

ORIGINAL ARTICLE

YOUTH HEALTH MANAGEMENT SPHERE

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Antonina I. Kononchuk¹, Alexander V. Svatkov¹, Tatiana I. Svatenkova¹, Danylo I. Kononchuk¹, Mitzi Waltz²¹MYKOLA GOGOL NIZHYN STATE UNIVERSITY, NIZHYN, UKRAINE²ATHENA INSTITUTE, VRIJE UNIVERSITEIT, AMSTERDAM, THE NETHERLANDS**ABSTRACT****The aim:** To study the youth awareness level in the health field; to create a youth health center model.**Materials and methods:** An extensive literary review of relevant articles and youth health research reports for the period 2009–2020, was performed using Medline, PubMed and Google Scholar databases, with the following key words: “Ukrainian youth health state”, “number of chronically ill among Ukrainian youth”, “bad habits spread in the Ukrainian youth environment”, “youth for a healthy lifestyle”. We used a descriptive cross-sectional survey with open-ended and closed-ended questions about attitude to a healthy lifestyle (n = 688).**Results:** Youth consider the health as the most comprehensive definition, which is enshrined in the scientific literature (67,7%). Family remains the most influential social institution for young people today. Unemployment, low medical care level and high HIV/AIDS rates are the most important health concerns.**Conclusions:** Influencing the safe behavior formation factors is defined, the young people attitude the healthy lifestyle and the mentioned factors have been described. The model of the Youth Health Support and Conservation Centre is presented.**KEY WORDS:** Educational management, safe behavior, healthy lifestyle, the model of Health Centre, city community

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INTRODUCTION

Health at 10% depends on the medicine level, 20% – on the environment state, 20% – on heredity and 50% – on lifestyle [1]. The healthy lifestyle is forming by:

- value awareness, conscious attitude, health support;
- healthy lifestyle;
- spirituality development;
- saving and promotion health life [2].

Ukrainian adolescents' health self-assessment is lower than their peers in Europe:

- Every five teenager consider his health mediocre or bad (27%).
- Every third teenager has smoking experience. One in ten teenagers first smoke a cigarette at 11 or earlier, 7% smoke every day.
- One in seven among 11-year-old and 76% 17-year-old have alcoholic drinking experience.
- Every nine teenagers (aged from 11 to 13 years) tries cannabis at least once.
- Among 12 million reported sexually transmitted diseases 3 million occur among adolescents [3].

Issue topicality prompted scientists to develop the health concept that can take into account and reconcile the provisions of the three concepts with the modern scientific paradigm. They created holistic and integrative approach to study such a phenomenon as health (Brehman, I., Vasilyeva, O., M., Fromm, E. etc.) [4].

“Health is a complete physical state, social and mental well-being, not just the disease or physical disabilities

absence” (WHO Statute) [5]. Health considered as a multidimensional socio-cultural phenomenon that combines different elements and reflects fundamental aspects of human existence in today's globalized world. Gusak, P., Zimivets, N., Petrovich, V. define “...as the individual position, which determines the reactions regulation and the volitional activity realization regarding the health factors for the optimal personal and environmental opportunities combination for well-being” [6]. Responsible attitude to health takes place in a systematic planned activity: assessing the health attitude level; analysis health improvement factors; developing the improve situation action plan; implementation the action plan; results evaluation.

Charlton Annie generalized the health education experience programs implementation [7]. The researcher defined the following health education models: information and cognitive, mastering knowledge and skills, value and logical, social changes, actions for the health benefit [6]. The Ukrainian practice of youth responsible attitude to health creation has experience in several models implementation. Currently, the State Target Social Program “Youth of Ukraine” for 2016–2020 defined healthy lifestyle as one of the priority areas in the state youth policy [8].

THE AIM

The aim of the article is to study the youth awareness level in the health field; to create a youth health center model.

