

ABSTRACTS

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THE FORMATION OF A HEALTHY LIFESTYLE OF STUDENTS AS A PSYCHOLOGICAL AND PEDAGOGICAL PROBLEM OF A HIGHER SCHOOL

The article deals with the problems of developing a healthy lifestyle of today's students in a higher educational establishment. The ways and forms of the work with students aimed at their motivation for health protection and strengthening are analysed. The peculiarities of the organization of volunteering as a condition of harmonious health preservation are discussed.

The analysis of scientific literature on a stated problem proves its complex and multi-aspect character since it combines such relatively independent scientific ways as investigation of a problem of students' healthy lifestyle formation (psychological and pedagogical aspects), determination of a main idea and the peculiarities of forming the responsibility of young people for health, explanation of an activity of the educators of a higher school aimed at the formation of values of a healthy lifestyle.

The theme of a **health-protecting activity** of specialists in **educational** and social sphere is discussed in the scientific works of such Ukrainian and foreign scientists as V. Anan'iev, I. Arshava, A. Boiko, M. Vilens'kiy, E. Nosenko, V. Orzhekhovs'ka. The problem of a personal responsibility for health is analysed in the scientific works of T. Boichenko, N. Zymivets', V. Smirnova. The studies of P. Gusak, N. Zaveriko, V. Petrovich, L. Sushchenko, etc. are dedicated to the new technologies of a healthy lifestyle formation.

The article gives recommendations for preparing students for volunteering that promotes the conscious activity aimed at strengthening and preservation of health. Different types of curricular and extracurricular activity aimed at the formation of self-motivation for the inheritance of a health culture and strengthening the healthy potential of youth are provided.

Key words: health, healthy lifestyle, students, higher educational establishment, volunteering, education.