

The importance of persistent healthy lifestyle of future law enforcement officers at the different stages of their professional development
A importância de um estilo de vida saudável e persistente dos futuros agentes da lei nas diferentes fases do seu desenvolvimento profissional
La importancia de mantener un estilo de vida saludable en los futuros agentes del orden en las diferentes etapas de su desarrollo profesional

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Abstract. *The aim of the study* was to assess the importance of a healthy lifestyle for fulfilling official duties by the law enforcement officers. *Used methods.* Method of pedagogical experiment. The research was conducted using the testing method. The analysis of the obtained data was carried out through correlation. Spearman's rank correlation coefficient was chosen as its coefficient. The validity of the test was determined by the Cronbach's alpha coefficient. *Results.* The criteria for the persistent healthy lifestyle of future law enforcement officers at the stage of professional development are identified. It was determined that the main criteria are: physical training and sports, active leisure time, abandonment of bad habits, observing the daily routine and self-improvement through the acquisition of health knowledge. The dynamics and levels of a persistent healthy lifestyle among future law enforcement officers in the first, second and third years of training were determined through testing. It was found that the general level of a persistent healthy lifestyle in future law enforcement officers is assessed as sufficient. Unreliable ($p > 0.05$) deterioration during studies at a higher educational institution (HEI) was found. *Conclusions.* It can be stated that a healthy lifestyle has a positive effect on the development of professional qualities of law enforcement officers. *Prospects.* The prospects for further research include the development of training methods that will contribute to increasing the level of a persistent healthy lifestyle in future law enforcement officers at the stage of professional development.

Key words: health maintenance, physical strength, power structures, government agencies, physical development.

Resumo. *O objetivo do estudo* foi avaliar a importância de um estilo de vida saudável para o desempenho das funções oficiais dos agentes da lei. *Métodos usados.* Método de experiência pedagógica. A pesquisa foi conduzida usando o método de teste. A análise dos dados obtidos foi realizada por meio de correlação. O coeficiente de correlação de postos de Spearman foi escolhido como seu coeficiente. A validade do teste foi determinada pelo coeficiente alfa de Cronbach. *Resultados.* São identificados os critérios para um estilo de vida saudável e persistente dos futuros agentes da lei na fase de desenvolvimento profissional. Foi determinado que os principais critérios são: treinamento físico e esportivo, lazer ativo, abandono de maus hábitos, observação da rotina diária e autoaperfeiçoamento por meio da aquisição de conhecimentos sobre saúde. A dinâmica e os níveis de um estilo de vida saudável persistente entre os futuros agentes da lei no primeiro, segundo e terceiro anos de formação foram determinados através de testes. Verificou-se que o nível geral de um estilo de vida saudável persistente nos futuros agentes da lei é avaliado como suficiente. Foi encontrada deterioração não confiável ($p > 0,05$) durante os estudos em uma instituição de ensino superior (IES). *Conclusões.* Pode-se afirmar que um estilo de vida saudável tem um efeito positivo no desenvolvimento das qualidades profissionais dos policiais. *Perspectivas.* As perspectivas para mais investigação incluem o desenvolvimento de métodos de formação que contribuirão para aumentar o nível de um estilo de vida saudável persistente nos futuros agentes da lei na fase de desenvolvimento profissional.

Palavras-chave: saúde, estilo de vida saudável, critérios, policial.