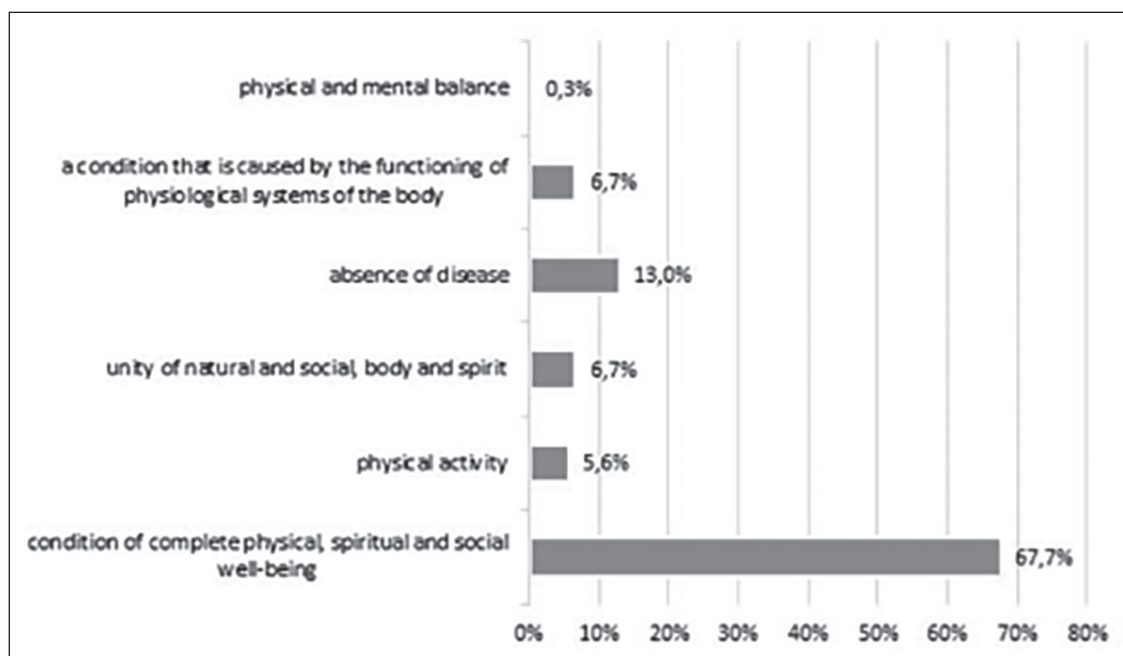


Fig.1. The respondents answers to the question "What is health for you?"

MATERIALS AND METHODS

The first stage. The research analysis in the youth health preserving field in Ukraine over the past 10 years: the number of "relatively healthy" youth decreased by 28% [1,24]. Assessment resources and potential the youth health social sphere: the volunteers number among youth has decreased by 37% since 2010; the youth centers number can meet the needs of only 48% [8]. The chronic diseases number among young people has increased by 63% [1].

The second stage. Conducted discussions with students on ideas about health and ways to preserve it (n=415) within the teaching scientific disciplines: "Social work in Ukraine", "Technologies of work with different groups population in Ukraine", "Psychology of youth deviant behavior". The study was anonymous and show only the generalized point of view most respondents. According to the analysis, 148 hours of group discussions were as follows: 87% of respondents are well informed about health and ways to maintain it, but in reality only 30% of respondents lead a healthy lifestyle (sports, no alcohol, drugs and tobacco, healthy food).

The third stage. We created the anonymous questionnaire to get information about the young people lifestyle, identify factors and assess their impact extent on the creation a healthy behavior. We used a descriptive cross-sectional survey with open-ended and closed-ended questions for young people about their attitude to a healthy lifestyle (n = 688).

Than we made a ranking assess young people awareness in social problems and the youth environment in particular. It is essential to have a full idea of young people's perception the state's health policy vectors and the main problems in the health preservation field to formulate the Centre's work goals and objectives.

