

## STUDENT'S HEALTH IN "CONSUMER" SCHOOL

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- health,
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- physical education

### Abstract:

Consumptive lifestyle comes firmly into schools on different levels of education as well as into most of households. The lifestyle founds mainly on limited movement as well as on functioning in closed rooms. Moreover, nowadays school doesn't focus on supporting physical activity development of young people but rather on intellectual work. Both lifestyle and healthy effects of physical education depend mainly on its place of realization. School should be a fundamental element of system offering physical culture development, that consists of physical education, sport and recreation. A very important function of physical culture on each level of education should be among others health promotion.

Health is a value for human, which is not easy to define. Commonly known definition of health by World Health Organization [20] talks about the fact that health is a state of complete physical, mental and social well-being, not just lack of disease or physical defects. According to this definition, health is a human ability with many changes. N. Wolanski adds [21] that health is an appropriate balance of the organism with an environment, which can be "measured" by the efficiency of change adaptation (activity, fitness and physical exercise). The high volatility of an environment makes this balance dynamic, so it is a process in which health can be restored, strengthen and improve [2].

In addition, it was always undeniable that spiritual health is not achievable apart from physical health and socio-economic conditions. Health as a *sanitas* was and is a subject of physiology, disease as a *morbus* is a subject of pathology, healthy lifestyle, which as *valetudo* concerns whole man, is a particular practice-oriented nutrition and object-oriented hygiene theory [16].

On the other hand the physiology says that health is equivalent to efficiency of adaptive mechanisms [6] which is an essential base of health. Physical health by other authors is also correct functioning of systems, organs and tissues, proper physical development and low severity of risk factors, such as inadequate physical activity, low body resistance to disease [24].

Health has got many definitions, for example, is not given for whole life, on the contrary we have to fight for it and gain it. Health is worthy as an "investment" to maintain full efficiency and a sense of life joy for many years [22]. When a man says that health is a value for which it is worth to devote some attention and commitment then it is possible conscious work over it. In the term of holistic concept, health is related to the individual process of unit development. It has got subjective nature, active, conscious participation of man in his achievement and improvement [3]. Assuming that health has got a significant impact on our lifestyle, it can be measured by many indicators of its features and capabilities, ie. BMI (Body Mass Index - BMI), aerobic fitness, muscle strength which stabilize spine, blood pressure or lipid profil. [7].

The aim of this study is to show student's place in today's school, his behavior, level of physical activity in the era of consumer lifestyle. The science of physical culture is one of the area of public health, which is monitored by three health measures, such as: positive, indirect and negative. Among positive health measures we have to say about those that are specific in teacher physical education work, and it is physical development, physical activity, quality of life, physical performance and stamina. In Poland, there is a tendency to attach attention on negative indicators, such as: (mortality, morbidity, prevalence of disability) and indirect (living conditions, work), there are few data about those positive that have got relation with ontogeny. We do not know what is the level of physical fitness of Polish population in each age group (except school youth) and it is unknown the tendency of development of this level in both sexes [2].

Consumerism<sup>1</sup>, and consumer lifestyle falls firmly into the Polish schools at different levels of education. This style is based on the extreme reduction of movement and functioning in closed areas. Referring to physical culture, consumer lifestyle effects on the isolation of physical education in school, place of course, the content and form of classes.

For the purposes of this study authors present the concept of consumer school which says about the following rearrangement from the direction of "be" into "have" and state of ownership often determines the position in the peer group. The essence of the rivalry among the youth become material things and less important is an impressive personality, possessed knowledge or skills.

Consumer lifestyle imposes on our bodies more frequent identification with the world of culture. More and more popular for depressive symptoms is pharmacological therapy than nature-therapy (walk, hike, physical work in our environment). We are moving away from nature [25] and during autumn and winter it is completely alien to us. This phenomenon is deepening more and more also in a significant proportion of children and young people, where we can observe nature-phobia.

