

Conclusion. We considered the theoretical aspects of the development of physical health and mental function of children with mental retardation in conditions of special (correctional) educational institution and try to identify the level of development of physical health, mental processes and their relationship in children with mild mental retardation.

To develop and experimentally prove the effectiveness of methods of development of physical health and mental function of children with mental retardation by means of adaptive physical culture.

As we know from the scientific definition, the term "physical development" means the combination of morphological and functional properties of the organism, characterizing the process of growth and maturation. For the characteristics of the physical development used basic anthropometric characteristics, summarily reflect the plastic processes in the growing organism.

That's why physical development is one of the most important indicators of living conditions and upbringing of the younger generation and serves as an objective method of monitoring the effectiveness of its physical and even mental health. A basic method of diagnostics is the study and evaluation of their physical development and functional state of children, and the extent of their mental deficiency.

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ANALYSIS OF THE CONDITION OF MAIN INDICATORS OF HEALTHY LIFESTYLE OF STUDENTS

A. Vilchik

VSU named after P.M. Masherov, Vitebsk, Belarus

The life of modern man, and especially the student, is connected with big psychological and physical strain. The huge flow of information, negative emotions, stressful situations like in the classroom and in everyday life, lead to regular overfatigue, unbalance of the normal condition, disruption of metabolic processes, decrease general immunity.

Health is the main value of any person. Good rude health allows us to achieve many serious goals. A healthy lifestyle creates for a person such a sociocultural microenvironment, in the conditions of which real prerequisites arise for high creative self-giving, efficiency, labor and social activity, psychological comfort. Unfortunately the content of the lifestyle of the

majority of modern students, from the standpoint of healthy is unsolved pedagogical problem to solve which, as in Belarus and abroad, constantly going research [1, 2].

The purpose of the investigation is to conduct a quantitative and qualitative assessment of the component composition of the healthy lifestyle of students.

Material and methods. In investigation involved 45 first-year students (25 girls and 20 boys aged 17 to 18 years) studying at the Vitebsk State University named by P.M. Masherov. Observed for three months (September-November) kept a diary of self-monitoring of health [3], the content of which included a map of monthly registration of the dynamics of 15 basic indicators of a healthy lifestyle. Quantitative and qualitative assessment of the data was carried out using mathematical statistics.

Results and their discussions. The main indicators of a healthy lifestyle of students during the observed period (September-November) are presented in Table 1. The table (in %) presents the average values of the studied indicators, according to the data of three sections conducted at the end of each month.

Table 1 – The main indicators of a healthy lifestyle of students (September-November)

Indicators	Boys			Girls		
	+	±	–	+	±	–
1. Implementation morning exercises (physical exercises, running, etc.)	21,7%	31,7%	46,6%	28,5%	37,5%	40%
2. Doing Exercise in your free time for about an hour or more (all alone; in groups OFP, fitness; in sports sections; on simulators, etc.)	30%	18,3%	57,7%	14,7%	16%	69,3%
3. The use of alcoholic beverages	5%	10%	%	2,7%	9,3%	88%
4. Smoking	5%	10%	%	5,4%	8%	86,6%
5. Reading or watching programs about health	5%	18,4%	76,6%	14,7%	26,6%	58,7%
6. Holding the Internet in your free time, continuously for up to two hours or more	31,7	26,7%	41,6%	36%	30,7%	33,3%
7. A visit to the steam room, sauna	35%	0%	65%	9,3%	18,7%	72%
8. Taking a shower before going to sleep	70%	15%	15%	80%	18,7%	1,3%
9. Sleeping no more than 5-6 hours	43,3%	33,4%	23,3%	29,3%	48%	22,7%
10. Eating 1-2 times per day, feeling of hunger	20%	21,7%	58,3%	17,5%	40%	42,7%
11. The predominance of meals of fatty and (or) confectionery products	33,3%	26,7%	40%	40%	41,3%	18,7%
12. Receiving clean water at least 1.5 liters per day	70%	10%	20%	53,4%	28%	17,7%
13. Stay in the open air for at least 2 hours	51,6%	13,4%	35%	61,4%	18,6%	20%
14. The use of hallucinogenic, psychotropic, toxic and other similar substances	5%	0%	95%	0%	0%	100%
15. Bad mood, stress, depression, aggression	10%	36,7%	53,3%	10,7%	37,3%	52%

Designation: + constantly, almost daily, very often

± sometimes, occasionally, rarely

– no, absent, did not have

The Table 1 shows that many of the indicators considered by the absolute majority of students meet the criteria of a healthy lifestyle. В тоже время целый ряд из них, в том числе характеризующих отношение студентов к физической активности подтвердили наличие имеющих место здесь проблем. So, during the observed period only 21.7% of boys and 28.5% of girls were constantly attached to morning exercises. More than half of the students did not have physical exercises in their spare time. At 30% of boys and 14.7% of girls this indicator was constant in the component composition of their lifestyle during the observed period. Not fully available in the free time of the students turned out to be staying in the open air for a time corresponding to the criteria of a healthy lifestyle. Daily stay in the open air for more than two hours was absent in almost half of the students of both sexes. Approximately the same number of boys and girls had a nighttime sleep of no more than 5-6 hours (table 1).

Conclusion. Thus, the investigation showed that the most problematic indicators (out of 15 studied) in the life of most of the observed students, from the standpoint of a healthy lifestyle are associated with the attitude toward independent physical activity. Qualitative and quantitative characteristics of these indicators in the male and female in most cases are significantly different. Further investigation of negative indicators in the way of life of students, the establishment of cause and effect relations of their occurrence, will allow to determine the main ways and measures of their prevention, correction and elimination.

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