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VALUE ATTITUDE TOWARD HEALTH AS AN ESSENTIAL COMPONENT OF THE EDUCATION OF ADOLESCENTS IN SECONDARY SCHOOL

The author focuses on the fact that the orientation of the educational process to preserve pupils' health has ensured formation of value attitude toward health of adolescents, including channeling the creative activity of teenagers on the formation of value attitude to health.

The article deals with the interpretation of the concept "value attitude toward health", justified directions to preserve the health of adolescents, studied criteria and indicators of value attitude to health.

Author keeps to interpretation of the value attitude to the health as the system and dynamic mental formation of the personality on the base of complex knowledge about health, emotional-volitional sphere that realizes in style of life.

Approaches described in this paper to interpret notion "value attitude to the health", common for them is separation of its parts and components. In spite of different names of these components, their common essence is in the totality perceptions, knowledge about himself, health, healthy way of life, factors, those influent on the health and determine way of life and so on (for the first component); in the complex of emotions, warnings, fillings concerning to the health and way of life, place of health in the system of life values of the person and so on (for the second component); in the complex of actions for the health formation or destruction (for the third component). On summing the content of every component of the value attitude to the health the author determines its components as cognitive, emotional-volitional and behavior. Author defines approaches to the interpretation of value attitude to the health as system and dynamic mental formation of the personality, value attitude to the health as the system of selected connections of organism with factors of environment and value attitude to the health as confident need.

The author concludes that education value attitude toward health promotes their health and adolescent health of others, respect for rules and regulations of a healthy lifestyle, responsible behavior, adequate self-esteem, improves knowledge about their own health, motivates healthy lifestyle and so on.