

## THE PREVENTION OF BAD HABITS AMONG OLDER ADOLESCENTS

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**Abstract.** This article discusses the problem of using bad habits. The article examines the harmful habits and reveals the main reasons for the beginning of use. The analysis of the results is presented.

**Keywords:** bad habits, smoking, alcohol, drugs, prevention, addiction, teenagers.

In modern society, a real threat to human health is bad habits, as well as prevention, so that there is no such threat. These bad habits are especially widespread among young people. Most teenagers do not notice these addictions, which are bad for them.

The problem of the use of bad habits has traditionally attracted the attention of society and researchers. Such scientists as A. A. Alexandrov, P. G. Grankin, L. M. Shipitsina, B. M. Levin, A. G. Makeev and L. P. Nikolaevna made a great contribution to the development of general theoretical problems of the use of harmful habits of adolescents and its prevention. It is necessary to note the works of domestic researchers who noted the role of school problems in the occurrence of the use of bad habits-A. A. Alexandrovich, I. Akhmetova, A. G. Makeev, N. K. Smirnov, V. N. Yagodinsky. All of the above determines the relevance of the topic and the problems of the study at the socio-pedagogical level.

These types of bad habits are spreading in the world. Alcohol actively affects the unformed body, gradually destroying it. With the constant use of alcoholic beverages, a dangerous disease develops – alcoholism. [2]. The main problem, which is that alcoholic beverages may contain a large amount of toxic substances. These toxic substances lead to poisoning, disease, and even death. The main principles that encourage them to be acquainted with alcohol for the first time are the desire to "be like everyone else" in the company of friends and just curiosity. [4]. Of great importance in the education of a teenager's correct attitude to alcohol is the family. The example of parents convinces better than any words.

Smoking is also a common type of bad habit. It leads to nicotomania, which destroys the respiratory center of the brain. [5]. Scientists have found that for every few seconds in the world, a person dies from diseases that appear because of tobacco use. About 90-95% of people suffer from lung cancer, 20-25% of cardiovascular diseases. Smoking tobacco slows down the reaction, reduces physical strength, spoils vision, and slows down sexual potency. [3]. The main principles that encourage them to use tobacco for the first time are the desire to look like an adult.

The abuse of narcotic drugs has become disastrous. Drug use leads to severe disorders, primarily of the mental and physical functions of the body. [1]. Additional complications occur with contact with dirty needles and syringes, which leads to intravenous infections. Drug addicts often have purulent skin lesions, inflammation of the veins.

It is necessary to carry out prevention against bad habits so that a persistent aversion to harmful substances is formed not only in adolescents, but also in adults. Teenagers and adults should be

aware of all diseases that may occur after the emergence of bad habits.

Having conducted a study based on the municipal general education institution "Krasnoyarskaya school №1" in the town. Krasnaya Yaruga, Belgorod region for 2019, after analyzing the results, we made the following conclusion: the main reason for the beginning of the use of toxic substances is the influence of people with whom a person communicates.

Facts were found that indicate that toxic substances harm not only the young person who uses toxic substances, but also the entire society.

So, the use of toxic substances is not only a problem of an individual, it is a problem of the whole society.

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