RESULTS AND DISCUSSION

The total respondents number was 688 young people, including 210 boys and 478 girls (16-18-years old). The conversation, statistics and observation methods were also used. It gave ground to formulate appropriate conclusions and recommendations for local self-government bodies, social services, and public city organizations to improve social youth policy, organize activities, develop and implement relevant direction projects. The research conducting was approved by the Nizhyn Mayor (Chernihiv region, Ukraine) and the Mykola Gogol Nizhyn State University Commission on Social and Psychological Research Ethics.

Young people consider the health as the most comprehensive definition, which is enshrined in the scientific literature (67,7%) (Fig. 1).

Such a comprehensive approach to understanding health among young people can be a starting point for the development and implementation the Centre's (Youth Health Support and Conservation Centre) integrated programs in partnership with local authorities, social services, public organizations at the municipal level.

Solving such cultural and social problems like unemployment, creating opportunities for sports, organizing meaningful leisure for young people should be the programs' aim. The developed countries experience in the such programs implementation has shown their preventive effectiveness in health preservation. Particular attention should be paid to cooperation with the family and the environment because cultural, mental and national characteristics are based on the family values priority and social ties [9].

Figure 2 presents the respondents' answers to the question "Which of the following factors influence the safe behavior creation in the youth health preservation

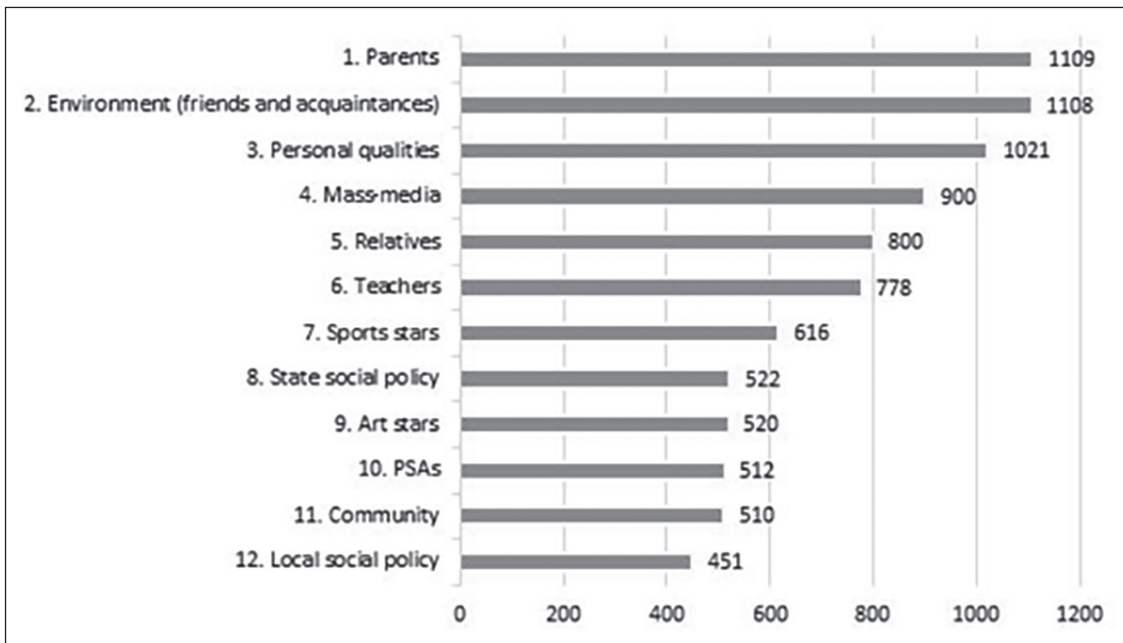


Fig. 2. Results of the respondents answers to the question “Which of the following factors influence the creation of safe behavior in the field of preservation and support of youth health?”

