

The Formation of a Healthy Lifestyle as a Condition for Prevention of Deviant Behavior in Youth Environment

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Abstract: *The relevance of considering the formation of a healthy lifestyle (HLS) as a condition for the prevention of deviant behavior among the youth is explained by the complication of social life, increased risks of social, cultural, psychological, environmental, political, technological nature that provoke negative changes in the health status of young people. In order to prevent deviant forms of behavior and to form healthy youth in general, it is necessary to develop such social qualities of youth that will contribute to the formation of their good attitude to healthy lifestyles, and thereby contribute to their successful social functioning.*

Keywords: *youth, healthy lifestyle, health, attitude to health, prevention, deviant behavior, deviation, risks, socialization.*

INTRODUCTION

The problem of creating a healthy lifestyle for youth along with the actualization of the prevention of deviant behavior among young people is the most important priority area of state youth policy and continues to be an interdisciplinary field of sociological research. This is due to the fact that the sociocultural changes that have occurred in society are accompanied by social disorganization, a surge of deviant behavior that violates legal social norms and rules, and manifests itself in antisocial, conflict and aggressive acts, destructive and self-destructive actions, and addictive tendencies. The difficulty of resolving a variety of political, socio-economic problems and contradictions in spiritual life affects, first, socially unprotected and vulnerable groups, such as youth (Ponomarev et al., 2019). In this regard, in recent decades, the attention of scientists has been growing to the problems of modern youth, in particular to the problem of the mass spread of deviant behavior in all its manifestations, and also the scientific interest in the formation of a healthy lifestyle among modern youth as one of the most important conditions for the prevention of social deviations (Vorobiev et al., 2019). At the fourth Conference of the European Ministers of the World Health Organization (WHO) on environment and health, the document "Youth Declaration" said that "youth health is of indispensable value", "this is a necessary condition for personal development", good youth health is a prerequisite for social well-being and the normal functioning of nations [WHO]. In the conditions of the functioning of the modern riskogenic social space, the effective use of methods and means of prevention of deviant behavior is of particular importance both with the aim of preserving and strengthening physical, mental and social health of youth and in order to maximize the implementation of their potential opportunities in personal and professional spheres of social activity. At the same time, modern researcher L.V. Buyanova notes that today there is no priority for a healthy lifestyle (HLS); an adequate mechanism for the responsibility of a young person for the choice of his way of life has not been developed; the propaganda attitude towards a healthy lifestyle is not sufficiently productive (Buyanova, 2018).

MATERIALS AND METHODS

In accordance with the theory of differential associations proposed by S. Peele and A. Brodsky, deviant behavior is a complex and differentiated form of behavior that is formed in the process of interaction with others. This process includes the assimilation of deviant motivation, the justification of deviant behavior and the techniques for its implementation (Peele & Brodsky, 1975). Sociological theory as the main cause of deviant behavior in the youth environment, highlights the following aspects: the gap between the values of culture and the existing social structure in society; the deepening of the contradictions between the culture prevailing in society and various youth subcultures; the gap between the status of the individual and his social expectations; the alienation of the individual from the value regulation that exists in society; loss of moral values by young people. In this article, the definition of health adopted and approved by WHO [World Health Organization] is a methodological approach to understanding healthy lifestyle as a condition for preventing deviant behavior among young people. This definition gives us the idea of a young person's health as a holistic system, on the one hand, it is a derivative of his social life and activity; on the other hand, it is an indicator of his lifestyle (Lyubetsky et al., 2016).

RESULTS

In sociological theory, youth in the broad sense are interpreted as an extensive set of group communities formed based on age characteristics and related activities. In a narrow sense, youth is a socio-demographic group, distinguished on the basis of age-specific characteristics of the social status of young people, their place and functions in the social structure of society, values and lifestyle (Zubok & Chuprov, 2008). As a rule, due to the discrepancy between the interests, values, requirements of the social norm and requirements of life (a certain way of life) of this special socio-demographic group, deviant behavior of young people is formed (Bayramov et al., 2009). Often, modern youth strive to meet the innovative requirements of society, but due to a variety of socio-psychological conditions, marginalization, misunderstanding of their role, ignorance of the ways of social adaptation, low living standards, lack of beliefs, confirmed by the practice of creating healthy lifestyles, they cannot do this, and therefore, choose the path to the formation of deviant forms of behavior (Shakhbanova et al., 2019). Deviant behavior adopted within the framework of the scientific community is understood as deviant behavior that violates the social norms of society, it is expressed in the behavior and actions of individuals and social groups, "deviating from generally accepted norms, rules, principles established in a particular society, samples and traditions" (Gritsanov et al., 2003).

