

## HEALTH-SAVING SOCIALIZATION OF FOREIGN STUDENTS IN THE EDUCATIONAL SPACE OF THE UNIVERSITY

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**Abstract.** The article addresses the problem of developing a concept for health-saving socialization of foreign medical students, which will improve the quality of medical education. The features, methods and forms of organizing physical education, health and sports activities are determined in order to increase the level of physical activity of students and introduce the foundations of a healthy lifestyle as a goal-value. The developed concept is aimed at the formation of a number of stable mental formations and emotional-volitional qualities in foreign students with the aim of their successful socialization to new conditions.

**Keywords:** *health saving, health-saving socialization, physical education, foreign students, healthy lifestyle, educational space of a medical university.*

**Introduction.** Export of educational services is now one of the highest priority areas for the development of higher professional education. Currently, international activity is one of the criteria for the effectiveness of a modern university and is expressed in an increase in the number of foreign students, greater student mobility, which determines the competitiveness of an individual university and the country as a whole [7]. Internationalization implies psychological and pedagogical correction of the content of education and teaching activities based on a competency-based approach, adaptation of a foreign student to our country, the language barrier of his attitude to health, orientation towards health-preserving and health-creating activities, etc.

It is of undoubted interest that representatives of different nations have been studying medicine in Russia for quite a long time and effectively, and all of them have their own idea of health, and ways of its preservation, and the result of their training is a diploma of a doctor, regardless of the stereotype of health saving, experience of health saving and health preserving activities, lifestyle, religion and other criteria [11].

Studying in a medical university has a number of peculiarities that have been repeatedly emphasized by both Russian and foreign researchers: one of the longest working days, long transport movements around the city due to the location of educational buildings and clinical bases, the need for additional work in departments with drugs and in libraries with literature sources, night duty, contacts with patients [6].

**The purpose of the research** is to theoretically and practically substantiate the concept of health conservation in the socialization of foreign students in the educational space of the university [11]. This can be achieved thanks to the development of physical activity among foreign students as the basis of a constructive lifestyle in the conditions of socio-cultural and economic transformations of modern society.

According to literature data [1], the number of students with physical, mental stress and overstrain ranges from 20 % to 70 % and has a steady tendency to increase from junior to senior courses: information intensification, teaching and learning technologies do not correspond to age and ethnic characteristics; teachers use insufficiently effective methods and forms of work to preserve and save the health of students, which can be a serious obstacle in achieving the goals of higher medical education. Therefore, health saving of foreign students is an urgent socio-pedagogical problem, the successful solution of which will improve the quality of higher medical education, and, consequently, competitiveness in the global market of educational services.

**Methodology and organization of the research.** Analysis conducted by A.G. Bermus of modern scientific-pedagogical, psychological and sociological literature allowed to conclude divide the main directions of domestic research on the problems of health conservation at the university and pre-put them in the form of semantic clusters: formation of a healthy lifestyle, health-saving behavior and health culture of students; the impact of digitalization on the health

of students and teachers; health-saving technologies in higher education; modeling of a healthy environment [3].

A.M. Gudz, V.P. Skorokhvatov consider health saving as the basis of health-saving technologies [5]. Based on the research of E.V. Koneeva, E.A. Pakhomova, V.N. Agafoshkin, M.F. Bolshunov, we consider health preservation as a complex multifunctional phenomenon as a process (a set of sequential actions to achieve a result), factors (driving force, source of health conservation), conditions (circumstances conducive to health conservation), systems (set of measures aimed at maintaining health) [7]. In our opinion, certain reserves for increasing the effectiveness of health conservation are in the field of physical culture and sports.

#### **The results of the research and their discussion.**

In her research, Chernysheva comes to the conclusion based on the survey that, in general, the adaptation environment of the university is favorable, but some indicators revealed the need to improve the adaptation process, mainly in its socio-cultural aspect [12].

