FORMATION OF A CULTURE OF HEALTHY LIFESTYLE IN THE FAMILY

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ABSTRACT

This article discusses the role of thinkers in shaping a healthy lifestyle in adolescent, the views of thinkers on family relationships, and the role of the family in shaping a healthy lifestyle culture in adolescents. Forming a culture of a healthy lifestyle for children. The question of the participation of parents in the formation of a culture of a healthy lifestyle in children of senior preschool age. The analysis of the health index dynamics of children, teenagers and young people of Russia during the last two decades testifies that there is a lasting tendency of decline of physical, mental and moral health of those under teaching. The social negative phenomena like tobacco-smoking, beer drinking and risky sexual behavior have become widely spread. The absence of continual system of pedagogical education focused on health value and healthy lifestyle is one of the major reasons of low efficiency of the work carried out by educational institutions. The article substantiates the potential possibilities of a foreign language as an aspect to provide those trained with continual formation of a healthy lifestyle and examines the work done within the frame of curriculum and extra-curriculum activities united by one topic.

Keywords: healthy lifestyle, health value, family culture, work, activities, entertainment, nutrition, computer technologies, communication process, energy production.

INTRODUCTION

Most people do not think of their family as having a "culture". They associate culture with countries and ethnic groups. But the family? For most of us, it's just a group of familiar people doing what they always do. Yet it is exactly this—a characteristic way of thinking, feeling, judging, and acting—that defines a culture. In direct and subtle ways, children are molded by the family culture into which they are born. Growing up, their assumptions about what is right and wrong, good and bad, reflect the beliefs, values and traditions of the family culture. Most take for granted their family's ways, and they carry into adulthood numerous attitudes and behaviors acquired in childhood. Even those who later reject all or part of the family culture often discover that they are not entirely free of their early influences. No matter that they promise themselves they will never repeat the mistakes of their own family—certain cultural attitudes and responses are so ingrained in family members that they continue to affect their thinking and behavior, whether or not those individuals are aware of such influence. To say that families have identifiable cultures, however, is not to suggest that they are static. Families are in a constant state of transition as each member moves through the cycles of life and the family itself moves from one stage of development to the next. Marriages, births, divorces and deaths change the family constellation and, in profound ways, alter the family culture. Simultaneously, larger political, economic and social forces also impinge on the family culture. The social revolution that began in the 1960s, for example, changed—among other things—

attitudes and expectations about the roles of men and women. The boy or girl raised in a family in which mother and aunts are professional women is exposed to a very different family culture from the one their grandparents knew. Many Americans are in poor health. This is acute for racial/ethnic minorities compared to the Non-Hispanic White population. A grounded theory approach was used to analyze semi-structured qualitative interviews to identify perceptions of family of origin lifestyle choices in same-race and interracial couples. Several central themes emerged from the data including influence of family of origin eating patterns, lack of family of origin importance for physical activity, and romantic partner influence in eating and exercise. Findings provide evidence for the socialization of family of origin on lifestyle choices into adulthood, but also suggest promising changes due to romantic partner. Loved ones, including family of origin, have a large impact on our long-term eating behavior. In addition, recent studies have suggested a recursive link in health patterns between romantic partners; however, how family of origin and romantic partners interact together to impact current individual health related behaviors, including eating and exercise, has received less attention in the empirical literature. More importantly, how these influences play out in same-versus-interracial couples may differ, given that racial disparities exist among health outcomes e.g., higher probability of chronic diseases, life expectancy, etc. Notably, it is important to focus on Hispanic and Non-Hispanic White populations due to the higher prevalence of obesity found among Hispanics and general unhealthy patterns in ethnic minorities that have been related to limited access to healthy food choices and quality healthcare. Therefore, the goal of this study is to extent results from previous research by qualitatively exploring how the families of origin for both partners in romantic relationships same-race and interracial interact together to impact current health related behaviors, with an emphasis on the viewpoints that were held in the families of origin about eating and exercise. Lifestyle is a style used by people, groups, and nations and shaped by a particular geographical, economic, political, cultural, and religious text. Lifestyle refers to the characteristics of the population of a region at a particular time and place. It covers the daily behaviors and functions of people at work, activities, entertainment and nutrition. In recent decades, researchers have become more interested in lifestyle as an important factor in health. According to the WHO, 60% of factors related to human health and quality of life are related to lifestyle. Millions of people lead unhealthy lifestyles. Thus, they face illness, disability and even death. Problems such as metabolic disorders, joint and bone problems, cardiovascular disease, hypertension, overweight, violence, etc. can be caused by an unhealthy lifestyle. Great attention should be paid to the relationship between lifestyle. Since ancient times, mankind's physical education has been considered an important and integral part of the process for the formation of a fully developed and harmonious personality. This in particular, is confirmed by views of ancient philosophers: Plato, Aristotle, Socrates and others who believed that proper training of a person can be done through a combination of moral, mental and physical development and a person's health. In modern conditions, the physical education as a social cultural phenomenon acquires its exclusive significance and it is called to perform (fateful) mission - to save humanity from degeneration and degradation. The reality of such a threat is not only caused by the spread of unhealthy habits (smoking, alcoholism, drug addiction) or an unhealthy diet. The rapid development of computer technologies in the last

decades have significantly improved the communication process in society, and has also created some unwanted effects regarding physical health and exercise. General unfavorable condition of physical development of pupils is confirmed by the results of scientific research staff of the chair of theory and methodology of physical education at Kharkiv State Academy of Physical Culture. Generalization of compiled data received allows us to determine the following:

• The level of development of physical qualities of pupils at the age of 7-9 according to the evaluation scale in the "State tests and norms of assessment of physical training of the population of Ukraine", corresponds to "satisfactory" (speed - below 2 points evaluation, coordination abilities - 3 scores, flexibility - lower than 2 points, strength - 4 points).

