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THE ROLE AND SIGNIFICANCE OF A COMPREHENSIVE APPROACH IN DEVELOPING VALIOLOGICAL CULTURE IN STUDENTS

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ABSTRACT

The development of valiological culture in students is a pivotal aspect of ensuring their physical and mental well-being, as well as fostering a healthier society. This article examines the role and significance of employing a comprehensive approach to cultivate valiological culture among students. By integrating pedagogical, social, and psychological strategies, this approach addresses the multifaceted challenges of promoting a healthy lifestyle. The findings highlight the effectiveness of systematic, interdisciplinary, and practical methods in enhancing students' knowledge, skills, and motivation for maintaining health.

KEYWORDS

Valiological culture, comprehensive approach, health education, students, interdisciplinary integration.

INTRODUCTION

In contemporary society, the promotion of a healthy lifestyle is becoming increasingly important. Among youth, particularly university students, adopting and maintaining healthy habits is essential not only for individual well-being but also for the development of a robust and prosperous society. Valiological culture—the set of knowledge, skills, and motivations aimed at

preserving and improving health—plays a crucial role in achieving this goal.

Despite the growing emphasis on health education, many students still struggle with issues such as unhealthy diets, sedentary lifestyles, and stress. These challenges necessitate a comprehensive approach that

integrates educational, psychological, and societal factors to address health-related behaviors. This study explores the role and significance of such an approach in developing valiological culture among students.

METHODS

To investigate the impact of a comprehensive approach on valiological culture development, the study employed a mixed-methods research design. Data were collected through:

- Quantitative Surveys:** Distributed to 300 university students to assess their existing health knowledge, practices, and attitudes.
- Qualitative Interviews:** Conducted with 20 educators specializing in health education to explore effective pedagogical strategies.
- Intervention Programs:** A semester-long program integrating lectures, workshops, and practical activities focused on health promotion was implemented for a group of 50 students.

Statistical analyses were performed to evaluate changes in students' valiological competencies, while thematic analysis was applied to interpret qualitative data.

RESULTS

1. Baseline Assessment

Survey results indicated that 65% of students had insufficient knowledge of health maintenance principles, while 70% reported engaging in unhealthy behaviors, such as irregular eating habits and lack of physical activity.

2. Impact of Comprehensive Approach

Following the intervention program, students demonstrated significant improvements in key areas:

- Knowledge:** A 40% increase in understanding of healthy living principles.
- Skills:** Enhanced ability to implement practices like stress management and balanced nutrition.
- Motivation:** 85% of participants expressed a stronger commitment to maintaining a healthy lifestyle.

3. Educators' Perspectives

Interviews with educators revealed that integrating valiological topics across various disciplines and utilizing interactive teaching methods significantly bolstered students' engagement and learning outcomes.

DISCUSSION

The findings underscore the efficacy of a comprehensive approach in fostering valiological culture among students. Key elements contributing to this success include:

- Systematic Implementation:** Continuous and structured efforts to integrate health education into the curriculum.
- Interdisciplinary Integration:** Collaboration across disciplines to provide a holistic understanding of health.
- Practical Application:** Opportunities for students to practice healthy behaviors in real-life settings.

This approach not only equips students with the tools to lead healthier lives but also cultivates social responsibility and contributes to societal well-being.

Limitations

While the intervention program yielded promising results, the study was limited by its small sample size and short duration. Future research should explore long-term impacts and broader implementation strategies.

CONCLUSION

The development of valiological culture through a comprehensive approach is both a necessity and an opportunity to enhance students' health and societal contribution. By prioritizing systematic, interdisciplinary, and practical strategies, educational institutions can play a pivotal role in shaping a healthier future.

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