



SYSTEMATIC AND ACTIVITY-BASED APPROACH IN PROMOTING HEALTHY LIFESTYLES AMONG YOUTH: THEORY, PRACTICE, PROSPECTS

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ABSTRACT

This article analyzes and evaluates the application of the systematic and activity-based approach in promoting healthy lifestyles among young people. The article discusses the basic principles and concepts of the systematic and activity-based approach, as well as its significance and potential in the context of the physical and psychological health of young people. Based on the analysis of scientific literature and practical experience, a number of methods and strategies are proposed aimed at the effective use of the systematic and activity-based approach in working with young people. Particular attention is paid to the issues of organizing the educational process, developing and implementing healthy lifestyle programs, as well as interaction with various social institutions and organizations. The article represents a synthesis of theoretical aspects and practical recommendations for using the systematic and activity-based approach in working with young people in order to form stable healthy lifestyle skills and develop socio-psychological well-being.

Keywords

systematic and activity-based approach, healthy lifestyle, youth, educational process, socio-psychological well-being, preventive programs.

Modern youth faces many challenges related to lifestyle, including insufficient physical activity, poor nutrition, stress, and social problems. The formation of a healthy lifestyle among young people is becoming an increasingly urgent task, requiring an integrated approach and innovative methods. This article examines the role and significance of the systematic and activity-based approach in this process.

According to the World Health Organization (WHO), only 23% of young people aged 11 to 17 years achieve the recommended level of physical activity. Around 80% of young people worldwide do not meet the WHO's physical activity recommendations.

According to the National Institutes of Health (USA), only 21% of young people aged 12 to 19 years consume the recommended amount of fruits and vegetables per day. According to a WHO study, more than 340 million children and adolescents worldwide are overweight or obese.

Around 10-20% of adolescents worldwide face mental health issues such as depression or anxiety disorders, according to the World Health Organization. More than 50% of all mental illnesses begin before the age of 14, but many cases remain unrecognized and undertreated.

Research shows that young people participating in education programs aimed at promoting a healthy lifestyle have a higher chance of maintaining a healthy lifestyle and reducing the risk of developing various diseases in the future.

The systemic-activity approach in education contributes to increasing student motivation, developing critical

thinking, social skills, and improving physical health.

The main principles of the systemic-activity approach

The systemic-activity approach involves the integration of systems thinking and active interaction of participants in the educational process. Its main principles include:

1. Active interaction within the educational process represents a deeper and more productive way of interaction between participants in the learning process, which differs from the traditional passive role of students. This approach is aimed at stimulating the activity, independence, and initiative of students, which contributes to more effective knowledge acquisition and the development of various competencies. Students actively participate in lessons, seminars, lectures, and other learning activities, asking questions, expressing their opinions, making suggestions, and actively participating in discussions. They not only receive knowledge from textbooks but also engage in research, analyze data, formulate hypotheses, and draw conclusions based on the results obtained. This promotes the development of critical thinking and a scientific approach to problem-solving. Projects provide students with the opportunity to apply the knowledge they have gained in practice, working on real problems or tasks. They can create projects, develop action plans, work collaboratively in teams, and present the results of their work. The use of interactive teaching methods, such as group discussions, role-playing games, business games, etc., contributes to the activation of student participation in the learning process, increases their motivation and interest in the studied material.
2. The systems approach in the context of the educational process represents a broad and comprehensive approach to understanding and organizing learning, based on the representation of the educational environment as an interconnected system, including many interrelated components and elements. This approach allows us to consider education not only as the transfer of knowledge, but also as a process that includes various aspects of physical, psychological, social, and emotional development. Within the framework of the systems approach, the educational process is considered from the perspective of the following components:

Physical activity: This is one of the key components of a healthy lifestyle and the physical development of students. The systems approach includes the development and implementation of physical activity programs that take into account the age and individual characteristics of students, as well as their interests and needs.

Nutrition: Proper and balanced nutrition plays an important role in the overall health and well-being of students. The systems approach involves creating conditions for access to healthy nutrition in educational institutions, conducting educational events to promote healthy eating and the formation of nutritional habits.

Psychological well-being: The emotional and psychological state of students has a direct impact on their academic performance, motivation, and overall well-being. The systems approach includes the development of psychological programs and activities to support and develop the psychological well-being of students, including the implementation of trainings, consultations, and psychological support.

Social relationships: Interaction with peers, participation in social life, and the development of social skills play an important role in the formation of students' personality. The systems approach includes creating conditions for the development of social relationships, organizing group activities, extracurricular activities, and project work.

3. Individualization in education is a principle based on taking into account the unique needs, interests, abilities, and characteristics of each student when planning, implementing, and evaluating the educational process. This approach is designed to create conditions for the maximum development of the potential of each student, providing them with a personalized and adapted approach to learning.

Considering the different paces and learning styles, the level of knowledge and abilities of students,

educational programs can be adapted individually for each student. This can include dividing students into groups based on their level of preparation or providing additional support and a variety of tasks to develop various aspects of their learning process.

Creating personalized learning plans tailored to the needs and interests of each student allows for maximum effective learning. These plans can include the selection of specific subjects, projects, courses, or teaching methods, as well as account for individual needs for additional support or material adaptation.

Employing a variety of teaching and assessment methods enables students to choose those that best suit their learning style and preferences. This can include the use of project-based work, group assignments, debates, creative projects, hands-on activities, and other active learning approaches.

Providing individualized support and counseling to students helps teachers and academic advisors better understand their needs and challenges, and develop personalized strategies for academic growth and success. Personalization in education not only promotes effective learning and student development, but also fosters independence, responsibility, and self-confidence. This approach stimulates the motivation to learn and helps each student reach their full potential.

The implementation of a systemic-activity approach in working with youth opens up broad opportunities for addressing issues related to their lifestyle. For example, active participation of young people in physical and social activities contributes to their physical and psychological development. Gameplay, discussions, and collaborative projects can become an effective tool of influence.

The systemic-activity approach allows for the integration of various aspects of a healthy lifestyle, such as physical activity, proper nutrition, psychological support, and community engagement, into a unified educational process.

An important aspect of the systemic-activity approach is the creation of a stimulating and supportive educational environment that promotes the development of a healthy lifestyle and the well-being of young people.

The introduction of the systemic-activity approach in the formation of a healthy lifestyle among youth is a promising area of educational development. However, for its successful implementation, a number of challenges need to be overcome, such as a lack of qualified teachers, scarce resources, and organizational difficulties.

In conclusion, the system-activity approach represents an effective tool in the formation of a healthy lifestyle among young people. Its successful implementation requires joint efforts of educational institutions, government and public organizations, as well as active participation of youth in the educational process.

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