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Shcherbyak Y. A.,
 orcid.org/0000-0002-5870-4188

Koldovskyi A. V.,
 orcid.org/0000-0002-2057-3506

FORMATION OF A HEALTHY LIFESTYLE OF SCHOOL STUDENTS AS A SOCIAL AND PEDAGOGICAL PROBLEM OF PERSONALITY FORMATION AND A PREVENTIVE MEASURE OF VIRAL DISEASES

In this article the authors examined the health problems of high school-age students in Ukraine, the causes of its deterioration, and methods of forming a healthy lifestyle. The formation of a responsible attitude to one's health, awareness and understanding of the benefits that a healthy lifestyle provides is defined as the priority direction for the formation of a healthy lifestyle.

The definitions of the concepts of "health" and "healthy lifestyle" were analyzed, ways of forming a healthy lifestyle of schoolchildren of adolescent age in the educational process were considered. Tasks for the teaching staff regarding the formation of ideas about a healthy lifestyle among schoolchildren were summarized. It has been proven that this work must be implemented through the joint efforts of the school, family, and public representatives.

Special attention was focused on the issue of creating optimal pedagogical conditions that contribute to more effective educational work, on the formation of skills that contribute to the preservation, strengthening and restoration of human health, the implementation of the internal reserves of his organism for this purpose. The culture of health was reflected in specific forms and ways of vitality of the individual, which are produced starting from early childhood and implemented throughout life.

It was concluded that the primary task in solving the issues of improving the health of adolescents is to motivate the purposeful work of various social institutions with the aim of restoring and developing the vital resources of young people, creating such conditions when a healthy lifestyle becomes an urgent need.

Key words: health, healthy lifestyle, health-preserving educational environment, teenagers, social pedagogue.

The statement of the issue. In the conditions of the war and socio-political transformation of Ukrainian society, the problem of the spiritual and physical development of the young generation, its formation as a social personality, became extremely active. The future of our country directly depends on the health of the youth. The problem of forming a healthy lifestyle of the younger generation of Ukraine is one of the most urgent problems, the solution of which determines the future of the state and the further existence of a healthy nation, especially in war conditions. Today, the sphere of formation of a healthy lifestyle of children and adolescents is the education system.

According to the state program "Education" (Ukraine of the 21st century) and the "National Doctrine of Education of Ukraine in the 21st century", the strategic task of education is the upbringing of an educated, creative personality, the comprehensive development of a person, the formation of his spiritual, mental and physical health. Therefore, knowledge about the formation, preservation and strengthening of health should be a mandatory component of the national education system [3]. This problem is becoming even more important for the modern school, as evidenced by the documents of the Ministry of Education and Science of Ukraine.

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The authors noted the fact that the health of children and youth in Ukraine has been deteriorating in recent years, and the efforts of the state and the public to prevent this trend are still insufficient. The problem of the introduction of a healthy lifestyle in the youth environment goes into the category of those that determine the level of national security of Ukraine. After all, there is a negative trend in the deterioration of the health of schoolchildren. Objective socio-medical indicators of the state of health of children and adolescents in Ukraine can be assessed as unfavorable: there is a general trend towards an increase in the morbidity of adolescents; the liberalization of moral requirements, the disruption of internal ties in the family, and insufficient sexual education have led to an increase in infectious diseases among children, which are of a socially determined nature (tuberculosis, HIV/AIDS, and sexually transmitted diseases); strengthening of social pathologies in the adolescent environment (alcoholism, drug addiction, prostitution, suicides, aggression, etc.): significant changes are taking place in the personal portrait of a modern teenager.

In addition, one of the main reasons for this is the lack of cooperation between the teaching staff and parents, the parents' ignorance of this problem, the lack of a conscious attitude to their health by both schoolchildren and their parents, teachers' ignorance of the correct forms and methods of formation, strengthening and strengthening health of students [22]. Therefore, the problem of forming a healthy lifestyle for children of high school age remains relevant and timely.

Therefore, the relevance of the topic is determined by the need for further development of the theoretical-methodological and empirical base of the scientific study of the healthy lifestyle of modern teenagers; the need to analyze factors influencing a healthy lifestyle in the conditions of a modern globalized society; public demand for scientific substantiation of new forms of social partnership between educational institutions, health care institutions and the institution of the family in matters of a healthy lifestyle of the younger generation.

