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**WESTERN UKRAINIAN NATIONAL UNIVERSITY**  
**FACULTY OF SOCIO AND HUMANITIES**

**Department of Psychology**  
**And social work**

**MASTER THESIS**

**On the topic:**

**"PROMOTING A HEALTHY LIFESTYLE AS A PREVENTIVE FUNCTION OF  
SOCIAL AND PSYCHOLOGICAL WORK"**

Specialty 053 Psychology

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**TERNOPIL – 2024**

## CONTENT

INTRODUCTION .....	3
CHAPTER 1. THEORETICAL AND METHODOLOGICAL BASIS OF RESEARCHING THE PROBLEM OF A HEALTHY LIFESTYLE .....	5
1.1. Genesis of the problem of forming a healthy lifestyle .....	5
1.2. Categorical and conceptual apparatus and post-spherical analysis of health issues .....	10
1.3. Stressful situations in adulthood and ways to overcome them psychologically .....	16
Conclusions to chapter 1 .....	20
 CHAPTER 2. RESEARCH AND EXPERIMENTAL WORK ON FORMING PERCEPTIONS ABOUT A HEALTHY LIFESTYLE IN ADULTHOOD .....	23
2.1. Methodological principles for forming a responsible attitude of adulthood to their health .....	23
2.2. Work program for forming ideas about a healthy lifestyle .....	35
2.3. Quantitative analysis and interpretation of the results of the psychological and pedagogical study .....	39
Conclusions to chapter 2 .....	42
 CHAPTER 3. EFFECTIVENESS OF SOCIAL AND PSYCHOLOGICAL WORK IN SHAPING HEALTHY LIFESTYLE	
3.1. Social support and environment to promote mental health .....	44
3.2. Recommended strategies to promote healthy lifestyle social and psychological work .....	48
Conclusions to chapter 3 .....	63
 CONCLUSIONS .....	65
REFERENCES .....	
.....	<b>Помилка!</b>
<b>Закладку не визначено.</b>	
APPLICATIONS .....	85

## INTRODUCTION

**Relevance of research.** With the development of modern society, people's lifestyles have become increasingly diversified and complex, bringing many challenges to our physical and mental health. Promoting healthy lifestyles has become one of the essential tasks of social and psychological work to cope with these challenges. Many internal and external factors are constantly preventing people from responding to a healthy lifestyle or becoming healthy, such as interesting online life, excellent life pressure, and unreasonable work and rest time for survival. These are unhealthy lifestyles and ultimately cause people to suffer from various diseases. Therefore, social and psychological work is becoming increasingly necessary as an essential way to help people find their health. In recent decades, there has been a gradual increase in research on healthy lifestyles in the field of social and psychological work. These studies have mainly focused on improving individuals' lifestyles by changing their behaviors, attitudes, and environments. However, these studies have tended to overlook the influence of social and psychological factors on healthy lifestyles. In fact, many studies have shown that social and psychological factors significantly impact an individual's healthy lifestyle. For example, social support, mental health, and the ability to cope with stress are closely related to an individual's healthy lifestyle. Therefore, to better promote a healthy lifestyle, we need to consider these factors more comprehensively. The formation of a healthy lifestyle is the most important preventive task of social work. The concept of a healthy lifestyle (HLL) includes rationally organized, physiologically optimal work, moral and hygienic education, compliance with the rules and requirements of rational nutrition, personal hygiene and psycho-hygiene, an active motor

regimen and systematic physical education, effective hardening, thoughtful organization of leisure, and refusal of bad habits.

In many modern scientific works by V. Kuzya, 3. Serhiychuk, R. Skulsky, M. Stelmakhovich, E. Syavavy, E. Prystupa, Y. Rudenko, the idea is traced that only education, which is based on a solid foundation of the culture of the people, is able to ensure the full development of the personality, the formation of its physical properties, health strengthening, harmony of the body with the soul and the surrounding nature.

