



HABIT AS A WAY OF FORMING A HEALTHY LIFESTYLE AMONG STUDENTS

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Abstract

Associated with the effect of healthy lifestyle habits is very important. Health and maintaining a healthy lifestyle in the modern world of young students had the problem of particular importance, for the reason that the core values of the younger generation to know the basics of a healthy lifestyle, and not only to read, but also requires the development of knowledge and skills, including. Daily man basically good or bad habits that determines his destiny because of his actions done by the appropriate consequences increases.

Key words: healthy lifestyle; habit formation; psychological theories; young student

Introduction

Health is the most important human resource. Healthy is a lifestyle human abilities significantly the level will improve and the work time productivity increases. Healthy is a lifestyle in the form of a new year and most reliable method - this on are in the habit of.

Scientists by out go and research that shows, habits of a person's life quality and its society in various areas of success defines. Success achieved in humans are the two basic skills of importance did not understand: the goals with associated actions (the habit of) to identify and these actions every day, repeat. That is in addition to, habits, mental processes, the removal of the human energy will save you and them have automation of other tasks, the solution of make to mental resources have service will.

Purpose of work:

A healthy a lifestyle with associated habits effects are very large. However, their formation on many of the books in the information mature men for designed - the development of strengthening who want to young people from them little things it can. But modern in the world, students and youth health and healthy is a lifestyle, keeping





the problem of particular importance has. Educational institutions in reading - this man's stable and flexible psychological position, as well as, physiological function calamities requirements which put complicated and a long process. Healthy is a lifestyle basis to be able to be the young generation of the main values is, not only to read, but also knowledge and skills to possess also require will. [1]

Our environment at the present time too many "to a happy life recipes" with information about overflowing. However, a lot of people advice on manners and lifestyle change could not have been integrated into the self. Young people are too busy to make radical changes in their lives and making them in the long term, to apply the new standard are afflicted. According to the opinion of a psychologist, change your habits to achieve lasting results with the usual manners is the key to success, as well as exchange with them instead of allowing new to ensure a healthy lifestyle.

Research Methods

To solve problems of scientific and methodical literature, as well as the analysis of sources on the internet was using.

Results

"Habit - formed as a result of this repeated repetition, in a similar situation have become the method of action of action and of the need to perform jamlanma" is understood.[14]. From the physiological perspective, the structure of the brain in the formation of the habit is a combination of steady nerves, is characterized by the increase of them ready to work.

Psychological research has long been conducted over the years shows that the effects of the trigger signal boost to repeat the action by learning and motivational processes in action and later will lead to reduce issues related to conscious attention. Therefore, even after motivation or habits may decrease the interest can be saved.

The main method in the formation of small habits - repeat repeated it because of the people "along with the saving of intellectual and cognitive resources, voluntary and requires little mental strength that leads to the formation of the type of actions are the most comfortable". [4]. The main thing: read, work, etc. can be easily combined with the usual small changes in your lifestyle that repeat. The changes should not be felt initially after them so that what happened almost no difference between this and the previous changes.

The English scientists conducting the experiment, which was attended by 96 people. All of them did not want the development of useful new habit. Scientists are held on every request. Noted that is known for experience, habits, on average, the practice of





66-in the form of day has come. But different from 18 to 254 days should be the time to the formation of a habit. Drink a glass of water before eating will quickly become a habit. 50 times in the morning, sit-stand exercises does require more time and effort. Though scientists also does not significantly influence the result missed a day of the initial stages of the formation of the habit of the daily repetition increases the maximum level.

Reinforcement is an important factor in influencing the implementation of the habit of action is the value of the chosen action. Therefore, habit formation or to change the new behavior of interest and it is useful to approach that consciously in this process on a regular basis. Also, how exactly him and then trust your own reach your goals you have to imagine the results would be otherwise saved habit.

Psychological theory and the evidence on the formation of habits is simple, gives tips on sustainable behavior change. They are easy to implement and the long-term impact of real potential.

The formation of the habit and attempt to "start phase" begins with manners and he performed for her new subject is selected. Automatically the next time the "learning phase" is the development of action for strengthening ties with the theme is repeated in this period (this where self-control is of great importance).

The habit formation "phase of stability" is finished with, the power of this habit and with minimal effort in the trenches to the maximum level with the passage of time is saved. It requires motivation and habit formation is not easy to maintain it. Therefore, appropriate for implementation of the act, select "subject" is important. Habits will be automatically re-produced and how its fulfillment signal (addicted to the habit to begin with.

"Theme" at any point can be, for example, the case ("reading from when I was back home") or the time of day (after breakfast) and repeated every day in daily life is significant enough. This condition yourself comfortable and stable placement of your order within the framework provides a starting point is available.

Interest development is inflated. Mobile or form the new habits you've changed once after any successful, you can make a decision about your actions that you are going to: this cultivate the habit, cultivate change or a new keyingisiga. Because of the success motivate you even more to achieve a small success.

You want people to know and to practice the habit of activity to the terms above will help you to become automatic. It is important to keep yourself in custom shakllanmaguncha motivation. Students conduct small and can be managed and habit changes that can be depressed to pursue success because you need to move about the duration of the process of formation pessimism is true I hope you can refuse to be the





people in the stage of learning. For those who lead a sedentary lifestyle before boarding the bus on foot across the entire line, rather than one or two stops to give advice, it is desirable to walk on foot more - at least for the purpose of the first habit. Small changes can be beneficial to your health. In addition, the action quickly becomes simple to usual.

Holding progress meetings with the change of manners, no matter how small, let me be the self-efficacy can increase, this in turn evoke a desire to change to the next. One of "small" to develop the habit to work on other healthy habits can increase your confidence.

Review

Behavior management is the process of a conscious habit management process. After all, habit management, and only useful for the harmonious development of the individual and the formation of healthy habits and the manners of the goal of the improvement in accordance reasonable man style.

Conclusion

It is noted that as the synthesis can be internal actions, although small, but every day ensures the effective management of the ability to complete their actions. Daily life in a systematic self-management and self-organization is to teach. In human, if necessary, makes sure that it is able to overcome the difficulty of real life. Man determines his destiny in many ways because it implements the appropriate actions that lead to consequences through daily habits.

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