

THE RESULTS OF THE COURSE ON MASTERING THE ANALYSIS OF INDICATORS OF FUTURE SPECIALISTS IN THE FORMATION OF A HEALTHY LIFESTYLE ((WHOQOL-BREF) KAZ)

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Abstract. It is stated that the relevance of the problem studied in this article depends on the result of the course designed to master the analysis of the indicators of future specialists in the formation of QOL ((WHOQOL-BREF) KAZ). According to the WHO, the countries of the world that followed a healthy lifestyle reached 86.9 years of life, 81.5 years for men, and 84.3 years on average. On the contrary, the death rate in the Republic of Kazakhstan in recent years was 29%, 6.77 per 1000 inhabitants. Mortality from diseases of the circulatory system was -32.7%, from cancer -7.9%, from injuries -5.3%.

Due to these conditions, as a result of recent measures taken in the country, by 2025, the share of citizens living a healthy lifestyle will increase to 40%, life expectancy will increase to 75 years, non-infectious diseases will decrease to 7%, and medical rehabilitation services will increase to 75%. coverage is expected.

It can be noted that the average life expectancy of people in our country is behind that of many countries in the world, and this situation needs to be studied fundamentally and applied in the economic, social and humanitarian direction in the Republic of Kazakhstan. It is necessary to find a solution to the problems of understanding the tasks of protecting the health, strengthening the body, and increasing the responsibility for improving and strengthening the health of the population.

During the analysis of the results of the training program of the course, its goals and objectives are to improve the introduction and use of the KAZZ scale (WHOQOL-BREF) in the field of sports for students of higher educational institutions of the country and to form a model of the education system and the formation of a healthy lifestyle. to increase the competitiveness of teachers; to provide teachers with the necessary knowledge and methodological skills for effective formation of a healthy lifestyle among students; aimed at forming a model of healthy lifestyle formation among teachers and students of higher educational institutions of the country.

Key words: healthy lifestyle, quality of life, health, WHOQOL-BREF scale, standard of living, own lifestyle, value, sport

Introduction

Creating a mindful, healthy generation is the only way to stay up with global civilization. Kazakhstan universities are currently working to address this problem in an efficient manner and are taking planned, tangible action. One way this is demonstrated is by the way university students majoring in "Physical Culture and Sports" actively participate in sports and physical training activities, as well as the way the construction of a healthy lifestyle has evolved into a positive trait.

An indifferent and wasteful attitude toward one's own health, regardless of one's degree of education and professional training, is regrettably increasingly frequent among the general population, making a healthy lifestyle a critical and urgent problem in society.

The main goal of wellness is to ensure the health of each individual and society as a whole. Therefore, the main category of our research object will be about "healthy lifestyle".

Approved by the Republic of Kazakhstan government decree dated March 28, 2023 No. 248, Chapter 2 "Lifelong Learning" of the "Concept for the Development of Higher Education and Science in the Republic of Kazakhstan for 2023-2029" states: "A generation has already arrived in the world, which is expected to have an average life expectancy of 100 years." As a result, a person's time of active economic activity increased from 35 to 40 to 50 to 60 years. In light of ongoing labor market fluctuations, the demise of well-known professions, and the rise of new ones, a career of this length cannot be founded on a single body of fundamental knowledge [1]. The stability of peace and the expansion of the economy are crucial components of the human factor for the advancement or maintenance of state stability. This is because of the skillful application of the full range of different components of factors (physical, mental, and spiritual) necessary for health as a continuation of ideas about health and disease for the sustainable formation of health; mastery of healing, restorative, and natural harmony methods and technologies; avoidance of bad habits; adherence to an active lifestyle; observance of personal hygiene regulations; proper nutrition; and productive labor are all necessary components of a healthy lifestyle.

The World Health Organization (WHO)'s "quality of life assessment group (WHOQOL)" concluded that "a person's place in life, which is formed on the basis of place, goals, standards, and problems within the culture and value system," determines their quality of life [3].

According to Zorba, "quality refers to the attribute that sets apart an individual, object, or life from others and can be assessed, measured, or determined." In other words, "quality" can be defined as a characteristic that embodies an individual's character in the intellectual and moral domain. This perspective was presented in a research study titled "Lifetime Sport for Everyone" [2].