The analysis of relevant research. A number of well-known domestic and foreign researchers have devoted their works to the issue of the formation of a healthy lifestyle for children and youth. The socio-psychological and philosophical directions of the study of health preservation problems in various aspects are reflected in the works of I. Arshava, A. Boyko, Yu. Lysitsyn, E. Nosenko, and V. Orzhekhovska. The problem of a person's responsible attitude to his health was revealed in the works of V. Ananyev, T. Boychenko, M. Vilenskyi, and V. Smirnov. The research of O. Vakulenko, P. Husak, N. Zaveryko, N. Zymyvets, S. Omelchenko, V. Petrovych, L. Sushchenko, O. Stoyko, and L. Tikhomirova is dedicated to the search for new socio-pedagogical technologies for the formation of a healthy lifestyle.

An important context for studying the healthy lifestyle of adolescents is the question of the influence of social institutions on it, in particular, education, family and health care. The works of V. Astakhova, K. Astakhova, I. Vashchenko, G. Danilenko, T. Zverko, I. Machulina, O. Nazarko, K. Mikhailova, L. Sokuryanska, V. Chepak, I. Sheremet, S. Shchudlo, T. Yablonska and others, which reveal the potential of these social institutions in the conditions of transformational changes in society, and reflect their influence on social subjects of the educational space.

Thus, the current state of health of Ukrainian youth cannot satisfy society and requires new approaches to the formation of a healthy lifestyle, activation of the promotion of a healthy lifestyle. The socio-pedagogical significance of the identified problem and its insufficient study determined the choice of the research topic.

The purpose of the article is to determine the main factors of the formation of a healthy lifestyle of adolescents as a socio-pedagogical problem.

The body of the research. Today, it is generally recognized that the health and well-being of the population are key factors in the economic and social development of any country. Prospects for development and the very existence of the state largely depend on how the process of reproduction of the basis of productive forces – human resources – takes place. Youth is a guarantee, a reserve and a driving force for the development of countries, their present

and future. The current state of health of Ukrainian youth and the general demographic situation in society indicate that there is a real need for the development of a healthy lifestyle culture for various population groups in our country, primarily the younger generation.

Most scientists, when justifying the provisions of their concepts and ideas, proceed from a holistic understanding of the essence of the human phenomenon, the integrity of his health (physical, mental, social and spiritual) and a healthy lifestyle. Educational and educational work carried out by various social institutions is designed to promote social adaptation of students, help them in self-determination, choosing a lifestyle and forming a healthy lifestyle [10].

The authors focus on the formation of healthy lifestyle teenagers, since there are high school students who perceive certain norms and patterns of behaviour, accumulate relevant knowledge and skills, realize needs and motives, determine value orientations, interests and ideas. An important indicator that allows us to assess a person's responsibility for their own health is self-assessment or the subjective assessment of well-being by the person himself. Young people tend to rate their own health higher than older people. The results of the sociological study "Youth of Ukraine-2017" show that 32 % of young people assess their condition as "healthy and they practically do not have even short-term illnesses"; 52 % – "practically healthy, but sometimes have colds or other short-term illnesses"; 7 % – had serious illnesses, but were cured; 6 % – have a chronic (-no) disease, but it does not affect their life much; 2 % - have serious health problems; 1 % of respondents were assigned to the disability group [9].

The study of adolescents as a social group and their way of life acquires a new meaning in the context of the present, which is characteristic of the era of globalization changes. Taking into account the problems of this research, the authors noted that teenagers are a special part of the population, "whose health is a "barometer" of social well-being... and also a harbinger of changes in the health of the population in the following years" [16].

According to the results of scientific research, the state of health of teenagers depends on heredity by 20 %; by 20 % – from the environment; by 10 % – from the level of medical assistance; by 50 % – from lifestyle [5, p. 281]. Analysis of the influence of these factors at the individual level through the prism of factors that are dependent/independent of the individual allows researchers to claim that individual health of a person largely depends on lifestyle.

Lifestyle is a biological and social category that integrates ideas about a certain lifestyle of teenagers and is characterized by the features of their educational activities, lifestyle, forms of satisfying material and spiritual needs, norms, rules of individual and social behavior. The way of life of teenagers is determined by three categories: level, quality and style of life [17, p. 14].