The relevance of the issues of strengthening the health of adults in the current conditions and the existing ecological situation, the formation of a healthy lifestyle determined the choice of the topic of the master's thesis: "Promoting a healthy lifestyle as a preventive function of social and psychological work".

**The object of the study** is a healthy lifestyle as the main factor in preserving the health of citizens.

**The subject of the study** is the psychological and pedagogical aspects of the formation of ideas about a healthy lifestyle in people in adulthood.

**The purpose of the study** is to theoretically substantiate and experimentally test the effectiveness of using a program for forming ideas about a healthy lifestyle in adults.

**Research objectives:**

- 1) To conduct a critical analysis of the psychological and pedagogical literature on this issue and outline its categorical and conceptual apparatus;
- 2) To theoretically identify and psychologically substantiate the main aspects of a healthy lifestyle for an adult;
- 3) Based on the psychological characteristics of adults, to develop a program as a system of measures for forming ideas about a healthy lifestyle;
- 4) Through a psychological and pedagogical experiment to test the created program and develop methodological recommendations for its use for the effective formation of ideas about a healthy lifestyle in adults.

**Research hypothesis** there is a positive relationship between social work and psychological work on healthy living habits.

**Research methods:** analysis of psychological and pedagogical literature, methodological, critical and comparative types of analysis, open observation, theoretical synthesis, survey, interview, questionnaire, classification method, psychological and didactic design, ascertaining, formative and control experiment, method of statistical data processing, qualitative analysis of the results obtained.

**Practical Significance of the Obtained Results** As a preventive function of social and psychological work, promoting healthy lifestyles is of great practical significance in improving the health of individuals and society. Through research and implementation of effective intervention strategies, social and psychological workers can help individuals establish healthy lifestyles and improve their mental health and physical health. Through the results of this study, people will be more successful in implementing healthy living habits on a larger scale.

From the theoretical level, promoting healthy lifestyles as a preventive function of social and psychological work is of great theoretical significance in enriching and improving the theoretical system of social and psychological work. It helps us to deeply understand the nature and influencing factors of healthy lifestyles and reveals the mechanism of social and psychological factors on healthy lifestyles. By studying how these factors influence each other and work together on an individual's lifestyle, we can better understand the complexity of healthy lifestyles and provide more scientific theoretical guidance for practice.

**Organization and research base.** This study was conducted on middle-aged and elderly people from six cities (Taiyuan, Jincheng, Changzhi, Shuozhou, Fenyang, and Xiaoyi) in Shanxi Province, China. Through community visits, questionnaires were distributed, and 649 valid questionnaires were collected. Participants included 307

women and 342 men, with a relatively balanced gender ratio. There were 316 middle-aged and 333 older adults, reflecting diverse family backgrounds.

**Structure.** The graduate qualification thesis consists of an introduction, three chapters with conclusions, a summary of the research work, and a list of sources used. The total volume of the thesis is 84 pages. The list of used sources includes 118 items. The total content is 94 pages.

## **CHAPTER 1.**

### **THEORETICAL AND METHODOLOGICAL BASIS OF RESEARCHING THE PROBLEM OF A HEALTHY LIFESTYLE**

#### **1.1. Genesis of the problem of forming a healthy lifestyle**

The formation of the concept of a “healthy lifestyle” has deep roots in the historical and philosophical thought of mankind. Already in ancient India, 6 centuries BC, the Vedas formulated the basic principles of a healthy lifestyle and gave sensible advice regarding human health. The inhabitants of ancient China and ancient Greece believed that health is not only the absence of a negative state, but also the presence of a positive principle. In many Asian cultures, an integral part of health was considered a state of harmony with nature throughout life and the fulfillment of various social roles. Through balance with the surrounding world, a certain positive state is achieved - the synergy of man and nature - which is called health. The view of health, which assumes not only the absence of a negative state, but also the presence of a positive quality, is widespread today in many cultures of the world. The WHO defines health as “A state of

