



IMPACT OF ORGANIZATIONAL AND LEGAL DECISIONS ON IMPROVING THE LEVEL OF HEALTH PROTECTION OF UNIVERSITY STUDENTS

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ABSTRACT

Background: The presented article explores the possibilities of effective health protection of university students. The authors believe that an important task for university management is to preserve the health of students in the learning process among the various problems of training professional personnel necessary for the economy and management. **Objective:** The purpose of this study is to develop a set of effective organizational and legal measures to preserve the health of university students. **Methods:** To do this, the authors investigate the trends in the state of health of modern students, its determining factors, the most common diseases characteristic of this social group, and the reasons for their spread. **Results:** The authors suggest organizational and legal solutions to the problem of preserving the health of students. The world experience of organizing and conducting health-saving and health-related activities is studied, and its comparison with the Russian experience is carried out. Special attention in the presented scientific research is paid to proving the necessity of organizing physical education of students as the main type of morbidity prevention. **Conclusion:** Conclusions are drawn about the need to develop, adopt, and implement health-saving and health-related programs. Measures are proposed to improve the health of students.

Keywords: health protection, diseases, measures to preserve health, healthy lifestyle, physical education.



IMPACTO DAS DECISÕES ORGANIZACIONAIS E LEGAIS NA MELHORIA DO NÍVEL DE PROTEÇÃO À SAÚDE DE ESTUDANTES UNIVERSITÁRIOS.

ABSTRATO

Antecedentes: O artigo apresentado explora as possibilidades de proteção efetiva da saúde de estudantes universitários. Os autores acreditam que uma tarefa importante para a gestão universitária é preservar a saúde dos alunos no processo de aprendizagem entre os vários problemas de formação de pessoal profissional necessários para a economia e gestão. **Objetivo:** O objetivo deste estudo é desenvolver um conjunto de medidas organizacionais e legais eficazes para preservar a saúde dos estudantes universitários. **Métodos:** Para isso, os autores investigam as tendências do estado de saúde dos estudantes modernos, seus fatores determinantes, as doenças mais comuns características desse grupo social e as razões de sua disseminação. **Resultados:** Os autores sugerem soluções organizacionais e legais para o problema da preservação da saúde dos alunos. A experiência mundial de organização e realização de atividades de saúde e relacionadas à saúde é estudada e sua comparação com a experiência russa é realizada. Especial atenção nas pesquisas científicas apresentadas é dada à comprovação da necessidade da organização da educação física dos alunos como principal forma de prevenção de morbidade. **Conclusão:** As conclusões são tiradas sobre a necessidade de desenvolver, adotar e implementar programas de saúde e relacionados com a saúde. São propostas medidas para melhorar a saúde dos alunos.

Palavras-chave: proteção à saúde, doenças, medidas de preservação da saúde, estilo de vida saudável, educação física.

INTRODUCTION

The formation and protection of the young generation, the future of Russia, is one of the most responsible areas of work in the education system since it is at universities that the formation and development of personality take place (Mkrtytchian, 2020; Rodnyansky, 2021). Therefore, the system of organizing training and pedagogical activities in educational structures of different levels, in addition to solving educational tasks, should be aimed at preserving and developing the health of students, as well as fostering healthy lifestyle ideas (Aleksandrova, 2021).

Despite this, the modern education system does not fully ensure the fulfillment of the tasks of preserving the health and safety of the subjects of the educational process. This is evidenced by official data: up to 85% of graduates, many of whom subsequently enter universities, have various psychosomatic disorders and diseases; more than 60% use psychoactive substances (Aizman & Lysova, 2016). Becoming students, yesterday's graduates of the school change the routine and rhythm of life and get involved in intense mental work; eventually, the environment in which they communicate changes. Students need to adapt to these changes, and not all of them



cope with this well, which leads to health deterioration. The future highly educated personnel of the country will depend on what the psychophysical state of students will be like; their solution of professional tasks tomorrow will depend on this (Shagina, 2010).

Strengthening and protecting the health and improving the working capacity of students are among the main goals of improving the training of highly qualified personnel since the state of health of students, along with the professional level, should be considered indicators of the quality of their training (Tekueva, 2019).

Researchers are mainly interested in such areas as diseases common among students and their causal complex (Radchenko-Drayar, 2020), forming a healthy lifestyle among students (Aizman & Lysova, 2016), health-saving technologies in universities (Evsyukova, Loginov, Ryabinina, 2021), and others. Meanwhile, it seems interesting, based on the existing problems, to show the whole range of organizational and legal instruments used today in the medical and health-related activities of universities as the basis of health-saving and health-related programs.

