

ABSTRACTS

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STUDENTS' SOCIAL HEALTH IN THE CONTEXT OF DEVELOPING VOLUNTEERING

The determinants of the necessity for forming the mental health models of personality are demonstrated in the article. These models consist of three welfare forms: subjective, social and psychological ones, of healthy lifestyle of student youths in a holistic system of educational values at higher schools. The basic concepts of healthy lifestyle paradigm at higher schools and methods of students' recreation via complex participation in extracurricular activities (such as volunteer work) are focused on in the work. The analysis of involvement of university students in participation at the volunteer centre in extracurricular time is done. The main activities of volunteer students are distinguished. The ways of attracting young people to effective social activities and healthy lifestyle ideas are discovered.

The main forms of activities at a volunteer centre of higher education are revealed. Actual services provided by volunteer students to people in need are defined and analysed. Volunteering in student teams becomes a resource for social and educational practices, an organization brand, an individual life-style of students, and a model of professional formation of future experts in the field of education and applied psychology. The program of the course «Social and educational basis of volunteer activities», the individual work program on improving the health culture in terms of training, the guidance of students' individual computer-based work «Health technologies for improving the health culture of students in the conditions of gadget dependency» are analysed in the article. The results of the study can be used by students and teachers in the educational process of higher school, in students' self-upbringing and self-education, in postgraduate training and retraining of teaching staff, in educational activities of higher school teachers. Key words: social health, healthy lifestyle, students, volunteers, volunteering, volunteer work, education, values, psychological, social, biological welfare, healthy lifestyle paradigm, dependence on gadgets.