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Формирование здорового образа жизни методами социальной работы у несовершеннолетних из неблагополучных семей

Ольга Евгеньевна Андриющенко

*кандидат социологических наук, доцент,
доцент кафедры социальной работы и педагогики,
Волгоградский государственный университет,
г. Волгоград, Россия
e-mail: maimail@list.ru*

The formation of healthy lifestyle by social work's among adolescents from disadvantaged families

Olga Evgenevna Andryushchenko

*candidate of sociological Sciences, associate Professor,
associate Professor of social work and pedagogy,
Volgograd state University, Volgograd, Russia*

Аннотация. Работа посвящена анализу эффективности коммуникативного тренинга как средства формирования здорового образа жизни у подростков из неблагополучных семей. Автором представлены результаты социологического исследования.

Ключевые слова: социальная работа, здоровый образ жизни, социальная служба, коммуникативный тренинг, семейное неблагополучие.

Abstract. This paper analyzes the effectiveness of communication training as a means of formation of healthy lifestyle among adolescents from disadvantaged families. The author presents the results of sociological research.

Keywords: *social work, healthy lifestyle, social services, communication training, family well-being.*

The level of health of modern Russian youth, children and adolescents, the trends of the disability of the younger generation, their unequal access of parents to quality medical treatment and care, lack of primary prevention, and, most importantly, social and public importance of the health of the young generation for prosperous development determine a research interest in the topic.

Theoretical and methodological base of the research consists of the works of Russian scientists in the field of healthy lifestyle and problems of its formation (V.I. Zhuravleva, Yu.P. Lisitsin), youth as an object of social work (U.A. Zinova, S.Y. Ivanova, R.V. Karabut, V.A. Lukov), analyses of social work in the process of healthy lifestyle formation (O.Yu. Gerasimov, M.Zh. Esirkepov, A.V. Martynenko, Y.P. Shurygina).

Analyzes theoretical and methodological approaches allowed us to define a healthy lifestyle as a way and form of individual human life, aimed at the preservation and promotion of health and includes elements such as moving activity, proper nutrition, sleep, medical care, and the absence of addictive behavior [3]. The attitude of the younger generation to the need to preserve and strengthen health, to live a healthy life due to an objective (the example of parents and friends of the same age, the influence of the media) and subjective factors (personal motivation) [2].

It was found that the means (tools) and methods (conversation, lectures, interactive games, communication training) social work in the process of formation of healthy lifestyle of the younger generation aimed at consolidating the positive health-promoting attitudes and skills of behavior [4, 5].

As shown by the analysis of the literature, the basis of motivation of behaviour of the young generation in their own health and attitudes to it are diverse, sometimes conflicting themselves needs [1]. The feature of maintaining a healthy lifestyle from the perspective of psychosocial work is that it is influenced by different activities and motives, directly not connected with the valuable attitude to health. Accordingly, health-preserving behavior has been stable and mostly unconscious compared with models of behavior, based on conscious motivation of individuals.

As empirically documentable criteria of adequacy/inadequacy of a healthy lifestyle to minors, we were interested in the following items:

- cognitive level – knowledge of the younger generation about healthy lifestyles, knowledge of significant risk factors and antierica, the understanding of the role of health in ensuring the efficiency of life and longevity;

- on an emotional level – the level of concern for their health;
- on motivational and behavioral levels, the interest is estimation of the importance of leading healthy lifestyles, the extent to which the actions and behaviour of the young person with the requirements of the healthy lifestyle.

Directly the empirical study included 2 questionnaires to minors, one of which was the control. In piloting the survey involved 50 people aged from 14 to 17 years, of which 52 % were girls and 48 % boys. It should be noted that before questioning the parents of all the adolescents were introduced to the questionnaire and expressed their consent to survey their children.

The results of these studies among adolescents allowed to make the following conclusions:

1. The older the adolescent, the effect of both objective and subjective reasons it is not satisfied with the state of his health.
2. Identified gender differences in responses about their health as a social value: for example, girls are more aware of the importance of their

health and consider it as a terminal value, it is not associated with future maternal function, since the presence of healthy children in the future is the least popular answer among teenagers.

3. Those adolescents who considers himself a supporter of healthy lifestyles, in practice not in compliance with its basic principles. It is most vividly observed in relation to nutrition, physical fitness and the presence of harmful habits.

4. Much of the surveyed adolescents many factors that hinder the healthy lifestyle, largely due to the lack of motivation to a healthy lifestyle that, as the study showed, can be corrected to varying degrees by competent professionals in social work.

Program communicative trainings included sessions on such topics as «Learn to say no», «My routine», «Edible-inedible», «Sports and exercise», «Habits that are killing us». The control assessment has revealed that teenagers on certain criteria developed skills and attitudes in healthy lifestyle criteria such as excellent self-rated health (twice), assessment of own capacity to improve their level of Wellness (2.5 times), regular exercise (at 50 %). There is a decrease in Smoking and irregular diet.

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