Nisimchuk A.; means of improving educational activities and psychological and

pedagogical influences disclosed in publications of Molyako V., Davydov V., Mazoh D., Bezpalko V.; health preserving questions based on the theory and methodology of physical education dedicated in works of Dubogay O., Timoshenko O., Vilchkovskiy E., Davydenko D., Prystupa E., Nosko M., Krutsevych T., Medvedeva I., Shiyan B. etc. Based on the above, the problem of creating and implementing of new technologies of health preserving in system of education of students is a subject of numerous researches. However, it must be noted that the using of self-management as a mechanism for streamlining the process of creating a health culture among students is still overlooked by scientists.

The aim of this work is to prove the necessity of forming self-management skills in the process of health preserving study of students. To achieve the aim we have solved the following **tasks**:

1. To make a comprehensive assessment of lifestyle of graduates of higher educational establishments;
2. To single out the conditions of self-organization healthy lifestyle of students through their self-determination, self-motivation and self-realization;
3. To reveal the content essence of technology of forming a health culture among students created on the basis of self-management.

To achieve the tasks the following research methods were applied: theoretical (theoretical analysis and synthesis of educational, scientific literature, legal documents on education and healthcare, Internet resources, teacher observation, content analysis), empirical (observation of vital functions and physical education of students; conversation, questionnaires, surveys), methods of mathematical statistics.

The researches were conducted during 2014-2015 years. Lviv Institute of Banking University server as an experimental basis. The participation in pedagogical experiment took 92 persons.

Results

The problem of health self-esteem by specialists who have graduated from higher education establishments, we considered in axiological aspect, in particular analyzed their ability to perceive the value of health from the position of thinking, motivation to healthy lifestyle by studying the relationship between characteristics of their vital activity, age and the specificity of profession. The data obtained show us that most of respondents recognize their health level as average – 77.6%; 0,5% of respondents – believe that they have very good level of health (these are employees of physical culture and sport sphere aged 41-50 years); 18% of respondents believe that they have good level of health and 3.9% of respondents recognize that their level of health is bad (these are economists and doctors).

50.3% of respondents note that they are feeling unwell due to lack of rest and with age the amount of people who have such complaints increases. It should be specified that 50% of respondents demonstrated a certain level of knowledge and failed to indicate their blood pressure, heart rate, body weight and height; most of them – 25.4% - employees of IT-sphere.

The level self-organization to healthy lifestyle considered as sufficient 38.9% of respondents, while 61.1% - admitted this level as insufficient. Among those who consider their level of self-organization to support their health on the proper level - 15.7% of young people aged 25-30 years, 11.4% of people aged 31-40 years and 11.8% of people aged 41-50 years. The insufficient level of self-organization to healthy lifestyle was admitted by 27.6% of respondents, aged 25–30 years, 16.8% – aged 31–40 years and 16.7% – aged 41–50 years. Most of them – employees of economic sphere (23.2%) and IT-sphere (21.2%); also 9.7% of doctors and 5.4% of employees of physical culture and sport sphere admitted their level of self-organization to healthy lifestyle as insufficient.

As a consequence, the results of self-assessment of people their level of self-realization and using tools and measures for preserving their health. The data obtained show us that 65% of respondents don't consider themselves capable to such self-realization. These are: 22.2% - economists, 22.8% - IT-employees, 11.2% - doctors, 8.7% - employees of physical culture and sport sphere, 0.1% - representatives of other professions. Ready for self-realization and preservation of their own health - 30% of respondents. These are: 10.4% - employees of medical sphere, 10.1% - employees of physical culture and sport sphere, 5.1% - economists, 3.9% - IT-employees and 0.5% - representatives of other professions. There were those who were not able to assess the level of their self-realization during health preserving – 5% of respondents.