Research hypothesis. The basis of student health protection activities should be the development, adoption, and implementation of health-saving and health-related programs containing a set of measures to preserve and improve the health of university students, goals and objectives, criteria for evaluating their achievement, and solutions.

METHODS

A set of methods of systematic, quantitative, and qualitative analysis was used in this study. Analysis, synthesis, comparison, and generalization were used to study literary sources related to the research problem. The scale of accumulated problems in the field of student health protection was determined using the statistical method. The method of transition from a general concept to a particular one allowed determining the role of university administration in the organization of health protection.

The comparative legal method allowed showing positive examples of the organization of students' health protection available in world practice. The following information materials were used to prove the hypothesis of the study: regulatory legal acts published scientific papers, where the opinions of scholars on various aspects of student health protection, official statistics data, and other information obtained from trusted sources on the Internet. Special research methods were identified based on

the proposed hypothesis: a questionnaire and an expert survey on factors that negatively affect the health of students.

We received information in November 2021 from 20 experts related to the organization of student health protection activities – heads of physical education departments, physical education teachers, medical workers of diagnostic centers, and sanatoriums – dispensaries. The criteria for the selection of experts were the presence of articles on this topic published in journals included in the Scopus or Web of Science citation databases in the amount of at least 3. The experts were sent e-mails asking them to identify negative factors and assess the degree of their impact on the health of students. We compiled Table 1 based on the results of the answers, which contains answers to the questions posed.

RESULTS

The protection of the health of every member of society, regardless of belonging to any social group, is a priority on the board of state policy.

Table 1. Distribution of answers to the question "What has the main negative impact on the health of students"

Factor	Respondents' responses
Sedentary lifestyle	48%
Unhealthy food	35%
Bad habits	12%
Excessive academic load	5%

It is regulated by the Constitution of the Russian Federation, legal acts, principles, and norms of international law.

Many features of the legal regulation of student health protection are specified in Article 41 of the Federal Law of December 29, 2012, No. 273-FL "On Education in the Russian Federation" (Federal Law of December 29, 2012, No. 273-FL). According to this norm, the activities for protecting the health of students include the provision of primary health care, catering, determining the optimal educational, extracurricular workload, the mode of study sessions and the duration of vacations, promoting and teaching healthy lifestyle skills, labor protection requirements, organizing and creating conditions for the prevention of diseases and the improvement of students, for their physical education and sports, the passage of preventive medical examinations, the

prevention and prohibition of tobacco smoking, the consumption of nicotine-containing and alcohol-containing products, narcotic psychotropic substances and other intoxicating substances and several other measures.

It follows from Part 3 of Article 41 of the above-mentioned Law that the main institutions entrusted with the organization of social and recreational activities with students at the university are the university administration, faculties, and institutes, structural units of the university, its social and recreational base, the activities of which are best built based on studying the real needs of students in social and recreational services.

Today, conditions have been created in most universities for the implementation of social and recreational work with student youth: funding is underway, an organization plan for educational, mass sports, recreational work, promotion of a healthy lifestyle, prevention of addictions has been developed, physical education classes are conducted according to an approved state program, a sports and health-related base has been created, university programs aimed at improving student youth are being implemented. Such areas of social and health-improving activities as sanatorium treatment, receiving health-improving services in a sanatorium-dispensary, organization of summer holidays may be available in state universities, however, these areas of social and health-improving activities are provided, as a rule, only to full-time students of the budgetary form of education and are not focused on students studying on a commercial basis (Karaseva & Soloveva, 2019).

The most traditional type of social and health-improving activity of the university is its sports and health-improving activity. It is in this form that considerable work experience has been accumulated. The "Soviet" system is still used for the organization of physical education classes in Russian universities, which assumes mandatory, strictly reporting attendance of classes, mandatory delivery of final standards, the division into basic, preparatory, and special (medical) groups (Shishkova & Yakub, 2019). In addition, athletics and group work of the teacher with students are given priority, especially if there is no possibility of choosing a certain sport at the university (Pulyak, 2017). It is important to note that, according to many experts, this system is outdated, has ceased to meet modern conditions, as well as the requirements, expectations, and desires of students, most of them have greatly decreased their interest in this discipline (Pulyak, 2017). That is why the study of the

specifics of the implementation of physical education and sports and the possibilities of applying foreign experience is very relevant.