complete physical, mental and social well-being and not merely the absence of disease or physical defects” [1]. This definition emphasizes the balance and integration of the physical, mental, and social aspects. Physical health can be defined as the normal functioning of the body. Representing one dimension of total well-being, it's about how your body grows, feels, and moves, how you care for it, and what you put into it [2]. Physical health refers to the well-being of the body's organs and systems and the exclusion of diseases and other unusual symptoms [3]. Physiological health criteria, therefore, consist of such things as height, weight, blood pressure, pulse rate, respiratory rate, and body temperature [4]. Physical health is the foundation for the well-being of every aspect of the physical body. To monitor people's health status, the WHO has set out a set of physiological health indicators. This is reflected by body mass index (BMI), blood pressure, blood glucose, blood lipids, and others [5]. A higher body mass index is an intermediate for determining whether body weight is healthy, which ranges from 18.5 to 23.9. Blood pressure, heart rate, and respiratory rate are important indicators for evaluating whether the functioning of the cardiovascular system is normal or not, with a normal range of 120/80 mmHg, 60-100 beats/min, and 12-20 beats/min, respectively. minutes, respectively. The normal range of body temperature is 36.5-37.2 degrees Celsius [6].

Physiology is directly related to the degree of health; the basis of human physiology is the normal functioning of internal organs, and the functioning of organs is subject to the joint operation of the body's multiple systems [7]. The cardiovascular

system, i.e., blood vessels and the heart, transport blood, oxygen, and nutrients to all body parts. If any problem occurs, it will lead to cardiovascular diseases, such as coronary heart disease and high blood pressure.

Therefore, cardiovascular health is the primary health standard of the body. The respiratory system, on the other hand, is used to inhale oxygen and exhale carbon dioxide to maintain a certain level of oxygen in the body and to maintain the normal metabolic function of the body [8]. The digestive system is responsible for breaking down food into nutrients and delivering these nutrients into the bloodstream for distribution throughout the body. The nervous system ensures the body thinks, moves, and feels appropriately. All factors, such as stress, mood, and sleep quality, affect nervous system function. The endocrine system makes and releases hormones to ensure the body has average growth and metabolism [9].

The presence of physiologic disease, as an inevitable part of life, not only challenges an individual's physical health but also profoundly affects a patient's mental health, social functioning, economic status, and quality of life. The following explores the wide-ranging impact of disease on patients in several dimensions.

The most direct impact of disease is damage to or diminished function of the patient's body organs [10]. Both acute and chronic diseases may lead to physical symptoms such as pain, fatigue, and organ failure. For example, cardiovascular diseases may lead to insufficient blood supply to the heart, resulting in angina pectoris or myocardial infarction; diabetes mellitus damages blood vessels and nerves, leading to complications such as vision loss and foot ulcers. Prolonged illness or serious diseases



lower patients' immunity, making them more susceptible to infections and weakening their ability to recover. This forms a vicious cycle.

With changes in mood and cognitive functioning, patients often experience negative emotions such as anxiety, depression, and fear in the face of the threat of disease. They may worry about disease progression, treatment outcomes, financial burden, and uncertainty about their future lives. Certain diseases (e.g., Alzheimer's disease, stroke, etc.) can directly affect brain function, leading to cognitive impairment such as memory loss, distraction, and slowed thinking [11].

Treating diseases often requires high medical expenses, including examination fees, medication, surgery, and subsequent rehabilitation costs, which impose a heavy financial burden on patients and their families [12]. As a result of reduced or total loss of working capacity caused by the diseases, patients' income levels will drop significantly, further aggravating the financial pressure. At the same time, many patients have to rely on external resources such as health insurance and social assistance to maintain their basic living and treatment needs. However, this may also bring additional burdens regarding application, review, and other procedures.

The impact of disease on patients' quality of life is multifaceted, including reduced physical comfort, restricted activity, mental stress, and decreased social participation. These negative impacts are intertwined to create a complex “burden of disease” that can seriously affect the patient's overall well-being [13]. The impact of disease on patients is all-encompassing and deep-rooted. Therefore, in the face of disease, in addition to active treatment, we should also pay attention to patients' mental health, social support, economic assistance, and quality of life, and build a comprehensive disease management system to help patients better cope with the challenges of disease, and regain health and happiness.

