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Anatolii Ivanchuk,

Department of Fine and Decorative
Arts, and Technologie and Safety of Life,
Vinnytsia Mykhailo Kotsiubynskyi State
Pedagogical University, Vinnytsia

**NICOTINE DEPENDENCE AS
AN OBJECT OF STUDYING LIFE SAFETY**

Abstract. *The essence of anti-nicotine propaganda used as educational material in the discipline "Life Safety and Fundamentals of Occupational Safety" is revealed. It is proposed to use the concept of behavior that forms nicotine addiction in a person and the approach to assessing the risk of developing addiction as system-forming factors of the system of students' worldview knowledge about the process of forming nicotine addiction. The essence of the stages of forming nicotine addiction in a person is highlighted. It is argued that literacy in anti-nicotine propaganda will help young people make decisions about quitting smoking.*

Keywords: *life safety, future teachers, anti-tobacco propaganda, concepts of smoking, phenomenology of the process of nicotine addiction formation.*

Tobacco smoking is a relevant socio-psychological problem for young people in Ukraine. However, in the mandatory subject for higher education students "Life safety and the basics of labor protection" about it there are only propaganda clichés of intimidation from the last century. One of the reasons for this state of affairs is that for a long time this problem was considered purely medical, therefore the object of study was diseases caused by tobacco smoking, that is, the consequences, and not the cause nicotine addiction, which became the object of scientific discourse only in the 80s of the XX century [5]. Therefore, the organization of the study by future teachers of the scientific foundations of the formation of nicotine addiction in humans is a relevant pedagogical task, the solution of which will help them conduct educational activities with students of general secondary education.

The purpose of the article is to reveal the didactic potential of scientific information about the process of formation of nicotine addiction in humans.

The international relevance of this problem is indicated by the following facts: 1) reducing tobacco smoking is a strategic goal of the World Health Organization [3]; 2) ensuring a healthy lifestyle is on the list of Sustainable Development Goals [6].

The reference point for selecting educational material on the process of nicotine addiction formation in humans is the following concepts of tobacco smoking: behavior that forms nicotine addiction in humans; harmful habit; nicotine addiction [2]. If we use the concept of behavior that forms nicotine addiction in humans, as well as the approach of assessing the risk of developing addiction, then the object of study in the safety of life is the process of nicotine addiction formation and its risk factors. This type of knowledge, in our opinion, will have ideological value and will be used in life situations when a young person makes a decision or expresses a judgment based on the formed beliefs of safe behavior [1; 4].

In accordance with the chosen concept of tobacco smoking, we consider the period of time from preschool age to the formed nicotine addiction, dividing it into stages and the characteristics of each of them. Here, the following stages are distinguished: preparatory stage, which lasts from 4-5 years to 14-15 years; the stage of experimentation, which lasts from 14-15 years to 17-18 years; the stage of choosing a smoking regime (intensive, moderate) or probable refusal from it, which lasts from 17-18 years to 25-26 years. The greatest value in terms of promoting conscious refusal from smoking tobacco is the so-called window of opportunity lasting about ten years. That is, the young person is not intimidated by the consequences of smoking tobacco, but is explained how nicotine addiction is formed, and also, in the case of starting smoking tobacco at the stage of experimentation and choosing a smoking regime or probable refusal from further smoking tobacco, they are given a conspiracy to "turn on the trigger" to the "Stop" position.

Let us give a brief description of the phenomenology of each stage. When children see that people important to them, such as their mother, father, grandmother, grandfather, smoke tobacco, they develop a positive modality of emotions towards this phenomenon. They also see that smoking is associated with adults, and children always have a desire to become adults faster, so for them smoking tobacco also becomes an attribute of an adult. Children also pay attention to the fact that adults important to them use smoking tobacco for pharmacological purposes to reduce nervous tension. Thus, the result of the preparatory stage is the readiness of a young person to smoke his first cigarette. The stage of experimentation is characterized by a change in the magnitude of the main risk factors for the formation of nicotine addiction - the frequency of smoking during

the week and the number of cigarettes smoked per smoking episode. Also at this stage, the relationship between smoking tobacco and a pharmacological agent for reducing stress is established. The stage of choosing a smoking regime (intensive, moderate) or a possible refusal to smoke is crucial for a young person to make a conscious decision to continue smoking tobacco and, accordingly, the emergence of nicotine addiction, or to refuse it and continue living without smoking tobacco. This stage coincides with the active socialization of a young person, which is accompanied by frequent stressful situations, in which smoking tobacco is an active pharmacological means of overcoming them.

Thus, it is possible to select educational material on nicotine addiction for the discipline "Life safety and the basics of occupational safety", on the basis of which to form literacy in anti-nicotine propaganda in future teachers. Further research is advisable in the direction of forming a system of narratives for interested study by future teachers of the process of formation of nicotine addiction in a person.

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