

leadership of the principal, although the hope of the faculty and staff to participate in school management has been greatly satisfied, this is achieved at the expense of the overall efficiency of the organization. In the long run, it is not conducive to the school's develop.

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## **MANAGEMENT OF THE SYSTEM OF EDUCATIONAL WORK ON THE FORMATION OF A HEALTHY LIFESTYLE OF STUDENTS**

Health education is a series of activities and processes carried out by means of communication, education and intervention to help individuals and groups to change unhealthy behaviors and establish healthy behaviors, and to promote health education. Through planned, organized and systematic social activities and educational activities, people are encouraged to consciously adopt healthy behaviors and lifestyles, eliminate or reduce risk factors affecting health, prevent diseases, promote health and improve the quality of life.

In order to disseminate health knowledge and skills and motivate people to improve their behaviour and lifestyle.

The aim is to prevent disease, protect and promote health, change behaviour and lifestyle (behavioural intervention) is the core, and the main task is to mobilize individuals to change behaviour to promote their own health.

How health education works? Health education is an interdisciplinary science that promotes health by changing behavior. Its principle is to use sociological and epidemiological methods to diagnose the health problems of the community or the population and find out the "target" problems of health education. It is based on the improvement of scientific awareness, with the establishment of correct attitudes as the key, supported by the acquisition of health skills and with the goal of behavioural change.

Second, school health education management:

1. The concept of health education in schools. School health education refers to the process of carrying out health related knowledge and skills education for students in a planned, organized and evaluated way, and helping them make healthy decisions for themselves and others. Health education is the education with promoting health as the core. Through health education, students can acquire knowledge of health science, change their attitude, establish correct health values, develop healthy behavior and good life style, so as to prevent and reduce diseases, enhance physical fitness, promote physical and mental development, and lay a foundation for lifelong health. Health education is the bridge between health information and health practice.

2. The necessity of health education in schools. With China's economic prosperity, social diversity and polarization, also caused a lot of social problems, affecting people's outlook on life, values, change people's thinking and psychology, college students are also bound to be impacted. They not only need to have a strong body, but also have a healthy mind, college students' health problems have faced a serious threat, college students' health education has been directly related to the overall development of college students and early success. Therefore, it is of great

significance to carry out and strengthen health education for college students, maintain and improve the comprehensive health level of college students, and avoid and reduce the occurrence of various diseases and psychological disorders. In recent years, students have a high incidence of common diseases. Poor eyesight, dental caries, malnutrition, overweight and obesity, anemia, trachoma and other common diseases among students have a high incidence rate. Health risk behaviours are widespread. Bad behaviors and habits such as smoking, alcoholism, Internet addiction, injury and adolescent sex are widespread.

According to 2021 data, China's college students account for 9.5 percent of the country's population, or 4 percent if junior college students are excluded. Health is a major factor affecting young people's ability to learn and it is the responsibility of governments to provide the best possible learning conditions. This goal can be achieved through school health education, which organically organizes and links all the factors that promote adolescent health.

First, college students healthy lifestyle formation mechanism is conducive to promoting the overall development of individuals. Healthy lifestyle means understanding the characteristics of university study, establishing positive learning motivation, and establishing problem consciousness and innovation consciousness. In order to realize the all-round development of college students, we must vigorously advocate healthy life style.

Second, the cultivation of college students healthy lifestyle is conducive to promoting the construction of harmonious campus culture. The healthy lifestyle of college students is very important for building a harmonious and positive campus culture. A healthy lifestyle not only includes good living habits, but more importantly, includes a positive attitude towards life to meet all kinds of challenges bravely. A kind of discerning good and evil, the pursuit of positive and elegant aesthetic taste; A kind of honest, open mind, this is the humanistic spirit we should pursue.

Thirdly, cultivating healthy lifestyle of college students is beneficial to the establishment and development of harmonious interpersonal relationship. The basic units of college collective are class and dormitory, and dormitory is the small group where members spend the most time together in college life. Students with a collective concept can fully realize the significance of the collective for the healthy growth of individuals, so love the collective, integrate into the collective, build the collective, develop good public morality, such as abide by the time of work and rest, pay attention to personal and dormitory cleanliness, respect others, help classmates and so on.

Teenagers in the period of life to life, to do a good job of health education youth generation, can make them small accepted health education system, improve the students' knowledge level, form good living habits, to establish a healthy lifestyle, strengthen self-health care consciousness and ability, prevent all kinds of common disease, frequently-occurring disease, can lay a good foundation for the healthy life for them, Affects lifelong health. Adolescence is the period with the strongest acceptance and plasticity in a person's life, and it is also the period when various behavior patterns are formed. Once such behavior patterns are formed, it is not easy to change.

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