• Indicators of motor preparedness of pupils at the age of 10 - 15 show that the level of their physical qualities is also "satisfactory" (flexibility - 2 points, coordination abilities - 3 points, endurance - 2 points, strength - 3 points). "Satisfactory" assessment of the level of physical development is inherent to older students that leads to the need to improve physical education of pupils in a modern comprehensive school. Hence, there is a need to improve pedagogical activity of the specific orientation both in quantitative and qualitative ratio. One of the first steps in the defined direction can be increasing of the number of physical education classes in schools, but this innovation is perceived ambiguously in students. Lifestyles and Living Conditions are fundamental fields to the understanding of youth specificity and culture, of their concrete social conditions of existence, and also of the close relation between their behaviours and the structure of opportunities and constraints - defined both at a national and at a European level - in which they occur. Although profoundly inter-related and of extreme importance both for the scientific and policy arenas, the analysis and application of evidence and knowledge on these matters in the policy-making and policy-informing processes are made difficult by the very nature of these subjects themselves . Leaving the parental home, entering a partnership, having children: these are all both important demographic events and meaningful social markers in one's life. Transition to adulthood is a "demographically dense period of multiple transitions" . Some demographers have raised the question of the emerging"new demography" that together with the increase of life expectancy and the decrease of fertility patterns all over Europe is characterized by the postponement of leaving the parental home for the first time. These conditions produce positive consequences throughout the life course and are usually mostly found in Scandinavian countries. Research has indeed found that in many aspects, such as leaving home for instance, country heterogeneity is far more relevant than generation heterogeneity .Health and well-being are fundamental socio-economic pillars of all societies. Health is a basic human right and a driver of social and economic development. Other definitions are more adequate to our contemporary society and take into account the importance of age: "a dynamic state of well-being characterized by a physical and mental potential, which satisfies the demands of life commensurate with age, culture, and personal responsibility".Food habits are one of the most complex aspects of human behavior, being determined by multiple motives and directed and controlled by multiple stimuli. Food acceptance is a complex reaction influenced by biochemical, physiological, psychological, social and educational factors. Metabolic conditions play an important role. Age, sex and mental state are factors of importance. People differ greatly in their sensory response to foods. The likes and

dislikes of the individual with respect to food move in a framework of race, tradition, economic status and environmental conditions. The indicator of public health is a characteristic feature of the level of any civilized country, reflecting its socio-economic, moral and spiritual development, is a criterion of good governance and a leading factor in the effectiveness of coexistence and activity of the people. Consequently, the problem of national health, its preservation and improvement has been one of the most important issues in all periods and historical stages of development of society. The traditional health philosophy, formed over the centuries in the culture of local minorities and ethnic groups living in the Ukrainian Carpathians, is a unique phenomenon of modern science. This creates a great educational potential for further scientific research and discoveries. The problem of human interaction with the geographical environment has caused certain problems in the modern world. Such problems include: socio-economic, environmental, moral and spiritual, cultural and educational, health. According to the priorities, there is a need to create an innovative methodology to cover the process of maintaining health and a healthy lifestyle, taking into account the rich experience of mankind and the new challenges and realities of modern human existence. his basic needs, interests and desires. In this regard, the study of the phenomenon of the philosophy of human health, which is considered through the prism of the traditional ethnic culture of the mountainous regions of the Carpathians of Ukraine, was of particular importance. Health promotion goes beyond health care. It puts health on the agenda of policy makers in all sectors and at all levels, directing them to be aware of the health consequences of their decisions and to accept their responsibilities for health. Health promotion policy combines diverse but complementary approaches including legislation, fiscal measures, taxation and organizational change. It is coordinated action that leads to health, income and social policies that foster greater equity. Joint action contributes to ensuring safer and healthier goods and services, healthier public services, and cleaner, more enjoyable environments. Health promotion policy requires the identification of obstacles to the adoption of healthy public policies in non-health sectors, and ways of removing them. The aim must be to make the healthier choice the easier choice for policy makers as well. Our societies are complex and interconnected. Health is inseparable from other goals. The integral connection between people and their environment forms the basis of a socio-ecological approach to health. A common guiding principle for the whole world, nations, regions and communities is the need to encourage mutual assistance - to take care of each other, our communities and our natural environment. The conservation of natural resources around the world should be emphasized as a global responsibility. Changes in lifestyle, work and leisure have a significant impact on health. Work and leisure should be a source of human health. The way a society organizes labor should help create a healthy society. Health promotion creates safe, stimulating, satisfying and pleasant living and working conditions. A systematic assessment of the health impact of a rapidly changing environment, especially in the areas of technology, employment, energy production and urbanization - is important and measures need to be taken to bring positive benefits to public health. Protecting the natural and built environment and conserving natural resources should be addressed in any health strategy.

CONCLUSION

There are many ways to get help that will help you stay healthy. An important step is to find a good GP (general practitioner) who is comfortable discussing your health. Seeing the same GP each time means you can work together to manage your health and arrange checkups as needed. Being someone else's "supportive person" can change everything while maintaining healthy habits. Talk to your friends, family, mental health program, or employer. Don't forget about other services in your area, you can get involved too.

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