Comparative analysis of concepts associations of "health" and "disease" among young people in Germany and high school students in Ukraine

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The implementation of teenager's principles about the "health" /"disease" phenomenon in their in everyday life depends on the ideas of individual perception by teenagers of these concepts and the associations that arise to them involuntarily affect their valeological behavior Dziobak R. [1, p.71-76] which is manifested in individual style and lifestyle.

According to the popular definition of the World Health Organization (WHO), "health" is a state of complete physical, spiritual and social well-being, and not just the absence of diseases and physical defects. Goncharenko M.S. [2, p.208].

Health is an abstract logical category that can be described by various model characteristics. It will be legitimate to consider health as a dynamic state that allows the manifestation of as many specific functions as possible with an economical consumption of the biological substrate, that is, health is the ability of an individual to manifest his biological and social functions Hryban V.G. [3, p.256]. Human health is the process of preservation and development of mental and physiological qualities, optimal working capacity and social activity with maximum life expectancy Goncharenko M.S. [2, p.208].

The World Health Organization has determined that "health is the leading system-forming factor of national security" Goncharenko M.S. [2, p.208]. It was noted that the physical and mental health of a person is the main value, that it is the equivalent and expression of a person's freedom of activity. On the other hand, health is public wealth.

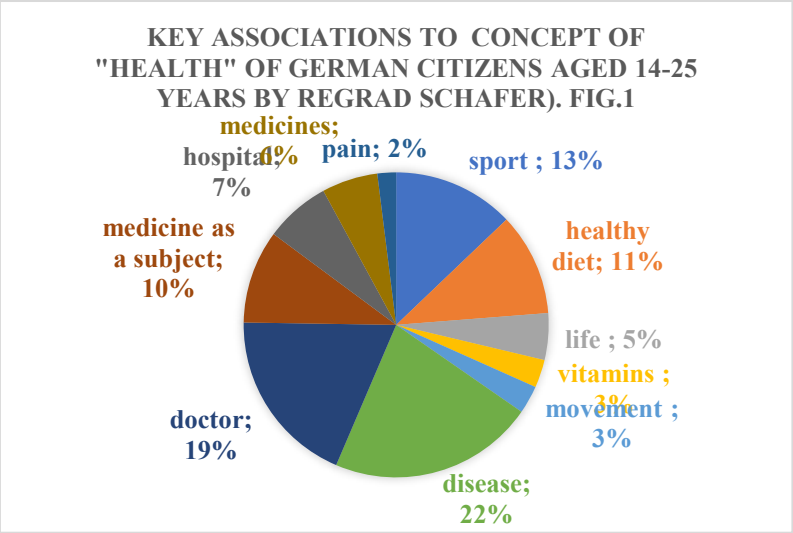
Therefore, the study of key concepts related to the national security of our state and its future bearers is an urgent problem.

For further understanding and practical application, we present the results of the prepared review article Dziobak R. [4, p.51-56]. On the example of a complex analysis of ideas about the key concepts of valeology to increase the level of conscious motivation of teenagers to a healthy lifestyle, taking into account the international experience of forming the correct life position in relation to one's own health.

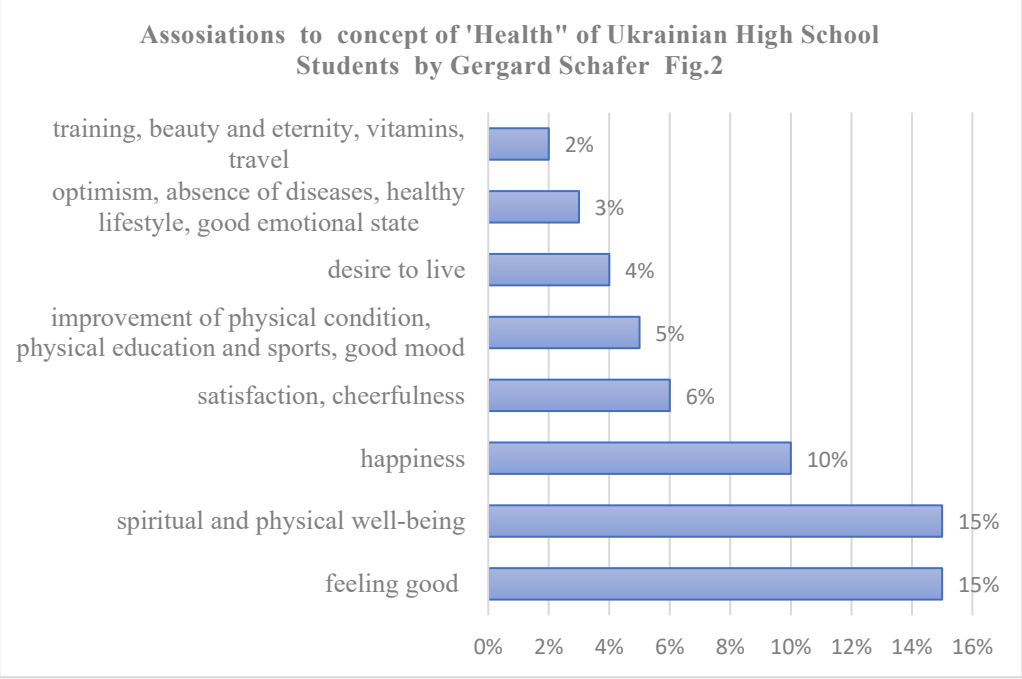
The following research questions were formulated: 1). to identify the associations that arise in Ukrainian high school students to the concepts of "health" and "disease"; 2). to compare the obtained data with the results of the research conducted in Germany by Professor Gerhard Schafer with further analysis and generalization.