The concept of "deviant behavior" was introduced by the sociologist Ya.I. Gilinsky. The basis of this behavior, leading to a change in life guidelines, a change in a healthy lifestyle to an unhealthy one, and deviations in the behavior of individuals and groups, is the emerging diversity in the psychophysical, sociocultural, spiritual and moral condition of young people, and such behavior is a condition or attempt to improve society and social development (Gilinsky, 2006). The group of basic socio-psychological factors that determine the formation of deviant behavior in the youth environment is customary considered to include the external conditions of the physical and social environment, internal hereditary-biological and constitutional prerequisites, as well as intrapersonal (psychological) determinants and socio-psychological mechanisms of deviant behavior (Zmanovskaya, 2003). As the analysis of modern sociological discourse in the field of social deviation shows, two groups of objective and subjective basic determinants can be identified that determine the appearance of deviations in the youth environment. The group of objective determinants includes the anomie state of modern society, the conditions of social disorganization and some weakening of regulatory control; the group of subjective determinants, of course, includes the problems of socialization in the micro social environment of a young person, and especially in the family, as well as the difficulties of social adaptation of young people (Vereshchagina et al., 2018; Gryshai et al., 2018). According to T.G. Dergousova and I.A. Semenets, the choice of the deviant form of youth behavior is determined not only by the result of unsuccessful socialization, but also by the difficulties of social adaptation to difficult life situations, such as, for example, difficult psycho-emotional and social conditions, conflicting relationships in the family or in the educational (working) environment, sharp change of habitual life stereotypes, social frustration, etc. (Dergousova & Semenets, 2015). The key socio-psychological factors affecting the formation of deviant behavior and the practice of an unhealthy lifestyle directly in the youth environment include: marginalization and de-individualization of youth; a tendency to devaluation of spiritual and moral values; socio-economic problems; negative impact of the media on the consciousness of youth, etc. A variety of forms of deviant behavior carries certain risks and threats to society, which are manifested in the following aspects:

- in the legal aspect - deviant behavior is a fertile ground for committing crimes and unlawful acts on the part of youth (as an extreme expression of this aspect we can consider the behavior of an addict, for whom the need for a drug becomes the main motive for committing a number of crimes against the person, as well as against property - theft, robbery, burglary);
- in the medical aspect - deviation negatively affects the somatic and physical health of the young individual, as well as his physiological well-being. Moreover, drug addiction, alcoholism, nicotinism and other chemical dependencies have a negative effect on the offspring; as a result, children are born with serious physical and psychosomatic defects;
- in the socio-psychological aspect - the deviant disrupts the mechanisms of socio-psychological interaction, along with this, socio-psychological failure, the infantilization of the spiritual and moral sphere of value orientations are formed; there is a gradual degradation of the personality, since the overvalued importance of the object of dependence determines the direction of the individual's life, focused primarily on satisfying this particular dependence (for example, alcohol, drugs). At the same time, other needs are leveled, pushed to the background.

It is known that the natural adaptation of a person practicing addictive behavior, the so-called addict, is violated at the physiological, psychosomatic and socio-psychological levels, and a clear sign of this is the subjective physical and socio-psychological feeling of discomfort. To restore comfort at the physiological, psychosomatic, socio-psychological levels, the young individual resorts to deviant behavior as a certain way of getting well, creating an illusory perception of the solution of a personal problem. This kind of way of dealing with reality is fixed in behavior and becomes a sustainable strategy for interacting with reality. Therefore, the main task and the most important measure of preventing deviant behavior among youth is to form their attitude towards the formation of a healthy lifestyle (HLS), as well as the formation of an active life position in relation to their own health. HLS provides a comprehensive disclosure of creative abilities, the rational use of the physical, psychological, intellectual and social resources of every young person. The individual's lifestyle is largely determined and shaped by the culture of the individual and society. The most important factors for healthy lifestyle are physical education and sports. Regular and systematic physical exercises and sports improve health, develop physical abilities and contribute to the psychosocial development of youth (Lyubetsky et al., 2016). At the same time, physical culture and sport act as an important means of preventing the addictive behavior of young people.

