



# “Formation of young students’ value attitude to psychological health during extracurricular activity”

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## Relevance of the theme



- Currently, the society is experiencing a powerful information saturation and technogenesis resulting in deterioration of social climate, emotional state of individuals, and variability of political attitudes. This unstable situation negatively affects psychological health of young students, who do not have strong mental immunity to external stimuli.
- That is why **extracurricular educational work** aimed at forming value attitude to the own psychological health among young students gains much importance.

- Taking into consideration psychological health of an individual foreign psychologists, including A. Maslow, V. Frankl, Erich Fromm understand the ability of an individual to self-realization, self-actualization, adequate self-acceptance of himself and the world.



- The reasons for deterioration of psychological health among young students are as follows:
  - - High intellectual overload during day
  - - Psycho-emotional overload
  - - interpersonal problems
  - - Misunderstanding with parents or teachers
  - - Insufficiently formed abilities to rationally plan the own study and leisure time



- It is our deep conviction that the purpose of applying **esthetic therapy** in education is to maintain or restore the health of educational process agents and their adaptation to a new environment of educational institutions.



# Experience with students to preserve their physiological health:





# Training adaptation for freshmen:



# Using elements of art therapy during the seminars:





# Preventive Measures with students



## Student's Scientific studies of professional development "I = efficient" with teachers





- Thus, formation of value attitude to the own psychological health among young students in higher education institution's environment becomes urgent and well-timed.



- Thanks for your attention!