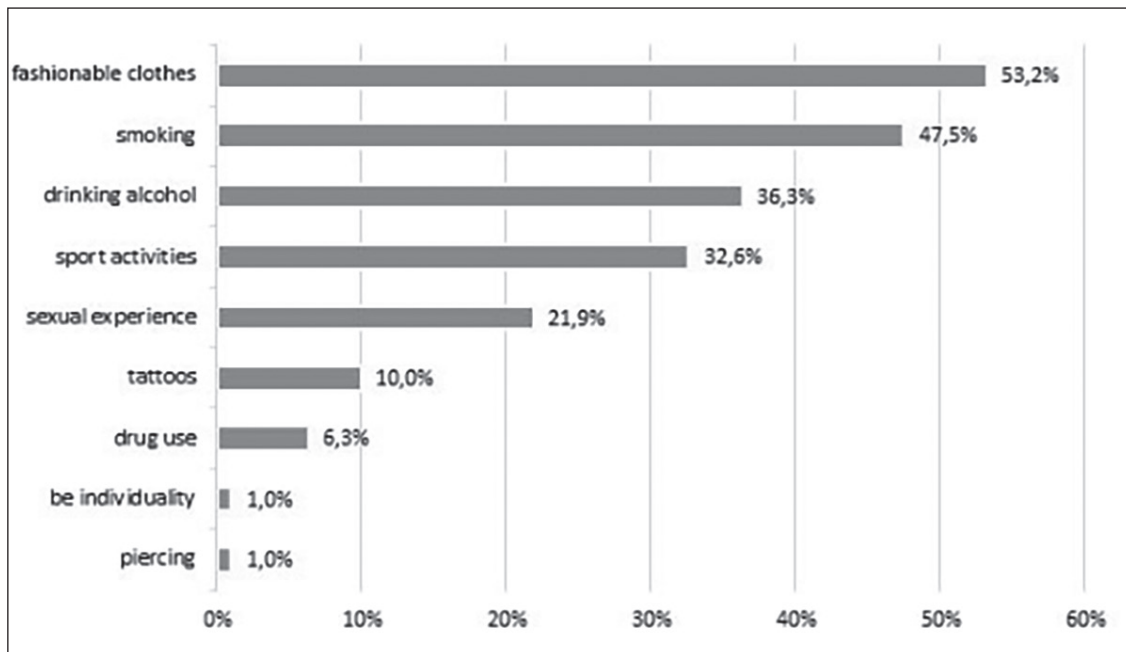


Fig. 3. Results of the respondents answers to the question “What is popular among peers nowadays?”

and support?”. The respondent had to choose one of the answer options: “Absolutely unaffected,” “Impact to a small extent”, “Impact to a great extent,” and “Hard to answer” for each factor.

We introduced scale indicators to determine the proposed factors relevance. The response “Impact to a great extent” was 2 points, “Impact to a small extent” – 1 point, “Absolutely unaffected” and “Hard to answer” – 0 points. We obtained the number that determined the place for each social problem in the overall ranking.

Family remains the most influential social institution for young people in the health sector. It is the family communication, interaction, parents example plays decisive role in forming the young people safe behavior.

We would like to understand a unique youth behavior and appearance style. It was respondents’ answers to the question “What is popular among peers nowadays?” (Fig.3).

Respondents were offered nine options to answer this question: fashionable clothes, smoking, drinking, sexual experience, sports, drugs, tattoos, piercing and individu-

