

**ANALYSIS OF THE INFORMATION
AWARENESS OF SENIOR STUDENTS
OF VOLGOGRAD CITY ON THE MATTER
OF HEALTHY LIFE-STYLE**

M. Bukatin¹, O. Sarangov¹ and A. Pchylina²

¹*Volgograd State Medical University*

²*Gymnasium # 13, Traktorosavodsky district
of Volgograd city
Volgograd, Russia*

Research of the degree of teenagers' information awareness on the matter of healthy life-style is both actual and quite interesting concerning health saving of Russian schoolchildren nowadays.

The goal of our research work is analysis of the information awareness of senior students of Volgograd city on the matter of healthy way of life and their motivation level for leading healthy life-style.

Prospective questioning of teenagers was lead based on the original questionnaire. The results are the following:

1. The whole level of the information awareness may be considered good: 97% of respondents are aware of the criteria of healthy life-style, the rest 3% are not quite aware of the problem.

2. As a whole, the teenagers assess their life-style critically: 26% consider it as healthy, 67% - a cross between healthy and unhealthy, 7% - unhealthy, according to 10 scale system it was evaluated from 4 to 8 points.

3. Indirect analysis of the accordance of the respondents' way of life with their real life-style showed that the majority of the interrogated teenagers have no harmful habits, they have sufficient dynamic burden. At the same time it gives concern that 46%

of the respondents don't manifest their negative attitude to alcohol, 18% of the respondents have already taken alcohol, that isn't over All-Russian index in this age-specific group though.

4. While analyzing the level of validity to leading healthy life-style, it was ascertained, that 40% of the teenagers have strong motivation, 19% - non-persistent, but 41% have no motivation at all. According to the analysis of the structure of stimulating motivation, the first place among senior students takes the following motive – being in love. The final places took stimulating motives like reading of special literature and participation in seminars and lectures on the problem of healthy life-style.

5. According to the analysis of the relationships between "Students - School", it was fixed, that 80% of the respondents think, that a school influences their health badly, or doesn't influence it at all, on the contrary 20% of the teenagers consider their school to help them keep fit.

Thus, it is necessary to integrate healthy life-style and healthy-developing technologies into the educational process, as it is the greatest humanitarian pedagogical means for saving and strengthening children's health in our country, taking into consideration starting deliberate level of motivation of schoolchildren to leading "Healthy life-style".

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