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*Higher State Educational Establishment of Ukraine "Bukovinian State Medical University", Chernivtsi, Ukraine***HEALTHY LIFE-STYLE AS THE BASIS FOR PERSONALITY FORMATION**

Abstract. *Health and healthy lifestyle problems of student's youth and conditions of their optimization became the subject of philosophers, physicians, psychologists and teachers research.*

Key words: *sport, educational process, psychological, competitions.*

Introduction. Nowadays in the time of development of innovation technologies healthy life-style attracts more and more attention, as new factors occur promoting destruction of the biggest human value and objective reality. Moreover, preservation of health in its primary condition becomes impossible. The recent data submitted by the Ministry of Public Health of Ukraine are indicative of an increased registered risk of psychic health destruction among young people - teenagers and school leavers. Due to military operations in the East of Ukraine the requirements of young men having proper physical training and fitness have increased. Approximately 74-76% of young men fit for military service according to the latest data.

The object of research is the process of training healthy lifestyle students of higher educational university (institution). The subject of research are forms, methods and means of forming a healthy lifestyle. The purpose of research is to summarize the experience of teachers work in the formation of a healthy lifestyle of primary school students in the process of education.

The rate of health destruction arouse a number of questions requiring an immediate solution. A topical issue of modern pedagogical science is the search of new approaches to the organization of educational process at schools directed to humanization of education ensuring optimal conditions for spiritual growth of the personality, complete realization of psychological-physical abilities, preservation and strengthening health.

Considering contemporary objective reality (quick spread of drug addiction, HIV infection, reduced educational function of the family and responsibility of parents for education of their children, lack of sufficient number of teachers, practical psychologists and social workers mastering new technologies of practical

preventive work) this direction in the field of education requires a careful attention and introduction of modern methods and approaches.

The Target Comprehensive Program "Physical Education – National Health" states the task to provide reorientation of physical-sport branch in the direction of strengthening health of the population by means of physical education and training, physical culture and sports, promoting the formation of the need to physical self-improvement among the Ukrainian population.

The issues of health and healthy life-style of students and conditions of their improvement have become the subject of investigation among philosophers, medical workers, psychologists and educators. Theoretical-methodological bases of these issues are formulated in the works by A.G. Zdravomyslov, I.N. Smirnov, L.P. Sushchenko et al.

Today preservation and strengthening of students' health is an important and perspective issue. It can be implemented by means of organization and fulfillment of individual-oriented educational process considering the major valueology principles and formation of responsible attitude to one's own health as the biggest individual and social treasure.

The structure of a healthy life-style of teenagers contains the following constitutional elements:

- rational educational and working activity with elements of its scientific organization;
- self-improvement of personal important features of students (will power, commitment, active position, self-discipline etc.);
- self-organization based on valuable daily routine, rational rest and reasonable combination of various forms of recreation activity;
- optimal motor activity to maintain the development of organs of the human biological systems, their vital ability and prevention of diseases;

- psychological training as the basis to prevent stresses, accumulation of positive emotions, learning the methods of psychological regulation of one's own condition;

- personal behavior directed to the prevention and struggle against harmful habits;

- rational and well-balanced diet as the basis for a regular development of the body systems;

- a sound sleep preventing physical and mental overstrain.

A.V. Rodionov includes a complex of psychological-pedagogical and medical-biological effects into the process of psychological training directed to the formation of a high rate of training, psychological reliability and readiness to participate in responsible life competitions.

Much attention should be paid to the prevention of possible complications associated with changing a team or group or a coach in a sport team. Since very high psychological requirements are put forward in front of a young man today he should have certain psychological features: ability to resist stress, psychological stability to psychic and physical strain, anxiety, worries etc. Therefore, a psychologist should develop and consolidate these positive features of young men in the process of individual and group psychological prevention.

Similar method of psychological aid is called personality-oriented (reconstructive) psychotherapy in the work of an educator/teacher. Such kind of work is directed to: 1) learning the personality of an individual, his emotional reactions, relations, detection of causes promoting occurrence and retention of neurotic condition; 2) providing aid in realization of psychological reasons of an ailment, change the attitude to psychologically traumatic situation; 3) correction of inadequate reactions and forms of

behavior. In the process of psychotherapeutic talk an individual is asked direct or indirect questions concerning important issues, the relation of his condition with different life situations is discussed, as well as peculiarities of his system of relations.

Investigation and analysis of philosophic, social, medical, psychological-pedagogical literature concerning the issue of the study enabled to specify the content and sense of notions characterizing healthy life-style. In particular, healthy life-style of a teenager was determined to be such an organization of his life activity that ensures optimal preservation and development of his physical, moral and psychic health under different conditions.

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