Physical education is a powerful means of restoring mental and physical strength in students, a factor in promoting health, and helps to cope with the problems of adaptation to new living conditions and the educational environment. The main goals of physical education for students of medical universities should be considered:

- strengthening health, increasing and maintaining physical and mental performance, psychomotor skills at an optimal level;
- development and improvement of physical qualities, maintaining them throughout all years of study at the university;
- development of value systems for the high-quality use of means and methods of physical culture as an integral component of a healthy lifestyle, a factor in general cultural development and mastery of the medical profession [9];
- instilling knowledge and training in practical skills in using non-traditional means of physical education to strengthen and restore health;
- training in various motor skills, combining with professional physical training, methods for assessing the physical, functional, psycho-emotional and energetic state of the body and methods of correction by means of physical culture;
- training in self- and mutual control in group and individual classes using physical education, keeping a self-control diary, drawing up and conducting complexes of morning gymnastics and industrial gymnastics;

– developing the skills to comply with the requirements of personal and public hygiene, a motivational and value-based attitude to the optimal motor mode, instilling interest in physical education and sports and the prevention of bad habits [10].

Thus, at the Department of Physical Education of the Federal State Budgetary Educational Institution of Higher Education «Orenburg State Medical University» of the Ministry of Health of Russia, the study was organized to study the motivation of foreign students to engage in physical education, as a system-forming factor in activities in the field of health conservation [8].

The main provisions of the concept of health-saving socialization of foreign students are the following [2]:

- health-saving education is a system-forming factor in the socialization of foreign medical students;
- health-saving socialization of foreign medical students adapts them to a foreign environment and forms a psychophysiological status adequate to the requirements of their professional role;
- the basis of health-saving socialization is comprehensive physical training, physical education, recreational and mass sports work.

As a result of a survey among first-year students, it was revealed that the majority of students from India (70 %) attended physical education classes at school, 47 % attended additional classes in various sports, 81 % were “good” about physical education classes, 66 % are ready to study 2 times a week on schedule and 24 times unscheduled. 16 % of girls and 14 % of boys were indifferent to physical exercises, 33 % of students indicated that the classes were sufficient within the schedule. Health status is the main reason that does not allow foreign students to engage in physical education and sports, confirmed by 64 % of girls and 78 % of boys from India.

Lack of time was noted by 88 % of girls and 66 % of boys as a subjective factor limiting physical education. 31 % of Indian girls cited fatigue at the end of the workday. Among the reasons preventing physical exercises, foreign students noted: fatigue from studying at the departments of a medical university, an inconvenient schedule of additional classes in sports and recreational sections; lack of need and interest in physical exercise; remoteness of the place of residence from the sports infrastructure of the university; low level of health; family and domestic problems, difficult financial situation; insufficient provision of sports equipment and supplies. As part of the survey, it was revealed that 64 % of respondents do not find support for their physical education and sports activities from parents, teachers, and deans of the faculties.

Indian students associate a positive attitude towards physical education and sports with the opportunity to move a lot and with a good mood after classes. 70 % of young men engage in physical exercise because “you can lose excess weight..., you feel good after exercise..., physical activity relieves stress, etc.”

Studying value orientations to physical education classes, it was found that foreign students consider such classes as a way to adapt to new living conditions, as an opportunity to express themselves, improve their well-being after a working day, and relieve fatigue and stress. Getting pleasure from physical education was indicated by 8 % of students as the reason.

Physical education and sports activities will allow foreign students to expand their social circle, provide an opportunity for aesthetic and emotional perception, will allow them to develop experience in preserving and strengthening individual health in new conditions of life, and will be the main condition for preserving the health of the individual.

Analysis of the results of the study allowed us to conclude that it is necessary to make changes to the work programs of disciplines in physical culture and sports for students of the foreign faculty of the Orenburg State Medical University of the Ministry of Health of Russia, to develop a program of physical education, recreation and sports events.

When organizing physical education and sports classes with foreign students, the following factors are taken into account: ethnic characteristics of the student population, characteristics of national culture, traditions in matters of physical culture, including religious ones; communication barriers associated with different levels of proficiency in the Russian language and the intermediary language; health status, level of physical fitness, individual adaptation characteristics [5].

