

## THE CONCEPT OF INTELLECTUAL HEALTH OF STUDENT YOUTH

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Intellectual health is an opportunity to open our minds to new ideas and experiences that can help improve personal, group and social interactions. Intellectual health is the stimulation of mental development, participation in intellectual and cultural activities, the search for new ideas and the development of intelligence. Towards the development of intellectual health, more time should be spent studying, such as reading books, magazines and newspapers.

Creativity is one of the components of intellectual health, because it is a creative approach to solving any life problems and tasks that makes a person healthy.

In recent years, teachers of higher education have become more focused on ensuring the health of young students and seek to include students in various types of intellectual, emotional activity according to their individual characteristics, to create conditions for creative self-expression. To do this, teachers use programs and techniques to develop students' values of a healthy lifestyle, use different ways to promote health.

Let's define the directions on the basis of which the corresponding model of health is put:

- medical direction (emphasis is placed on disease prevention and health measures with priority of the somatic component of health);
- medical and psychological (psycho-hygienic measures are added to it, elements of psycho-trainings are introduced);
- biosocial (which is also based on the traditional medical and biological content, focused on the formation of resource-pragmatic type of internal picture of health and improving the psycho-physiological viability of man).

Systemic socio-economic transformations in society often create emotional difficulties and stressful situations. Therefore, in higher education, one of the key areas should be to support the intellectual health of students, which is manifested in their learning to resist manipulation, overcome stressful situations, holistic training to optimize their viability in the context of systemic social change. The goals set to the greatest extent can be solved in the conditions of a healthy organization of the educational process.

The essence of the principle of maintaining health is homeostasis as the body's ability to maintain the stability of its internal environment under the influence of external influences. The educational process in higher education is aimed at maintaining the stability of the internal environment of the student's

body, through compliance with sanitary and hygienic norms and requirements, implementation of preventive and psycho-hygienic measures in organizing student learning, considering its individual characteristics in determining the pace and level of learning, etc.

The principle of strengthening intellectual health is based on the mechanism of building, accumulating health, increasing the reserves of adaptation, increasing the reserves of health. The implementation of this principle in learning technology involves ways to increase the adaptability of students to stressful learning factors. The conditions for the growth of students' intellectual health reserves should be considered the correct dosage of physiologically and psychologically justified stressors, the maximum consideration of the individual characteristics of each student.

The principle of maintaining intellectual health, the values of a healthy lifestyle, motivating students to a healthy lifestyle, is carried out through the content of educational materials that reveal the essence of the main components of health and healthy living by organizing interaction of participants in the pedagogical process. values, ideals of health and understanding of certain ways to achieve it.

The effectiveness of these mechanisms largely depends on the level of human health culture, which develops in purposeful educational activities. In this regard, it is clear the role of the pedagogical factor in the structure of health care for students. The general guide to action is the principle of health-centrism, which includes: target orientation of participants in the pedagogical process on health as a priority value and the main result of activities; the focus of the content and organization of educational work on the emergence of the student's need for health and a healthy lifestyle, his valeological literacy; methods and forms of organization of all types of student activities that reduce the cost of their health; development of teachers' health culture; organization of a healthy subject-spatial environment of the university.

Approaches to maintaining intellectual health are:

- didactic, when educational programs come to the fore;
- activity;
- problematic, when all the efforts of the institution of higher education are aimed at solving a specific problem;
- individual approach – considering the characteristics of each student;
- physical education, when caring for the health of students is equal to caring for their physical development.

All approaches should be used systematically and in combination when creating a healthy living space for students.

The basis for maintaining the intellectual health of students is the creation of safe conditions for stay, education and training in the institution, the rational organization of the educational process.