Consumer lifestyles in the area of physical culture manifest in: physical passivity, isolation from the nature and too fast and very dangerous adaptation to excessive comfort living. It is an adaptation of degeneration the possibility of body function, even only in an extreme conditions - illness, crisis, poverty and even longer fatigue. So the contemporary school is becoming increasingly consumerist, which threatens in reality of health tasks increasingly faced by school physical education [11].

Behaviors, processes and phenomena characterize consumer civilization in terms of physical health of modern man, for people working with physical culture seem to be very dangerous. Even more dangerous are symptoms of psychological problems such as mental health, which result from the almighty consumer lifestyle [11].

We should mention about [11].

- manipulation of the human needs,
- manipulation of the identity,
- fetishization patterns of mass culture,
- fetishization of work and money,
- limiting of marriage, family and education of children.

Uncritical modeling our school on the assumptions of Western Europe makes it equally foreign for student as before when it was functioned according to the principles from the East Europe. School physical education, if you want to be real and not fake education, re-

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<sup>1</sup> Attitude involving unjustified (real needs and costs of environmental, social or individual) consumption of material goods and services or view relies on the consumption recognition for determinant of quality of life (the most important, or only value).

quires specific personnel formation. Otherwise, patterns of consumer lifestyle will completely rule school, like it is with family [11].

The second half of the twentieth century was called "age of lifestyle" [22]. The major role had also a concept of "health fields" M. Lalonde [8] which says that lifestyle (50%-60%) in the highest degree have got an influences on health of individuals. Following this event it was a turning point in health policy. From the psychological point of view, one of the positive measures of health, which is way of life (quality of life) is characteristic to the individual and is expressed in a system of health behaviors. On the other hand health behaviors are conditioned temperamental features knowledge generalized opinions and beliefs of individuals about the world, life, its own person; competence system of values and individual experience in the field of health and socio-cultural variables [17]. Therefore, it constitute the basic elements of lifestyle. Health behaviors can also be described as a kind of behavior, action or refraining from actions that directly or indirectly can affect on health and human wellbeing. Behaviors that promote health are determined like (lifestyles) health-related, and those that are harmful for health [23].

These behaviors are becoming increasingly subject in scientific research due to the growth of various lifestyle interests of our population. The result of these studies show that a significant proportion of adults (parents, teachers, doctors) do not build good model of health behavior for young generation of Poles. Negative trend persists and increases the incidence of risky behaviors for health. There was an accumulation of a phenomenon referred as "team (syndrome) of risky behavior" observed worldwide [22].

1989 year is a turning point in the history of our country, which began its - twenty-fourth year - march toward to the modernity democratic state with a free press, free elections, etc. accompanied by transformations in different areas of life. These processes in large extent, caused pace and depth of social change (social stratification), economic (growth of the poverty) and economic (transition from a central planned economy to free market). These changes also affect and have influence on the shape of education. There were also changes in government policy and its relationship to student culture (especially physical education), often marginalized its importance. The unfortunate period of political transformation caused that a large part of Polish population, due to financial difficulties, has limited opportunities in health or change in health-promotion lifestyle. According to Z. Kawczyńska-Butrym [4], health education programs will bring effects, only if we are going to adjust them to the specific needs and capabilities of marginalized people (or at risk of marginalization).

Adapt health education programs should include:

- current realities of life (existential conditions),
- real risks (unemployment, neglect of health and care)
- subjective sense of threat and verbal needs
- health consciousness and health knowledge.

As a result of reform, changes in health organizations is also not conducive to the formation of a healthy lifestyle. In a reformed health care, more than half of households have information how to access from health services, and the remaining part believes that access to a doctor is more difficult than ever. One-third of the population resigned from basic services and need of satisfy is getting worse [19]. From this point of view, we cannot expect that it will increase percentage of people performing basic control medical research, such as cytological research, mammograms, blood pressure and blood cholesterol.