The fundamental feature of the structure of scientific activity in health preserving, arising mainly from its analytical character, is division of pedagogical science on separate from each other fragments. Despite the positive aspects of this moment and the opportunity to study certain aspects of reality, often dropped the relationship between the individual fragments of the learning environment and the importance of interdisciplinary relations, integration processes for self-organization of own lifestyle. Considering the fact we are talking about health, all researches aimed at optimizing the learning process of health preserving in high school, requires a common approach, unification and synthesis for improving the quality of life of students [9]. In view of the development of science on human health, the idea of joint aspects and the approaching of sciences that content relevant to the process of health preserving (including philosophy, economics, pedagogy, physiology, psychology, physical education and sport) is rational.

The proposed technology of forming of health culture among students based on requirements of didactics, isn't separated from the existing educational theory, takes into account all previous experience of progressive

pedagogical thought and represents a systematic organizational psychological and pedagogical conditions that perform informative, cyber, and consulting, creative and educational function. This is a general pattern of health preserving measures, which is the ultimate goal of higher education establishments and complies with all nowadays requirements, considering the changes that take place in the near future through the life of every graduate impacts profession.

The developed technology of health preserving study summarizes in a system the process of improving of personal qualities, health, psychological and physiological potential through the formation of convictions in the necessity of a permanent physical self-improvement based on self-management (Fig. 1).