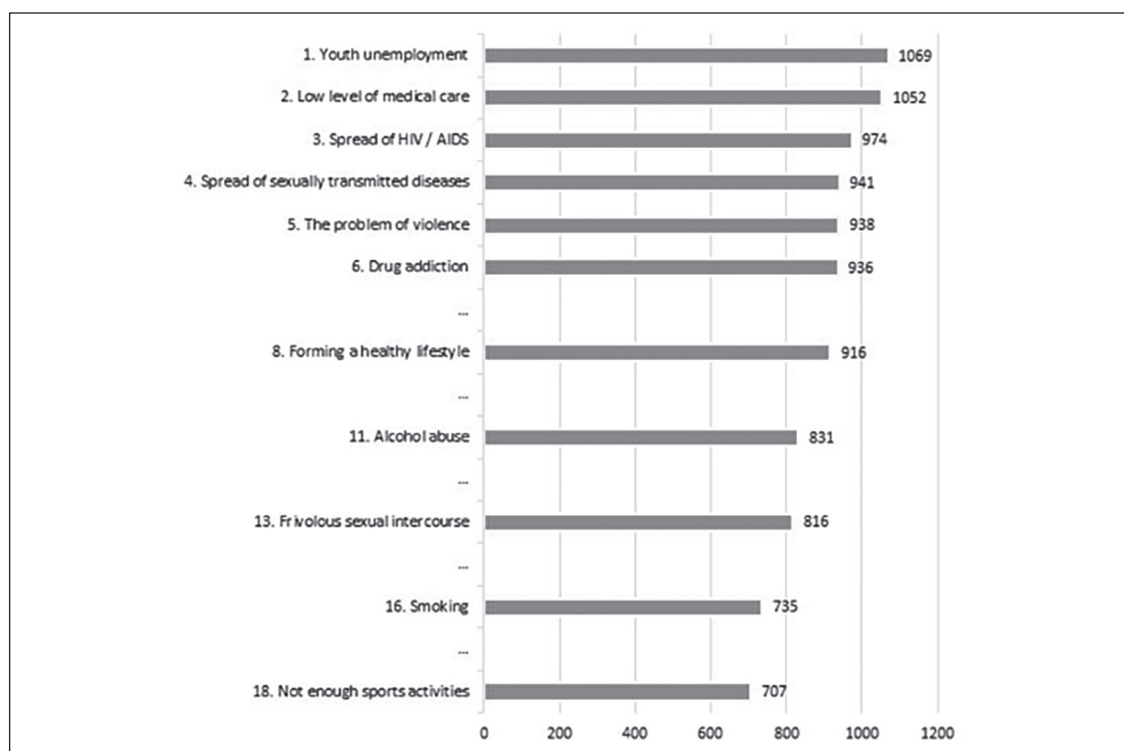


Fig. 4. Results of the respondents answers to the question “To what extent do you concern about the following issues?”

Table I. The results of the respondents answers to the question “What are you most often talking about ...with...”

Theme	Parents	Teachers	Peers	Nobody
Education	44.1%	13.3%	40.6%	2.0%
Health	76.5%	0.9%	11.8%	10.8%
Food	58.7%	0.5%	13.1%	27.7%
Own behavior	21.8%	11.3%	44.2%	22.7%
Relationships	13.3%	0.6%	70.2%	15.9%
Puberty	10.1%	1.2%	47.1%	41.6%
Intimate relationship	8.4%	0.5%	47.8%	43.3%

ality. The respondents were able to choose several options, so the total percentage exceeds 100%.

We can conclude that fashion is a significant factor in creating a youth lifestyle. Growing the fashion trends are essential to young people. We can control it throw the involving youth leaders in community activities, working with media and developing social advertising.

Figure 4 presents the answers` results: “How are you concerned about the following problems?”. Respondent had to choose «High,» «Middle,» «Low».

Unemployment, low medical care level and high rates of HIV / AIDS among young people are the most important health concerns.

Awareness the importance does not always lead to introduction the spreading individual health models into one`s behavior, as statistics show. The healthy behavior promotion should be not only among young people but also among all population segments. It should be the priority task at all state functioning levels. The following question

was directed at their identification: “What do you talk about most often ...with...?”(Table I).

The results allow us to conclude that there are specific patterns:

- the youth high level interests in sexual life and the low adults` participation in sexual education, which may be one of the leading factors in the HIV / AIDS and STDs significant spread;
- low parents` involvement in the youth behavior models formation and private (sexual) discussion only with peers, it can be a significant factor in forming misconceptions, landmarks;
- the considerable adults` involvement in health preservation and the lack youth discussions the environment, it hinders the innovations and determines the low health issues attractiveness for young people.