To better optimize a person's life, the concept of a healthy lifestyle is used - it is a pattern of systematic behavior of an individual, aimed at the formation, preservation and strengthening of one's own health by establishing correct habits in everyday life that do not harm a person in the physical and spiritual spheres of his functioning. In other words, this is a way of life with the aim of preventing diseases and strengthening health, and involves the implementation of WHO recommendations regarding nutrition, necessary physical activity, hygiene, cold training, getting rid of bad habits and addictions, preventing sexually transmitted diseases and harmony with environment.

In the pedagogical circle, the definition of a healthy lifestyle is relevant as a set of such conditions of education and upbringing, in which habits and social practices are formed and manifested, which contribute to the preservation, strengthening, and restoration of health [7, p. 21].

In turn, the authors distinguish four groups of components of a healthy lifestyle:

– physiological – contributing components of a healthy lifestyle preservation and strengthening of physical health (rational nutrition, physical activity, rejection of bad habits, hygiene, safe sexual behavior, rational mode of work and rest, etc.);

– psychological – components contributing to preservation and strengthening psychological health (ensuring psychological comfort, skills resisting stress, developing an optimistic position, etc.);

– social – components contributing to preservation and strengthening of social health (constructive communication, establishment of social connections, organization of leisure time, self-realization, etc.);

– ecological – contributing to the preservation and strengthening of ecological health (formation of ecoculture, self-preservation from environmental risks, etc.) [11].

Specialists of the World Health Organization conducted a study and named the nine main health problems that arise in teenagers. This is, in particular, the negative impact of smoking; alcohol consumption; insufficient physical activity; unhealthy diet; tendency to violence; early sexual life and the probability of HIV infection; early pregnancy and childbirth; predisposition to mental disorders – depression, rapid mood swings, various addictions, suicidal moods; carelessness on the road, etc [22].

According to the research work of the Ukrainian Institute of Social Research named by Oleksandr Yaremenko, 76 % of 17-year-old young people have experience of consuming any alcoholic beverage. Every tenth boy and 6 % of girls tried alcohol at the age of 11 or earlier. Almost every fourth teenager drinks strong alcoholic beverages once a month. More than half of 17-year-old youth noted that they had been drunk at least once [15].

As the authors have already noted, recently the state of health of schoolchildren, particularly those of older adolescence, has approached critical indicators. Thus, statistical data indicate a 20 % increase in diseases among Ukrainian children, including adolescents, over the last ten years. The prevalence of chronic diseases increased by 2.87 times, the number of disabled children increased by 22.9 %. Among the graduates of secondary schools, 60 % have posture disorders, 50 % have myopia, 40 % have disorders of the cardiovascular system and neuropsychological abnormalities, and 60 % have speech disorders. One in four young men cannot do military service due to their health [20].

In the opinion of scientists, two main approaches to the content of a healthy lifestyle can be distinguished. Representatives of the first approach consider this term globally, i.e. as forms of human activity (social, physical, mental), which are brought into compliance with hygienic requirements. According to the second approach, the authors consider a healthy lifestyle as a relatively separate part of a person's life, for which a certain amount of time is allocated.

Health is not the absence of disease, but the physical, social, psychological harmony of a person, a friendly, calm relationship with people, with nature, with oneself. According to the encyclopedic definition, health is the natural state of the body, characterized by its balance with the environment and the absence of any morbid changes [6].

Adherence to a healthy lifestyle affects the formation, preservation and strengthening of health, contributes to the intellectual and spiritual development of the individual, successful learning, positively influencing the state of his health, his spirituality, moral orientations, the formation of certain character traits (will, optimism, purposefulness) and other qualities, facilitates overcoming psycho-emotional loads, stressful situations, which, in turn, indicates a high level of her mental health. A healthy lifestyle helps a person understand what the meaning of life is. It cultivates to a certain extent compassion, benevolence, tolerance towards others [19].