Examining research studies, we found that the idea of quality of life in general is closely related to an individual's or society's degree of physiological, psychological, and social well-being. According to this perspective, "not only elements such as housing, food, and clothing, but also aspects such as being a member of a certain group, success, being loved and loved, self-improvement" are elements that define the quality of life [4].

The word "mass sports" does not differ when it comes to the concepts of quality of life, as we have observed. In brief, the Committee for the Development of Sports of the Council of Europe defined "mass sports" as giving everyone the chance to play sports in their free time and participate in them, regardless of social status, class, race, disability, or other factors. Examining this definition, it becomes clear that the principles behind this approach are to uphold everyone's democratic right to

play sports, to popularize sports among all social groups, and to guarantee that the greatest number of people have the opportunity to participate in sports [5].

The aim of "simultaneously implementing the concept of entertainment and health" was observed to be mass sports. The democratization and popularization of sports in line with mass sports objectives is remarkable since it improves society's overall health situation and boosts the proportion of healthy individuals [6].

We consider the relevance of the researched problem in connection with the results of the course designed to master the analysis of the indicators of future specialists in the formation of a healthy lifestyle ((WHOQOL-BREF) KAZ). According to the WHO, the countries of the world that have followed a healthy lifestyle have seen an increase in life expectancy. On the contrary, the death rate has increased in the Republic of Kazakhstan in recent years. Due to these circumstances, as a result of the measures taken in the country recently, by 2025, it is expected to increase the share of citizens who lead a healthy lifestyle, increase life expectancy, reduce non-infectious diseases as much as possible, and provide medical rehabilitation services.

It can be noted that the average life expectancy of people in our country is behind that of many countries in the world, and this situation needs to be studied fundamentally and applied in the economic, social and humanitarian direction in the Republic of Kazakhstan. It is necessary to find a solution to the problems of purposefully forming the skills of a healthy lifestyle of the population, which means protecting their health, strengthening the body, and increasing their responsibility for improving and strengthening their health.

Materials and methods

The article used methods of analysis, comparison, differentiation of psychological and pedagogical literature, summing up and generalizing the accumulated results.

Based on the increase in the number of types of diseases in society in recent years, one of the principles that have developed in the world in relation to health is interpreted as "it is necessary to treat a person, not a disease."

As long as sick people are treated, they are beginning to understand the need for Disease Prevention, the future of well-being of our planet is increasingly linked to the education of young people in a healthy lifestyle.

Therefore, first of all, in order to preserve health and form a healthy lifestyle, it is necessary to create a certain system that forms in young people the motivation of the need for this value, and the pedagogical possibilities for its implementation should be determined.

Having studied the literature related to this concept, we came across different definitions and concepts.

One of them is this: "a healthy lifestyle means methods that ensure the successful implementation of typical forms of human life and everyday their social and professional functions, thereby improving and strengthening the reserve potential of the body" [7]. According to contemporary research and methodology, a healthy lifestyle is a Biosocial category that incorporates the ideas of a particular

kind of life activity, which is defined by work activity, life, the kind of fulfillment of one's material and spiritual requirements, and social and individual behavioral norms. Although a person's lifestyle can vary greatly, it is primarily determined by three symbols: level of living, quality of life, and own way of life.

The socioeconomic category of standard of living indicates how well a person's material, spiritual, and cultural demands are met.

The level of comfort that satisfies human wants is what defines quality of life. It frequently fits into the social category.

The original way of being is a sociopsychological symbol that embodies the traits of human behavior.

However, regrettably, a lot of people only truly experience the essence of their health when it is gravely endangered or lacking, which inspires them to treat their illness and regain their health. The inference is that people are sufficiently driven to make healthy lifestyle choices.

Two causes for this condition are identified by foreign scientists: an individual ignores health concerns until retirement or becomes unwell [8], and they do not recognize the value of their health or their body's reserves.

After weighing all the advantages for human health, O. V. Abroskina comes to the conclusion that "it is wrong to call a healthy lifestyle." Here, the elements of several practices meant to maintain and enhance health are under discussion [9].

A healthy lifestyle is primarily the result of an individual's, a group's, and society's actions, which generate material and spiritual opportunities for the purpose of health and conditions for the harmonious development of the body and spirit. "Biological and social compatibility in human nature, hygienic substantiation of the format of behavior, isolated and active adaptation of the human organism, adaptation of the human psyche to adverse conditions of the social environment and the social environment" are among the criteria for a healthy lifestyle that Russian researchers propose [10].