As part of reform education system, for the first time in the history of education in Poland was introduced mandatory educational trail called "health education" in primary schools, lower secondary schools and secondary schools. This was the sort of chance to improve in the future, knowledge, awareness and skilful care of health. In order to implement the principle of the individual healthy lifestyle is necessary to consider two levels - local and individual. The

local level is connected with adequate infrastructure in local community, in workplace and science (regard to physical activity and rational nutrition). The level of individual consists of motivation of units for their own health, system of values, knowledge, skills, personality traits, current well-being and satisfaction of life. In conclusion, lifestyle change of the unit is not a process, easy neither short there are no simple prescriptions for changes in lifestyle in stratified society. The situation shows currently that in Poland, forecast changes in health behavior in the coming years will be unfavorable. It should be taken into account low economic status, social inequality, low levels of education in the society, many gaps in the organization of health care, infrastructure for local communities in the implementation of free time and the budget deficit.

Advancing process of life democratization, implement health promotion projects and health education in schools can promote changes in health behavior in Poland in coming years. It sees moreover a fact that in these actions will attend only some part of society, especial higher socio-economic status and better health consciousness [22].

For several years, acceleration of growth and maturation suddenly has stopped. The flexibility of spine has decreased (its mobility) at the same time it was observed an increase sick leaves from physical activities which will lead to a specific disability from the first years of life. The consequence of this state is naturally low standard of live in Poland, and the average life expectancy. Systematic decline in 1990 was 66.5 years for men and 75.4 years for women, and at the moment strongly increased to 71 years for men and 80 years for women [GUS 2009].

Certain changes, especially among younger generation of our society notes J. Drabik [2], who describes them as more slender, higher, and "robust". At the same time he notes that changes are accompanied by a change in physical fitness (motor skills related to health) and physical fitness. The difference in researches between groups is so large that the level of the "general physical fitness" in 1999 was lower than in 1979. As the researchers show that regress especially marked in rural youth and in families with lower social status. In Poland were also made research on the health behavior of school youth. In 1990, for the first time study included 4643 people between 11, 13 and 15 years, it was a group representative [23]. Collected information showed valuable data in the study age group. Found a large discrepancy between the time for movement, and time of watching television. Most of them did not comply the principles of a healthy lifestyle, and we have to mention about poor nutrition, without breakfast, sugar diet, neglect of oral hygiene and using stimulants.

Such researchers as S. Kozłowski [5], J. Raczek [15], and R. Przewęda [13] agree on certain statements. The first view of growing regression in the development of modern school population strength and exercise capacity. Regressive development trends indicate that physical degeneration of youth deprived of adequate physical activity. There were also a disparity between the somatic and motor development of children and youth (accelerated physical development does not go in tandem with the development of physical fitness), and this in turn is an important signal for action through the school, mass media, health and family [14].

R. Przewęda [14] said, that school age is crucial in later years of life a young man, on the grounds that the biological rationale and cultural. A similar opinion also presents S. Kozłowski, which shows the effects of neglect and disregard for movement and its importance in shaping the physical development during childhood and adolescence, which will be reflected in physical capacity and adaptable in later years of life. It is very important that this is the only period in which you can develop habits of physical activity and learn different forms of its implementation [5].

Nowadays, school suffers from many problems (for example, economic, human, connected with infrastructure problems), it is not focused on supporting the development and youth physical activity in such an extent as mental development. Villages school are poor of

infrastructure for practicing physical culture, on the other hand, in cities, pupil is anonymous. In both cases there is an excess of teaching, lack of exercise, even during breaks between classes and the attitude of teacher (physical education) without personal example.

Physical activity remains on sidelines, health or ecological education is carried more verbal than in the form of practical action. All these restrictions are building a general reluctance to movement and exercise. Biotech style of physical education and often lack of modern teacher competence in supporting development and health are not conducive to physical activity throughout life [2008].