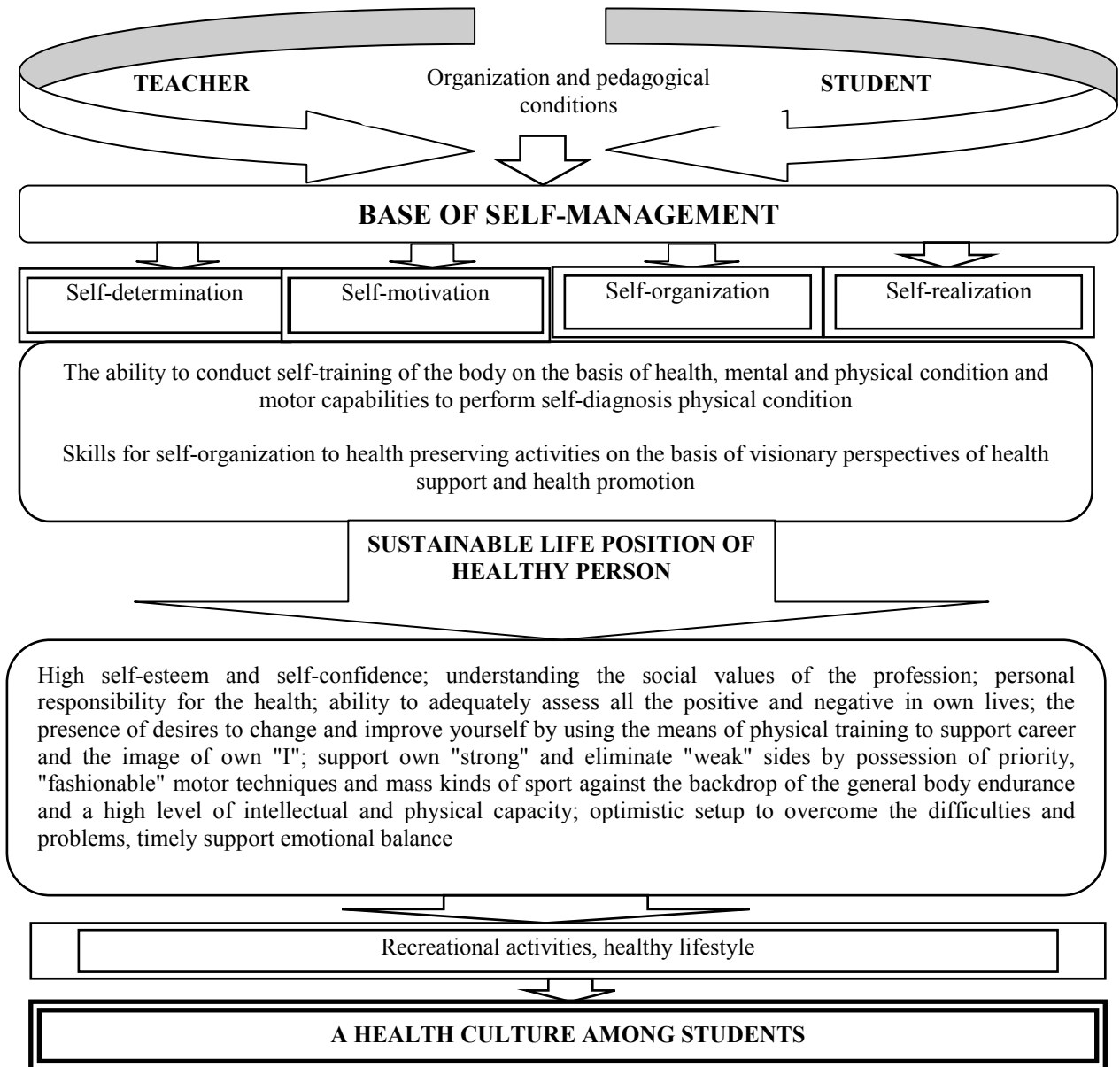


Fig. 1. Structural elements of technology of formation a health culture among students created on the basis of self-management

Source: own work.

During 2014-2015 academic year in Lviv Institute of Banking University took place an experiment that was designed to organize the learning process of health preserving created by our technology. The created course "Self-management of health preserving" was an active educational factor of this technology. This course allows meaningfully teaching students the ability to manage their lifestyle and processes that impact on health. All students who participated in the experimental project were divided into two groups: Control (CG) - the educational process was in usual regime; Experimental (EG) - the educational process was accompanied by the introduction technology of formation culture of health of students created on the basis of self-management.

After academic year training in EG, where process of health preserving study was organized on the principles of self-management, 95.6% of students positively rated their initiative and opportunities for self-organization of their healthy lifestyle (in comparing, just 4.4% of respondents considered themselves as self-organized before the experiment). In the CG following significant changes have occurred (Fig. 2).

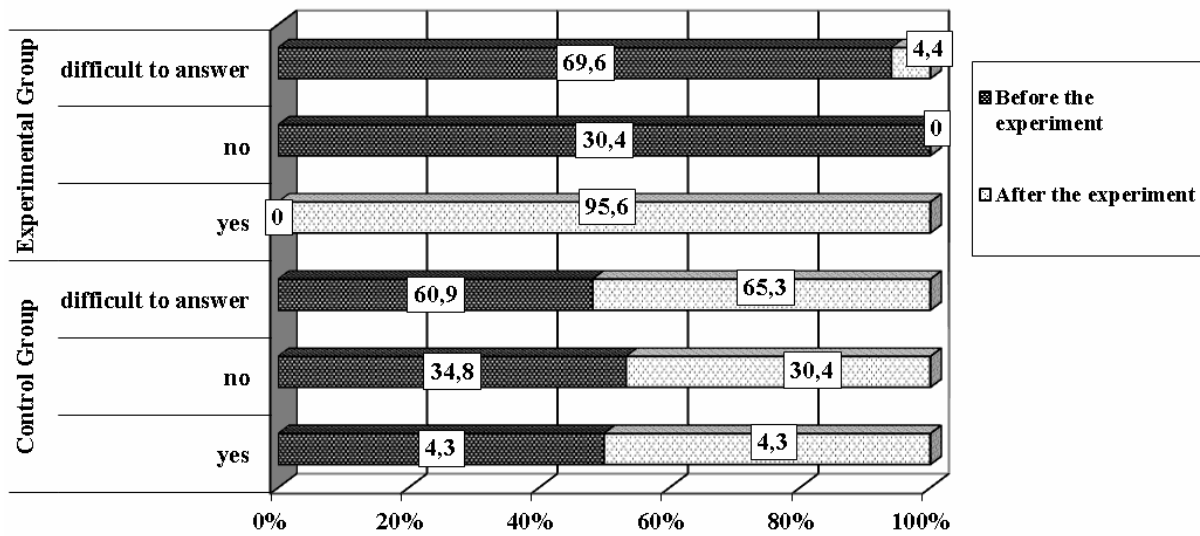


Fig. 2. Self-assessment of student's own initiative and motivation to healthy lifestyle (%)

The readiness of students for self-using different health-forming technologies is shown in Fig. 3. After the experiment, situation in the experimental group has changed to opposite, while in control - the number of students who ready for self- using of preventive measures for maintain their health increased only 21.8%.

