

Future Oil and Gas Students' Attitude to Healthy Lifestyle and Their Participation in the Implementation of Russian Physical Educational Complex «Ready for Labor and Defense» (RLD) Normatives

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Abstract. *The problems of motivation to conduct a healthy lifestyle and meet the standards of the RLD complex, which are currently relevant, in connection with the introduction of the Russian physical culture and sports complex. In this paper, the authors present the results of a sociological study of oil and gas students of Tyumen Industrial University, the branch of the IUT in the city of Surgut. 101 respondents were involved in the questionnaire. The results of the research can be used as an information basis for developing a strategy in the field of preserving and improving the health of students, future oil workers, in enhancing the role and place of physical culture and sports in shaping the value potential of a person's physical culture. As a result of sociological research, it was revealed that students of future oil workers do not associate physical education with their professional activities, do not understand the conduct of a healthy lifestyle for their own health, active sports have not yet become a personal value. Factors and motives influencing the desire of students of future oilmen to compete when passing the standards of the RLD are revealed. It is noted that the acceptance of the RLD standards should be carried out in the form of festivals, sporting events, involving student self-activity and performances by athletes.*

Index Terms: *students, future oil workers, survey, motivation for "RLD", formation of a healthy lifestyle.*

I. INTRODUCTION

One of the priorities of the state is not only the formation and strengthening of motivation for physical exercises, but also their inclusion in the daily life of a person, in a system of personal values [1-4]. Currently, the country pays great social importance, which is aimed at the development of physical culture and sports, strengthening and preserving the health of the population and physical education of young

people [5,8,10]. In previous studies, it is noted that it is motivation that is the beginning of an active, serious, positive attitude towards the conduct of a healthy lifestyle and the compliance with the standards of the RLD complex [6,7,9,11,12]. The aim of the research is to identify, on the basis of a sociological survey, students of future oil workers motivation to maintain a healthy lifestyle and meet the standards of the RLD complex.

II. METHODS

Analysis and generalization of scientific literature, questioning of students using the developed autonomous version of the electronic questionnaire, which includes questions on the study of people's motivation for applying the principles of healthy lifestyle and the standards of the RLD complex, comparative analysis, methods of mathematical statistics.

In the pilot sociological survey, a group of respondents from among the students of Tyumen Industrial University, the branch of the IUT in the city of Surgut, participated. The survey involved 101 respondents from them, 86.1% of the male and 13.9% females. To conduct a sociological study, an autonomous version of the electronic questionnaire was developed, which includes questions on the study of people's motivations to adhere to the principles of healthy lifestyle and the compliance with the RLD complex standards.

In the questionnaire the questionnaire suggested to respondents is indicated the questions of motivation to conduct a healthy lifestyle and the compliance with the standards of the RLD complex, and the students were needed on the site: https://docs.google.com/forms/d/e/1FAIpQLSfRUW70SfSNs5giUF_UXdrnaU5IOcQB6Za3SDmAefO4frj8Hg/viewform?usp=sf_link and reply to the questions.

Revised Manuscript Received on December 22, 2018

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III. RESULTS OF THE STUDY

As a result of a survey of future petroleum engineers of Tyumen Industrial University, in obtaining a subjective assessment of their health, the following judgments have been made over the past year: 25.7% believe that they have improved significantly; 19.8% believe that they have improved slightly; 39.6% believe that it has not changed; 13% think that it has deteriorated slightly, 11.9% believe that it has deteriorated significantly. A survey of students of future oilmen on the frequency of physical education was independently obtained, the following answers: 13.9% noted that everyday, 24.8% indicated 3-4 times a week, 24.6% - 1-2 times a week, 21.8% 1-3 times a month, 14.9% noted that they do not do it themselves (Figure 1).

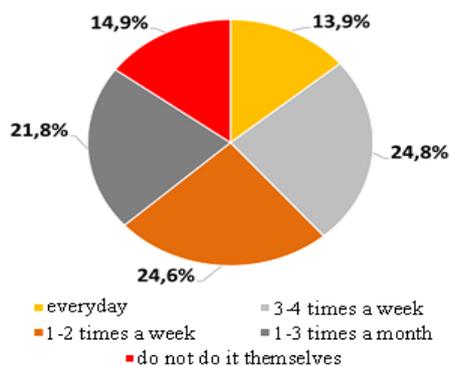


Fig. 1. Survey of students of future oilmen on the frequency of employment physical culture independently

During the questioning of students about visiting gyms or fitness clubs in the last 6 months, the following answers were received: 3% noted that they are engaged every day; 34.7% -noted that 2-3 times a week; 20.7% noted that 1-2 times a month or less; 41.6% noted that they do not (Figure 2).

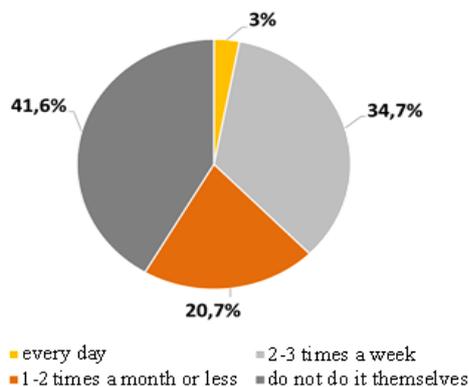


Fig. 2. Survey of students of future oil workers on the visit gyms or fitness clubs

It is gratifying to note that the data on bad habits obtained during the survey "Did you smoke and how often in the last 6 months?" 60.4% of students answered that they do not smoke, 27.7% noted that they smoke, every day, 7.9% smoke, 2-3 times a week, and 1% found it difficult to answer the question.