Today, certain steps are being implemented in Ukraine to preserve and strengthen the health of its citizens, in particular, such as valeological education, social prevention, and state support for socially vulnerable segments of the population. One of the main tasks of the Sustainable Development Strategy “Ukraine – 2020” is to create optimal conditions for realizing the potential of every citizen throughout his life and achieving adequate standards of quality of life and well-being, increasing the personal responsibility of citizens for their own health. The priority of the National Program “Health – 2020: Ukrainian dimension” is the formation of an interdisciplinary approach in the implementation of preventive measures to eliminate the negative impact of social determinants of health, create conditions for preserving

and strengthening the health of the population, and the formation of a responsible attitude of each person to personal health. One of the important directions of social education of the country's young generation is the formation of a healthy lifestyle and prevention of negative phenomena in the youth environment. Such work should be scientifically based and aimed at making young people aware of the value of their own and public health as a resource for the life of an individual and the country as a whole. And also - creation of conditions for prevention of dangerous behavior, development of skills and healthy lifestyle, etc., introduction of effective methods of work in the youth environment and appropriate training of specialists who work with youth [9].

The formation of a healthy lifestyle for young people as an important component of youth and social state policy involves:

- firstly – study of young people's ideas about a healthy lifestyle and development of methods for assessing an individual's health;
- secondly – formation of awareness and culture of a healthy lifestyle;
- thirdly – the development of methods of teaching young people a healthy lifestyle;
- fourthly – implementation of social programs for cultivating a healthy lifestyle and preserving health;
- fifth, the development and implementation of a system of screening and monitoring the healthy lifestyle of young people [12].

The criteria for the formation of positive motivation for a healthy lifestyle in teenagers are:

- at the level of physical health: striving for physical perfection, treating one's own health as the highest social value, physical development, general physical capacity, hardening of the body, compliance with a rational daily routine, compliance with personal hygiene requirements, proper nutrition;
- at the level of mental health (psychological comfort): correspondence of cognitive activity to calendar age, development of voluntary mental processes, presence of self-regulation, adequate self-esteem, absence of character accentuations and harmful habits;
- at the level of spiritual health: coherence of universal and national moral and spiritual values, the presence of a positive ideal, diligence, a sense of beauty in life, nature, and art;
- at the level of social health: formed public responsibility for the consequences of an unhealthy lifestyle, socially oriented communicativeness, benevolence in treating people, the ability to self-actualize, self-regulate, and self-educate [18].

In the education system, the comprehensive school forms the foundation of the nation's education and largely determines the effectiveness of its next steps of education, first of all higher education. In schools, the educational process is aimed at the comprehensive development of a person as an individual and the highest value of society, the development of his talents, mental and physical abilities, etc. Therefore, the problem of forming a healthy lifestyle of the younger generation occupies a leading place in school practice. This problem is constantly discussed at the state level. Ukraine has adopted a number of important state documents aimed at strengthening, forming and preserving the health of children, youth and adults, forming a socially active, physically healthy and spiritually rich personality. However, schools do not always have favorable conditions for learning and recreation, proper air and heat regime, equipment, etc. High class occupancy is observed in schools, organization of long breaks is not carried out, motor activity is reduced.

Formation of a healthy lifestyle through education, creation of a health-preserving educational environment is one of the priority areas of state policy in the field of education. In this context, the task of a modern school is: use of health-preserving learning technologies; compliance with the regime of motor activity, a combination of motor and static load; organization of balanced nutrition; replacing the authoritarian style of communication with the style of cooperation, creating an emotionally favorable learning atmosphere; formation of students and their parent's awareness of the value of health, health cultivation, etc.

A social pedagogue, who is the initiator of the development and the organizer of the implementation of various projects in this direction, evaluates their effectiveness, plays a decisive role in the formation of a healthy lifestyle of teenagers in a general educational institution. The activity of social pedagogues for the formation of a healthy lifestyle consists of specific procedures and operations: social (by goals, tasks, content), psychological and pedagogical (by form), organizational (by functions), professional (by connections and influence on object) This indicates the existence of a complex and multi-component structure of activity [12, p. 19].

The purpose of the activity of a social pedagogue in the formation of a healthy lifestyle of adolescents in a general educational institution is to promote the creation of conditions for the formation, preservation and strengthening of health as an important factor in personality development by improving the educational process and organizing it in accordance with the psychological and physiological characteristics of adolescents [14, p. 281-282].

The formation of a healthy lifestyle is related to the subject of socio-pedagogical work. Scientist I. Mygovych calls the professional activity of social institutes, state and non-state organizations, groups and individuals related to the provision of assistance to individuals or groups of people with regard to their socialization, the specifics of the impact of social phenomena, processes and relationships on social functioning as the subject of socio-pedagogical work certain groups of people or persons [8, p. 15].

