
USE OF ANDRAGOGICAL METHODS IN THE PROCESS OF IMPROVING THE BIOETHICS COMPETENCE OF MEDICAL STUDENTS IN FORMING A HEALTHY LIFESTYLE

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The article highlights the peculiarities of teaching medical students the basics of "Fundamentals of Bioethics and Biosafety" using andragogic models of the educational process and interactive principles of learning, such as dialogic interaction, cooperation and collaboration, active-role (playing) participation, as well as organization of training to improve communication skills in combating bad habits and maintaining a healthy lifestyle.

Aim. To reveal the possibilities of andragogical methods of teaching "Fundamentals of Bioethics and Biosafety" in considering the issues of bioethical aspects of health, the formation of a professional approach and critical attitude of medical students to bad habits, motivation for a healthy lifestyle.

Conclusion. The introduction of interactive methods of andragogy in the educational process deepens the knowledge and forms skills of medical students in the educational component "Fundamentals of Bioethics and Biosafety", actualizes the problem of bad habits as a leading threat to health, promotes awareness of the role of future health professionals in promoting healthy lifestyle on the ground of knowledge and bioethical approaches to the factors of negative and positive effects on health.

ВИКОРИСТАННЯ МЕТОДІВ АНДРАГОГІКИ У ПРОЦЕСІ УДОСКОНАЛЕННЯ БІОЕТИЧНОЇ КОМПЕТЕНТНОСТІ СТУДЕНТІВ-МЕДИКІВ У ФОРМУВАННІ ЗДОРОВОГО СПОСОБУ ЖИТТЯ

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Ключові слова: студенти-медики, методи андрагогіки, біоетична компетентність, здоровий спосіб життя.

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У статті висвітлені особливості викладання студентам-медикам навчальної дисципліни "Основи біоетики та біобезпеки" із використанням андрагогічних моделей освітнього процесу та інтерактивних принципів навчання, таких як діалогічна взаємодія, кооперація й співробітництво, активнорольова (ігрова) участь і організація тренінгу з удосконалення навичок комунікації в боротьбі зі шкідливими звичками та дотриманні здорового способу життя.

Мета – розкрити можливості андрагогічних методів викладання "Основи біоетики та біобезпеки" при розгляді питань біоетичних аспектів здоров'я, формуванні професійного підходу та критичного ставлення студентів-медиків до шкідливих звичок, мотивації здорового способу життя.

Висновок. Впровадження в навчальний процес інтерактивних методів андрагогіки поглиблює знання та формує вміння студентів-медиків з освітньої компоненти "Основи біоетики та біобезпеки", актуалізує проблему шкідливих звичок як провідних факторів загрози здоров'ю, сприяє усвідомленню ролі майбутніх медичних працівників у пропаганді здорового способу життя на підґрунті наукових знань і біоетичних підходів до чинників негативних і позитивних впливів на стан здоров'я.

ИСПОЛЬЗОВАНИЕ МЕТОДОВ АНДРАГОГИКИ В ПРОЦЕССЕ СОВЕРШЕНСТВОВАНИЯ БИОЭТИЧЕСКОЙ КОМПЕТЕНТНОСТИ СТУДЕНТОВ-МЕДИКОВ В ФОРМИРОВАНИИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ

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Ключевые слова:

В статье освещены особенности преподавания студентам-медикам учебной

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студенты-медики, методы андрагогики, биоэтическая компетентность, здоровый образ жизни.

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дисциплины "Основы биоэтики и биобезопасности" с использованием андрагогической модели образовательного процесса и интерактивных принципов обучения, таких как диалогическое взаимодействие, кооперация и сотрудничество, активноролевое (игровое) участие и организация тренинга по усовершенствованию навыков коммуникации в борьбе с вредными привычками и соблюдении здорового образа жизни.

Цель – раскрыть возможности андрагогических методов преподавания "Основ биоэтики и биобезопасности" при рассмотрении вопросов биоэтических аспектов здоровья, формировании профессионального подхода и критического отношения студентов-медиков к вредным привычкам, мотивации здорового образа жизни.

Вывод. Применение в учебном процессе интерактивных методов андрагогики углубляет знания и формирует умения студентов-медиков в образовательной компоненте "Основы биоэтики и биобезопасности", актуализирует проблему вредных привычек как ведущих факторов угрозы здоровью, способствует осознанию роли будущих медицинских работников в пропаганде здорового образа жизни на основе научных знаний и биоэтических подходов к факторам негативных и положительных влияний на состояние здоровья.

