

Assessment of the Basic Value of Physical Health among Students in Georgia and Ukraine

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The paper examines the results of research carried out at the Sukhumi State University (in Tbilisi) and National Aviation University (in Kyiv). Modern standards for research methodologies and materials are used in this study. A standard questionnaire served as a primary tool for assessing the place of basic values. The purpose of the work was to rank the basic value of physical health among economics and psychology students in Georgia. The research methods include data systematization, analysis and synthesis, students questioning, statistical processing of surveys. The study showed that Georgian students of natural and social sciences do not place high priority on physical health as value. On the other hand, moral and material values are prioritized by both groups of respondents. For Ukrainian students, the value of physical health, along with the value of peace, holds leading position likely due to the current developments in the country. The practical value of the obtained results highlights the need for preventive measures to raise the importance of physical health among students in Georgia. These findings should be reflected in the health policies for students of natural and social sciences. The social value of the results reveals the dominance of peace, family and moral values among Georgia youth which is a crucial aspect of societal unity. © 2024 Bull. Georg. Natl. Acad. Sci.

physical health, basic values, economics, psychology, students, Georgia, Ukraine

The Covid-2019 pandemic highlighted the significance of physical health in all countries of the world, including Georgia and Ukraine. The effective management within the health systems is key for effective functioning and achieving the provision of the value of the category health among the population of Georgia and Ukraine. It includes various aspects of management such as:

1. Strategic planning: development of strategic plans is an important stage in health management.
2. Financial management: effective financial management is an important aspect of health system. It includes planning and allocation of financial resources, expenditure control, payment collection, budget management and financial analysis.

3. Personnel management, which includes recruitment, training, development and maintenance of qualified health personnel.
4. Information management: collecting, processing, storing and utilizing information is an important part of health management.
5. Coordination and collaboration: health management involves coordinating the work of different organizations, institutions and health service providers.
6. Quality management, which includes the development and implementation of standards.

It comprises the whole complex of health system management that influences the perception of the value of health in society.

The purpose of the study was to rank the basic value of physical health for students in Georgia and Ukraine. In order to achieve the purpose of the study the following tasks were set and accomplished:

Students questioning – economists and psychologists at the Sukhumi State University (Tbilisi) regarding the basic values was conducted.

A questionnaire survey was conducted among students of economists at the National Aviation University (Kiev) regarding basic values.

The data obtained as a result of the questioning were analyzed. Comparison of the results was made among economics and psychology students from Georgia and Ukraine. A set of recommendations was developed to increase the importance of the physical health component among young people in Georgia.

Theoretical and Methodological Aspects of the Study

The following scientific methods were used for the study: analysis and synthesis, systematization of data, students questioning, statistical processing of questionnaires.

A standard questionnaire served as the foundation of the study to evaluate the ranking of basic values. This questionnaire, sourced from [1], was distributed to students and included 16 basic values.

For the most basic value, they had to put the number 1. For the next value, the number 2. For the last, the least important one, the number 16. Each number from 1 to 16 could be written only once.

The information base of the study was the results of questionnaire survey, statistical manuals [2], and scientific works of other scientists. Some authors presented studies on the prospects for the development of the health system in the post-pandemic era for European countries, which should be aimed at prevention and increasing the share of health care financing in the public spending system [3].

The health policy of Georgia was studied in [4, 5], which also considered the issues of preventive medicine in the country. Studies have been devoted to the development of an integrated health care system. Mostly all these works were devoted to the health care system development during the pandemic times.

The study of the value of physical health in Ukraine was addressed by the authors [3, 6], who emphasized the peculiarities of the development of the health protection system in the post pandemic period, the factors affecting it.

Results

The students were surveyed according to the methodology described in detail in [1]. The characteristics of the respondents are given in Table 1.

Table 1. General information about the respondents in Georgia and Ukraine

Number of respondents	Georgia		Ukraine
	Economists	Psychologists	Economists
	48	50	30
Male	24	25	15
Female	24	25	15
Bachelors	48	50	18
Masters	0	0	12

As Table 1 shows, there is an approximately equal number of economists and psychologists. All of the respondents are full-time fourth-year students, half of them are males and half – females.

When processing the questionnaires with the help of Excel package, the average rating indicators of basic values [1] for economics students were derived, presented in Table 2.