Teacher is an essential link in the educational process, and his work is connected with quality of his facility. As S. Stróżyński [18] writes, the quality of schools is a degree of organizational activities, teaching and educational opportunities of students, teachers and material conditions, social and organizational support for the comprehensive development of student. Teacher is after the family, who has got the biggest impact on education of children and youth. Moreover, nowadays the dynamic development of all sides of social life, his actual level should correspond to the personality of teacher. Observing the interaction of personality physical education teacher in the process of specific activities and specific conditions under which it is carried out, we realize that teacher as a manager and organizer of the process of education in school fulfill their social functions also outside of school.

We should also pay attention on the rapid development of information technology, Internet and especially wealth of programs that have potential to use computer and its software also for physical education lessons. In addition to the PE teachers very important are especially results of fitness tests, which should be made (excel), respectively assemble (Access) and interpret (PowerPoint) [9]. Using of information technology becomes a necessity. Already is difficult to imagine contemporary teaching school without broad support multimedia [12]. Without any doubt school should be an essential element of the system, which ensure the development of physical culture and consists of physical education, sport and recreation. An important function of physical culture at every stage of education is to promote health, develop physical fitness, prevention, risk factors, risks and health problems, which indicator should be for example, public health, results of school education, sport achievements, elimination or reduction of children and adolescents posture. In fact, the state of research shows alarming results. In 2004, The Main Chamber of Control in Poland have investigated primary and secondary schools and showed that in most of institutions pedagogical supervision over physical education teachers were insufficient due to poor ensure of health and safety for these classes, not mention about the quality of medical care. In the same year were published report based on implement effects of National Health Programme, in which the level of fitness and physical fitness of children and adolescents in Poland is steadily deteriorated, while improving indicators of somatic development.

The results of studies conclude that children and young people receive the same, and even worse results, as boys and girls from 1979. In the same year were made report by the Chief Sanitary Inspector, in which only 39.8% of schools had gym, and 25% of centers did not have a gym or recreation class. Schools did not have as many as 19.8% of pitch, and only 14.9% of schools provided an opportunity of using swimming pool (Team of experts PRO And Izz, November 2007, Warsaw).

It can be concluded that young man, who leaves school should have good shape (appropriate degree), have sport skills and should be prepared to lead an active lifestyle. Unfortunately, in practice it is impossible. Nowadays, live of children and young people has been dominated by certain unhealthy phenomenon. For example the phenomenon of hypokinesia, which we can see already from pre and integrated education. Similarly, the lack of active leisure is noted in many families. Permanent life in enclosed areas (science, fun, rest), sitting posture and "slavery monitor". It should be mentioned here conformism and stress, especially

negative effects of social stress arising from poverty and unemployment. School is for children and that's why it should create such conditions that will encourage the development of individual and will support child in the process of self-realization. At the same time Polish school education requires deeper changes that can be achieved by giving it a fuller autonomy and open it to interact with environment outside the school. The particular interest of school should be physical education that needs to go beyond its previous frame. In the sphere of school interest should find new content in the form of extra-curricular and extracurricular forms such as swimming, skating, hiking, skiing, sailing and new ways of practicing sport in groups of interests, taking into account coeducational classes in teams scout, tourist and sports. Physical culture enriches student's personality in new and important life experiences, affects not only health, but also forms an active lifestyle. In the context of practice, without mind, but with our heart, we can get into the psyche of child, and physical and health education is a road to self-realization [26]. School as a social institution has got a special role to play in shaping lifestyle that is a subject of socio-educational treatments. From the observation of B. Woynarowska [22] we can say that, Polish school activities have undertaken or intensified educational and health education aimed at student (it relates to individuals) and health promotion (for social systems). According to B. Woynarowska and J. Mazur [24] health promotion is "any changes which may be achieved by awakening consciousness of people, changing their health behaviors and the development of supportive environment for health action." Health promotion is therefore a process of enabling people to increase control over their health and its improvement. Health education by Z. Żukowska [27, p. 108] is "a process through various in a particular microsystem educational climate in which we can observe interact between: students, teachers and parents."

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