Scientists doing research highlight that a "healthy lifestyle includes typical forms and methods of people's daily life to strengthen and improve the body's reserve potential" [11].

In conclusion, a healthy lifestyle must encompass a greater range of activities, as well as work and play, a balanced diet, a variety of calming and stimulating exercises, a person's relationship to others and to himself, a system of relationships in general, and the significance of aligning values with life goals.

Results and discussion

When examining historical records, we discover that people initially acted to establish themselves, get food, and defend themselves in the wild. Their use of abilities to meet their fundamental wants, achieve self-esteem, have a vocation, and grow in that profession seems to have coincided with the shift in life brought about by the state of nature. People's quality of life has improved as a result of time and technology advancements, and the implementation of pertinent works has been made easier. But the author also sees a drawback to this accomplishment:

- the development of technology and the growth of industrialization;

- increase and optimization of the type of transport;
- use of many equipment that requires less energy in everyday life;
- widespread use of computers and television;
- although the increase in time allocated to technological means has a positive effect on the quality of life, it negatively affects physical strength and movement. The danger of an alarming problem is summed up by the fact that "100 years ago people could provide 90% of their energy needs, today this figure has decreased to 1%".

The ability to arouse the interest of students and students in the field of genetics, to provide sufficient knowledge are new jobs in the future era of genetics and increases the level of acquisition of specialties and new opportunities [12].

Nowadays, infectious diseases that previously had no treatment have a cure thanks to the quick advancement of medical technology, which has also decreased the overall prevalence of infectious diseases. Depressing signs become less prevalent. extended people's average lifespan. But sometimes, a lack of healthy lifestyle choices results in the emergence of new symptoms associated with certain diseases. According to this, the Turkish scientist S. Gönulateş states in his doctoral dissertation on "the impact of Rekreatif participation on quality of life in different countries" that "quality of life, happiness experienced in life, is a concept related to the self-awareness of a person, asking questions, defining goals and developing oneself in accordance with these goals" and seeks solutions to it [13]. Regarding this, Hasan Tinmaz, Mina Fanea-Ivanovici, and Hasnan Baber, three international scientists and researchers, "analyzes the meaning of digital literacy and notes that digital literacy depends on various sets of technical and non-technical elements" and is defined by a variety of techniques. He answered, "I'm not sure." Kaya suggests the viewpoint that" [14].

Guided by these principles, in accordance with subparagraph 1) of Paragraph 2 of Article 118 of the Labor Code of the Republic of Kazakhstan dated November 2015, organized by the International Kazakh-Turkish university, the Center for advanced training, within the framework of the grant project AR19676663 "formation of a healthy lifestyle of university students based on the analysis of indicators of the World Health Organization scale (WHOQOL-BREF KAZ), 23.10.2023-04.11.2023. 72-hour courses (Order No. 1/1187 of 24.10.2023) "building a healthy lifestyle model among students based on the use of the WHOQOL-BREF KAZ scale" and (Order No. 1/1188 of 24.10.2023) "research of innovative methods of healthy lifestyle formation in higher educational institutions and their application in the education system" were taught free of charge. In particular, 13 students took part in the first course, and 16 students took part in the second.

The educational and thematic plan of qualification courses conducted by students is indicated in Table-1, Table – 2.

Table-1- Educational and thematic plan of the course

№ p/c	Theme	Lecture	ЖООК	ТӨЖ	АИ
1	Module 1: application and analysis of the WHOQOL-BREF KAZ scale	9	4	8	21
1.1	The importance of using the WHOQOL-BREF scale in countries around the world	3			3
1.2	Studying the directions of the WHOQOL-BREF KAZ scale	3	2	4	9
1.3	Methods of using the WHOQOL-BREF KAZ scale among university students	3	2	4	9
2	Module 2: Psychological well-being	9	6	12	27
2.1	Psychological aspects of student health	3	2	4	9
2.2	Stress and its effects on health	3	2	4	9
2.3	Stress management techniques and psychological support for students	3	2	4	9
3	Module 3: Prevention of bad habits	6	6	12	24
3.1	Fighting smoking and alcohol consumption	2	2	4	8
3.2	Prevention of drug addiction	2	2	4	8
3.3	Work with psychological addiction	2	2	4	8
	All	24	16	32	72

In the course of the analysis of the results, the goals and objectives of the 1st year were determined by the implementation of the Kazz scale in the field of sports and students of higher educational institutions of the country (WHOQOL-BREF), aimed at improving the competitiveness of teachers of the educational program "Physical Culture and sports" in order to create a model of the education system and a healthy lifestyle; providing teachers with the necessary knowledge and methodological skills for the effective formation of a healthy lifestyle among students; creating a healthy lifestyle model among teachers and students of higher educational institutions of the country.