Table 2. Basic values rating for students of economists in Georgia

№	Basic values	Average meaning*
1	Peace on earth (no wars)	3.4
2	Reward (money and wages)	3.6
3	Oneness with God (being moral)	4.0
4	Freedom (independence)	5.3
5	Beauty (nature and art)	6.0
6	Love and friendship	6.9
7	Strong family ties (being with and taking care of your loved ones)	8.1
8	Real estate (house, expensive car, clothes and many material possessions)	8.4
9	Physical health and wellness	8.4
10	Sense of fulfilment (leaving a mark)	9.2
11	Recognition (respect and honor)	9.7
12	Equality (equal opportunities for all, all people are equal)	10.0
13	Success (career)	11.2
14	Cooperation	13.0
15	Pleasure (satisfying bodily and sexual desires)	13.3
16	Self-esteem (positive self-image)	14.2

*Average meaning is obtained by calculation of each basic values rating separately in the questionnaires of respondents.

According to the conditions of the questionnaire, the closer the average rating of the basic value to 1, the more important it is for all respondents. On the contrary, the closer to 16 this factor the less important this basic value is for students of economics. The predominance of these values can be attributed to the Christian doctrine, which is basic in Georgia, where the majority of the population are Orthodox Christians. It is the Christian worldview that emphasizes living in harmony with God and the world. Just, the world and life in harmony with God are explained with the Christian worldview.

For economics students physical health ranks in the middle of the rating scale as a basic value.

For psychology students the basic value of physical health had less importance than for economists (Table 3).

Table 3. Basic values rating for psychology students in Georgia

№	Basic values	Average meaning*
1	Peace on earth (no wars)	2.5
2	Reward (money and wages)	4.6
3	Self-esteem (positive self-image)	6.3
4	Real estate (house, expensive car, clothes and many material possessions)	6.8
5	Strong family ties (being with and taking care of your loved ones)	7.2
6	Beauty (nature and art)	7.6
7	Equality (equal opportunities for all people)	7.9
8	Oneness with God (being moral)	8.5
9	Love and friendship	8.5
10	Recognition (respect and honor)	9.7
11	Pleasure (satisfying bodily and sexual desires)	10.0
12	Sense of fulfillment (leaving a mark)	10.2
13	Success (career)	10.8
14	Physical health and wellness	11.2
15	Freedom (independence)	12.9
16	Cooperation	13.5

*Average meaning is obtained by calculation of each basic value rating separately in the questionnaires of respondents.

In psychology students, the top two positions were occupied by the value of peace on the Earth, material values and the third is self-esteem (positive self-image), which in economics students ranked the last place.

The dominance of these values can be explained by the fact that the war that took place in Georgia taught young people to value peace. Although it is obvious that not only spiritual, but also material aspects are important for psychology students.

The distribution of Ukrainian students is shown in Table 1. When processing the questionnaires with the help of Excel package, the average rating of basic values for Ukrainian economics students were derived, presented in Table 4.

Table 4. Basic values rating for Ukrainian economics students

№	Basic values	Average meaning*
1	Physical health and wellness	3.6
2	Strong family ties (being with and taking care of your loved ones)	4.0
3	Peace on earth (no wars)	5.6
4	Love and friendship	6.2
5	Freedom (independence)	6.2
6	Self-esteem (positive self-image)	7.3
7	Sense of fulfillment (leaving a mark)	7.9
8	Success (career)	8.3
9	Oneness with God (being moral)	9.3
10	Reward (money and wages)	9.8
11	Real estate (house, expensive car, clothes and many material possessions)	10.2
12	Pleasure (satisfying bodily and sexual desires)	10.3
13	Recognition (respect and honor)	11.4
14	Beauty (nature and art)	11.5
15	Equality (equal opportunities for all, all people are equal)	11.8
16	Cooperation	12.6

*Average meaning is obtained by calculation of each basic values rating separately in the questionnaires of respondents.

In Ukraine, the value of physical health ranked first among basic values for students, followed by strong family ties and peace on the Earth. This can be explained by the fact that the country is in a state of war and young people feel the importance of physical health, life, peace and family.

The study revealed low value of physical health for young people in Georgia and high value for young people in Ukraine.

This scientific fact may mean that the Republic of Georgia needs to adjust its health policy, strengthen educational and preventive programs in order to bring together the importance of the basic value physical health among students of natural and social sciences. It also means that Georgia may need to adjust its health policy, strengthen educational and preventive programs to increase the importance of the basic value physical health.