Introduction. The health of today's students, and especially future doctors, is an indicator of public health in 10-30 years. Since the health of the nation is considered as the main criterion of civilization of the state, the improvement of bioethical competence in the formation of a healthy lifestyle is especially important.

For Ukraine, the main problem related to the future of the state is to preserve and strengthen the health of student youth, the development of sustainable social guidelines for awareness of the need for a healthy lifestyle. After all, every year, the indicators of physical and mental health of the population, especially young people, deteriorate significantly. According to the Ministry of Health of Ukraine, almost 90% of students have health problems [1]. Researchers attribute this disappointing statistic to the low level of health culture among young people. Therefore, higher education institutions, in particular Bukovinian State Medical University, create conditions for preserving and strengthening the health of young people. In particular, practical and lecture classes on "Fundamentals of Bioethics and Biosafety" address issues related to alcoholism, drug use, smoking, and a healthy lifestyle and conditions for its duration, physical and spiritual development. Bioethical aspects of drug addiction and alcoholism are actively discussed in practical classes in pharmacology.

Given that a healthy lifestyle includes components of various activities aimed at protecting and improving health, the education of a culture of "own health" is not limited to certain forms of medical and social activity. For example, such as the eradication of bad habits, training in hygiene rules and regulations, timely seeking medical help, adherence to work and rest, nutrition and more, although all this reflects certain aspects of a healthy lifestyle. A healthy lifestyle is, first of all, purposeful activity, conscious activity of an individual, a group of people, a society, which use material and spiritual conditions and opportunities in the interests of health, harmonious physical and spiritual development of a person.

According to the WHO, "health is not the absence of disease or physical defects, but a state of complete physical, mental and social well-being". From an ethical point of view, health largely depends on human behavior, for example, under the influence of stress, alcohol abuse, drugs, smoking. That is, a healthy lifestyle combines everything that contributes to the performance of professional, social and domestic functions in optimal health conditions, and expresses the orientation of the individual to form, maintain and strengthen both individual and public health.

Aim. To reveal the possibilities of andragogical methods of teaching "Fundamentals of Bioethics and Biosafety" in considering the issues of bioethical aspects of health, the formation of a professional approach and critical attitude of medical students to bad habits, motivation for a healthy lifestyle.

Presentation of the main material. The health of the nation is one of the indicators of socio-economic development of the state. At present there is a period of significant changes in the social life of Ukraine. With each passing day, life becomes more emotionally rich and requires a lot of daily physical and psychological strain. Given this situation, it is important to solve the problem of improving the health of every citizen. Unfortunately, the health of young people in Ukraine is deteriorating every year [2]: morbidity, pathological abnormalities of the internal organs and systems, decreased motor activity due to dependence on information and communication technologies. There is a physical degradation of population, which is manifested in the growth of "diseases of civilization" [3]: cardiovascular, oncological, neuropsychiatric diseases, diabetes mellitus, tuberculosis. Drug addiction, smoking, and alcoholism have reached alarming proportions, the risk factors for which are, in particular, genetic, psychological, social and medical factors that influence the formation of behavior.

Definitely, the future of each country is its young generation. Therefore, it is no exaggeration to say that healthy youth is the key to Ukraine's future: prosperity,

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economic development, formation and recognition of the country in the world. Self-confident, purposeful, determined, steadfast in their intentions, young people must form the basis of the Ukrainian state. And certainly not without young medical intelligence. It is the younger generation - medical students, who represent the future of medicine, must make creative decisions, act effectively and achieve the desired result for themselves, society and be an example of following the aspects of a healthy lifestyle.

Therefore, today in every higher education institution, in particular at the Bukovinian State Medical University, a healthy lifestyle is actively promoted. Practical and lecture classes on "Fundamentals of Bioethics and Biosafety" address issues related to alcoholism, drug use, smoking and a healthy lifestyle as conditions for its duration, physical and spiritual development. Bioethical problems of drug addiction and alcoholism are actively discussed in a practical lesson in pharmacology. After all, the issue of the health of the younger generation is currently very acute. The situation with the spread of smoking, drug and alcohol use among young people continues to be catastrophic [4, 5]. The results of numerous studies show the existence of a steady trend towards a constant increase in the use of these harmful substances by young people. Places of mass entertainment for young people are the main areas for the distribution of drugs, cigarettes and alcohol [6].

