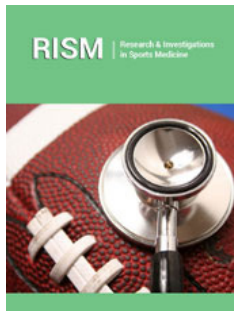


Non-Traditional and Modern Systems and Methods of Improving the Health of Students of Higher Education

ISSN: 2577-1914



***Corresponding authors:** Grinko Vitaliy, Lecturer at the Department of Physical Education and Sports, Ukrainian State University of Railway Transport, Ukraine

Submission: 📅 November 11, 2024

Published: 📅 November 19, 2024

Volume 10 - Issue 5

How to cite this article: Grinko Vitaliy*. Non-Traditional and Modern Systems and Methods of Improving the Health of Students of Higher Education. Res Inves Sports Med. 10(5), RISM.000750. 2024. DOI: [10.31031/RISM.2024.10.000750](https://doi.org/10.31031/RISM.2024.10.000750)

Copyright© Grinko Vitaliy. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use and redistribution provided that the original author and source are credited.

Grinko Vitaliy*

Lecturer at the Department of Physical Education and Sports, Ukrainian State University of Railway Transport, Ukraine

Abstract

The health and well-being of students in higher education are critical for academic success and long-term quality of life. However, traditional health interventions alone are often insufficient in addressing the multifaceted health needs of students today. This study explores non-traditional and modern approaches aimed at enhancing student health, integrating alternative methods like yoga, meditation and herbal medicine with advanced technologies such as wearable health devices, digital wellness platforms, and personalized nutrition plans. The research highlights the positive effects of incorporating mindfulness practices, biofeedback tools and holistic health programs into university wellness initiatives. It examines how innovative systems, including telehealth services and virtual fitness classes, can effectively complement traditional healthcare offerings on campus. Results from case studies and surveys demonstrate improved physical fitness, mental resilience and overall well-being among students utilizing these non-traditional methods. The findings suggest that a hybrid approach, combining ancient wellness practices and contemporary digital health solutions, holds great potential for addressing the complex health challenges faced by today's students.

Keywords: Student health; Higher education; Non-traditional methods; Modern health systems; Holistic wellness; Digital health; Mindfulness

Introduction

Non-traditional and modern systems of improving the health of higher education seekers (students) are gaining more and more importance, since the health of students affects their academic performance, emotional well-being and future professional activities. The use of alternative healing methods is becoming relevant for increasing physical activity, resistance to stress and general strengthening of the body. Such methods often include techniques from various fields of medicine, sports and psychology, with an emphasis on a holistic approach to health [1].

The main non-traditional and modern systems of improving the health of students of higher education:

Yoga and breathing practices

Yoga has become one of the most popular wellness practices among students because it promotes both physical and mental health. The main benefits of yoga for students:

Improves flexibility and muscle strength: Regular yoga practice helps strengthen muscles, improve coordination and body flexibility.

Stress reduction: Breathing exercises and meditation, which are an integral part of yoga, help to reduce stress, anxiety and improve concentration while studying.

Improved attention and concentration: By focusing on breathing and performing the exercises, students improve their cognitive skills, which leads to better academic performance.

Psychophysiological methods (self-training, meditation)

Psychophysiological methods include practices that combine mental and physiological processes to harmonize the body. They have gained popularity among students due to their ability to increase resistance to stress and improve the psycho-emotional state.

Self-training: This is a technique of self-regulation of the psyche, which helps to relieve tension, normalize the emotional state, increase self-control and confidence. Students can use self-training to prepare for exams, presentations or difficult assignments.

Meditation: Meditation techniques help reduce stress levels and improve concentration. Students who regularly practice meditation experience less fatigue and cope better with academic workloads.

Phytotherapy

Phytotherapy is the use of plants and herbal preparations to support health. It is becoming popular among students due to its naturalness and minimal side effects.

Herbal teas: Students use various teas to relieve stress (chamomile, lemon balm), improve sleep (lavender), boost immunity (Echinacea), and improve digestion (mint, ginger).