The special significance and attractiveness of gaming activities for them is taken into account [11]. Foreign students enjoy new games, but at the same time, they give preference to already familiar, national sports (cricket). In general, sports games allow you to solve a whole range of important problems: satisfy their needs for movement and stabilize emotions, teach them how to control their body, develop not only physical qualities, but also creative abilities, moral qualities, etc. [4]

The authority of the individual teacher among this category of students is at a very high level and, in most cases, cannot be questioned. In this regard, only experienced teachers who have teaching experience, speak an intermediary language and accept each student as

an individual requiring special attention and respect work with foreign groups.

Teachers provide personal consultations to determine students' preferences in choosing a sport and the optimal individual motor mode. The gender characteristics of foreign students are also taken into account. Young men are more active in classes. They learn the educational material faster, are more willing to communicate with the teacher, and more often ask questions that interest them. Girls are more passive; they are often embarrassed to show their physical fitness. Therefore, classes with foreign students are structured taking into account their motor abilities.

As part of the organization of extracurricular physical education, recreational and sports activities, foreign students are involved in various role qualities (spectator, fan, support group member, competition participant). Students of the foreign faculty successfully perform as part of the national teams of the Orenburg State Medical University in sports at competitions at various levels, participate as part of faculty teams in intra-university sports events, take an active part in sports festivals, and attend sports sections. Separately, according to the plan of educational work, physical education and sports events are held only for students of the foreign faculty; “Fun Starts”, a tug-of-war tournament, cricket, etc. have already become traditional.

A variable approach, taking into account ethnic characteristics, increases the importance of social and professional value motives aimed at improving health, improving the professionally significant qualities of a future doctor, make it possible to solve not only issues of adaptation of foreign students to study at a medical university, but also issues of maintaining, strengthening and shaping individual health.

**Conclusions.** Teaching disciplines in physical culture and sports at the faculty of foreign students at the Orenburg State Medical University of the Russian Ministry of Health is considered as a factor contributing to the preservation and strengthening of the health of this contingent of students. The analysis of the research made it possible to identify a number of features of the implementation of physical education classes and the organization of additional physical education, health and sports activities. The classes focus on the positive qualities and achievements of foreign students, on satisfying their needs for self-affirmation and communication. The load is selected depending on the physical fitness of the students. The gender characteristics of foreign students are taken into account.

Considerable attention is paid to testing the physical qualities of students; the tests are informational in nature, giving students an idea of the current level of development of physical qualities.

A search is underway for new approaches to the content of disciplines in physical culture and sports, taking into account the behavioral and ethnic characteristics of foreign students, focused not only on the motor training of students, but also on personality development.

The special significance and attractiveness of gaming activities is taken into account. Thus, the features of the implementation of disciplines in physical culture and sports at the faculty of foreign students contribute to the formation of positive dynamics of physical fitness, physical performance, functional state of the body of foreign students, development of value orientations towards maintaining a healthy lifestyle, instilling skills in health-preserving and health-forming activities. They allow to solve psychological and pedagogical problems of preserving the health of the individual, adapting to the conditions of the educational space of a medical university.

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## Здоровьесберегающая социализация иностранных студентов в образовательном пространстве вуза

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**Аннотация.** Статья обращена к проблеме разработки концепции здоровьесберегающей социализации иностранных студентов-медиков, что позволит улучшить качество медицинского образования. Определяются особенности, методы и формы организации физкультурно-оздоровительной и спортивно-массовой работы с целью повышения уровня двигательной активности обучающихся и освоение основ здорового образа жизни как цели-ценности. Разработанная концепция нацелена на формировании ряда устойчивых психических новообразований и эмоционально-волевых качеств у иностранных студентов с целью их успешной социализации к новым условиям.

**Ключевые слова:** *здоровьесбережение, здоровьесберегающая социализация, физическая культура, иностранные обучающиеся, здоровый образ жизни, образовательное пространство медицинского вуза.*

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