

Healthy Body is a Guarantee of a Healthy Mind

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Abstract

School, family, and social environment play equally important role in establishing healthy lifestyle among young children. All the important skills should be developed from an early age. In order to achieve the third goal of sustainability “providing healthy lifestyle and well-being”, it is essential to have encouragement from the government as well as from society; total continuity of education; integration of modern scientific achievements in order to develop ecologically stable social patterns; coordination of teaching and upbringing; positive relationships between teachers and pupils.

A healthy lifestyle is a guarantee of increasing life expectancy and avoiding various diseases. Physical activities make positive influence on receptor and intellectual processes. Those students who are involved in physical activities at school, are characterized by high level of physical development. Their central neurological system functions adequately. Their bodies have high abilities of adaptation. A diet should also be taken into consideration. It should include more vitamins and minerals and less fat and sugar. In most cases young people aren't aware of the importance of a healthy lifestyle. A lot depends on school and family environment, parents and teachers. They should encourage young people to keep a daily routine, eat rationally, do sport relevant to their age to be healthy and capable of working.

Keywords:

healthy lifestyle, sustainability, physical activities, social environment, eating habits.

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Introduction

The General Assembly of UN got the resolution on 25 September 2015 – “Transformation of the universe; the agenda 2030 for sustainability, the inseparable part of which is 17 goals of sustainability and 169 tasks.”³ The assembly stated the list of indicators of these goals on 6 July 2017. The goals of sustainability unite the governments and population of different countries to perform such important tasks as eradication of poverty and starvation, improvement of health and education systems, to provide equality, fight against climate changes, to protect oceans and forests, to build effective, accountable, and inclusive institutions.

Main Part

The term - sustainability originates from XVIII c. A German forest reference book was created in 1713, where the word “Nachhaltigkeit” was first used, later it was translated in English as “sustained yield.” The third goal of sustainability will be discussed in the article – Guaranteeing healthy lifestyle and well-being.

Body paragraph: a philosopher Alkman gave us the earliest definition of the word – health (in the 5th c. BC). Health is a harmony of mutually opposed forces. Tsitseron described the term “health” as a proper coordination of spiritual condition. According to the definition given by German philosopher and psychic Karl Iasper, health is a means of realization of humans’ natural potential.

Modern educational standards imply equipping students with knowledge, which enables them to follow the rapid progress of mankind. The youth doesn’t have appropriate skills which will help them to develop a healthy and effective lifestyle. School is an excellent place for a healthy start.

World health care regulations say that health is not just having physical defects, but a complete social and spiritual well-being. “Health means to prolong the process of social activity, also psychological and physiological development⁴.”

Being healthy includes several factors, among them are:

- Hereditary factor
- Social-economic
- Ecological
- Effectiveness of health-care system

World Health Organization (WHO) establishes the factors which make influence on human-health:

- Lifestyle - 50%
- Genetic factors - 20%
- Environmental factors - 20%
- Quality of medical service - 10%

As we can see, among the above-mentioned factors, the most important is a lifestyle. Scientists prove that normal physical activities with rational nutrition and lifestyle are effective means of increasing life expectancy and avoiding diseases. A healthy lifestyle is firmly connected with health. The formulation – “healthy lifestyle” itself doesn’t have a long history. It originates from the 1970s. Why was it so important to formulate the definition? The interest towards this issue relates to the following topics: how to prolong life expectancy; How to change living environment and humans themselves. The main aim of establishing a healthy lifestyle at school is to give them information about the essential components of a healthy lifestyle. To help them get used to a daily routine, private hygiene, physical activities, and appropriate nutritional habits.

Physical activities have a positive influence on receptor and intellectual processes. Those students who are actively involved in physical training during the day have a high level of physical development. The indicator of their cardiovascular and inhalant systems functions properly. Their bodies endure respiratory diseases much more easily. But we should also take into consideration that intense physical activities can impact negatively on an adolescent’s body. Intensive training can cause chronic problems of arthritis, it can also prevent adolescents from growing up.

In our article, we have discussed some points from the guide, published by the Ministry of Education and Science. “Young people in Georgia are in critical social-psychological condition. All the behavioral stereotypes are destroyed. New stereotypes and values are formed in a chaotic way; the youth don’t have skills which will help them to develop an effective and healthy lifestyle; their eating habits aren’t healthy, they prefer fast food. They spend most of their time in front of TV-s and computers, eating chips and drinking fizzy drinks. Such kinds of food are full of fat, sugar, and calories. They contain

³ UN Resolution, Goals of Sustainability

⁴ И.Н. Брехман. Валеология-наука о здоровье. М. 2002.

