

Multicultural Approach to the Formation of Motivation a Healthy Lifestyle and Active Longevity

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Abstract

The publication presents a model of a multicultural approach to motivating a healthy lifestyle and active longevity, describing four interconnected and subordinate subsystems (social environment, extended family, nuclear family and individual) and the stages of its implementation in the framework of the project “Longevity, lifestyle and nutrition: the importance of education”.

Keywords: multicultural approach, healthy lifestyle, active longevity

Main Conference Topic: Computer Science, Security and Information Technology (alter with the topic that relates to your paper) Education, Teaching and Learning

Introduction

According to the data of the World Health Organization, over the years there has been an increase in life expectancy of the population, aging of the population. However, despite the increase in life expectancy, the main issue of the demographic policy of many countries remains the issue of active longevity, one of the key factors of which are the various components of a healthy lifestyle.

Lifestyle, health, longevity are a holistic system that operates in certain socio-psychological, environmental and cultural conditions. The choice of lifestyle, on the one hand, is objectively determined by the prevailing socio-psychological, environmental, cultural and other conditions in a given society, on the other hand, is determined by the subjective set of life values of the individual.

Related work

L. S. Vygotsky (1896-1934), a soviet psychologist, pointed out that each cultural form of behavior arises initially as a form of cooperation with other people, as an imitation of another or an appeal to an adult; only at the next stage does this form become an individual function of the child himself. Initially, the behavior of a child is a social form of cooperation with an adult. Thus, parents are the first significant figures in the formation of a healthy lifestyle.

Uri Bronfenbrenner (1917-2005), an American psychologist, created the psychological theory of ecological systems, according to which the "psychological ecology" of a person is considered as a combination of such subsystems as a family microsystem, a mesosystem of a local communication and living environment, an exosystem of large social organizations and a macro system formed by a combination of cultural customs, values and customs.

Model

Based on the work of L.S. Vygotsky and Uri Bronfenbrenner, we developed a model of a multicultural approach to motivating a healthy lifestyle and active longevity. The model is shown in Figure 1.

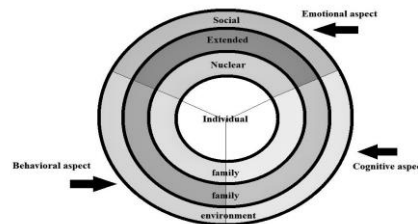


Figure 1: Model of a multicultural approach to motivating a healthy lifestyle and active longevity

Implementation

The implementation of the model of a multicultural approach to the formation of motivation for a healthy lifestyle and active longevity is being carried out in the framework of the Belarusian-Italian project “Longevity, lifestyle and nutrition: the importance of education”. The project brings together the efforts of universities and research institutions of the two countries, professionals from different fields of activity: medicine, pedagogy, psychology, representatives of Belarus and Sardinia (Italy) public organizations for mutually beneficial cooperation in carrying out activities aimed at improving the quality of life of the population of the two countries.

The main objectives of the project "Longevity, lifestyle and nutrition: the importance of education":

- conducting research on the longevity of residents of the Republic of Belarus and residents of the island of Sardinia (Italy) to develop and promote measures to form an active lifestyle of older people;
- combining the efforts of professionals from various fields of activity (medicine, pedagogy, psychology), representatives of Belarus and Sardinia (Italy) public organizations with the goal of mutually beneficial cooperation in conducting activities aimed at improving the quality of life of the population of the two countries;
- dissemination of research results through activities of various nature (seminars, workshops, organization of the "Summer School", publication of research results, etc.).

Results

The results of the multicultural approach to the formation of motivation for a healthy lifestyle and active longevity can be represented through the characteristics of the cognitive emotional and behavioral aspects of each subsystem (social environment, extended family, nuclear family, and individual).

Social environment. The main goal should be the creation of conditions for active, creative, professional longevity, developed programs aimed at creating a healthy lifestyle. Cognitive aspect: the presence of clear and consistent norms and criteria for a healthy lifestyle. Emotional aspect: the presence of a system of emotional encouragement for people leading a healthy lifestyle and long-livers. Behavioral aspect: event organization to promote a healthy lifestyle and active longevity [1].

Extended family. One of the most important indicators is the presence of family values and patterns of behavior aimed at the formation and maintenance of a healthy lifestyle and active longevity. Cognitive aspect: the presence of models of a healthy lifestyle and longevity among relatives in different generations. Emotional aspect: the presence of positive experiences associated with stories of longevity in different generations. Behavioral aspect: maintaining actions related to a healthy lifestyle and active longevity.

Nuclear family. Parents influence their child's behavior by encouraging or condemning certain types of behavior. Cognitive aspect: the presence in parents' self-images of self-image as active long-livers. Emotional aspect: the presence of positive experiences associated with a healthy lifestyle and longevity. Behavioral aspect: the implementation by parents of stereotypical behavior that contributes to the formation of a healthy lifestyle.

If the process of interaction between the social environment, the extended and the nuclear family is successful, taking into account the patterns of development of motivation, the cognitive, emotional and behavioral aspects of a healthy lifestyle and active longevity in an individual will be presented as follows. Cognitive aspect: the formation of a person's ideas about a healthy lifestyle. Emotional aspect: the presence of positive experiences associated with ideas about a healthy lifestyle and about yourself as a future long-liver. Behavioral aspect: the presence of activity aimed at maintaining a healthy lifestyle [2], [3], [4], [5].

Conclusion

Thus, to implement a multicultural approach to the formation of a value-based attitude to health, a new concept and a comprehensive education and upbringing program are needed that are built taking into account the psychological factors in shaping a healthy lifestyle and creating a longevity cult.

A comprehensive program of a multicultural approach to motivating a healthy lifestyle and active longevity should be based on a conceptual understanding of the impact of public opinion attitudes on a healthy lifestyle, on developing an understanding of the value of health, increasing responsibility for one's health, on developing the ability and need to take care of one's own health and the health of others.

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