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**STRENGTHENING THE HEALTH
OF STUDENTS DURING INDEPENDENT PHYSICAL EDUCATION**

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Global scientific and technological development and information progress at the turn of the millennium has led to a significant change in the role and place of physical education in society. There is a decrease in the level of physical health of students, an increase in morbidity, a decrease in their level of physical fitness and physical activity. So, one of the most acute problems today is the improvement of the health and physical condition of students.

Analysis of scientific and methodological literature on health, physical activity, level of physical fitness and motivation of students to independent physical education has shown that the priorities of the modern education system is to preserve and strengthen student health. Insufficiently studied aspects of this problem include the search for rational approaches to involving students in systematic independent physical education classes for rehabilitation, as well as taking into account their needs and interests in the course of independent activity.

It should be noted that students' lack of knowledge about the organization of independent activity reduces their interest in independent physical activity, sharply reduces the effectiveness of teaching and education, prevents instilling in students a positive attitude and the need for systematic independent physical education.

Preparing students for self-study should begin with a clear provision of knowledge to students about the purpose and objectives of a particular self-study, the gradual armament of knowledge about the system of self-training, instilling the necessary technical and organizational skills.

Self-study can include different content: performing exercises aimed at developing physical qualities, performing elements of motor skills, repetition, improving skills and abilities.

Summing up the above, we can highlight the following provisions: analysis of literature data showed that the existing system of physical culture and health work in secondary schools does not solve the main tasks assigned to it, does not provide the necessary level of health and physical development of students, does not form students' needs for a healthy lifestyle, interest in independent physical culture and health activities; analysis of literature sources indicated that physical activity is one of the main factors in improving the physical condition of students. At the same time, the amount of physical activity and physiologically justified loads to improve the health of students are not provided by their lifestyle and organization of physical education in secondary schools; many studies indicate the presence of various abnormalities in the health and physical development of students, which is considered a consequence of insufficient motor mode; one of the ways to increase the efficiency of the process of physical education of students is the implementation of fundamentally new learning technologies aimed at improving health and improving the level of physical fitness.

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**METHODS OF PREVENTION AND OVERCOMING STRESS WITH THE HELP OF
PROACTIVE COPING RESOURCES AMONG STUDENTS IN HIGHER EDUCATIONAL
ESTABLISHMENTS**

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The current stage of development of psychology is marked by the existence of various concepts of coping behavior. It was the result of studying stress and overcoming it as a psychological phenomenon. At the beginning of the 21st century, about 400 ways of overcoming were described, and their number continues to increase. Among many types of coping distinguished by researchers, proactive coping holds a special place. It is understood as a multidimensional,