Despite the fact that in recent years preventive work with students has significantly intensified, the lack of knowledge about the consequences and specific steps to combat these bad habits remains significant. It is impossible to improve the social and psychological competence of the younger generation through one-off conversations [7]. Therefore, future physicians should be a good example of healthy youth. Taking care of their own health, explaining to others the harmful effects of drugs, alcohol, tobacco on the body is an important method of promoting a healthy lifestyle. The concept of a healthy lifestyle is much broader than the absence of bad habits, it is - adherence to work, rest, nutrition. The main thing is the attitude to yourself, taking into account all components of health (physical, mental, social, spiritual factors). And there is a saying: "Lost money - lost nothing, lost time - lost a lot, lost health - lost everything".

Today, many people rely on modern medicine, rather than on their body, which by nature has a high potential for defenses. Unfortunately, this is the biggest mistake. After all, human health depends on 20% of heredity, 10% - on the level of development of medicine, 20% - on the environment and as much as 50% - on lifestyle. That is why a person who constantly and persistently takes care of his health from a young age, bases one's life on stable useful habits, skills, thinking and behavior that determine the important way of a healthy lifestyle.

The main thing is to think about the consequences of one's actions. It is clear that in order to be healthy, you need to make some effort and not acquire bad habits. If for some reason they already exist, then you need to take

all measures to get rid of them. Habits that are harmful to human health, life, or the cultural norms of the society in which a person lives are harmful.

Another problem that has arisen in our time is the reduction of physical activity by 100 times compared to the previous century, as well as the current conditions associated with quarantine restrictions and distance learning conditions [8]. And this is followed by undesirable consequences. After all, exercise leads to a very interesting and useful effect in the body. During exercise, metabolism increases significantly, but after that begins to slow down and fall below normal levels. In general, in a person who trains, metabolism is slower than usual, the body works more economically. Daily loads on the trained body have a significantly less destructive effect. The system of enzymes is improved, metabolism is normalized, the quality of sleep, mental and physical abilities are improved. The positive effects of exercise on the human body are genetically natural. Reduced activity leads to many disorders and premature aging of the body. Analyzing the above, it is important for future physicians to understand that only a physically healthy person can be successful and happy today.

The andragogical model of the organization of the educational process takes into account the specifics of adult learning, including the age of a person, educational and vital needs, real opportunities, individual characteristics and experience. The main position of andragogy, in contrast to traditional pedagogy, is that the leading role in the learning process is played not by the one who teaches, but by the one who is taught, so the learning process is based on active cooperation of both parties. The function of the teacher is to assist the learner in order to identify and systematize personal experience, adjust and replenish knowledge, stimulate the growth of educational needs and the desire for self-development and self-improvement [9]. Due to the characteristics of students (age, level of training, professional and life experience), there is a change in the priorities of basic teaching methods. The use of interactive methods in the educational process allows to increase interest in the educational topic, to turn the audience from passive listeners into active participants. The organization of interactive learning involves the development of the ability to reason, to express their views on a particular problem, to jointly address issues based on the analysis of the situation. This creates an atmosphere of cooperation and interaction, which encourages students to ask questions and seek answers, encourages to be democratic, think critically, respect the opinion of colleagues, make informed decisions.

Several principles of andragogy were used to introduce students to the biotic aspects of life and health such as problem formulation, continuous negotiation, dialogue, equality, openness, mutual respect, common thinking and learning, individual responsibility for learning and the evaluation process. This allowed in a relatively short period of time in an accessible form to present the essence of a problem, to consider the most important issues of the topic. Particular attention was

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paid to the main components of a healthy lifestyle, which includes the proper organization of work and rest, the creation of favorable sanitary and hygienic working conditions, nutrition, adequate physical activity, abandonment of bad habits. There was a lively discussion in the audience about non-drug treatments, the causes of various side effects that occur due to alcohol, drugs, experience in implementing health technologies in the cities of Ukraine and abroad.

Thus, the organization of productive cooperation between teachers and students using the methods of andragogy helps to increase the efficiency of the educational process in higher education, creating conditions for self-realization, self-determination of the student, disclosure of his creative potential, formation of values and ethical qualities.

Conclusion. The introduction of interactive methods of andragogy in the educational process deepens the knowledge and forms skills of medical students in the educational component "Fundamentals of Bioethics and Biosafety", actualizes the problem of bad habits as a leading threat to health, promotes awareness of the role of future health professionals in promoting healthy lifestyle on the ground of knowledge and bioethical approaches to the factors of negative and positive effects on health.

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