Adopting a good lifestyle and diet is the best way to prevent physical illness and promote physical health. The following information about preventing physical illnesses

is provided so people can take positive steps to stay healthy. Environmental hygiene is a critical factor in maintaining good health. Maintaining a clean and hygienic residential and working environment is very important in preventing diseases [14]. Therefore, keeping the environment clean, ensuring air circulation at all times, keeping the room free of unpleasant odors, cleaning up dust and garbage regularly, and disinfecting toilets and surfaces frequently touched are all important aspects of maintaining a healthy environment. Next, moderate exercise enhances the body's immunity. Every week, perform at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking, jogging, and swimming. Strength training should also be incorporated to enhance muscle and bone health. Exercise strengthens the body's immune system and helps ward off diseases. Moreover, correct training can positively affect blood circulation and stress levels and improve the cardiopulmonary profile. However, attention should be paid to moderation to avoid over-exercising, which causes the over-exertion of physical strength and damage to health [15]. In addition, eating healthy foods is essential to an individual's health and is a relevant element in enhancing health. Furthermore, a moderately balanced diet of vegetables, fruits, whole grains, and protein from lean meat, fish, and beans should be taken [16]. Decrease consumption of foods containing a lot of sugar, fats, and processed foods. Eat less, eat more, and eat a diet that slows down aging and prevents disease, among other things.

Moreover, regular physical examination checkups are also crucial for disease prevention [17]. Regular medical checkups can inform you of your physical status, identify potential or early diseases, and take necessary measures to avoid disease development and deterioration. According to your age, gender, and family medical history, you should undergo regular medical checkups and screening programs, such as blood pressure measurement, blood glucose testing, cancer screening, and so on.

After that, avoid smoking and excessive alcohol consumption. These bad habits significantly increase the risk of developing many physical diseases, such as cardiovascular diseases, respiratory diseases, and cancer [18]. In addition, for office workers, sitting still can lead to poor blood circulation and increase the risk of cardiovascular disease, diabetes, etc. It is recommended to get up and move around occasionally and perform simple stretching exercises. Daily life, but also reducing the excessive use of drugs, such as drug abuse, will lead to a decline in immune function and weakened resistance, and random use of antibiotics will lead to a decrease in the body's ability to resist the bacterial grass. Besides that, maintaining a good state of mind is also one of the critical elements for people to stay healthy [19]. A good state of mind makes people feel happy and relaxed and reduces stress and negative emotions such as sadness and anxiety, thus helping to keep the body balanced and healthy. To prevent mental illnesses from harming the body, people should be good at adjusting their mindset, be in a happy and cheerful mood, and avoid excessive anxiety and stress. In short, to avoid physical illnesses, one needs to start from several aspects and develop healthy habits. These habits include adequate sleep, moderate exercise, a balanced diet, good hygiene practices, regular medical check-ups and screenings, avoiding harmful habits, and maintaining a positive mindset and mood. By adhering to these habits over a long period, we can effectively prevent many physiological diseases and maintain the health and vitality of our bodies.

## **1.2. Categorical and conceptual apparatus and post-spherical analysis of health issues**

Mental health refers to the state of a person's mental health and is a comprehensive assessment of a person's thinking, feeling, and behavior [20]. Specifically, the standard of a person's mental health is that they have normal behavior, reasonable thinking, stable and positive emotions, can adapt to the external environment, relieve their psychological pressure, are full of joy in life, and will not be affected by psychological problems in their work, family, study, and interpersonal relationships. First, mental health directly affects a person's well-being and quality of life. A psychologically healthy person is usually able to face all kinds of difficulties and challenges in life with confidence and, at the same time, maintain a positive and optimistic attitude in the process of solving problems [21]. In contrast, a mentally unhealthy person may exhibit issues such as restlessness, frustration, depression, and mood swings, which can affect not only the individual's sense of well-being but also the mood and quality of life of those around them. Secondly, mental health also involves people's physical health. Some studies have shown that mental health is closely related to physical health [22]. Mental stress and negative emotions may lead to abnormal functioning of various body systems and even induce multiple diseases, such as heart disease, digestive system diseases, immune system diseases, and so on. Therefore, maintaining good mental health improves one's quality of life and prolongs life expectancy.

