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## TEENAGERS' ATTITUDE TO HEALTHY LIFESTYLE AND TO VITAL VALUES

*A healthy way of life is a concept of a person's vital activity aimed at improving and maintaining health through appropriate nutrition, physical preparation, a moral attitude and rejection of bad habits. It is a prerequisite for the development of various aspects of human life, achieving active longevity and full-fledged fulfillment of social functions. The urgency of a healthy lifestyle of adolescents is caused by the increase and change in the nature of the loads on the body of adolescents in connection with the complication of social life, increasing risks of man-made, environmental and psychological provoking negative changes in the state of health.*

**Keywords:** teenagers, healthy life style, physical activity, food ratio, health.

**Introduction.** Nowadays, the health of the adolescent constitute essential topic that generate interest and proportionate debate in the field of health. This happens not only because of biological and epidemiological aspects that define the general health profile of this group, but also, and above all, the enlargement of the concept of health and the conceptions of health promotion, linked to the quality of life, reproductive and sexual rights, gender, domestic violence and youth leadership [1-2]. A healthy way of life is a concept of a person's vital activity aimed at improving and maintaining health through appropriate nutrition, physical preparation, a moral attitude and rejection of bad habits. It is a prerequisite for the development of various aspects of human life, achieving active longevity and full-fledged fulfillment of social functions. The urgency of a healthy lifestyle of adolescents is caused by the increase and change in the nature of the loads on the body of adolescents in connection with the complication of social life, increasing risks of man-made, environmental and psychological provoking negative changes in the state of health. According to modern views, having a healthy lifestyle includes the following components: rejection of bad habits (smoking, drinking alcohol and drugs); having good habits; optimal motor mode; healthy eating; hardening; personal hygiene and having positive emotions. A healthy lifestyle assumes social, labor and physical activities; individual psychological comfort and a family wellbeing [3-4].

**Materials and methods:** 414 high school students from Almaty. The method of sociological research was used to evaluate the basic values of schoolchildren's adolescents and give a comparative sociological assessment of schoolchildren in adolescents, depending on gender and course. The questionnaire and the analytical method were used.

**Result:** 414 high school students from Almaty completed a research based questionnaire. From the total number of respondents, 75,4% were girls and 24,6% boys and 54,8% were tenth grade students and 45,2% eleventh grade students.

More than a half (55,4%) respondents stated in the questionnaire that they lived in separate flats, one quarter (23,3%) in private houses and 17,3% in dormitories. 3,9% of teenagers didn't give an answer or it was difficult to answer this question.

When answering the question: "How important are health issues to you?" , approximately one quarter (26,0%) of respondents think that this issue is very important. Half (50,0%) of respondents answered that it is not less important than other issues. 20,0% of respondents said it was important when they actually have sickness. Only 4% think that it is not important at all. There were no significant differences between the answers given by the male and female participants.

Teenagers added their opinions about the healthy lifestyle issue to the survey. Two thirds of the respondents answered that its foundation is in sport activities. More than a half of respondents associate a healthy lifestyle with quality of sleep; almost the same amount with the rejection of bad habits and healthy eating. High school student's attitude to the value of a healthy lifestyle during the research can be defined in four separate groups: health is as important as other goals achievements; health management resource possibility; the fixing contradictions of stereotypes and their deviations relation. Respondents could choose one of the variances: "agree", "not agree", "hard to answer".

The majority of respondents (88,4%) did not agree that taking care of the health is a problem just for an old people (" in youth you shouldn't take care of your health, it is a problem of old people").

Other sections of the questionnaire showed that one quarter of teenagers do not think that being healthy is one of the important aspects in order to achieve your goals in life ("to have a good health is one of the most important parts to achieve a goal in your life and carrier"). But 70,6% of respondents did believe in this statement.

2967 % absolutely agree with statement that healthy person is more attractive to opposite sex, 59,5% do not agree.

Answers to the question "Person's attractiveness is more dependent on how person is dressed, but not from health condition", 66,3% agree and 30,7% do not.

It was established that 60,4% of teenagers are taking care of their health. 15,6% are not, and 24,0% had difficulties in answering. 10,8% teenagers think that to have a healthy lifestyle is boring and not worth rejecting other pleasures in life. But 86,7% do not agree with this statement; 2,5% of high school students didn't give an answer on this question. The most (75,0%) don't agree with the statement that only wealthy people can afford healthy lifestyle.