The socio-pedagogical activity of forming a healthy lifestyle of teenagers has the following components:

- conducting socio-pedagogical diagnostics of the physical, mental, spiritual, and social health of adolescents, their adaptation to the conditions of a comprehensive educational institution;
- development of optimal modes of the educational process for schoolchildren of different age groups, in particular for teenagers, in order to prevent their fatigue, increase work capacity and efficiency;
- modeling and implementation into practice of advanced pedagogical experience, the use of effective learning and education technologies, adequate to the capabilities of adolescents, aimed at preserving all components of their health;
- systematic expansion of teachers' knowledge of valeology, life safety, prevention of addictive behavior of schoolchildren of a certain age group;
- providing assistance to teachers in mastering various technologies for the formation of a healthy lifestyle of teenagers and the skills of their implementation in the process of education and upbringing of schoolchildren;
- the formation of positive motivation among teenagers to choose a healthy lifestyle and the skills and abilities to follow it in their daily activities;
- introduction of innovative technologies of preventive education of teenagers;
- promoting a healthy lifestyle among teenagers and their parents, improving their pedagogical culture;
- coordination of actions in the “teacher-psychologist-medical worker-administration” system for the formation of a healthy lifestyle for teenagers;
- systematic improvement of the professional level of a social pedagogue on the formation of a healthy lifestyle for teenagers [14, p. 282].

Social and pedagogical activities for the formation of a healthy lifestyle for adolescents are carried out by professionally trained specialists and their assistants and are aimed at providing individual assistance to a child, family or group of persons who have fallen into a difficult situation for them by informing, consulting, direct in-kind and financial assistance, social readaptation, providing psychological and pedagogical support, and orientation of those who need help to their own activity in solving complex problems [4, p. 14].

Scientists have identified six main areas of activity of a social pedagogue in the formation of a healthy lifestyle for teenagers in a general educational institution:

- formation of a valuable attitude towards the health of all participants in the pedagogical process;
- formation of valeological culture of teachers, teenagers and their parents;
- implementation of programs that contribute to the formation of a healthy lifestyle for teenagers;
- study of the personal health indicators of all participants in the pedagogical process in cooperation with a psychologist, medical workers, class teachers;
- prevention and correction of addictive behavior of teenagers;
- socio-pedagogical support of teenagers at risk and with weakened mental and physical health [7, p. 25].

The main types of activity of a social pedagogue for the formation of a healthy lifestyle of teenagers in a general educational institution are diagnosis, prevention and correction, social education. The diagnostic activity of a social pedagogue of this direction is focused on the study of individual and age characteristics of a teenager, which determine the physical, mental, spiritual, and social components of his health; reasons for its violation; teenagers' awareness of risk factors for their health, which are caused by lifestyle [14, p. 282].

In the process of preventive and corrective work, the social educator, in cooperation with teachers and parents, develops and implements programs aimed at preventing and overcoming alcoholism, drug addiction, tobacco smoking, dangerous sexual behavior of adolescents, and improving their adaptation and work capacity for learning. Social education involves purposeful influence on teenagers in order to make them aware of the relevance of their health problems.

One of the components of a healthy lifestyle and its correct formation is physical education. Physical education stimulates not only the state of health, but awakens in people the desire to live, move, do good, and be an active member of a healthy society. In the process of education, young people need to constantly develop not only the needs, but also the skills of a healthy lifestyle.

Young people generally understand what needs to be done to be healthy. To maintain their own health, young people often walk (46 %), do not have bad habits (44 %), try to eat right (42 %), do sports, fitness, yoga, etc. (24 %), regularly exercise, exercises (19 %), running (15 %). 11 % undergo preventive examinations in a hospital/polyclinic in order to be healthy [13].

Physical culture is not only sports, victories and competitions, but also a way of maintaining a person's spiritual life, his desire for perfection and health. The new requirements for the physical education of schoolchildren are outlined in the improved physical education curriculum (targeted comprehensive program "Physical Education – Health of the Nation"). It has the task of instilling in students the habit of doing physical exercises on their own, equipping them with the knowledge, abilities and skills necessary for this. This task is consistently carried out during the entire period of schooling [2, p. 32]. The use of physical education in the school curriculum occupies a central place in the system of preventive measures aimed at improving health, the level of which, in connection with the consequences of urbanization, the negative effects of ecology, stress factors and other factors, is sharply decreasing [3, p. 30].

