



Research Article

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Formation of A Healthy Lifestyle of Specialists on the Example of Hardening in Modern Educational Conditions



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Abstract

For the professional training of students, physical education is of great importance. A healthy now that a healthy, physically fit person, who has a large arsenal of various abilities and skills, will be able to quickly adapt to future professional activities and production conditions, and work more efficiently. Despite the increase in the share of mental labor in modern production, the physical fitness of employees does not lose its relevance, as it helps to increase not only physical, but also mental capacity, helps to fight the consequences of fatigue and neuropsychological stress more effectively. At its core, physical culture has appropriate motor activity in the form of physical exercises, thanks to which the formation of important skills and abilities, physical abilities, and an increase in the level of health and work capacity takes place.

Keywords: Healthy Lifestyle; Specialist; Railway Transport; Tempering

Introduction

The realities of Ukrainian society are characterized by a sharp deterioration in the health of student youth. This is due to the low level of social standards of students' lives and economic problems, a decrease in the interest of young people in spiritual and physical harmony, Internet addiction, lack of motivation and self-organization of students. An additional important factor that negatively affects the health of students is the combination of study and work, which most often occurs in the evening or at night and leads to a significant disruption of the daily routine with subsequent negative consequences for the well-being and health of young people. All of this should be attributed to the significant spread of bad habits in the youth environment, the cause of which is stress, lack of spiritual development, unorganized life and leisure, lack of relaxation mechanisms [1].

While studying at a higher education institution, students are required to exert considerable intellectual and neuropsychological abilities and qualities. It is known that today the physical activity of future specialists has significantly decreased, which in turn has put their health at risk. At the same time, staying at home during distance learning made it difficult to maintain physical condition. Many functions of the central nervous system depend on muscle activity. To ensure health, physical activity should be regular and gradual. Even in ancient times, it was clear that the physical

development and level of physical fitness of a person, his speed, dexterity, strength, coordination, and endurance ensured success in hunting, war, protection from natural disasters, thus making the very existence of a person dependent on the level of development her physical qualities.

This is one of the main reasons that even our ancestors came to understand that by improving their movement capabilities, one can not only work, hunt, and fight more successfully, but also physically improve themselves. All this does not lose its relevance even in the present time.

Presenting Main Material

Exercising in the fresh air provides great health benefits. Especially if there is a combination of movement and health hardening procedures. In the conditions of distance learning, students have time for self-regulation and self-improvement. Giving up bad habits and establishing a healthy lifestyle plays an important role. You can start now. Movement, physical activity, and hardening will help in maintaining mental and physical health.

Hardening

Hardening is a system of hygienic measures aimed at increasing the body's resistance to the adverse effects of various

meteorological factors (cold, heat, wind, reduced atmospheric pressure). Hardening plays an important role in the prevention of colds, adaptation to various conditions of temperature fluctuations. During hardening, with repeated exposure to specific irritations, under the influence of nervous regulation, certain functional systems are formed that provide an adaptive effect of the body. At the same time, adaptive reactions occur in the nervous system, in the endocrine system, in internal organs at the tissue and cellular levels. Thanks to this, a person gets the opportunity to painlessly endure the extreme effects of cold, wind or high temperatures [2]. Hardening procedures are divided into general ones, when the entire surface of the body is affected, and local ones, which are aimed at hardening individual parts of the body. Local procedures have a less powerful effect than general ones [3].

Where to start hardening? The first thing to do is to visit your doctor for an examination of your health level. If everything is fine, you can gradually engage in various hardening procedures. However, in the case of acute diseases and aggravated chronic diseases, hardening cannot be done. In the process of hardening, it is necessary to systematically consult a doctor and check the effectiveness of these procedures. For effective hardening.

The following principles must also be observed:

1. Gradualness
2. Systematicity
3. The complexity of the influence of natural factors
4. Sequence
5. Consideration of individual characteristics

Air, water, and the sun are the main factors of hardening [4].

Hardening by the Sun Heliotherapy

The main requirement of curing in the sun is dosage under sunlight. It is necessary to start with 5-10 minutes, gradually increasing the stay in the sun to 60 minutes. In the south of our country from 7 to 10 o'clock, in the middle lane from 8 to 11 o'clock, in the north from 9 to 12 o'clock. All hardening procedures should be started in the summer. With ultraviolet rays, the barrier function of each integument improves, vitamin D is formed, which regulates the metabolism in the body. The sun's rays affect the tone of the central nervous system. Together with water procedures, sun tanning has a positive effect on the working capacity and general mood of a person. As often as possible, on weekends and vacations, a person goes out into nature, where there is sun, clean air and the sea, river, pond. If you approach hardening wisely and know the rules of behavior in nature, you can get a full-fledged rest, even in a short period of time. These can be short-term, short-term walks on the sunny side of the street both in winter and in summer. We need tan and tone, vitamin D and immunity [5].

Basic Recommendations for Sun Hardening

- Dosage of sunbathing: starting from 5-10 minutes at an air temperature not lower than 18°C, gradually up to 2-3 hours with 15-minute breaks in the shade, or bathing in water after every one hour of being in the sun.
- It is recommended to take sunbathing after eating for 30-40 minutes.
- When sunbathing, it is recommended to change the position of the body more often.
- The head should be protected from the sun's rays with a light headdress or an umbrella.
- Eye protection with glasses from the sun.