Resumen. El objetivo del estudio fue evaluar la importancia de un estilo de vida saludable para el desempeño de las funciones oficiales de los agentes del orden. *Métodos usados.* Método de experimento pedagógico. La investigación se realizó mediante el método de prueba. El análisis de los datos obtenidos se realizó mediante correlación. Se eligió como coeficiente el coeficiente de correlación de rangos de Spearman. La validez de la prueba estuvo determinada por el coeficiente alfa de Cronbach. *Resultados.* Se identifican los criterios para el mantenimiento de un estilo de vida saludable de los futuros agentes del orden en la etapa de desarrollo profesional. Se determinó que los criterios principales son: preparación física y deporte, tiempo de ocio activo, abandono de malos hábitos, observación de la rutina diaria y superación personal a través de la adquisición de conocimientos sobre salud. Mediante pruebas se determinó la dinámica y los niveles de un estilo de vida saludable persistente entre los futuros agentes del orden en el primer, segundo y tercer año de formación. Se concluyó que el nivel general de un estilo de vida saludable y persistente en los futuros agentes del orden se considera suficiente. Se encontró deterioro poco confiable ($p > 0,05$) durante los estudios en una institución de educación superior (IES). *Conclusiones.* Se puede afirmar que un estilo de vida saludable tiene un efecto positivo en el desarrollo de las cualidades profesionales de los agentes del orden. *Perspectivas.* Las perspectivas para futuras investigaciones incluyen el desarrollo de métodos de capacitación que contribuyan a aumentar el nivel de un estilo de vida saludable y persistente en los futuros agentes del orden en la etapa de desarrollo profesional.

Palabras clave: mantenimiento de la salud, fuerza física, estructuras de poder, agencias gubernamentales, desarrollo físico.

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Introduction

Relevance of the issue under research

The relevance of the chosen topic is that a healthy lifestyle is the main prerequisite for professional success and performance of duties of law enforcement officers (Kyslenko et al., 2018). The formation of healthy habits and lifestyle is extremely important at the stage of professional development of future law enforcement officers, in particular police officers (Griban et al., 2020; Barbot, 2020; Kukic et al., 2018). In the modern world, where the professional activity of law enforcement officers is associated with a high level of physical and emotional stress, it is important that future professionals have proper training and awareness of the importance of a healthy lifestyle (Prontenko et al., 2017). Ensuring physical fitness, proper food, psychological well-being and developing self-defence skills are an integral part of training future law enforcement officers (Hauschild et al., 2017).

The profession of a police officer is related to ensuring public safety and order and is defined by extremity, significant tension, and the constant possibility of life- and health-threatening situations. High-quality performance of professional duties requires a sufficient level of physical fitness, development of professional abilities, skills, and professionally important traits from a law enforcement officer (Čvorović et al., 2018). A key condition for ensuring the proper level of physical fitness is adherence to a healthy lifestyle. The principles of a healthy lifestyle are instilled in future law enforcement officers during classes on special physical training, which is a subject in higher educational institutions (HEIs) with specific training conditions. One of the tasks of this subject is to attract higher school students to a healthy lifestyle, enhance motivation for self-development and self-improvement, acquire knowledge that contributes to the preservation and strengthening of health (Chalapud Narváez et al., 2022; Chotchoungchatchai et al., 2020; Valentín-Cortés et al., 2020).

It is important to note that a healthy lifestyle has a significant impact on the development of professional qualities of law enforcement officers. Ensuring adequate physical health helps improve concentration and reaction speed, which are critical aspects of law enforcement work (Bondarenko, 2017). Regular physical training and exercise helps in the development of endurance and strength, which are necessary to perform the physical tasks that may be encountered in the work of a law enforcement officer (Nargiza, 2022; Shchokin et al., 2023).

A healthy diet, particularly a nutrient-dense diet, helps maintain energy levels and improve cognitive function, which can improve quick and informed decision-making in stressful situations (Terrones-Concepción et al., 2022). Rest and recovery, such as adequate sleep and relaxation practices, support mental health and stress resilience, which is important for law enforcement officers in stressful situations (Vuković et al., 2020).

Aim and objectives of the research

The aim of this research is to determine the level of a persistent healthy lifestyle in future law enforcement officers at this stage of professional development. This aim was achieved by fulfilling the following research objectives:

- 1) Determine the criteria for building professional competencies of law enforcement officers;
- 2) Study the impact of healthy lifestyle on the professional development of police officers.

Literature review

The study of current academic literature confirmed the existence of a number of works on the principles of a healthy lifestyle for future specialists in different fields (Kyslenko et al., 2018).

