

V. Lutsyk, Master student
J. Bereziuk, PhD in Ped., reseach and language advisor
Zhytomyr Medical Institute

FACTORS AFFECTING HEALTH-PROMOTING LIFESTYLE BEHAVIORS AMONG FUTURE NURSES

Admission: Lifestyle is defined as normal and conventional daily activities which are accepted by people during their lives and these activities can affect the health of individuals [1, 2]. Promoting a healthy lifestyle is the foundation of reviving a nation's health. A healthy lifestyle of an individual is a way of life corresponding to genetically determined typological features of a given person, specific living conditions and aimed at the formation, maintenance and strengthening of health in order to fully perform human socio-biological functions. The solution to the problem of maintaining one's own health lies in the person himself, in his knowledge and understanding of the problems of its formation, preservation, strengthening and restoration, as well as in the ability to follow the rules of a healthy lifestyle.

Aim of the study: Considering the importance of the way a new behavior affects “life quality” as a motivational factor for starting and continuing that behavior, this study aimed to determine the relationship between health-promoting lifestyle and its aspects.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared. 40 first and second year students of Zhytomyr Medical Institute were also interviewed concerning their healthy habits and motivation. Data collection was done through a three-section questionnaire. Their comments were observed. Based on the findings of the study, relevant interpretations were discussed, and some recommendations were suggested.

Health specialists who were previously focusing on treating diseases are now concerned with prevention and providing health through lifestyle promotion and eliminating the factors which negatively affect human health in any way. Most health problems such as obesity, cardiovascular diseases, cancers and addiction which are observed in most countries are associated with the transformations in the individuals' lifestyle. Also, inappropriate lifestyle is one of the influential factors for the emergence of chronic diseases like hypertension, chronic obstructive pulmonary diseases, liver cirrhosis [3]. Non-contagious diseases are closely related to lifestyle; in other words, lifestyle is one of the important determining factors in the health and disease of individuals [4]. Obviously, with no modification in lifestyle, there will be irreparable consequences in future. Lifestyle modification requires behavioral changes that constitute a major part of daily habits. If lifestyle changes do not promote global quality of life, persistence of this motivation will face some problems.

At this level, health is defined as using some positive qualities recommended by World Health Organization. Health is the fulfillment of human potential, maintenance of balance and goal orientation in the environment [2].

The modifiable risk factors that contribute to most of those diseases are physical inactivity, poor dietary habits and misperceptions of preventable diseases [5, 6].

However, healthy lifestyle such as physical activity, good eating habits, and stress management can help prevent or reduce incidence of some of the chronic diseases.

The most important factor in ensuring a lifestyle is the personal component, which involves establishing a lifestyle depending on the hereditary typological features of man, hereditary or acquired diseases or disorders of his regulatory-adaptive systems or immunity, level of vocational education, life goals, socially available -economic conditions. When using social technologies to form a healthy lifestyle, it is necessary to take into account the age characteristics of customers.

Results: There was a significant correlation between all approaches of promoting the healthy lifestyle. The highest score was for an interpersonal relationship (60.2%), and the lowest score was for and physical activity (32.4%). Significant differences were found in physical activity by gender. There were significant differences in health responsibility, spiritual growth and body mass index by family background ($P < 0.01$). Almost all the participants, 92% reported that they had a healthy eating behavior. Many of participants, 80% stated that they preferred to cook their own traditional Ukrainian food at home. However several of them, about 56%, admitted that once in a while they eat fast food, especially when they spend time with their peers.

Conclusions: social differentiations are the most important factor, because it founded limits of every-day practice. So, way constructing about every-day habits are connected with real conditions of life, financial opportunities.

Since one out of six students in this study does not work out or go to the gym health program planning to promote lifestyle, especially physical activity and nutrition among students is recommended. Results might be representing for development person's opportunities and rationality on base of manage of different information and use it for their health. Our findings may be helpful for faculty administrators, curriculum planners, and health educators in designing guidelines to structuralize a healthier campus and to develop health promotion programs supporting healthy choices among students.

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