"A Cigarette and a glass of wine are the main features of modern person, it looks nice and prestigious" 9,8% agreed; 8,9% had difficulty in answering. Three quarters (81,3%) had the opposite opinion.

Nevertheless, the statement "Taking drugs in small doses does not harm" was rejected by 87,8% respondents, 6,6% agreed, 5,6% had difficulties in answering this question.

**Conclusion.** In conclusion you can divide respondents on three main groups:

*First.* High school students who had a healthy lifestyle are (60%) of respondents. The amount of females and males is an average proportion of 3/2. Teenagers who have a healthy lifestyle are 9% higher than the average, who is making sports (physical culture lessons are excluded). Amount of smoking and drinking beer is lower by 9% and drug addiction twice less.

For whom healthy lifestyle is making sport, eating healthy, having a day regime, taking care of health.

*Second.* High school students who reject the statement about having a healthy lifestyle (15% of respondents). Amount of females and males is an average. For teenagers for whom to have a healthy lifestyle it is not important is 21% less than average. More than 16% of respondents, drink beer and twice as many have tried drugs. Teenagers who reject having a

healthy lifestyle obviously prefer doubtful pleasures from drinking alcohol, smoking and taking drugs. This group usually includes high school student with low self-esteem and low health conditions.

*Third.* High school students for whom it was difficult to answer on these questions are very critical of themselves (25% of respondents). The amount of females and males are 11 % more than average with more females. The amount of respondents with a high rate of achievement is lower than average. They think that their health condition is "good" and "satisfied", but they do not think that health issues are important. Among teenagers who have a healthy lifestyle ,5% less than average range, do make a sport (physical culture lessons are excluded). The amount of smoking is 14 % higher than on average and 8% more who drink beer. 5% more respondents take drugs. These teenagers believe in healthy sleep, bad habits rejection and safe sex. Teenagers with high self-criticism and passive teenagers are in this group, and they don't believe in healthy lifestyle.

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*Қазақстан Республикасының денсаулық сақтау министрлігінің қоғамдық денсаулық сақтау мектебі*

#### **МЕКТЕП ЖАСЫНДАҒЫ ЖАСӨСПІРІМДЕРДІҢ САЛАУАТТЫ ӨМІР САЛТЫНА ЖӘНЕ ӨМІРЛІК ҚҰНДЫЛЫҚТАРҒА КӨЗҚАРАСЫ**

**Түйін:** Салауатты өмір салты - әр түрлі аурулардың алдын алу үшін организмді үнемі шынықтыру, шынығудың арқасында организм қоршаған ортадағы температураның күрт өзгеруіне бейімделеде және организмнің жұқпаларға қарсылығын жоғарлатады, денсаулықты сақтауда уақытымен және дұрыс тамақтану,сапалы, экологиялық таза болуы тиіс. төрт мезгіл тамақтануды сақтай отырып, белгілі бір сағатта ас қабылдаған дұрыс. Жасөспірімдердің салауатты өмір салтын сақтаудың өзектілігі қазіргі уақытта қоғамдық өмірдің қиындауы, денсаулыққа кері ықпал тигізетін техногендік, экологиялық және психологиялық қатердің ұлғаюына алып келетін жүктеме түрлерінің өзгеруі мен өсуіне байланысты.

**Түйінді сөздер:** жасөспірімдер, салауатты өмір салты, физикалық жүктеме, тамақтану, денсаулық.

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#### **ОТНОШЕНИЕ ПОДРОСТКОВ-ШКОЛЬНИКОВ К ЗДОРОВОМУ ОБРАЗУ ЖИЗНИ И ЖИЗНЕННЫМ ЦЕННОСТЯМ**

**Резюме:** Здоровый образ жизни - это концепция жизнедеятельности человека, направленная на улучшение и сохранение здоровья с помощью соответствующего питания, физической подготовки, морального настроения и отказа от вредных привычек. Оно является предпосылкой для развития разных сторон жизнедеятельности человека, достижения им активного долголетия и полноценного выполнения социальных функций. Актуальность здорового образа жизни подростков, вызвана возрастианием и изменением характера нагрузок на организм подростков в связи с усложнением общественной жизни, увеличением рисков техногенного, экологического и психологического провоцирующих негативные сдвиги в состоянии здоровья.

**Ключевые слова:** подростки, здоровый образ жизни, физическая подготовка, питание, здоровье.