Bondarenko (2017) singles out the organization of the educational process by changing personal aspirations and the ability to use the potential of professional development for the successful formation of professionally important traits and increasing the body's resistance to adverse environmental influences among the areas of forming healthy lifestyle of higher school students. The researcher focuses on such components of the students' persistent healthy lifestyle as the attitude to their own health, the level of health knowledge, physical culture and sports, and the use of health-improving procedures.

In his thesis, Vlasov (2012) singles out a number of criteria for the students' persistent healthy lifestyle, including: affective — implies a valuable attitude to health; cognitive — depends on the level of student's knowledge on social security issues; motivational — indicates the level of students' motivation regarding compliance with the social education principles; activity — willingness to implement the principles of health and safety in everyday life; reflexive — implies social responsibility of the individual for his/her own health.

According to Prontenko et al. (2017), the components of healthy lifestyle are: proper daily routine; regular physical training and sports; rational nutrition; alternation of work and rest, favourable ecology. Diahilieva (2004) states that high-quality training of future specialists is not possible without a persistent healthy lifestyle, since only good health and work capacity contribute to the acquisition of professional knowledge, skills and abilities. In other words, the quality of training of highly qualified law enforcement officers depends on the level of persistent healthy lifestyle and involves the student's conscious choice of a strategy of health-preserving behaviour as a dominant life value.

Ollaberganovna (2022) studied the socio-philosophical nature of the professional culture of a civil servant. The author examines the concept of professional culture and its importance in the formation and development of professional qualities of government officials. Otaboevich (2022) dealt with the legal foundations of the development of students' ideological competence.

The author emphasizes the importance of legal

principles in building ideological competence, which is an important component of the professional growth of future law enforcement officers. Craddock and Telesco (2022) studied the impact of stress on the police officers and its negative effects on their health. They emphasize the need to improve the mental health of police officers and develop programmes to reduce stress. Copple et al. (2019) analysed 11 cases of programmes to improve the mental health and well-being of law enforcement officers. This study conducted in the Department of Justice provides practical examples of programmes that can be used in law enforcement agencies. Dawson (2019) looks at stress management in the law enforcement community. The article examines various approaches and strategies aimed at reducing the level of stress among law enforcement officers.

The analysis of the latest studies and publications proves that the lifestyle of modern student youth causes concern of the academic community. The researchers point out that the superior attitude to the preservation and strengthening of health inherent in young people threatens to inhibit professional development in the future. The low level of physical health of the younger generation hinders their full career growth.

A detailed study of the academic literature found that social reasons are the basis of society's requests regarding the way of life of law enforcement officers, without understanding which it is impossible to single out the criteria for the levels of persistent healthy lifestyle of future specialists.

First, the reform of law enforcement agencies in Ukraine directs the public's attention to the personality of law enforcement officers, their lifestyle. This determines the need for high-quality selection of people who want to connect their lives with law enforcement activities and the study of promising directions for improving the level of physical health and forming a healthy lifestyle of police officers in order to improve the system of professional training.

Second, successful adaptation to extreme conditions of official activity is determined by a sufficient level of physical and mental health of the police officer. This enables the future law enforcement officer to successfully acquire professional knowledge, skills, and increase resistance to stress factors.

Methods

Design

An experimental study has been conducted. The preparatory stage (2022) involved the choice of the research methodology and determining the variables (levels of a persistent healthy lifestyle). The procedure for obtaining and analysing data was determined. The method of forming a sample from the general population was chosen. The second stage (September 2022 - March 2023) provided for studying the level of a persistent healthy lifestyle of the respondents. The final stage (April 2023) of the research involved making summaries among the data received from the respondents.

