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MODERN PREVENTIVE TECHNOLOGIES OF PSYCHOHYGIENIC CORRECTION OF THE ADAPTATION OPPORTUNITIES OF THE STUDENT YOUTH

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Modern university medicine should be focused not only on the introduction of measures to limit the adverse impact of certain factors of educational and extracurricular activities on the health of young people and the use of various health-preserving approaches, but also on the broad integration of the latter directly into the educational process and in the extracurricular time, taking into account the individual physical, psychophysiological and mental properties of the personality of students [1, 2, 3].

That is why a decisive place in the structure of modern technologies of prevention and rehabilitation, which constitute a complex of special measures of a social, medical, and, necessarily, hygienic nature and are aimed at preserving and strengthening the physical and mental health of the student youth, should be occupied various means of psychohygienic correction of preclinical abnormalities in the state of health of young women and young men [4, 5, 6, 7, 8].

Means of psychohygienic correction represent a complete system of psychological influences on the individual, which are aimed at the formation of positive changes and ensuring a significant, favorable in their content, restructuring of both individual characteristics in general and individual mental manifestations, which play a leading role in the occurrence of negative changes in the mental state and the formation of psychological prerequisites for the development of adverse changes on the part of the main correlates of mental health based on taking into account the properties of temperament, anxiety, character, level of subjective control and mental state of the researched persons.

In the course of scientific research carried out over the past decades, we have developed the concept of psychohygienic influence on the processes of formation, preservation and strengthening of human health, the leading components of which are: a methodological component, which consists in the development and formation of a preventive-oriented methodology for the study of mental health, diagnostic a component that provides for the definition of fully adequate diagnostic approaches to assessing the characteristics of a person's personality, a preventive component that determines the justification of preventive technologies for preserving somatic health by strengthening mental health based on the use of various means of psychohygienic influence on the personality, as well as a prognostic component, which involves the introduction of a systematic approach to the process of forecasting mental health.

In the course of the conducted research, the role and place of measures of psychohygienic correction of donosological deviations in the health status of young people in the structure of modern preventive technologies were determined, their extremely high efficiency and feasibility of use in the practical activities of modern

institutions of secondary and higher education were established and health care institutions.

The main components of the programs of psychohygienic correction of the processes of the formation of the personality traits of young people, developed and implemented, should be considered: the assessment of the level of development of individual psychophysiological functions and the characteristics of the personality of each student and taking into account the leading trends of their formation in the specific conditions of the organization of the educational process in modern general education or higher educational institutions (stage of hygienic psychodiagnosis), correction of the main regime elements of daily activities of students (stage of rational organization of daily activities), use of psychophysiological (stage of psychophysiological influence), psychohygienic components (stage of actual psychohygienic correction) of the proposed approach.

In this context, the following should be noted as the main principles of the optimal implementation of preventive psychohygienic correction measures: taking into account the need to correct the main routine elements of daily activity, first of all, by increasing the level of daily motor activity to the level of optimal values and on the basis of scientifically based organization of free time; taking into account the peculiarities of the processes of formation and development of psychophysiological functions in natural conditions and as a result of the influence of means of purposeful training; taking into account the state of health, personality traits and biorhythmological characteristics; taking into account the peculiarities of the mental, psychophysiological and social psychological adaptation of students, which is taking place; introduction of modern forms, methods and means of psychohygienic diagnosis, correction and rehabilitation of functional state.

The results of the conducted research became the basis for the development and scientific justification of a number of methods of complex point assessment of the peculiarities of the course of psychophysiological and mental adaptation of students, which allow both to carry out objective diagnostics and prognostic assessment of the existing features of the level of development of the adaptation capabilities of the organism, and to substantiate individualized, according to the content and features and methods of implementation, strategies for the use of psychohygienic correction tools, to determine their leading structural components and features of meaningful content. It is necessary to determine the main stages of the practical interpretation of the mentioned methods: establishing the degree of expression of psychophysiological functions and personality traits; evaluation of the obtained results in points according to specially created point evaluation scales; calculation according to generalized formulas of integral indicators of success in the course of mental and psychophysiological adaptation and their quantitative assessment; substantiation of specific ways of using means of psychophysiological influence and psychohygienic correction.

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