In accordance with the model of social conditionality of health, proposed in the middle of the 20th century by academician Yu.P. Lisitsyn, a healthy lifestyle is not only the absence of bad habits, but also active work in the formation of a physically, spiritually and socially harmonious personality, capable of maintaining physical, mental and social health, as well as resisting deviations in health. According to this model, the level of health by more than 50% depends on the lifestyle of a person (Lisitsyn, 2010). An important form of prevention of deviant behavior is the organization of a healthy lifestyle based on the ideas about personal responsibility for health, harmony with one's psychosomatic state and the environment. Especially valuable is the ability of a person to achieve an adequate physical, mental, spiritual and social condition and successfully resist adverse environmental factors (Gafiatulina et al., 2019). HLS implies compliance with the conditions of everyday life and is, firstly, a way to activate the nonspecific protective forces of the body, a means

of increasing immune forces; secondly, a tool for adapting the personality to all kinds of overloads (psycho-emotional, socio-communicative, informational); thirdly, the theoretical justification of the principle of prevention.

The concept of a healthy lifestyle is multifaceted and broader than the absence of bad habits, since the healthy lifestyle, on the one hand, includes such factors as a rational regime of work and rest, adherence to a sleep regimen, a balanced diet system, an optimal system of physical activity, hardening and developing exercises and hygienic procedures, communication with nature; on the other hand, the system of relations of the personality of a young man to himself, other people, and life in general; meaningfulness and relevance of social being, observance of rules of behavior, exclusion of various excesses, life goals and values (Bodrenkova & Karavaeshnikov, 2011). In this context, the healthy lifestyle of youth is an alternative (antipode) to a socially passive, consumer, destructive lifestyle. It is HLS that is an important condition for the prevention of deviant behavior in the youth environment. Indeed, healthy lifestyle in youth environment, in the framework of modern scientific ideas, is increasingly associated with a socially active lifestyle that is directly related to education, social well-being, and humanistic, civilized, responsible attitude of every young person to himself and to the world around him. The direct basis of the lifestyle are those patterns of society that reveal its functioning and development as a product of the interaction of youth with society, because of their active life [GNH]. According to the results of a sociological expert survey on measures to improve the effectiveness of the formation of attitudes to healthy lifestyles and the prevention of deviant behavior among young people, the following conclusions were made (Makarenkova, 2011):

- firstly, the organization of youth leisure is necessary (85.3%);
- secondly, the solution of the problem of youth employment and the acquisition of a stable social position (70.6%);
- thirdly, strengthening the legislative base in the framework of social work with youth, as well as ensuring the coordinated work of all prevention entities (58.8%);
- fourthly, the improvement of educational work in the framework of the formation of health-saving educational technologies (55.9%);
- fifthly, the formation of the worldview of youth based on universal, spiritual, moral and patriotic values (52.9%).

Thus, the tool for the prevention of deviant behavior among young people is to follow a healthy lifestyle, based on the satisfaction of educational, labor, material, legal, sociocultural needs, and involvement of young people in the social practice of interpersonal relations.

DISCUSSION

Russian researchers L.A. Azarova and V.A. Syatkovsky as the dominant socio-psychological determinants (models) of the formation of deviant behavior in the youth environment distinguish:

- nosological model that considers deviant behavior as a consequence of an unhealthy lifestyle and the occurrence of a disease, which in its essence has a social nature of origin and requires the provision of specialized assistance and promotion

of healthy lifestyle;

- spiritual and moral model that interprets deviant behavior as a consequence of immorality and spiritual imperfection;
- psychoanalytic model that analyzes deviant behavior as a kind of violation of the mental state of the personality of a young individual;
- adaptive-personality model that interprets the formation of deviant behavior because of manifestations of maladaptation, personality dysfunction;
- bio psychosocial system model that interprets deviant behavior as a result of destructive disorders in the organization of the multilevel system "healthy society - personality - healthy organism" (Azarova & Syatkovsky, 2009).

According to researchers D. Kandel and D. Maloff, different forms of youth deviant behavior have common socio-psychological characteristics (Kandel & Maloff, 1993):

- occurrence mainly among youth aged 18 to 25 years;
- the influence of a similar social environment (parents, reference group, partners, friends, group of "interests");
- dependence of the rate of occurrence of deviant behavior on age (it is a well-known fact that early involvement leads more quickly to both chemical (tobacco smoking, alcoholization, drug addiction) and non-chemical addictions and socio-psychological deviations (non-togolism - network Internet addiction, gambling, etc.);
- socio-psychological significance (active demonstration of personal protest, claim for adulthood, rejection of restrictions);
- high relevance of situational factors (for example, alcoholism in the army as a result of the humiliation of the individual by officers);
- similarity of image, lifestyle and system of relationships among young people subject to deviant behavior (low adaptability, marginality, low / unstable performance, low self-esteem);
- a rather high prevalence among youth at risk (unemployed, living in single-parent and socially disadvantaged families).