Participants

The levels of a persistent healthy lifestyle of future law enforcement officers at the stage of professional development were determined through an experiment. The study was attended by Bachelor's degree holders majoring in Law Enforcement (262) specialized at Civil Security (26) of the National Academy of Internal Affairs (n=136) of the first- (2019 year of enrolment, n=52), second- (2018) year of enrolment, n=45), and third-year students (2017 year of enrolment, n=39). The experiment involved men (59%) and women (31%) aged 20 to 45. The cadets were trained according to a three-year training programme. A total of 120 hours were allocated for learning the subject Special Physical Training in the first year. A total of 120 hours were designated for studying Special Physical Training during the first year. Within this allocation, 88 hours were dedicated to hands-on practical sessions, 30 hours were allotted for independent study, and 2 hours were reserved for traditional lectures. In the second year, the curriculum expanded to 150 hours, comprising 140 hours of practical sessions and 10 hours of self-guided study. In the third year, the curriculum included 225 hours, consisting of 120 hours of practical training and 105 hours of independent study.

To provide a more detailed understanding of the content covered in these classes:

1. *Practical classes:* These sessions likely encompassed a wide range of physical activities and exercises designed to develop specific physical skills, such as strength, agility, endurance, and coordination. These practical classes may have included activities like fitness training, sports, and other physical exercises aimed at enhancing physical performance.

2. *Independent work:* These hours were likely allocated for students to engage in self-directed learning and practice. Students may have been expected to work on assignments, projects, or individual training plans related to Special Physical Training. Independent work could involve researching, practicing, or studying specific aspects of physical training independently.

Instruments

Research participants took part in remote testing, which was conducted using Google Forms and the Facebook social network. Data were collected and processed in Microsoft Excel and SPSS Statistics 17.0. All data were expressed as relative values.

Data collection

A test questionnaire was developed based on the selected criteria, where students were asked to answer a number of questions. The assessment was carried out on a five-point scale. If the interviewee believed that he/she followed a certain principle persistently and it turned to be a habit, such an answer was evaluated at five points. When trying to adhere — four points; adhering from time to time — three points. In case of indifferent attitude — two points. A special scale was developed to assess the level of a

persistent healthy lifestyle of future police officers. According to it, students who received from 2.0 to 2.7 points had a low level; medium — 2.8-3.5; sufficient — 3.6-4.3; high — more than 4.4 points.

Analysis of data

1. The obtained data were analysed using statistical correlation. The Pearson correlation coefficient was used to determine the correlation coefficient:

$$r_{xy} = \frac{\sum(x_i - \bar{x}) * (y_i - \bar{y})}{\sqrt{\sum(x_i - \bar{x})^2 * \sum(y_i - \bar{y})^2}} \quad (1)$$

where X_i — the value of variable X;

y_i - the value of variable Y;

\bar{X} - arithmetic mean for the variable X;

\bar{Y} - arithmetic mean for the variable Y.

2. The Cronbach’s alpha coefficient describes the internal consistency of the test items (Ali & Bhaskar, 2016). The Cronbach’s alpha coefficient is calculated by the formula:

$$\frac{N}{N-1} \left(\frac{\sigma_x^2 - \sum_{i=1}^N \sigma_{Y_i}^2}{\sigma_x^2} \right), \quad (2)$$

where σ_x^2 – total test score variance;

$\sigma_{Y_i}^2$ – variance of the i element.

Ethical criteria

The fundamental principles of academic honesty, impartiality, professionalism, and the recognition of the unique attributes of each participant were diligently upheld throughout the research. The primary objective of this investigation was to collect unbiased data, with a steadfast commitment to preventing any potential misuse of the findings to discriminate against any societal group.

Prior to commencing the study, explicit informed consent was duly obtained from all participants, granting permission for the utilization of their personal information and the subsequent dissemination of research outcomes in academic publications. Rigorous scrutiny was applied to all tools and methodologies employed to ensure their reliability and alignment with the study's objectives.