Not Recommended

- Sleep, as it is not possible to consider the duration of exposure to the sun.
- Sunbathe immediately after eating or before eating.
- Tightly tied headscarves and towels are not recommended, as all this complicates the evaporation of sweat and, as a result, prevents the head from cooling.
- Sun hardening should not be done in case of acute diseases of the skin, lungs, high temperature, malignant formations, etc., acute disorders of the digestive system, flu-like conditions, hypertensive crises, food infections.

Air Hardening-Aromatherapy

Hardening depends mainly on the temperature conditions where the person is. But it is necessary to consider moisture and the speed of air movement [6-9].

Air Baths Are Divided Into

- Hot (air temperature - +30°C and above).
- Warm (+22°C and above).
- Moderately cold (+13°C-17°C).
- Cold (4°C-13°C).
- Very cold (below 4°C).

In People Who Have Experience in Hardening Procedures, the Feeling of Cold Occurs at Lower Temperatures. we can Start air Hardening at Home, for Example

- Ventilate the premises in advance.
- Go outside in the morning.
- Go to the balcony.
- Sleep with the window open.

The Following Recommendations Should Be Followed in the Open Air

During cool weather and cold air, hardening should be combined with physical exercises.

Dosage of Air Baths

- Gradual decrease in air temperature.
- Increasing the time spent in the air at the same temperature.

All walks in the fresh air, skiing, cycling, sports games in the air, staying on the beach can be considered a hardening procedure, if the clothes are not very warm and we do not "roll". The duration of the first procedure should not exceed 15-20 minutes at an air temperature of +18°C. Then gradually the duration of air "bathing" can be increased to several hours. It should be borne in mind that the influence of air on skin receptors is stronger, the greater the temperature difference between each skin and the air. Cool and moderately cool air baths have a more pronounced effect. As a result of hardening, the mobility of vascular reactions is trained. Warm baths do not provide hardening, they have a positive effect on oxidizing processes in organisms. Air humidity in combination with different temperatures does not affect the body's thermoregulation processes in the same way. The intensity of moisture evaporation from the surface of the skin and lungs depends on the relative humidity of the air. When taking hardening with cool air, and especially when taking cold baths, it is recommended to do gymnastic exercises, walking, running in place.

Water Quenching - is more intensive, as water has a thermal conductivity 28 times higher than air. The duration of the water procedure should be shorter, the colder the water. The main hardening factor is the temperature of the water, not the duration of the water treatment.

Water Procedures are Divided Into

- Wiping.
- Dousing.
- Shower.
- Swimming in open water bodies.

Wiping - is the initial stage of water hardening.

The procedure is carried out with the help of a towel or sponge, or simply with a hand soaked in water. At first, this procedure is done only to the waist, and then gradually they move to wiping the whole body. The total duration of the procedure should not exceed 5 minutes.

Pouring - is the next stage of hardening with water. A small pressure jet of water is added to the effect of low water temperature on the body. It can be pouring from any container.

Hardening begins at a water temperature of +30°C, with a further decrease in temperature to +15°C and below. After dousing, the body should be vigorously rubbed with a towel. The duration of the procedure is 3-4 minutes.

A shower - is a more effective water procedure. At the first stage of hardening, the water in the shower should be above 32°C. The water temperature is lowered gradually. After the shower - rubbing the body with a towel. In the shower, a body massage is added with the help of a stream of water, the intensity of which should vary. The shower can be warm, cool, and contrasting.

Swimming in open water: Not the last role here is played by the ability to swim. When swimming, bathing in open bodies of water (open pools, rivers, lakes, seas), the human body is affected by the temperature regimes of air, water, and sunlight. You can start hardening bathing at a water temperature of +18...+20°C, while the air temperature is 15-16°C. Beginners in hardening are not recommended to swim in water bodies at an air temperature below +14...+15°C and a water temperature of 11-13°C. It is not recommended to swim in open water immediately after eating, after long-term, tiring work.

There are also types of hardening procedures, which are called local water procedures. For example, rubbing and washing the feet and gargling with cold water [10].

Bathing in winter, rubbing with snow are very powerful hardening procedures. Only with the doctor's permission and after many years of systematic hardening can you engage in "squinting". This procedure places very high demands on a person's health. Not all health conditions correspond to this. Therefore, "squinting" is not mandatory for everyone, unlike other hardening procedures. A special type of hardening - is adaptation to high temperature stimuli. Systematically organized exposure to high temperature improves thermoregulation functions during various activities.

Adaptation to low temperatures. Walking barefoot

This type of hardening is useful for everyone, regardless of age. There are many active zones on a person's feet, which are stimulated when walking barefoot and help to normalize the work of many organs and systems of the body against colds, increasing immunity. All forms of hardening must be treated very responsibly. If hardening procedures are done from time to time, not systematically, and if you do not follow the hardening rules, you can cause great harm to your health. Only gradualism, psychological endurance, regularity and considering your individual characteristics in hardening will allow you to get good health. The greatest effect is given by the complex interaction of healing forces of nature in combination with physical exercises.

Conclusions

In the conditions of distance learning, when mobility is limited, you need to plan your daily routine so that there is time for both learning and a healthy lifestyle. This is the practice

of independent complexes of health-improving exercises, and hygienic gymnastics, and being in the fresh air, and hardening procedures. By strengthening their health, students also improve their mental state. It is necessary to use every opportunity to increase motor activity during the day, rationally use free time, filling it with physical exercises and hardening procedures. An important role is played by self-monitoring of the state of the human body and its reactions to physical exertion.

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