In Germany, professor Gerhard Schafer [5, p.86] conducted a study to identify key associations to the concepts of "health" and "disease" among local citizens aged 13 to 25. It turned out that the concept of "health" among young German citizens occur in addition to positive ones (sport – 13%, healthy diet – 11%, life – 5%, vitamins – 3% and movement – 2%) and

negative associations (disease – 22%, doctor – 19%, medicine (subject) – 10%, hospital – 7%, medication – 6% and pain – 2%). Fig.1.



Thus, the youth of Germany to a certain extent realizes that preserving, strengthening and increasing health is a difficult and everyday work on oneself. In comparison with associations to concept of "health" of young German citizens, among Ukrainian high school students all associations are positive (well-being - 18%, spiritual and physical well-being - 15%, happiness - 10%, satisfaction, cheerfulness - 6%, improvement of physical condition, physical activity, physical education and sports, good mood - 5% each, desire to live - 4%, optimism, absence of diseases, healthy lifestyle, good emotional state - 3% each, training, beauty and eternity, vitamins, travel - 2% rice each Fig.2.



This testifies to the frivolous attitudes of our teenagers, who do not think about the consequences

of a possible loss of health in the future, that in order to preserve, strengthen and increase health, it is necessary to work on oneself every day, because health is not produced by itself.

All associations of young German citizens with the concept of "disease" are negative (pain - 18%, doctor - 17%, bed rest - 16%, hospital and medication - 15% each, death - 7%, school absences - 6%, cancer and catarrh - 3% each, which is the optimal and completely normal indicator. The associations with the concept of "disease" among Ukrainian teenagers are similar to the associations of young Germans - all negative (pain - 16%, mood deterioration, bad health - 14% each, irritability - 11%, fatigue - 9%, boredom - 5%, medicine, impairment of vital activity, pessimism, indifference, discomfort, negative emotions, reduced working capacity - 3% each, fever, abuse, loss of interest in life, sadness, punishment - 2%).

It should be noted that our teenagers have a wider range of associative perception compared to the youth of Germany, which indicates a sufficient level of their awareness and outlook on key social-psychological, medical, valeological, philosophical and other categories.

Valuable conclusions from the conducted cross-cultural studies can be the following two points.

1. In the conditions of changes in the elements of social adaptation of the individual during the transition to independent active activities, characteristic of an adult, the provision of relevant valeological, psychological and other knowledge at a level accessible to individual perception will contribute to the awareness of adolescents who do not think

about the consequences of a possible loss of health in the future, the primary need for its preservation, strengthening and multiplication.

2. Mentors are called to be a personal positive example in their attitude to their own health, to promote health fashion and a healthy lifestyle among young people to ensure harmonious coexistence with the surrounding world.

3. Cycloramas with the dynamics of research data published by German professor Gerhard Schafer are convincing in our opinion. A certain dynamic of differences and similarities of associations by German and Ukrainian schoolchildren regarding the concepts of "health" and "disease" is presented. We consider the obtained empirical results as a basis for understanding that ensuring the psychosomatic health of schoolchildren of two countries must be an extremely necessary level of existence of safety as a phenomenon that indirectly affects the relationship of the single construct "safety in the maintenance of psychosomatic health".

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