During the questioning of students of future oilmen about the use of alcoholic beverages (including beer) in the

last 6 months, the following answers were received: 7.9% noted that 2-3 times a week; 43.6% noted that 1-2 times a month or less often, 43.6% noted that they did not, did not support, 3% were at a loss to answer.

During the questioning of students it was revealed that 88.1% of students do not have any chronic diseases, 9.9% noted that they already have chronic diseases, and 2% found it difficult to answer.

As a result of the data, 26.7% of the students of the future oil workers noted that they observe the diet, 57.4% do not, do not comply with the diet, 15.8% noted that they are not sure of the diet.

Analysis of the data obtained, where it was necessary to note the students, how often they ate at fast food enterprises in the last 6 months, the following responses were received 9.9% each day, 17.8% noted that 2-3 times a week, 60.4% noted that 1-2 times a month, 11.9% noted that never did it.

On the question of managing a healthy lifestyle, the students received the following answers: 38.6% believe that, yes they lead a healthy lifestyle, 40.6% - no, 20.8% found it difficult to answer (Figure 3).

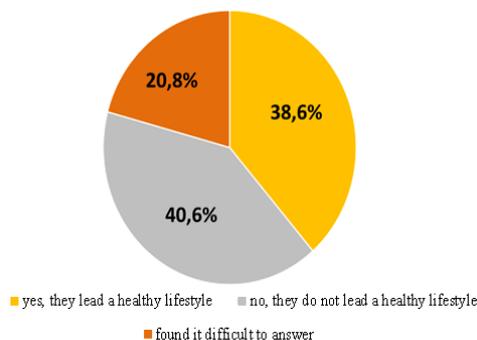


Fig. 3. Survey of students of future oil workers on the conduct of a healthy lifestyle

Respondents were asked to rank the degree of their consent to a healthy lifestyle (HLS). As a result, the following judgments were popular: 1) that adherence to the principles of healthy lifestyles makes me physically stronger, 2) that adherence to the principles of healthy lifestyles makes me better than others, 3) makes me feel better, 4) makes me more attractive. As a result of the data obtained, the students about the claims to a healthy image revealed that the first role is played by the desire to perform physical exercises; these motives can be conditionally called motives of functional pleasure [13-15].

During the survey, students were asked to evaluate the phrase "I lead a healthy lifestyle ...": the answers to the importance were as follows: to less get tired and feel better; the following judgment, because it is fashionable; further consider that it is necessary for my work; the following judgment is what my friends are doing; The following answer is what the family does; further to carry out the RLD



tests; because so do stars and celebrities; for disease prevention; to be more attractive (-).

During the survey of students it was found that 68.3% of respondents have information about the development of a modern complex of RLD and 31.7% noted that they do not know the development of a modern complex of RLD.

According to our research, all respondents are aware of what a RLD complex is. In our opinion, such high awareness already allows us to talk about the relevance of the revival of this sports complex.

As a result of the survey it was found that 64.4% of students are informed about the RLD standards for their age group and 35.6% of respondents indicated that they do not have information about RLD standards for their age group. When asked about the intention of students to comply with RLD standards, the following judgments were obtained: 61.4% answered yes, 27.7% said no, and 10.9% found it difficult to answer (Figure 4).

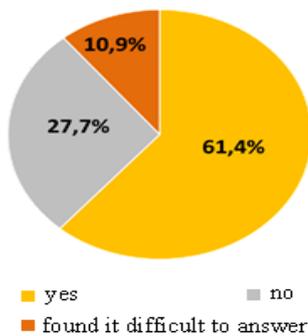


Fig. 4. Survey of students of future oilmen about their intention to comply with the RLD standards

As a result of the questionnaire on the question "I would like to try the RLD tests ...": the following judgments on the importance were obtained (figure 5).

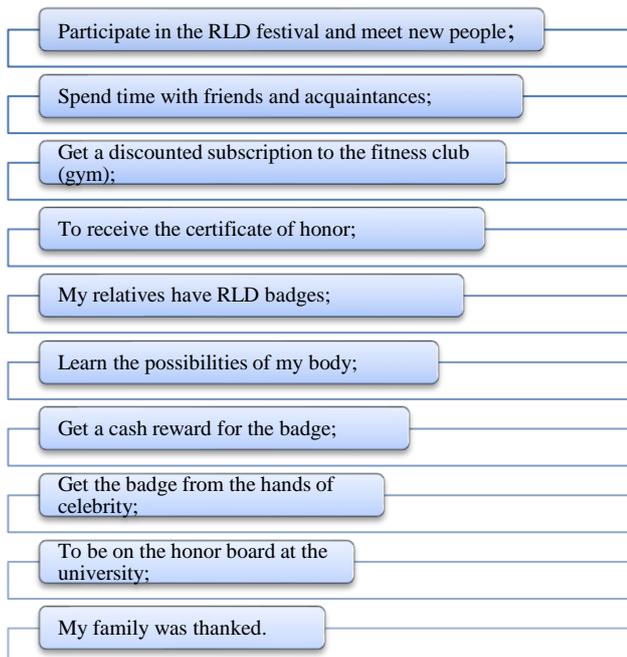


Fig. 5. Answers to the question "I would like to try the RLD tests ..."

When analyzing students' motives for meeting the standards of the RLD complex, an entertaining principle is used.

IV. CONCLUSION

As a result of sociological research, it was revealed that students of future oil workers do not associate physical education with their professional activities, do not understand the conduct of a healthy lifestyle for their own health, active sports have not yet become a personal value. Factors and motives influencing the desire of students to compete when passing the standards of the RLD are revealed. It is noted that the acceptance of the RLD standards should be carried out in the form of festivals, sporting events, involving student self-activity and performances by athletes. It is necessary to answer the fact that the overwhelming majority of students of future oil workers noted as the most pronounced motive for physical training, including participation in the implementation of the standards of the RLD complex entertainment principle.

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