Results

The conducted testing made it possible to determine the general level of a persistent healthy lifestyle in future law enforcement officers and its individual criteria (Table 1). The

processing of the answers to the questionnaire established that the number of cadets with a high level of the components of a persistent healthy lifestyle decreases depending on the year of study (Figure 1). Despite this, the level of students’ persistent healthy lifestyle did not differ significantly ($p > 0.05$) during the studies and was assessed as sufficient. In the first-year cadets, the level of a persistent healthy lifestyle was estimated at 3.95 ± 0.08 , in the second year — in 3.83 ± 0.09 , and in the third year — 3.73 ± 0.08 , respectively.

The fundamental analysis of the component composition of a healthy lifestyle provides grounds for ascertaining a significant difference ($p < 0.05$) in the level of the criterion “Physical culture and sports” in the students of the first and third years, which was 4.69 ± 0.08 and 4.33 ± 0.13 points, respectively. Second-year cadets scored 4.53 ± 0.1 points, which is 3.4% worse than in the first year, while in the third year the results worsened by another 4.4% compared to second-year students.

A similar trend can be observed for other components of a healthy lifestyle. The criterion “Active leisure time” in the first year is rated as high and was 4.52 ± 0.09 points. In the second year, its decline by 4.2% (4.33 ± 0.13) was recorded. In the third year, this indicator decreased by another 5.3% compared to the second year and reached 4.10 ± 0.14 points. Mathematical analysis of the obtained results showed that the level of the criterion “Active leisure time” is significantly better among first-year cadets compared to third-year students ($p < 0.05$).

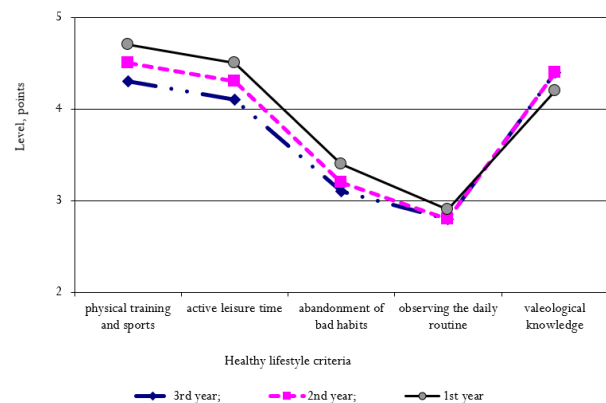


Figure 1. Levels of the healthy lifestyle criteria of the 1st -3rd-year cadets'. (Source: Created by the authors based on research results.)

Table 1.

The development of criteria for a persistent healthy lifestyle of future law enforcement officers at the stage of professional development, points

Criteria	1 st year (n=52)	2 nd year (n=45)	3 rd year (n=39)
	$X \pm m$	$X \pm m$	$X \pm m$
Physical training and sports	4.69 ± 0.08	4.53 ± 0.1	4.33 ± 0.13
Reliability of the difference (p1 st year–p2 nd year)	p > 0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p > 0.05		
Reliability of the difference (p1 st year–p3 rd year)	p < 0.05		
Active leisure time	4.52 ± 0.09	4.33 ± 0.13	4.10 ± 0.14
Reliability of the difference (p1 st year–p2 nd year)	p > 0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p > 0.05		
Reliability of the difference (p1 st year–p3 rd year)	p < 0.05		
Abandonment of bad habits	3.44 ± 0.17	3.16 ± 0.18	3.05 ± 0.19

Reliability of the difference (p1 st year–p2 nd year)	p>0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p>0.05		
Reliability of the difference (p1 st year–p3 rd year)	p>0.05		
Observing the daily routine	2.88±0.15	2.76±0.15	2.77±0.13
Reliability of the difference (p1 st year–p2 nd year)	p>0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p>0.05		
Reliability of the difference (p1 st year–p3 rd year)	p>0.05		
Valeological knowledge	4.21±0.11	4.36±0.11	4.41±0.11
Reliability of the difference (p1 st year–p2 nd year)	p>0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p>0.05		
Reliability of the difference (p1 st year–p3 rd year)	p>0.05		
Total	3.95±0.08	3.83±0.09	3.73±0.08
Reliability of the difference (p1 st year–p2 nd year)	p>0.05		
Reliability of the difference (p2 nd year–p3 rd year)	p>0.05		
Reliability of the difference (p1 st year–p3 rd year)	p>0.05		

(Source: Created by the authors based on research results.)