There are no special norms in US federal legislation, such as Article 41 of the Law on Education of the Russian Federation, obliging an educational institution to organize measures to protect the health of students. However, as a rule, such protection is carried out in universities, at least large ones, such as Harvard, Cambridge, etc. They organize so-called social support services for students, the task of which is, among other things, psychological support – the protection of students' mental health for successful completion of studies (Minyurova, Babich, Baxter, 2020). Medical zones are being established on the campuses of major universities, where students' health is monitored. The "fee for medical services" that a student pays every semester (or at the beginning of each academic year) is used to provide such services. However, universities provide only minor medical services or emergency medical care. In case of serious health problems, the university sends the student to a medical institution at the place of residence, and, of course, the student himself/herself will pay all necessary medical expenses. Several universities provide their students with free medical insurance (Information about the USA, n.d.).

The approach to physical culture in American universities is different than in the Russian Federation. Each university independently determines its curriculum, and therefore there are no clear requirements for the availability of physical culture in the higher education system in the USA. According to recent studies, sports and physical education are included in the mandatory curriculum in no more than 39 percent of colleges and universities (Cardinal, 2013). Modern American universities allow their students to focus on their academic profile, reducing the number of disciplines that are not included in the curriculum for a given specialty as much as possible, thereby reducing the time and cost of training. The lack of physical culture in the curriculum and the reduction in the cost of training allows them to attract more potential applicants, and, as a result, increase the financial viability of the university. A negative factor in the absence of compulsory sports disciplines is, of course, the deterioration of students' health, as well as a possible decrease in their literacy in matters of a healthy lifestyle. Modern studies show that more than 34 percent of young people aged 19 in the United States are overweight, and 17 percent of their peers suffer from obesity (Cardinal, 2013). Therewith potential employers in most cases are interested in the good health and physical fitness of their employees. The negative effect caused by the



lack of mandatory sports disciplines in the curriculum is compensated by the developed and accessible sports infrastructure of universities, which attracts a large number of students to independent physical education. The presence of high-class sports teams competing at the intercollegiate level is also a good promotion of a healthy lifestyle and an incentive for daily physical education. According to statistics, an average of 420 students in each university that is a member of the National Association of Student Sports are members of the sports teams of the college and university, which is a fairly high indicator (NCAA, n.d.). Thus, the percentage of students involved in sports at a high level looks especially impressive in universities with a relatively small number of students.

The organizational basis for protecting the health of students of German universities is the Healthy Campus, a project of several universities in Germany that enables students to maintain health during their studies. Its program includes breaks for physical exercises to rest from mental work. This is called Brain Breaks at the University of Göttingen, an express break at the University of the Rhine in Bonn. During the lectures, the coach enters the audience and repeats several exercises with the students for seven minutes so that the students do not sit at the desk for a long time. One can just sit and take a break from the lecture during the pause. In addition, in Göttingen, yoga classes are held at lunch right in the main building of the university.

Students can ask any question of interest to an expert within the Healthy Hour seminars at the University of Göttingen. As indicated on the university's website, any topic – from how to keep posture correctly to ways to prevent cardiovascular diseases. Students of any faculty have the opportunity to enroll in healthy lifestyle courses (Gesundheitskompetenz) and receive a certificate of completion. Thematic classes are held in Cologne. For example, about nutrition during stressful periods or how to cope with the fear of exams. Pre-registration for training is not required. In addition to the standard sports sections, Hildesheim University offers several free courses that change every semester: fascial yoga, aqua aerobics, back training, and interval training. There is a vegetarian or vegan menu in every dining room of a German university. The so-called "healthy weeks" are organized several times a semester in Cologne and Bonn, during which students are offered only healthy lunches. The lectures are given in Göttingen on healthy eating and "Cook & Chill" master classes are organized by professional chefs. One of the most important components of dishes

in the dining room at Bayreuth University is herbs from the local botanical gardens (Deutsche Welle, 2018).

Pieces of training to restore concentration and combat bad habits are also common.

Many universities in Germany offer a special six-week course Rauchfrei-Programm for students who smoke, which helps to get rid of a bad habit. Pieces of training are held in the evenings once a week in small groups of 6-12 people. Together, the participants analyze the reasons why they started smoking and discuss the motivation for quitting.

After students quit a bad habit, the coach helps them to cope with stress and avoid breakdowns. Usually, such courses at universities cost 180 euros, they can be partially paid by the health insurance fund.