Essential oils: Using essential oils for aromatherapy helps to increase concentration, reduce stress levels and improve mood.

Qigong and Tai Chi

Qigong and Tai Chi are Chinese practices that combine fluid movement, breathing exercises, and meditation to harmonize energy in the body. Universities and students are increasingly using these methods to relieve stress and improve general health.

Qigong: Qigong techniques are aimed at improving the circulation of energy in the body, strengthening the immune system and improving the psychophysical state. Students note an increase in energy and resistance to stress.

Tai Chi: This practice helps relieve muscle tension, improve balance and coordination, and maintain mental peace. Regular Tai Chi classes help students improve focus and reduce emotional stress.

Hydrotherapy

Hydrotherapy is a method of healing with the help of water, which includes various types of water procedures (showers, baths, swimming, etc.). In Ukraine, universities often use hydrotherapy as part of health programs.

Contrast showers: Contrast water procedures (alternating hot and cold water) help activate metabolic processes, improve blood circulation and increase body tone.

Aqua aerobics and swimming: This is an effective method of relieving muscle tension and strengthening the whole body. Water

exercises are especially beneficial for students with musculoskeletal disorders or those who spend a lot of time sitting.

Modern fitness programs and technologies

In addition to traditional sports classes, universities offer modern fitness programs that actively use the latest technologies to improve the health of students:

Fitness classes with VR technologies: Some HEIs are starting to implement classes using Virtual Reality (VR), which makes training more exciting and motivates students to be physically active;

Pilates and functional training: These types of fitness are becoming popular among students because they strengthen muscles, improve posture and body flexibility, and help maintain a balance between physical and mental stress;

Use of fitness trackers: Modern students actively use fitness trackers and mobile applications to monitor physical activity, sleep, heart rate, which allows them to better control their health.

Nutrition and diet therapy

A balanced diet plays a key role in maintaining the physical and mental health of students. In many universities, modern approaches to nutrition are popularized:

Diet therapy: Using special diets to maintain health. This can be, for example, a gluten-free diet for people with gluten intolerance or vegetarian and vegan options to support the body;

Functional foods: Functional foods are increasingly being added to the diet of students-such as superfoods (chia, spirulina and quinoa), which are rich in nutrients and support the body during intensive training.

Challenges and prospects for the implementation of non-traditional health care systems in universities:

- a. Low student awareness: despite growing interest in alternative healing methods, many students lack sufficient information about available practices;
- b. Insufficient infrastructure: not all universities have the necessary infrastructure to implement modern wellness methods, such as specialized gyms, yoga or meditation studios, hydrotherapy centers;
- c. Financial support: the application of some modern methods requires financial investment from both universities and students themselves, which can be a deterrent to the widespread use of these practices [2].

Conclusion

Non-traditional and modern health systems for students of higher education are becoming more and more popular, as they offer effective ways to maintain health reduce stress and increase student performance. Practices such as yoga, meditation, phytotherapy, modern fitness programs and proper nutrition

contribute to the formation of a healthy lifestyle among young people. However, for greater implementation of these methods, it is necessary to improve the infrastructure, provide financial support and popularize these methods among students [3].

References

1. Grinko V, Sapehina I (2022) Analysis of students' education on the principle of consent with nature on the example of physical education. *Biomed J Sci & Tech Res* 46(2): 37297-37300.
2. Grynko V, Shepelenko T, Sapegina I, Dorosh M (2023) Education of students according to the principle of conformity to nature on the example of physical education. V Correspondence International Scientific and Practical Conference "Scientific researches and methods of their carrying out: World experience and domestic realities". International Scientific and Practical Conference, Vienna, Austria, pp. 754-756.
3. Grinko V, Kudelko V, Bodrenkova I, Dorofieieva T, Nazarenko I, et al. (2024) Therapeutic physical education in institutions of higher education in Ukraine. II Correspondence International Scientific and Practical Conference, Vienna, Austria 35: 634.