Youth health is affected by several reasons:

- emotional discomfort by educational difficulties;
- relationships complexity in system “young person –

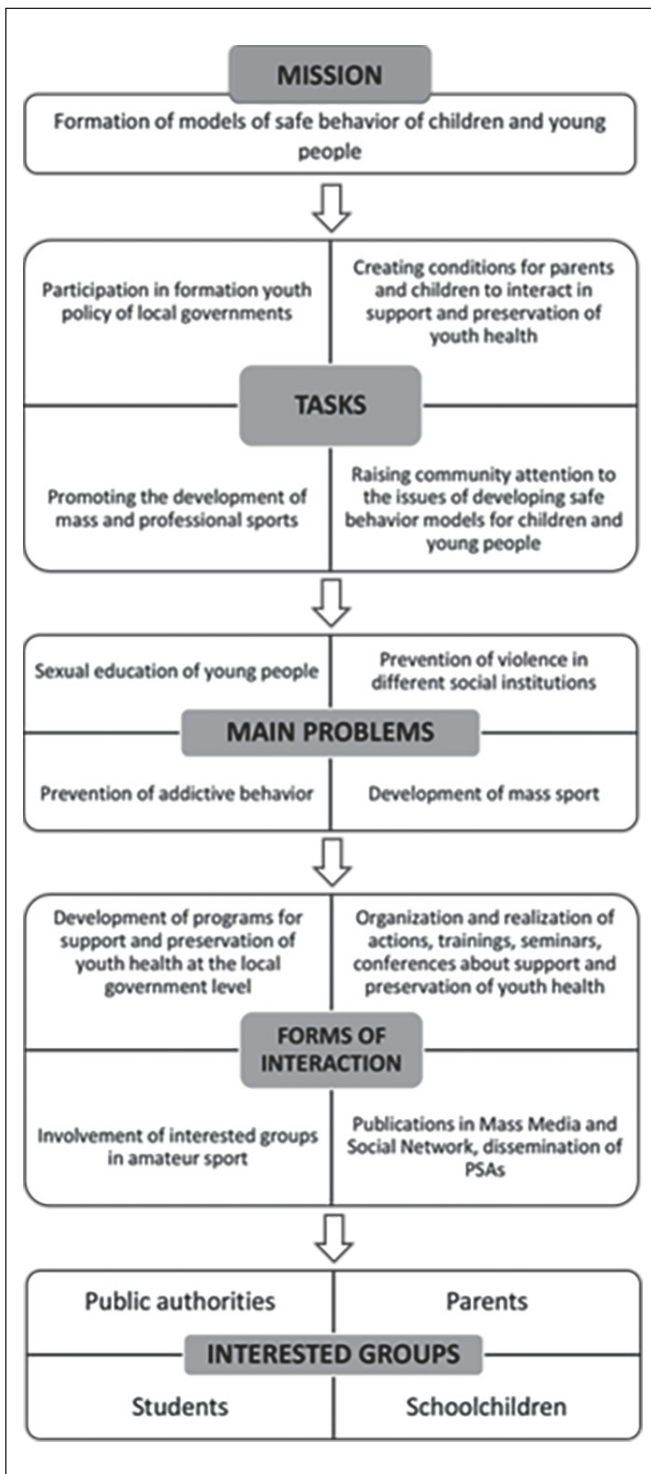


Fig. 5. Model of the Youth Health Support and Conservation Centre

teacher – parents”;

- intense negative environment impact;
- growing sense of insecurity, dissatisfaction with oneself and the world.

The results give rise to develop the Youth Health Support and Conservation Centre model (Fig. 5).
 The primary stakeholder engagement forms are:

- development youth health preservation programs at the local government level;

- organization and realization social events, training, and workshops on youth health support with parents and schoolchildren;
- involvement into amateur sport groups;
- publications in mass media and social networks.

The primary condition for the effectiveness is to initiate interaction between all interested groups: public authorities, parents, student population, and schoolchildren. According to the mission and tasks the model of Centre’s management (Fig. 6).

The Center director is appointed to the position and dismissed by the founder (competitive basis, contract).

