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A HEALTHY LIFESTYLE IS THE BASIS FOR A SUCCESSFUL LIFE**Zhuravska N.***Ph.D, prof.*

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Abstract. *The importance of sports, keeps our body in good shape, helps to survive heavy physical loads better, helps to adapt ecologically and psychologically in life, to make quick decisions, to control oneself and temper one's spirit; work on yourself.*

Keywords: *sport, physical activity, ecological and psychological component.*

Psychological and physiological aspects of safe life, the study of the complex of psychophysiological dangerous and harmful factors for activity and protection against their effects is an urgent safety issue today (safety of life is a branch of scientific and practical activity that studies the problems of a person's safe stay in the environment: natural, man-made, social, in its various processes and forms knowledge about the protection of the life and activities of the individual, society and the living environment from natural and artificial danger factors and the risk of being harmed, etc.). Human activity is a functional process in which physiological and psychological qualities are used, all organs and systems of the human body are involved in the process - brain, muscles, blood vessels, heart, lungs, etc. At the same time, nervous and muscular energy is spent. In addition, all mental functions of a person are activated: perception, thinking, memory, feeling, imagination, volitional qualities, attentiveness, interest, satisfaction, concentration, tension, fatigue, etc. A person perceives and processes information, including information about the presence of harmful (a factor whose effect on a person or the environment under certain conditions leads to illness or a decrease in the working capacity of a person, as well as to the gradual deterioration of the state of the environment due to changes in its parameters. Unlike dangerous factor, the harmful factor manifests its effect constantly in time and space when a person comes into contact with it, increasing the degree of risk of deterioration of health, vitality and even loss of life) and dangerous factors at the workplace; makes and implements decisions; considers various options

for action; uses acquired knowledge, skills and abilities; analyzes compliance of working conditions, tools and items with rules and regulations; predicts possible situations; optimally mobilizes its reserve capabilities; concentrates volitional efforts on achieving the set goal and in order to improve security. Also, in the process of work, the communicative function of the psyche (verbal or verbal intelligence) is realized, which is manifested in communication and is the basis of interpersonal relations, a way of organizing joint activities and a method of knowing a person by a person. The individual system of behavior and habits of each individual person provides him with the necessary level of life activity and healthy longevity, an endless field of possibilities [1-3].

In the life of every person, including, especially an athlete, due to constant training and performances, the so-called "sports intelligence" develops, many people think that it helps only in the "boxing" or "football" environment, but if you approach this question more philosophically, the harmony of the mind, body and soul is always interconnected and is the basis for the further development of a harmonious person. Therefore, it is necessary to know, first of all, to take into account that these skills help in later life in many processes - to make the right decisions for the basis of the future.

Exercising is the basis for starting active sports, health is the basis for the safety of human life, depends on many factors. If this is the basis for a person, then all this leads to a 50% high level of his health (advantages of a healthy BZ lifestyle: strengthening the immune system, increasing energy levels, reducing the risk of developing chronic diseases, improving physical and psychological fitness; impact on well-being: increasing the body's resistance to infections, great activity and endurance, a long and healthy life, self-confidence and a sense of achievement). This is especially relevant now, during a large-scale war, and surrounded by the youth environment - potentially the most active part of the population: the future of Ukraine depends on the health of the youth and may in the future be the basis of leadership intelligence, which is a complex characteristic that includes various aspects intelligence and skills [1-5].

The importance of the traditionally accepted separation of three intelligences: verbal (or verbal), numerical and spatial - which are taken as the basis of intelligence, but there are also creative (or creative), sensory, physical, social, and spiritual intelligence and others, each of them not only perfectly "cooperates" with all other types, but also strengthens itself and strengthens all other types - that is, there is a so-called synergistic effect [5]. Therefore, developing one type of intelligence, we simultaneously develop all other types of it; meaningful application of five types of intelligence, aimed at social development, including sports, helps us adapt in ecological and psychological life, make quick decisions, control ourselves and temper our spirit; work on yourself, in sports, work on your character for the future and the present.

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