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COLORTHERAPY AS AN ACTIVE TOOL OF TEACHING FUTURE NURSES

Introduction. Interest in the subject of color psychology is growing. The problem of color's influence on personal's mood, behavior and stress is actively investigated in medicine and psychology. It was proven color can significantly influence students' emotions and efficiency, as well as studying productivity. Color may affect individuals' mental or physical state, stimulates brain activity. Color's energy has a physical effect on body's biological clock, metabolism, appetite, body temperature.

Aim. The aim of the paper is to systemize the scientific approaches based on color therapy, to show how it helps to elaborate in individual perception of reality and environment. Isotherapy influences on attention, imagination, elements of logical thinking.

Material and methods. For achieving the aim of the paper we used psychological, medical and sociological research (a questionnaire) and involved into the research 20 patients and 50 students of Ivan Franko Zhytomyr State University, Zhytomyr Medical Institute, Vasyl Stefanyk Precarpathian National University. The fundamental of the questionnaire was made and carried out by the specialists on Zhytomyr Medical Institute and based on the theoretical and methodological, psychological approaches of Ukrainian and foreign scientists.

Results and discussions. Through collaboration with the other departments in Zhytomyr and Ivano-Frankivsk regions our results were able to establish an optional course of study (6 hours) "Role of Isotherapy in Formation of Psychological Personality Traits", that increases student's confidence, attention, productivity, improve skills and students' performance in the classroom

Conclusions. Positive and negative psychological color effects on student's mental and physical condition depend on individual personality type and the relationship within color combinations. Studies have also proved certain colors can have an impact on performance: For example, red color increases heart beating and adrenaline was pumped into the blood. Blue color causes exciting, friendly and stimulating emotions. Modern studying technologies allow use the Isotherapy as a tool to extent professional qualities of future experts.

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