Discussion

According to the study, physical health, as a value, is not prioritized among students of natural and so-

cial sciences in Georgia; it does not occupy a leading position. On the contrary, moral values are prioritized by both groups of respondents while psychology students also emphasize material values.

It is obvious that for students who do not study in sports specialties, the disciplines like physical education are not central to their curriculum. At the level of education, it does not give the opportunity to form students' attitude to the component health at high level, which requires additional popularization of physical health in the society.

In Ukraine, on the contrary, the value of physical health was in the first place with an average value of 3.6 (Table 4), which means that there was no unanimity among respondents regarding the first positions of basic values, and the value of physical health occupied the 2nd and 3rd positions, which gave high average result.

While globalization and the efforts to reform the healthcare system in the EU countries had an impact in the aftermath of the COVID-19 pandemic [3, 7], the analysis of the literature shows that prevention in Georgia's healthcare system is crucial in the post-pandemic period [4, 5]. From this point of view, it is necessary to promote the basic value of physical health as a value among the youth of Georgia.

Conclusions

The main findings indicate that physical health does not hold primary position among these students. Instead, strong Christian, moral, and family values are predominant among students in both natural and social sciences, including psychology. Additionally, students in social sciences, particularly psychology, also prioritize material values, reflecting Georgia's transition to a market economy.

According to the research, physical health ranks as the top value among Ukrainian youth, likely influenced by the ongoing war in Ukraine. Additionally, the value of global peace holds a prominent position for both Ukrainian and Georgian students.

ეკონომიკა

სტუდენტთა ფიზიკური ჯანმრთელობის საბაზისო ღირებულების შეფასება საქართველოსა და უკრაინაში

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**ეროვნული საავიაციო უნივერსიტეტი, ეკონომიკისა და ბიზნესადმინისტრირების ფაკულტეტი, კიევი, უკრაინა

(წარმოდგენილია აკადემიის წევრის ვ. პაპავას მიერ)

სტატიაში განალიზებულია სოხუმის სახელმწიფო უნივერსიტეტსა (თბილისი) და კიევის ეროვნულ საავიაციო უნივერსიტეტში (კიევი) ჩატარებული კვლევის შედეგები. მასში გამოყენებულია თანამედროვე სტანდარტების მასალები და კვლევის მეთოდები. უპირველეს ყოვლისა, ძირითადი ღირებულებების ადგილის შესაფასებლად კვლევის მატერიალურ ბაზად გამოყენებულ იქნა სტანდარტული კითხვარი. სტატიის მიზანია საქართველოში ეკონომიკისა და ფსიქოლოგიის სტუდენტებისთვის „ფიზიკური ჯანმრთელობის“ ძირითადი ღირებულების რანჟირება. მისი ანალიზისთვის მთავარი კვლევის მეთოდები იყო: ანალიზი და სინთეზი, მონაცემთა სისტემატიზაცია, სტუდენტების გამოკითხვა, კითხვარების სტატისტიკური დამუშავება. კვლევამ აჩვენა, რომ ფიზიკურ ჯანმრთელობას, როგორც ღირებულებას, საქართველოში საბუნებისმეტყველო და სოციალურ მეცნიერებათა სტუდენტებისთვის წამყვანი პოზიცია არ უკავია. პირიქით, რესპონდენტთა ორივე ჯგუფისთვის გვაქვს მორალური და მატერიალური ფასეულობების პრიორიტეტები. უკრაინელი სტუდენტებისთვის ფიზიკური ჯანმრთელობის ღირებულებას პირიქით, მშვიდობის ღირებულებასთან ერთად, წამყვანი პოზიცია უკავია, რაც აიხსნება საკუთარი ქვეყნის მდგომარეობით. მიღებული შედეგების პრაქტიკული ღირებულება ხაზს უსვამს პრევენციული ღონისძიებების აუცილებლობას, რათა გაიზარდოს ფიზიკური ჯანმრთელობის ღირებულების მნიშვნელობა საქართველოსა და, მათ შორის, სტუდენტურ საზოგადოებაში. ეს ყველაფერი უნდა აისახოს საბუნებისმეტყველო და სოციალურ მეცნიერებათა სტუდენტების მიმართ ჯანდაცვის პოლიტიკაში. შედეგების სოციალური ღირებულება გვიჩვენებს საქართველოს ახალგაზრდებში მშვიდობის, ოჯახის, მორალური ასპექტების დომინირებას, რაც საზოგადოებაში სოციალური გაერთიანების მნიშვნელოვანი ასპექტია.

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