Attending physical education and sports classes in the UK, as in most Western European countries is mandatory and involves taking a test at the end of the semester. Each university has its field, court, swimming pool, where complex classes are held, while the emphasis is placed on team sports, for example, football. Students also attend theoretical classes, where they receive basic knowledge about human anatomy, the peculiarities of the impact of physical activity on the body. Therewith, it is important to note that the main "goal is not only sports training and the formation of the younger generation's desire for high sports results, but also ensuring their mass participation in various sports events and other various forms of sports rivalry" (Kashapova, 2015). All this contributes to the comprehensive sports development of the student, increasing his/her interest and motivation in a healthy lifestyle.

The data obtained as a result of the comparative analysis are combined into a table that allows more clearly showing the attitude to the health of students in universities in different countries

Table 2. General characteristics of the organization of health protection in different countries.

Country	Availability of special regulatory regulation of students' health	Availability of medical centers, dispensaries	Organization of healthy nutrition	Availability of sports material and technical base	Duty to attend physical education classes with the passing of standards
Russia	Yes	Yes	No	Yes	Yes
USA	No	Yes	Yes	Yes	No
Germany	No	Yes	Yes	Yes	No

The information presented in the table allows concluding that the management of universities in all countries is aware of the need to protect the health of their students. In general, different countries demonstrate similar approaches, while several identified factors allow concluding that Russia has developed a somewhat formalized approach to the organization of physical education of students.

DISCUSSION

The health of students is considered by most researchers (Fomicheva, et al, 2021a; Fomicheva, et al., 2021b) today as the main value of a person. Therefore, they see a serious task requiring modern scientific analysis and active involvement in this process of all interested departments and organizations in studying the living conditions, educational activities, and health of students, identifying adaptation mechanisms in the process of studying at a university, introducing methods of prevention and correction of the adaptation process (Magomedova, Musaeva, 2021). M.A. Magomedova notes that "school pathology" is the negative starting step from which yesterday's high school students begin their adult life, who acquire new pathological conditions during their studies at universities and join the ranks of chronically ill students, who by the end of their studies become at least 80% (Magomedova, Musaeva, 2021). We believe that it is necessary to establish a system to obtain reliable information about the health of students from the moment of their admission to the university. This requires the organization of primary and subsequent medical examinations, the development and improvement of planned medical examinations as a specific direction in the process of managing the health of students (Akishina, Krasilnikova, 2018).

The health of students, both in the Russian Federation and in other countries, is characterized by low indicators of physical development, high morbidity, and various disorders. The academic discipline "Physical Culture" in the Russian Federation is mandatory for mastering, regardless of the orientation (profile) of the bachelor's degree program that the student is mastering. Physical culture also acts as a component of general culture, holistic personality development, psychophysical formation, and professional training of a student during the entire period of study. Some researchers (Chernov, Levina, Khomichev, 2016) do not see any problems in the fact that the USA does not have the "Physical Culture" subject in the curriculum of universities as mandatory for assimilation. The health problems of students and their physical fitness

are solved through active involvement in student sports clubs and associations. Other experts note that the existing health problems are characteristic of the entire modern society, and the tendency to abandon compulsory physical education in universities contradicts common sense (Cardinal, 2013).

Several researchers consider such a format of introducing health-saving technologies in higher education preferable as improving the program of physical education and harmonious development of personality through sports and academic activity, considering the individual characteristics of students (Bortsov, Kirillova, 2020). Physical education courses in educational institutions solve such problems of nonspecific prevention as physical inactivity, work and rest regime, everyday physical activity, careful attitude to the body through awareness of needs, and mastering the necessary skills. It seems necessary to shift the focus from group classes with a teacher to an individual approach, for example, according to the level of physical fitness, as in the USA. It is also possible to depart from the practice of strictly mandatory attendance of the "physical culture" subject. In return, healthy motivation should be promoted to attract students to various sports events, disseminate information about the available sections and the results that can be achieved by attending them. It is necessary to make visiting the selected section a prerequisite. It is also necessary to provide additional, possibly state funding for universities with a weak material sports base.

CONCLUSION

The organization of health protection of university students is a special activity of university administration aimed at maintaining the current level of health of students, as well as their recovery. In such activities, university administration relies on legal norms obliging to organize the health of the university and its idea of what measures should be taken to improve the situation. A set of such measures should be presented in the form of health-saving and health-related programs that should be developed (considering the approaches proposed above), approved, and executed for each university. Such programs should be submitted for approval to the regional departments (ministries) of education, which will be assigned with the obligation of monitoring their implementation and evaluating the results. Amendments should be made to the legislation of Russia considering the above-mentioned proposals. Thus,



the research hypothesis has been proven. The prospect of continuing the research topic is seen in the analysis of approaches that allow students to realize the need to preserve health, motivate them to lead a healthy lifestyle.

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