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## The level of culture of a healthy lifestyle of student youth

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### Abstract

Based on the literature data, the modern health problems of students are studied, the formation of a healthy lifestyle as the main health of the forming factor.

**Keywords:** Healthy lifestyle, quality of life, prevention

### Introduction

In the modern world, scientific and educational activities in the field of creating a healthy lifestyle are extremely relevant, which is due to a number of problems that exist in society. Many negative factors affecting society cause a deterioration in the health of the nation. In general, the duration and quality of life are reduced, time spent on physical activity is reduced, and the adaptive capabilities of the body are worsened. The social group to which special attention should be paid is youth.

A healthy lifestyle is a multifaceted and multifaceted concept. With a scientific approach, as a rule, the key aspects in determining a healthy lifestyle are human behavior, the absence of bad habits, maintaining health, and ways of life. Its formation is based on scientific knowledge, physical activity, and the absence of bad habits, a rational regime of work and rest, a healthy diet, and medical and preventive measures.

The essence of a healthy lifestyle is very broadly expressed in a cultural context. The level of development of universal, state and national cultural values largely determines the degree of development and preservation of the physical, social and spiritual functions of man and society. In addition, a healthy lifestyle implies everything that contributes to the fulfillment by a person of his functions in everyday life, family, society, labor activity in optimal conditions for health and determines the vector of personal efforts in maintaining and strengthening personal and public health.

According to the World Health Organization, an unhealthy lifestyle is leading among the risk factors, the proportion of which is estimated at more than 50%. In second place are hereditary and environmental factors (about 20%), followed by shortcomings and defects in the work of health authorities. It should be borne in mind that social factors are indirect, while the importance of lifestyle is enhanced by the fact that it has a direct impact on health.

Turning to the retrospective context of the study of a healthy lifestyle, it can be noted that the emergence of ideas about a healthy lifestyle occurred in the East. The basic principles of a healthy lifestyle were formulated in the Vedas in ancient India in the VI century. BC e. One of the main proclaimed the achievement of a stable mental balance. The main condition for such harmony was called absolute inner freedom, that is, the absence of dependencies on any environmental factors.

Ancient thinkers such as Hippocrates and Democritus also thought about a healthy lifestyle. They tried to highlight specific elements in this concept. Hippocrates concentrated on the physical health of a person, considering it a kind of harmony, which can be achieved through a series of preventive measures. Democritus, however, focused on the spiritual health of a person, which he called "a good state of mind". In this state, the human soul is calm and balanced and does not know excessive passions, fears and other experiences.

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If we analyze and generalize modern ideas about a healthy lifestyle, we can conclude that it includes the following key elements:

- Spiritual and moral harmony.
- The adoption of preventive measures.
- Positive thinking and perception of life.
- Knowledge about health and maintaining a healthy lifestyle.
- Rational regime of the day.
- Proper nutrition.
- Rejection of bad habits.
- Personal hygiene.
- Culture of movement.
- A reasonable choice of environment and social environment.

A healthy lifestyle is the order and nature of life, which corresponds to the hereditary characteristics of the body, the conditions of human existence. It focuses on the culture of preserving, strengthening and restoring the health necessary to perform personally and socially significant functions. The introduction of a healthy lifestyle is expressed in everyday personality-active behavior of people aimed at maintaining, strengthening and restoring health <sup>[2]</sup>.

If we consider health in a generalized way, speaking about the health of a community, a social group, rather than an individual, we can see how this concept acquires pronounced social characteristics. Health as a social phenomenon is:

- 1) Integral indicator - it reflects social problems and processes, such as social conflicts, partnerships, norms of social behavior and deviations from them;
- 2) The condition of maintaining the viability of the whole society, since for the viability of the society requires the synergy of a number of conditions (biological and social reproduction, opportunities for socialization of personality, moral, mental and physical health of society).

The survey results showed that good physical development in youth is the key to health in adulthood for 24.4% of respondents. These figures indicate that modern youth is quite pragmatic and able to take care of their future, make investments in their health for the coming years. 18.7% of young people believe that modern life is difficult and only a physically developed and hardy person can become successful. That physical development is the basis of sexual attractiveness and success is considered by 17.3%. Approximately the same number of respondents (17%) believe that physical development and improving health and stamina helps to fend for themselves in a difficult situation.

The main thing in a healthy lifestyle is the active creation of health, all its components. To create health, it is necessary to expand ideas about health and diseases, as well as skillful use of the whole spectrum of factors affecting various components of health (physical, mental, social and spiritual), mastering wellness, general strengthening methods and technologies, and the formation of an attitude about a healthy lifestyle.

Modern social realities require a qualitative understanding of the place and role of health in the value system, a psychological analysis of the value orientations and life practices of student youth in relation to individual health <sup>[1]</sup>.

So, a healthy lifestyle for young people should be based on the principles of morality, be rationally organized, active and at the same time protect from adverse environmental

influences, allowing to maintain moral, mental and physical health until old age.

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