Center director:

- 1) organizes the Center work, personally responsible for the Center tasks implementation, determines the Center employees` responsibility degree;
 - 2) appoints and dismisses Center employees according to established procedure;
 - 3) controls the employees` duties completeness and quality;
 - 4) approves the Center organizational structure, Center’s employees job descriptions, the Center rules procedure and control their implementation;
 - 5) makes the staff list and submits it for approval in manner law prescribed;
 - 6) issues orders, instructions in accordance with its competence, organizes and controls the execution;
 - 7) concludes agreements, acts on the Center behalf and represents its interests, monitors the Center mission implementation;
 - 8) disposes the Center funds and property by the approved budget;
 - 9) opens and closes the Center accounts in the banking institutions;
 - 10) develops and submits for the founder approval the Center work plans and implementation reports;
 - 11) provides the Center activities information at the expert council request established by the Center;
 - 12) organizes the Center accounting and reporting;
 - 13) organizes the expenditures planning necessary for the Center work, reports on the implementation;
 - 14) promotes the Center employees` advanced training;
- An advisory body – an expert council – established at the Center in order to ensure the young people participation in the effective Center work. The Expert Council is formed with active young people, who lead the Center work together with the Center employees, implement the Center tasks and mission.
- The main expert council tasks:
- 1) public control over the Center work, including the property and funds use, and at the director`s work, ensuring its transparency, legality, expediency;
 - 2) promoting the public opinion consideration during the Center’s work;
 - 3) preparation proposals for defining tasks, perspective development and Center’s work main directions, control over implementation;
 - 4) preparation proposals for the Center`s work plan, control its implementation;
 - 5) analysis the Center`s inspections results.

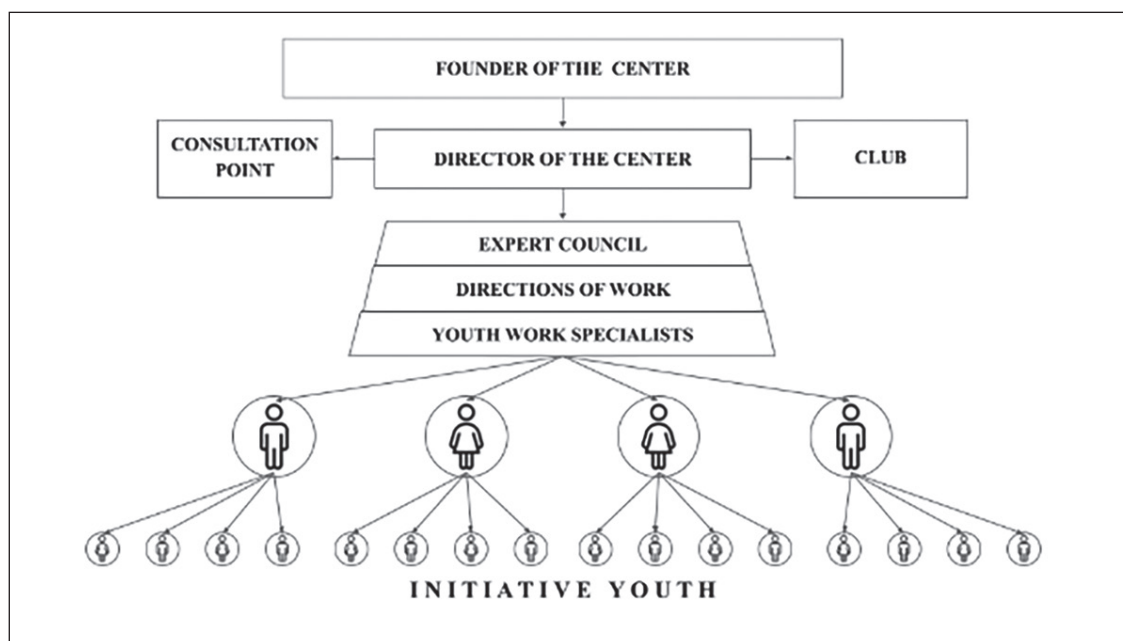


Fig. 6. Model of the Youth Health Support and Conservation Centre's management

Youth professionals work with different age and social youth categories. The purpose is socialization and active inclusion young people in the country public life. It can be realized involving young people in the decision-making processes and implementing participation in certain community activities.