Table-2 - Educational and thematic plan of the course

№	Theme	Lecture	ЖООК	ТӨЖ	АИ
1	Module 1: Introduction to the concept of a healthy lifestyle	9	4	8	21
1.1	The importance of a healthy lifestyle	3			3
1.2	The main components of a healthy lifestyle	3	2	4	9
1.3	Analysis of the current situation among students	3	2	4	9
2	Module 2: healthy lifestyle and Wellness	9	6	12	27

2.1	Digital model of healthy lifestyle formation	3	2	4	9
2.2	Wellness-quality of life	3	2	4	9
2.3	Wellness-intellectual knowledge and creativity	3	2	4	9
3	Module 3: Physical Activity and nutrition	6	6	12	24
3.1	The role of physical activity in a healthy lifestyle	2	2	4	8
3.2	Development of physical activity programs for students	2	2	4	8
3.3	Guidelines and doable advice for healthy eating	2	2	4	8
	All	24	16	32	72

Accordingly, the purpose and objectives of the 2nd year were to increase the competitiveness of teachers of the educational program "Physical Culture and sports" in order to create a model of the education system and a healthy lifestyle; to provide teachers with the necessary knowledge and methodological skills for the effective formation of a healthy lifestyle among students; to create a healthy lifestyle model among teachers and students of higher educational institutions.

Conclusion

The success of the work done in the future is completely reflected in the significance of the grant project "formation of a healthy lifestyle of university students based on the analysis of the indicators of the World Health Organization scale (WHOQOL-BREF KAZ)."

The following were the outcomes of the two aforementioned qualification courses that the students successfully completed:

- knowledge of the competencies required for future specialists in the education of students who are competitive in the educational system, possess a high quality education, professional skills, methodological work skills, creative abilities in adaptive learning, and developed personal qualities. By providing candid criticism to one another, the teachers enhanced their learning experience. He was an expert at defining strategies for creating and sustaining a healthy lifestyle on a scale.

- knowledge of the competencies necessary for future specialists in the education of students who are competitive in the education system, have a high quality of education, professional skills, skills in methodological work, creative abilities in adaptive learning, developed personal qualities. Teachers improve their experience by giving each other critical feedback. He mastered the definition of methods of maintaining and forming a healthy lifestyle on a scale [15].

In the near future, it is planned to receive feedback from teachers and/or students (survey, interview, interview, test) in order to demonstrate the effectiveness of the proposed course to achieve full results.

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БОЛАШАҚ МАМАНДАРДЫҢ САЛАУАТТЫ ӨМІР САЛТЫН ҚАЛЫПТАСТЫРУДА ((WHOQOL-BREF) KAZ) КӨРСЕТКІШТЕРІН ТАЛДАУДЫ МЕҢГЕРТУГЕ ЖАСАЛҒАН КУРС НӘТИЖЕСІ

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Аңдатпа. Аталған мақалада зерттелген мәселенің өзектілігі болашақ мамандардың СӨС қалыптастыруда ((WHOQOL-BREF) KAZ) көрсеткіштерін талдауды меңгертуге жасалған курс нәтижесіне байланысты екендігі баяндалған. ДДСҰ-ның мәліметіне қарағанда, салауатты өмір сүру салтын ұстанған әлем елдері өмір сүру жасының, соның ішінде әйелдерде-86,9, еркестерде-81,5, ал орташа көрсеткіш-84,3-ке жеткен. Керісінше, Қазақстан Республикасында соңғы жылдарда өлім-жітім көрсеткіші 29%, 1000 тұрғынға шаққанда 6,77 құрады. Қанайналым жүйесі ауруларынан болатын өлім-жітім-32,7%, обырдан-7,9%, жарақаттан-5,3%-ды құрады.