According to Yu.A. Kleiberg, the socio-psychological reasons that determine the devaluation of attitudes to healthy lifestyles and leading to the formation of deviant behavior in the youth environment are the following reasons:

- the state of social anomie, characteristic of a crisis society, when there are difficulties in the social adaptation of youth;
- implemented social policy aimed at undermining the socio-political and moral foundations of society, national ideas of educating youth and the destruction of family values;
- dissatisfaction with the growing socio-psychological needs of youth, poor organization of leisure and weak promotion of healthy lifestyle (Kleiberg, 2001).

As N.P. Lyubetskiy and A.A. Knyazev write in their monograph, the deviant behavior of Russian youth "with unstable psyche and psychosomatic disorders exacerbate as they grow older because of the absence in many Russian families of

irreplaceable (essential) life factors (including healthy lifestyle factors) that must certainly act simultaneously in everyday life " of each person. However, these factors often do not work because of poor quality of life by 50% of Russians, for example, due to the deficiency of protein, iron, iodine, etc. in the children's diet, due to the shortage of daily requirement of physical activity of aerobic character, and, including due to the lack of comfortable social conditions, lack of parental love, attention and affection, which all together are so necessary for the full development of the future harmonious personality (Lyubetsky & Knyazev, 2014). The functioning of youth in the system "lifestyle - health - prevention of deviations" of an individual / group, according to D.A. Izutkin, occurs under the influence of several objective conditions and subjective characteristics. Regarding the choice of a lifestyle, it is objectively given by prevailing conditions of existence; the lifestyle a young person leads (healthy or unhealthy) is largely determined by the subjective scale of his life goals and priorities and has a direct exit into the sphere of his spiritual and social culture" (Izutkin, 2004). In other words, a healthy lifestyle of youth, being objectively determined by the dominant conditions of life, is one of the factors and conditions for the prevention of deviant behavior in the youth environment.

CONCLUSIONS

The formation of a healthy lifestyle attitude in the youth environment is a long and multi-faceted process, the success of which is determined by a number of conditions, including the coverage of the most important parameters of a person's vital activity in the process of forming an attitude; mastering the norms of behavior corresponding to a healthy lifestyle; orientation when organizing the process of formation of the attitude towards a healthy lifestyle on the features of the age stages of personality development. The whole complex of measures to form an attitude towards a healthy lifestyle in the youth environment should be subordinated to common goals and accordingly be rebuilt under the influence of various factors of an objective (conducting a series of events) and subjective nature (changes in the consciousness and behavior of a young person). The holistic effect is manifested in the fact that the main spheres of the personality (cognitive, value-motivational, activity) influence the change in the attitude of a young individual to himself as a person and as a full member of society (Chikaeva et al., 2018). In general, in the system of preventive effects on deviant behavior, two directions can be distinguished: prevention (warning, psychoprophylaxis) and intervention (overcoming, correction, rehabilitation).

The following can be attributed to preventive measures against deviant behavior among Russian youth: organization of a healthy lifestyle and social control at the community level; initiation of internal self-control of a personality (resistance); enhancing the socio-cultural role of the family in the formation of attitudes to health and healthy lifestyle; increasing the role of educational institutions aimed at the formation of healthy lifestyle; the organization of cultural and leisure, sports, rehabilitation community centers (i.e., activities alternative to addictive and deviant behavior); appropriate and reasonable influence on the circle of communication, optimization of the system of interpersonal interaction (teaching socially important skills). In our opinion, the formation of attitudes towards healthy lifestyle in the youth environment should include several activities: firstly, the promotion of social value and importance of healthy lifestyle; secondly, comprehensive training and educational activities aimed at raising awareness on health issues and its protection,

the formation of youth motivation to maintain healthy lifestyles; thirdly, prevention of bad habits (smoking, alcoholism, drug addiction); fourthly, the impulse to a physically active lifestyle, physical education and sports. In the process of creating a healthy lifestyle, as a condition for preventing deviant behavior in youth environment, the priority should be the role of educational programs aimed at maintaining and strengthening the health of young people, the formation of active motivation in relation to self-saving and health-preserving behavior.

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