

## **THE ASSOCIATION BETWEEN PSYCHOLOGICAL FACTORS AND HEALTHY LIFESTYLES CHANGES**

Admission: The importance of healthy lifestyle is an essential priority of the modern world. Health is sensitive to any changes in human life and society as a whole. The state of health of young people is one of the important generalizing parameters of the nation's health and the well-being of the population. The need to preserve health and prevent its destruction requires a comprehensive study of all possible forms of implementation in the education system, the formation of a healthy lifestyle. The result of the formation of healthy habits among young people is the formation of positive motivation for a healthy lifestyle, the availability of relevant knowledge, skills, and abilities.

The aim of the study: This paper reviews evidence for the “psychosocial hypothesis” influencing healthy lifestyles changes and suggests strategies for clarifying these issues.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared. A 50-item questionnaire was formulated and randomly distributed to 60 students. The suggested self-administered questionnaire included questions on socio-demography, eating habits and psychosocial factors. Based on the findings of the study, relevant interpretations were discussed and analyzed, some recommendations were suggested.

In this article we consider “psychosocial factors” to be any exposure that may influence a physical health outcome through a psychological mechanism. There are four levels of formation of the foundations of a healthy lifestyle of a young person: high, medium, satisfactory, and low. Work on the formation of a healthy lifestyle should consist of two interrelated aspects: 1) acceptance by young people of healthy values; 2) acquisition by young people of knowledge, skills, and abilities necessary for independent fulfillment of its requirements.

Scientists distinguish the concept of "health-preserving competence" as a level of medical and valeological literacy, physical, mental and intellectual abilities, state of social well-being, the degree of development of creative forces expressed in the organization of life and ecology.

Evaluation of the effectiveness of health programs for young people can be carried out on four main indicators: increasing the interest of young people to the problems of a healthy lifestyle; active participation in the health program; reduction of morbidity and risk factors; raising the level of values of young people.

Our survey has shown nearly 48.5% forget about healthy lifestyle because of feeling lonely, 28.1% felt completely upset or nervous when it comes to studies or part-time job, or family issues, 53.8% have no time to maintain healthy lifestyle, 10% are bored to keep healthy way of life.

According to the study, young people do not have a common understanding of the essence of health and a healthy lifestyle. Young people are characterized by one-sided views: not to smoke, not to use alcohol and drugs, to eat rationally, to have enough sleep,

not to be nervous, to keep body hygiene, do sports. Most of them do not have the necessary knowledge, skills and abilities about the basics of health and a healthy lifestyle.

"Human health competence" is a definite level of medical and valeological literacy, physical, mental and intellectual abilities, state of social well-being, degree of development of creative forces, expressed in the organization of its vital activity, in relation to itself, other people, to ecology.

Conclusion: Work on forming a healthy lifestyle should consist of two interrelated aspects: 1) acceptance by young people of healthy values lifestyle; 2) acquisition by young people of knowledge, skills and abilities necessary for independent fulfillment of its requirements. Psychological aspects in the formation of a healthy lifestyle in youth require concerted actions from government and all government agencies. A more critical approach to observational evidence alongside further experimental evaluation of possible psychosocial intervention strategies is needed.

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