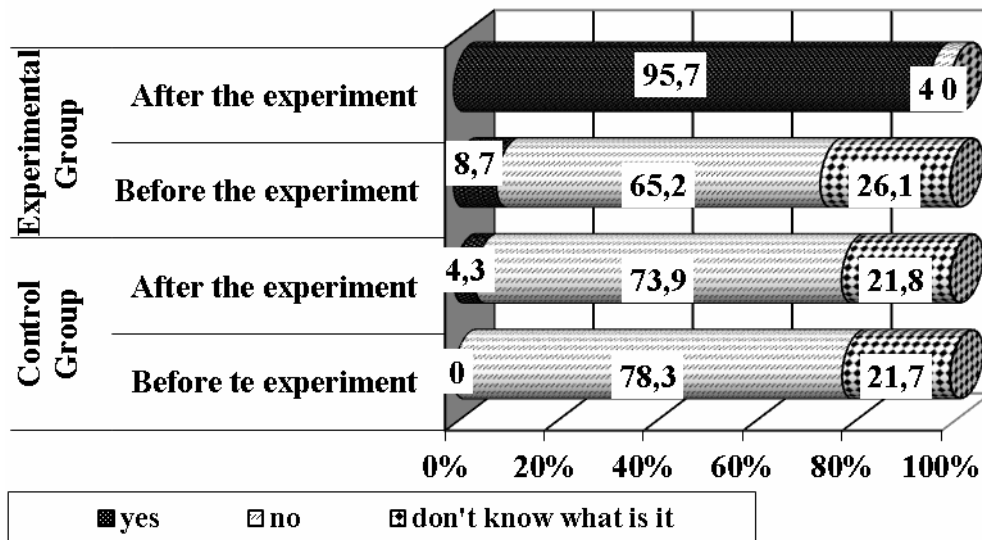


Fig. 3. Student's self-assessment of their own skills for using different health forming technologies (%)

It is well known that the willingness of students to self-using measures of health preserving after graduation from the university is the basis for improving their quality of life. In the EG before the experiment 91.3% of respondents noted the low level of readiness, and after study, organized on the principles of self-management, the number of such students decreased to 4.3%; the s affirmative answer was given by 95.7% (Fig. 4).

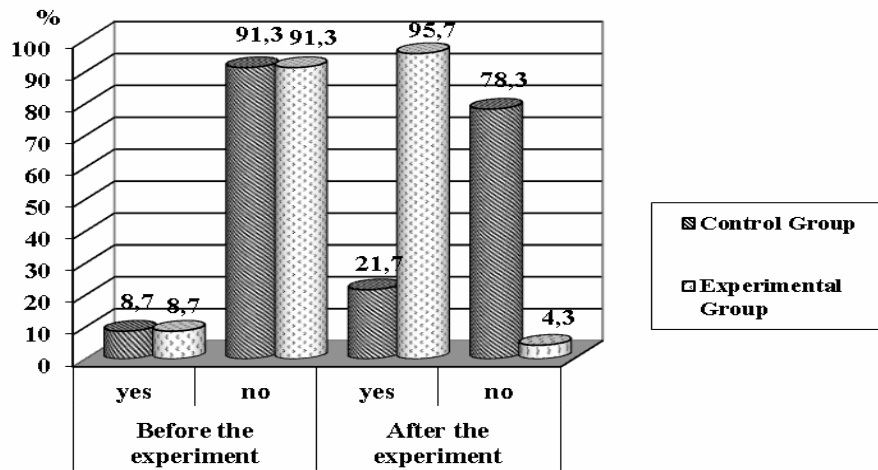


Fig. 4. Student's self-assessment of readiness for using self-help measures of health preserving after (%)