It is important that schoolchildren realize the importance of physical education and feel the need for it, because physical education is gradually reduced to meaningless physical exercise taken from culture, sports, games, sincere communication and relationships. Hence the decrease in interest in physical exercises, insufficient readiness of children to move to the organization of self-active forms of physical education. Physical culture is a vivid example of not only theoretical knowledge on the formation of a healthy lifestyle. In contrast to such school subjects as valeology and life safety, which contain knowledge about the formation, preservation and strengthening of health, physical culture provides an opportunity to engage in the formation of health in practice.

In recent years, extracurricular activities have become widespread at the school. The main goal of extracurricular activities is to satisfy children's interests and requests, develop their

creative potential, inclinations and abilities in various spheres of activity, and form a healthy lifestyle. The dominant role in its organization belongs to the class teacher, who is primarily the organizer of extracurricular educational activities (organized team activities aimed at achieving a certain educational goal), acts in partnership with other pedagogical workers of the school. Pedagogical conditions for educating students on the basics of a healthy lifestyle in extracurricular activities are: organization of optional and group classes, various educational activities on the basics of a healthy lifestyle during extracurricular hours; involvement of each student in a variety of educational activities, taking into account age and psychophysical characteristics; the introduction of a daily routine and its systematic observance by teenagers as a model of a healthy lifestyle [21, p. 403].

For the successful formation of a healthy lifestyle of schoolchildren in educational institutions, it is necessary to solve the following tasks:

1. Unite the entire teaching staff to solve tasks related to the formation of education about a healthy lifestyle among schoolchildren.
2. Bring all elements of the educational process into compliance with the state of health and psychophysiological capabilities of students and teachers.
3. To carry out health support of the educational process, to provide for such areas of work as: health justification and examination of educational work, diagnosis and correction of students' health, preventive measures, assistance in children's development [14, p. 280].

It is known that the formation of healthy habits is most effective from childhood. The younger the age, the more direct the perception, the more the child trusts his teacher. This creates the most favorable opportunities for the formation of the qualities and attributes of the personality necessary for maintaining health. The earlier education is started, the more stable the skills and attitudes that the child needs in his later life are formed. How successfully the skills of a healthy lifestyle will be formed and fixed in the mind at a younger age depends on the real lifestyle that hinders or promotes the development of the individual's potential. Changing the attitude towards one's health is primarily a problem of upbringing. That is why the society gives a social order to the education system - to strengthen the work on improving the school environment, strengthening the health of children and forming a healthy lifestyle for them. This problem should be solved by the school, but with the involvement of parents. A healthy personality is formed in two social institutions: family and school. To date, the school does not fully realize the main goal of education - the formation of a healthy personality capable of maintaining health, and therefore there is a need to involve the family in solving the problem of forming a healthy lifestyle for school children. Before dealing with the problems of forming a healthy lifestyle for students, it is necessary to study the attitude of the family to this problem: how parents take care of their health and the health of their children, whether they know how and strive to follow the rules of a healthy lifestyle, as far as they are aware of these questions, whether certain models of a healthy life are followed [1, p. 173]. Therefore, one of the tasks of the school is active educational work with parents.

Thus, for the formation of a healthy lifestyle of young people, the optimization of the educational and health-improving process will be carried out, which involves the achievement by each student of the highest level of health development, health culture, creative abilities, knowledge, abilities, skills, mental functions, methods of activity, possible at a certain age and under certain conditions. It is extremely important to have a sense of partnership in the socio-pedagogical work of forming a healthy lifestyle in students, which involves the child feeling that he is a citizen, a member of a certain social group, imposes responsibility for one's own words and actions.

Conclusions. The conducted research showed that, in general, students have contradictory and not always adequate ideas about the main factors affecting their health, means of maintaining it, and the importance of practicing a healthy lifestyle. There is an overestimated self-assessment of the general state of health and a high level of expectation from external factors and the social environment. There is a gap between the received information, acquired

knowledge, level of awareness and skills regarding practicing a healthy lifestyle of teenagers. It was determined that teenagers do not have the right idea about healthy food. The lifestyle of schoolchildren does not correspond to modern ideas about a healthy lifestyle, negative phenomena and risky behavior occur.

