# ПЕДАГОГИЧЕСКИЕ НАУКИ

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# ANALYSIS OF QUALITY OF LIFE INDICATORS OF UNIVERSITY STUDENTS BASED ON WHOQOL-BREF

It is stated that based on the analysis of the World Health Organization (WHOQOL-BREF) indicators, it will be the first step in promoting a healthy lifestyle among university students. The study will be conducted and scientifically analyzed. The article discusses one of the socially significant issues on the agenda in Kazakhstan today – public health. A healthy lifestyle is a crucial and valuable form directly related to health for an individual. In this scientific article, "Sustainable Development Goals of Kazakhstan" is highlighted as a key term for the indicators of sustainable development goals.

***Key words:*** *Sustainable Development Goals, University students, quality of life, good health and well-being, the "WHOQOL-BREF KAZ" scale.*

**Introduction**

Today, one of the socially significant issues on the agenda in Kazakhstan is public health. A healthy lifestyle is extremely important for a person, directly related to health, and is a valuable form. It is a part of human culture. Health is the key part of human happiness. The future of society depends on the health of each individual. It is a mistake to consider health only as the external integrity of the body; in general, it should be understood as the comprehensive development of the organism and the proper functioning of all its systems. Since ancient times, humanity has been looking for ways to live a long life. Referring to the teachings of Aristotle, which laid the foundation for this principle, his statement: “A living body without movement dies” has been the main doctrine for the longevity and healthy lifestyle of humankind throughout history [1, p. 7–9].

In our country, it is necessary to use a screening model to determine the level of awareness of students in the “Physical Education and Sports” department about mass sports and their quality of life. The goal is to identify the students' perspectives on mass sports and determine their level of adherence to a healthy lifestyle [2, p. 35].

According to the data from the World Health Organization (WHO) experts, 49-53 % of public health is dependent on lifestyle, that is, how an individual takes care of their own health. 17–20 % is influenced by the environment (the ecological and climatic-geographical characteristics of the region), 18–22 % is due to genetic factors, and only 8–10 % of our health depends on healthcare organizations [3, p. 70–78].

Quality of Life is a concept related to the feeling of happiness in life, self-awareness, the ability to ask questions, define goals, and develop oneself in accordance with those goals. To achieve a high quality of life, it is necessary to maintain proper nutrition, make physical activity a daily habit, consume healthy foods and drinks, avoid tobacco and alcohol, and maintain an ideal body weight.

The phrase “A healthy person is the most precious gift of nature” was not said without reason. In today’s society, the natural population growth is declining, while the levels of morbidity and mortality are increasing. Especially, the health of children and young people is under threat. Smoking, alcohol use, drug addiction, the fascination with toxic substances, immoral behavior, and early sexual activity are becoming widespread [4, p. 23–40].

**Materials and Methods**

This article is aimed at addressing the issues related to the formation of a healthy lifestyle among students in the “Physical Education and Sports” department, based on the analysis of the indicators of the World Health Organization's scale (WHOQOL-BREF) KAZ. Therefore, a review of both foreign and domestic literature on the subject was conducted. During the literature review, scientific publications from various databases were analyzed, evaluated, and discussed. The review of publications and literature demonstrated that, based on the analysis of the indicators of the World Health Organization's scale (WHOQOL-BREF) KAZ, there are numerous issues emerging in the formation of a healthy lifestyle among students in the "Physical Education and Sports" department [, p. 15–16].

**Results and Discussion**

**Healthy Lifestyle (HLS)** is primarily active actions aimed at maintaining and improving health [6, p. 17]. A person’s healthy lifestyle is not formed by chance, but rather develops purposefully throughout their life. According to current data, health is 53–55 % dependent on a healthy lifestyle. This highlights the importance of maintaining a healthy lifestyle. Therefore, in order to make healthy living a necessity in daily life, the following principles should be followed

**1. Physical Activity.** This is a key condition for forming a healthy lifestyle. It improves the functioning of vital organs and systems, thus playing a significant role in creating a healthy lifestyle. Properly organized physical activity actively contributes to the growth and development of the body, enhances

work capacity, and increases resistance to various diseases. On the other hand, lack of movement leads to detrimental changes in the body.

**2. Hardening the Body.** To prevent various diseases, regular hardening of the body is necessary. Through hardening, the body adapts to sudden changes in environmental temperature and boosts its resistance to infections. When selecting hardening procedures, it is important to consider a person's age, health status, degree of adaptation to hardening, and other individual characteristics.