no important vitamins or minerals. Young people should be aware of the importance of a balanced diet to keep healthy and normal weight, to strengthen the immune system and reduce the risk of developing various diseases. Those children and adolescents, who are aware of healthy and high-quality diet, are much healthier and capable of working in their adulthood.” (Guide about healthy lifestyle”, Tbilisi, 2015.)⁵

Tamar Manjavidze carried out a national nutrition survey. “Half of the children in Georgia aged 10-17 lack food which is rich in vitamins and albumen. These minerals are very important for their physical and mental development. The ration with the shortage of micro and macro elements, creates the risk of albuminous deficiency. This is a quite serious problem which can cause retarded physical development (retarded growing process). The diversity of daily ration is on average level among children aged 10-17. The number of children consuming meat, fish, eggs or protein is quite low. Children eat less fat, vegetables, and dairy products than adults, but on the other hand, they eat more fruit.

There are several surveys related to these issues, among them is the study conducted by the public unity “Bemoni”, Telavi municipality. It is mentioned in the survey that healthy diet of adolescents, as well as physical training is a guarantee of good health in their adulthood. The problem of obesity is quite up to date in Georgia. According to the surveys 16.6% of adults suffer from obesity and 7.1% from obesity. The number of young people who get less than five portions of fruit or vegetables is quite low – 71.8% (boys -73.5% and girls – 69.8%).

It should be noted that adolescents are not able to follow a healthy lifestyle in most cases. They lead a passive way of life. So, a lot is dependent on family or school environment, parents, and teachers. Healthy lifestyle is incompatible with bad habits, such as: smoking, drinking alcohol or using drugs. Unhealthy habits often cause chronic diseases. It is also very important to improve hygienic habits, to keep daily routines, to alter physical and mental work and follow a regular, rational diet. Physical activity relevant to their age, enough sleep and private hygiene.

The research was conducted in November 2015 in Georgia. There were 190 participants, mainly young people aged 15-17. The above-mentioned survey covered the issues of using unhealthy substances such as alcohol, tobacco and drugs. The results of the survey are the following:

1. 43% of Georgian pupils consume tobacco.
2. 85% of pupils (boys - 86%, girls – 83%) mentioned that they consumed alcohol at least once.
3. 11% of students mentioned that they tried marijuana at least once.
4. 4% of pupils have tried ecstasy at least once.
5. 2% of students consumed cocaine at least once.

While working on the article we have decided to conduct a survey to present the situation we have today. We used anonymous questionnaires to make the results more reliable, the respondents' answers were frank and more trustworthy. The survey was carried out among cadets, teachers, parents, military and medical staff. We interviewed 100 people. The analysis of the data marked out the following research topics:

- What does a healthy lifestyle mean?
- What kind of nutrition do you prefer?
- How can we increase vitality?
- Identify unhealthy habits you have.
- Are you eager to get rid of bad habits?

The results of the survey are the following:

- 95% of cadets are aware of a healthy lifestyle.
- Most cadets mentioned that they weren't following a healthy lifestyle before entering the lyceum. Their diet at the lyceum is healthy, based on certain recommendations.
- 23% of cadets thought that alcohol helped them to raise vitality, but after becoming a cadet, their lifestyle has absolutely changed, and they spend most of their time doing physical or intellectual activities.
- 41% confessed that they have given up smoking.
- 48% consider that they got rid of unhealthy habits.

As we have already mentioned, parents also took part in the survey. The aim of the involvement in this process was to define their role in general. How much are they involved in forming the skills of healthy lifestyle of their children. Data analysis shows that 49% of parents think that it isn't dangerous that their children at an early age gained such bad habits as smoking, drinking alcohol, spending all their time on the internet, leading passive lifestyle in general. They can't also control how often children consume fast food, which has negative on their health.

Teachers, military, and medical staff also took part in the survey.

- 72% consider that school environment is an essential factor to form and develop the skills of

⁵ გაზამკველი „ჯანსაღი ცხოვრების წესის შესახებ, თბილისი, 2015.

healthy lifestyle among pupils.

- 28% think that family environment plays a vital role in the process of gaining good or bad habits.
- 68% reckon that it is important to raise their awareness about healthy lifestyle.
- 68% mention the negative influence of modern technologies.
- 32% mention that fast food is addictive, and it can cause various diseases.
- 75% think that bad, unhealthy habits prevent young people from achieving success in their profession.

Conclusion

school, family and public environment play equally important roles in establishing healthy lifestyle among young children. All the important skills should be developed from an early age. To achieve the third goal of sustainability “providing healthy lifestyle and well-being”, it is essential to have encouragement from the government as well as from society; total continuity of education; integration of modern scientific achievements to develop ecologically stable social patterns; coordination of teaching and upbringing. Positive relationships between teachers and pupils. Teaching process should be organized properly to help students to come to the right conclusions and persuade them and it is also essential to keep harmony between life and the environment they live in.

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