The educational institute, in particular the school, has a significant potential in formation value attitude of teenagers to individual health, health-forming and health-preserving way of life. Taking into account the fact that the health-preserving and health-forming orientation of this educational structure is enshrined in the current legislative acts of the country, the school implements interdisciplinary comprehensive health and preventive programs. There is a positive practice of the functioning of “Health Promotion Schools”, which is based on the general (“whole school approach to health”) construction of health-forming education (both within the curriculum and extracurricular activities), the formation of a socially and physically safe educational space, development of appropriate life skills in children and adolescents, effective system of interaction of educational institutions with the institution of the family and the public, as well as the creation of an effective medical service. The authors noted that in practice not all schools carry out health-preserving and health-forming activities, and the institution of the family often avoids involvement in systemic cooperation.

In the interaction of social institutions of society with the aim of forming a healthy lifestyle in teenagers, it is necessary to proceed from the fact that the most important role in preserving and forming health belongs to the person himself, his lifestyle, system of values, guidelines, level of harmonization of the inner world and relations with the environment. The above should become the basis of the system of interaction of social institutions of society in the formation of a healthy lifestyle of students, their social, psychological and somatic health. The primary task in solving the issues of improving the health of school youth is to motivate the purposeful work of various social institutions with the aim of restoring and developing the vital resources of young people, creating such conditions when a healthy lifestyle becomes an urgent need. The specified actions should be calculated both for the general public, for individual risk groups, and also for teachers who interact directly with student youth.

Activities for the formation of a healthy lifestyle of teenagers have to be carried out by a social pedagogue in close cooperation with the teaching staff, the administration of the comprehensive educational institution, and the parents of schoolchildren. The socio-pedagogical direction of work on the formation of a healthy lifestyle for teenagers consists of the goal, tasks, types of activities of a social pedagogue and involves individual and group work.

Further research is needed to study the possibilities of each educational subject regarding the health-preserving effect and to identify effective forms and methods of professional training aimed at preparing teachers for the formation of a health-preserving environment in a general educational institution.

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Щербяк Ю. А.,
orcid.org/0000-0002-5870-4188
Колдовський А. В.,
orcid.org/0000-0002-2057-3506

ФОРМУВАННЯ ЗДОРОВОГО СПОСОБУ ЖИТТЯ ШКОЛЯРІВ ЯК СОЦІАЛЬНО-ПЕДАГОГІЧНА ПРОБЛЕМА СТАНОВЛЕННЯ ОСОБИСТОСТІ ТА ПРОФІЛАКТИЧНИЙ ЗАСІБ ВІРУСНИХ ЗАХВОРЮВАНЬ

У статті розглянуто проблеми здоров'я учнівської молоді старшого шкільного віку в Україні, причини його погіршення, способи формування здорового способу життя. Пріоритетним напрямом формування здорового способу життя визначено формування в підлітків відповідального ставлення до свого здоров'я, усвідомлення та розуміння переваг, які забезпечує здоровий спосіб життя.

Проаналізовано визначення понять «здоров'я» та «здоровий спосіб життя», розглянуто шляхи формування здорового способу життя школярів підліткового віку в освітньому процесі закладу освіти. Узагальнено завдання для педагогічного колективу щодо формування уявлень про здоровий спосіб життя в школярів. Доведено, що цю роботу потрібно реалізувати спільними зусиллями школи, сім'ї та представників громадськості.

Особливу увагу акцентовано на питанні створення оптимальних педагогічних умов, які сприяють більш ефективній навчально-виховній роботі щодо формування навичок, які сприяють збереженню, зміцненню і відновленню здоров'я людини, реалізації з цією метою внутрішніх резервів її організму. Наголошено, що культура здоров'я відбивається у специфічних формах і способах життєздатності особистості, які виробляються, починаючи з раннього дитинства, і реалізуються протягом усього життя.

Зроблено висновок про те, що першочерговим завданням під час розв'язання питань підвищення рівня здоров'я підлітків є мотивація цілеспрямованої роботи різних соціальних інститутів з метою відновлення та розвитку життєвих ресурсів молоді людини, створення таких умов, коли здоровий спосіб життя стає нагальною потребою.

Ключові слова: здоров'я, здоровий спосіб життя, здоров'язбережувальне освітнє середовище, підлітки, соціальний педагог.

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