**3. Proper and Balanced Nutrition.** Timely and proper nutrition plays a crucial role in maintaining health. It is important not to eat while walking, reading a book, or watching TV. The consumption of fatty, salty, and sugary foods should be limited, and overeating or eating before sleep should be avoided. Food should be diverse, of high quality, and ecologically clean. It is also advisable to follow a consistent eating schedule with four meals a day.

**4. Injury Prevention.** This involves preventing various injuries such as fractures, sprains, burns, frostbite, and poisoning. Injuries can occur in different situations, such as when safety rules are not followed on the streets, electrical appliances are misused, or poisonous plants and mushrooms are consumed.

**5. Prevention of Infectious Diseases.** It is essential to strictly adhere to personal hygiene rules, know methods to protect oneself from infections, and receive preventive vaccinations in a timely manner.

**6. Avoiding Harmful Habits.** This involves refraining from smoking, drinking alcohol, using drugs, and exposure to toxic substances. These harmful habits negatively affect the body and health [6, p. 17].

Based on the analysis of the World Health Organization's WHOQOL-BREF (KAZ) indicators, the primary goal of forming a healthy lifestyle for university students is twofold. First, to study and compare the level of awareness of mass sports and quality of life among university students in Kazakhstan. Second, to identify the gaps in students' understanding of "mass sports and quality of life" and contribute to their development. The study also aims to explore the understanding of "mass sports" in some countries (Turkey, Kazakhstan, Japan, former Soviet Union, African countries, Sweden, Poland, Hungary, France, Czech Republic, Singapore, Germany) and compare these insights with the awareness and quality of life levels of students in Kazakhstan regarding mass sports. Given the current relevance of this topic, we can anticipate that many unresolved issues will emerge in the near future. However, to achieve our goals, we have outlined and specified two key tasks [7, p. 95–105].

Specifically:

- conduct a survey to assess the awareness of students in Kazakhstan studying "Physical Education and Sports" about mass sports (considering age, gender, family status, course, etc.), while also employing various research methods;
- conduct comprehensive research on the relationship between students; awareness of mass sports and their quality of life levels in Kazakhstan, collect detailed data, and establish a scientific framework for the findings.

It is important to avoid harmful habits that negatively affect one's health. Let's take a look at what these habits are: smoking, alcohol consumption, and drug use. Instead of alcohol, one should drink kymyz (fermented mare's milk) or kymyran (fermented dairy), and instead of smoking, spend more time in the fresh air. I would advise young people to avoid using drugs and make visiting cultural and recreational places a habit. Work educates a person, so it is essential not to shy away from it. Laziness never leads to good results. It is also recommended to follow a moral path, fasting during Ramadan, and maintaining its discipline. There is nothing in this world that compares to it. We must not allow the pollution of nature and the environment. Treat others the way you want to be treated. If people are friends, siblings, respectful, compassionate, and kind to each other, it will bring even more blessings. Always avoid negative thoughts. When a person feels inferior to others, worries about their poor health, and imagines the fear of death, it disturbs the mind [8].

**Conclusion**

The main focus of this article is to assess the awareness of students studying “Physical Education and Sports” in Kazakhstan regarding “mass sports”, “healthy lifestyle”, and the short-form of the “Healthy Lifestyle Scale”, along with other issues related to these topics, through surveys and “personal information forms.” The necessity and significance of gathering data through these methods were discussed. In summary, mass sports are initiatives and projects aimed at encouraging people of all ages to voluntarily participate in sports and physical exercises, which contribute to societal development and positive changes. A healthy lifestyle, on the other hand, involves individuals evaluating their situation within the cultural environment and value system according to their life goals, standards, and interests.

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# АНАЛИЗ ПОКАЗАТЕЛЕЙ КАЧЕСТВА ЖИЗНИ СТУДЕНТОВ УНИВЕРСИТЕТА НА ОСНОВЕ WHOQOL-BREF

Указывается, что на основе анализа показателей Всемирной организации здравоохранения (WHOQOL-BREF) данное исследование станет первым шагом в продвижении здорового образа жизни среди студентов вузов. Исследование научно проанализировано. В статье рассматривается один из социально значимых вопросов, стоящих на повестке дня в Казахстане сегодня, – общественное здравоохранение. Здоровый образ жизни является важнейшей и ценной формой, напрямую связанной со здоровьем отдельного человека. В данной научной статье цели устойчивого развития Казахстана выделены как ключевой термин для индикации целей устойчивого развития.

***Ключевые слова:*** *цели устойчивого развития, студенты вузов, качество жизни, хорошее здоровье и благополучие, шкала «WHOQOL-BREF KAZ».*