Осы жағдайларға орай, елімізде соңғы уақыттарда қабылданған шаралардың нәтижесінде 2025 жылға қарай салауатты өмір салтын ұстанатын азаматтардың үлесін 40%-ға дейін, өмір сүру ұзақтығын 75 жасқа дейін ұлғайту, инфекциялық емес ауруларды 7%-ға дейін төмендету, медициналық оңалту қызметтерімен 75%-ға дейін қамту күтілуде.

Елімізде адамдардың орташа өмір сүру жасы әлемдегі көптеген елдерден артта екенін, бұл жағдайды ҚР-да экономикалық, әлеуметтік және гуманитарлық бағытта іргелі және қолданбалы зерттеу керек екендігін ескерсек, аталған жағдайдан бастау алуы керектігін атап өтуге болады. Тұрғындардың СӨС дағдысын мақсатты түрде қалыптастыру, бұл олардың денсаулығын қорғау, организмді шыңдау, денсаулығын жақсарту мен нығайтуға деген жауапкершілігін арттыру сияқты міндеттерін ұғындыру мәселелерінің шешуін табуы қажет етеді.

Курстың оқу бағдарламасының нәтижелерін талдау барысында оның мақсаттары мен міндеттері еліміздің жоғары оқу орындарының студенттері үшін спорт саласында KAZZ шкаласын (WHOQOL-BREF) енгізу және қолдануды жетілдіруге және білім беру жүйесі мен салауатты өмір салтын қалыптастырудың моделін қалыптастыру мақсатында «Дене шынықтыру және спорт» білім беру бағдарламасы бойынша мұғалімдердің бәсекеге қабілеттілігін арттыруға; оқушылар арасында салауатты өмір салтын тиімді қалыптастыру үшін мұғалімдерге қажетті білім мен әдістемелік дағдыларды беруге; еліміздің жоғары оқу орындарының оқытушылары мен студенттері арасында салауатты өмір салтын қалыптастыру моделін қалыптастыруға бағытталған.

Тірек сөздер: салауатты өмір салты, өмір сүру сапасы, денсаулық, WHOQOL-BREF шкаласы, өмір сүру деңгейі, өмір сүрудің өзіндік жолы, құндылық, спорт

РЕЗУЛЬТАТЫ КУРСА НА ОСВОЕНИЕ АНАЛИЗА ПОКАЗАТЕЛЕЙ БУДУЩИХ СПЕЦИАЛИСТОВ В ФОРМИРОВАНИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ ((WHOQOL-BREF) KAZ)

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Аннотация. В статье рассмотрено, что актуальность исследуемой в данной статье проблемы зависит от результата прохождения курса, предназначенного для освоения анализа показателей будущих специалистов по формированию качества жизни ((WHOQOL-BREF) KAZ). По данным ВОЗ, продолжительность жизни в странах мира,

которые придерживались здорового образа жизни, составила 86,9 лет, в том числе у мужчин – 81,5 года, в среднем – 84,3 года. Напротив, уровень смертности в Республике Казахстан за последние годы составил 29%, 6,77 на 1000 жителей. Смертность от болезней системы кровообращения составила -32,7%, от онкологических заболеваний -7,9%, от травм -5,3%.

Благодаря этим условиям, в результате последних принятых в стране мер, к 2025 г. доля граждан, ведущих здоровый образ жизни, увеличится до 40%, ожидаемая продолжительность жизни увеличится до 75 лет, инфекционные заболевания снизятся до 7%, а услуги медицинской реабилитации увеличатся до 75%.

Можно отметить, что средняя продолжительность жизни людей в нашей стране отстает от показателей многих стран мира, и эта ситуация нуждается в фундаментальном изучении и применении в экономическом, социальном и гуманитарном направлении в Республике Казахстан. Необходимо найти решение проблем понимания задач охраны здоровья, укрепления организма и повышения ответственности за улучшение и укрепление здоровья населения.

В ходе анализа результатов учебной программы курса, его целью и задачами являются совершенствование внедрения и использования шкалы KAZZ (WHOQOL-BREF) в области спорта для студентов высших учебных заведений страны и повышение конкурентоспособности педагогов. Для эффективного формирования здорового образа жизни среди учащихся педагогам предоставить необходимые знания и методические навыки; формирование модели формирования здорового образа жизни среди преподавателей и студентов вузов страны.

Ключевые слова: здоровый образ жизни, качество жизни, здоровье, шкала WHOQOL-BREF, уровень жизни, собственный образ жизни, ценность, спорт

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