Specialists in youth work perform certain functions:

preventive – prevent the social problems possibility in the youth environment;

diagnostic – diagnostic the youth environment, problems and needs to properly and effectively organize the work;

health – preserving and strengthening the youth health;

organizational – organization, establishment and coordination the Center's specialists joint work, local authorities, volunteers, youth organizations, institutions and departments, various social institutions, community residents; planning and distribution different types of work in the joint activities process;

activation – development and support youth initiatives, volunteer movement; work with youth leaders;

animation – the young people leisure organization, which involves communication and interaction, the new discovery, creative development;

advocacy - the youth rights protection; the youth policy implementation to improve the youth development conditions in society;

educational – providing the necessary information access to knowledge, consulting, information campaigns, teaching young people the safe behavior skills, communication, conflict resolution, etc.;

advertising and propaganda – informational and educational activities, promoting the youth social protection ideas, healthy lifestyles, etc.

The psychological and legal issues counseling center and the young parents club work in the Center. Specialists-vol-

unteers are involved in the consultation point work. A professional psychologist helps with family relationships, addictions, helps to form a productive attitude to adverse life situations and develop a socially acceptable life strategy. A professional lawyer provides qualified advice on the rights protection, including benefits for education, employment, housing, etc.

The Center's work includes:

- physical improvement through the health-preserving skills and abilities formation, organization sports and ecological-tourist work, using folk and modern preserving and strengthening health methods;
- psychological screening and correction the youth mental state, their adaptation;
- educate a spiritually healthy person by artistic and technical creativity;
- providing friendly relations and creating a positive microclimate as the youth social health basis.

The Center's activities to promote a healthy lifestyle are as follows:

- Youth public organizations and volunteer groups meetings;
- Thematic volunteer summer camps;
- Trainings for teenagers and young people on the safe behavior formation;
- «Public Reception» work;
- Thematic preventive youth discos;
- Street play libraries;
- Youth club-cafe;
- Work with youth crisis categories.

The youth initiative group participates in the preventive materials development. Their tasks are: development, layout and publication information materials, shooting preventive videos.

CONCLUSIONS

Conversation with youth on ways to optimize the health situation and the personal data statistical processing – priority areas in the study. The general conclusions after the conversation:

- first, the youth healthy lifestyles problem remains urgent and requires immediate solutions at the state and regional levels;
- secondly, to involve many specialists into the education sphere is very important;
- thirdly, we must pay youth' attention to it at all social and education levels.

The safe behavior creation factors in youth health preservation and maintenance:

- personal abilities (problems awareness, the preventing importance);
- parents and immediate surroundings (behavior examples, discussing opportunities, informational influence);
- media and fashion trends.

We associate new approaches to youth value formation with the activities of youth centers. These are new institutions that ensure the development and implementation of youth policy in the local community following the needs of the youth, support for self-realization, and integration of youth into the modern democratic society.

New approaches to youth health value formation are youth centers. They should must provide health education, recognizing it as main social mechanism that promotes public safety and the healthy society development. It requires the following steps:

- to create a public health state program;
- to restore the state priority influence on the physical education development;
- to attach a healthy lifestyle standard as the Ukrainian society integral progress indicator.

To establish links between psychological counselling centers at universities with a mental health institutions network is very important (crisis centers, social support centers, neurological psych dispensaries, human rights institutions etc.). It is comprehensive client care and facilitating the appropriate competencies formation.

Further research is the development and implementation comprehensive programs for the youth safe behavior formation based on the Youth Centre systematic approach. Sufficient Centre`s work is possible in the stakeholders` interaction (public authorities, parents, students and school-children) while implementing programs and projects.

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Conflict of interest:

The Authors declare no conflict of interest.

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