Discussion

In modern health preserving education system of higher school transition to innovation model, which characterized by the consideration of abilities, inner motivation of students to form their needs for self-realization in the process of physical culture and recreational activities [13; 14]. Self-realization in sense of managing of own health - a multidimensional concept that serves not only as a process, but also (which is most important) as a need, results most importantly - need to result [6]. Self-realization of personality, using of all possible means to maintain and improve own health - is the transition from the internal "I know" to the external "I act." It is the desire of students to activity that can positively impact on the state their own health. In modern society, a person can't be successful without conscious organization of its own life, without understanding the psychological and physiological processes that occur in its own body under the influence of professional work, without the ability to project the health preserving technologies and using them in everyday life. Self-realization of personality in the process of health preserving requires some effort, and therefore it should be formed management skills of students for its fulfilment. To manage the process of self-realization can through the managing of own livelihoods, but this requires self-management skills [3]. Moreover, not only in a sense of self-organization and time-management; we mean the skills and abilities which aimed at fulfillment of complex system of measures for preserving own health. First of all, it's self-organization of healthy lifestyle through the *self-determination, self-organization, self-motivation and self-realization*

Self-determination – student's knowledge about themselves in the process of health preserving study, adaptation to new experiences during physical activity, the ability to secure the conditions for the continuation of years of healthy life. Considering that scientific and analytical skills are formed at the age of 17-20 years, when young people have the necessary prerequisites for mastering all the new and unknown, it is necessary to create conditions for the organization of creative cognitive activity during health preserving study [2]. Thus, we can bring together the process of forming a health culture among students to the social, psychological, organization, economic and social change.

Self-organization provides perception and learning student's knowledge for creation personal need in health preserving. However, student's understanding of necessity of carrying a healthy lifestyle it's not enough. The main condition for a healthy lifestyle is socialization and conscious self-organization of health preserving activity [10]. In this sense, the important is *self-motivation* that is a driving force immediate to physical culture, recreation activities and physical activity. Student's ability of using motivational mechanisms - important condition for self-organization to healthy lifestyle. *Self-realization* acquired knowledge and skills of health preserving occurs through the development of ability to self-management during all life. The main goals of *self-management* are: using own opportunities on maximum; consciously managing own lifestyle for support self-health; to know and to able to overcome the negative self-perception (as fatigue), organize recreational, rehabilitation, corrective measures.

In our opinion, the human's willingness to manage personal health can be judged by the presence of her reasonable understanding of the significance of a healthy lifestyle; ability to assess personal health level and degree of pathological abnormalities in own body; ability to implement differentially health preserving tools and techniques [8; 9].

Require further study the organizational mechanisms of student's supervision on their well-being, changes in health status; development of basic health systems, models, programs with content that will provoke students of high educational establishments different professional direction for the using of modern health technologies in everyday life.

Conclusions

Formation of self-management skills made possibility to create new relationships and innovative processes in the content of teaching students skills of a healthy lifestyle. Forming of the health culture began to be an open process, without any restrictions for the student. In our opinion, a self-management base gives a possibility to not separate "process of perception" from "research process" during health preserving study. To accept means ponder. In addition, the process of "sense - perception" pondering before it turned into the need for self-realization for continue of years of healthy life.

The result of the process of developing skills for self-management during health preserving study is not a learned student, but a student who learns by himself (herself). The mission of the teacher in this case more focused on the student, not on the implementation of the training program. We know that only knowledge doesn't bring up personality. Knowledge, abilities and skills carry out educational action and turn to the necessity just only for those students whose needs comply with, in whose system of values they are included. Due to these conditions there is a formation of complex of knowledge, abilities and skills to ensure a healthy self-development and self-consciousness of a person, a health culture of such level that all measures that should be done for health preserving, become in a way of lifestyle; a person even doesn't think about "need or don't need" to engage in physical self-improvement.

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