No significant difference was recorded in the level of “Abandonment of bad habits” criterion ($p>0.05$). In first-year cadets, its level was estimated at 3.44 ± 0.17 points; second year — 3.16 ± 0.18 points, which is 8.1% worse. In the third year, a similar trend can be observed — decreased “Abandonment of bad habits” criterion by 3.4% (3.05 ± 0.19 points). Such results are also confirmed by the fact of an increased number of students who start smoking while studying at a higher educational institution.

No significant difference ($p>0.05$) was recorded in the “Valeological knowledge” criterion during training, while uneven positive dynamics were revealed. In second-year cadets, there is an improvement in the formation of the specified criterion by 3.6% (4.36 ± 0.11 points), in third-year students - by another 1.1% (4.41 ± 0.11 points), compared with the second-year cadets.

A fundamental analysis of the levels of a persistent healthy lifestyle in the persons who participated in the testing (Table 2) shows a negative trend: the number of cadets with a high level of a persistent healthy lifestyle decreases from year to year because of an increased number of people with medium and low levels.

Table 2.

Levels of a persistent healthy lifestyle of future law enforcement officers at different stage of professional development, %

Groups	Levels of persistency			
	Low	Medium	Sufficient	High
Year 1	1.9	25.0	40.4	32.7
Year 2	4.4	24.4	46.7	24.4
Year 3	2.6	25.6	59.0	12.8

(Source: Created by the authors based on research results.)

Mathematical analysis of the survey results gives grounds to state the following distribution of first-year students according to the level of a persistent healthy lifestyle: with a sufficient level — 40.4%; high — 32.7%; medium — 25.0%; low — 1.9% (Figure 2).

In the second year, an increased number of students with sufficient (46.7%) and low (4.4%) levels and a decreased number of students with high (4.4%) and medium (24.4%) levels were found. The dynamics are similar for third-year cadets. The largest number of persons with a sufficient level of a persistent lifestyle was recorded — 59.0%. With high — 12.8%, medium — 25.6%, low — 2.6%.

The obtained results can be explained by the increased volume of the study load of senior cadets and the suboptimal distribution of free time, due to which they do not have time to attend sports clubs and follow the daily routine. Accumulating stress caused by overwork and the lack of ability to reduce tension by using natural resources provokes an inclination to bad habits. A slight increase in valeological knowledge does not make it possible to solve the problem of cadets’ neglect of the healthy lifestyle principles.

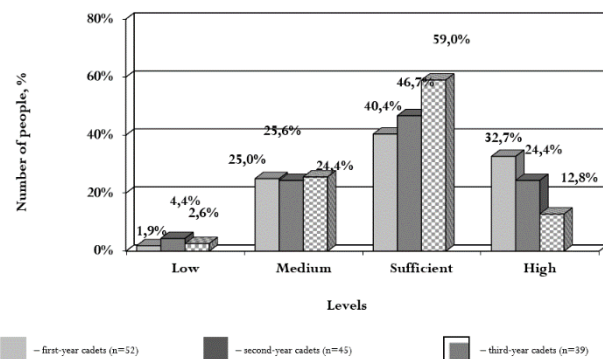


Figure 2. Distribution of future law enforcement officers by levels of a persistent healthy lifestyle, (n=136). (Source: Created by the authors based on research results.)

Discussion

The results of the conducted research demonstrate the importance of a healthy lifestyle for achieving professional success and fulfilling the duties of law enforcement officers. This is also indicated by the results and conclusions provided in the studies of Otaboevich, (2021) and Alikulovich and Yuldashevich, (2020). At the same time, the findings by Mamurov et al. (2020) indicate the importance of professional development, regardless of all other factors.

First of all, the study confirmed that the formation of healthy habits and lifestyle is extremely important at the stage of professional development of future law enforcement officers. This is also discussed in the works of Yuldashev (2021) and Sidikova and Ibrahimovich (2021). The authors emphasize that a healthy lifestyle, which includes physical training, balanced nutrition, psychological well-being, etc., contributes to the improvement of the

general physical and mental readiness to perform one's official duties.

In addition, the results of this study, as well as the findings of Musayeva and Khalilova (2022) and Queirós et al., (2020), emphasize the relationship between a healthy lifestyle and the professional success of law enforcement officers. Future law enforcement officers who allocate enough time for physical training, follow a healthy diet, and engage in psychological self-improvement show higher results in the professional field.

The study also revealed that a healthy lifestyle has a significant impact on the physical and psychological state of future law enforcement officers. Participants who paid enough attention to their health showed higher levels of energy, resistance to stress, and ability to concentrate. The same results are provided in the studies of Galiy et al. (2022) and Otaboyevich (2022). This ensures more effective work of law enforcement officers under the conditions of high stress and rapidly changing situations.

However, the study also revealed certain challenges and obstacles that may arise in the formation of a healthy lifestyle among future law enforcement officers. For example, lack of time, insufficient resources, and the inaccessibility of sports and health services can become factors that limit the opportunities of young law enforcement officers to maintain a healthy lifestyle. However, Valievich and Iqbolakhan (2022) and Violanti (2022) emphasize the need to pay attention to the specialist's mental health.

The results of the study help to reveal important aspects of the formation of healthy habits and lifestyle in the context of the professional development of future law enforcement officers. This contributes to the deepening of academic knowledge and understanding of the role of health in the field of law enforcement.

The practical implications of the study have a direct application in the practice of training future law enforcement officers. The conclusions provide valuable information and recommendations for the implementation of special programmes in the educational process of law enforcement institutions aimed at the formation of a healthy lifestyle. This may include organizing physical training, teaching psychological self-defence strategies, raising awareness about healthy eating and general hygiene.

The study has limitations that should be considered when interpreting it. First of all, the sample size is limited, which may limit the generalizability of the results to the entire population of law enforcement officers. Larger studies are required to obtain more accurate and representative results. Moreover, the research may be subjective in nature, as data may be collected depending on the interpretation and perception of the respondents. These results should be generalized carefully. Moreover, the use of certain tools and software may affect the data processing, and, consequently, the reliability of the results. It is important to consider these limitations when using the research for further theoretical and practical purposes.

Conclusions

The relevance of the chosen topic is that ensuring a healthy lifestyle is crucial for success in the professional sphere and the proper performance of official duties of law enforcement officers. The formation of healthy habits and the adoption of the right lifestyle are extremely important aspects at the stage of professional development of future law enforcement officers, in particular police officers. *Research findings.* The conducted research gives grounds to identify the criteria for a persistent healthy lifestyle of future law enforcement officers. It was determined that the main criteria are: physical training and sports, active leisure time, abandonment of bad habits, observing the daily routine and self-improvement through the acquisition of health knowledge. These criteria were determined based on the analysis of previous studies and the data obtained. The dynamics and levels of a persistent healthy lifestyle among future law enforcement officers in the first, second and third years of studies were determined through testing. In the first year, this indicator is 3.95 ± 0.08 points, in the second — 3.83 ± 0.09 , in the third — 3.73 ± 0.08 points. Such results are explained by the increased volume of the academic load in the senior years, the suboptimal distribution of free time, because of which the cadets do not have time to attend sports clubs and observe the daily routine. Accumulating stress caused by overwork and the lack of ability to reduce tension by using natural resources provokes an inclination to bad habits. It was established that the number of cadets with a high level of a persistent healthy lifestyle decreases depending on the course of study. The general level of persistency during training is assessed as sufficient. *The prospects for further research* include the development of training methods that will contribute to increasing the level of a persistent healthy lifestyle in future law enforcement officers at the stage of professional development.

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