In addition, mental health is directly related to social stability and development. A psychologically healthy society usually has more positive emotions and creativity and can better cope with various challenges and pressures [23]. On the contrary, a psychologically unhealthy society may suffer from multiple social problems, such as crime, family disputes, and civil strife. These problems not only affect the security and stability of society but also hinder its development. Mental health is a comprehensive issue that requires effective measures and methods to maintain from many aspects. Suppose we can insist on creating a healthy mental environment, positive and negative emotions, and maintaining good interpersonal relationships and attitudes towards life. In that case, we can lead a happy and healthy life [24]. Therefore, we should always consider our mental health and maintain a balanced, positive, and healthy attitude. This includes learning to know ourselves correctly, enhancing our self-control, providing social and spiritual support, maintaining physical and mental balance, and coping with stress effectively. Only by improving the mental health of individuals can they better adapt to social life, act freely, fulfill their life goals, and create a better future. Mental diseases include various mental disorders and psychological illnesses, such as anxiety, obsessive-compulsive disorder, autism, bipolar disorder, bipolar disorder, schizophrenia and so on. The onset of mental illness triggers fear and anxiety in individuals. These disorders severely impact the individual patient and bring a series of worries and disturbances to society.

Individuals with anxiety disorders often feel excessively nervous and worried and fear even everyday things. This psychological symptom can affect their work and social activities [25]. The most obvious manifestation of this is in the job search and employment of people with mental illness. Mental illness affects the performance of job seekers, which reduces their competitiveness in interviews and can also lead to problems such as lack of concentration and mood swings in the workplace for employees with psychological problems. These problems can decrease work efficiency and affect their reputation and career development in the company. At the same time, psychological disorders can also negatively impact a job seeker's interpersonal relationships. Good interpersonal relationships are essential for a person's success in the workplace, but mental illnesses may cause job seekers to become withdrawn, paranoid, and detached. For example, individuals with social phobia may be afraid to socialize with others, making it difficult for them to communicate and collaborate effectively with coworkers and limiting their career advancement. Psychopathy can also cause an individual's behavior to deviate from normal [26]. For example, people with obsessive-compulsive disorder (OCD) are plagued by uncontrollable urges and thoughts, and they have to perform certain behaviors to relieve their feelings of anxiety repeatedly. These behaviors may be repeatedly washing their hands, checking to see if doors and windows are closed, etc., making their lives isolated and inconvenient.

People with mental illnesses usually need the attention and care of their families, but that doesn't mean that their behavior doesn't pose a threat to the family [27]. People

with mental illnesses are often emotionally unstable and impulsive and may engage in violence, conflict, and self-harm in the family, causing great harm to the whole family. At the same time, the high prevalence and chronicity of severe mental illnesses can also impose a heavy financial burden on families. The treatment cost of the disease, the cost of daily care and adjustment, and the reduction of the patient's labor force as a family member will exert considerable pressure on the family's financial burden. This will also have a significant impact on the family members of patients with severe mental illnesses, who have to take care of the patients daily and also need to have a certain degree of psychological preparation and professional knowledge to avoid their own emotions being driven by the patients.

Some psychological patients may develop various dangerous behaviors when they do not receive timely treatment and care [28]. For example, patients with depression may develop suicidal tendencies, and patients with schizophrenia may develop violent behavior, etc. This not only poses a threat to the patients themselves but also poses a risk to the public safety of society. At the same time, the daily costs of the social institutions for people with mental illness, as well as the reduction of the patient workforce, will put pressure on social finances.

The occurrence of mental illnesses prevents some people from participating in education and usually work, wasting valuable social resources [29]. The need for patients to receive social assistance, family care, and medical support undoubtedly increases the burden on society. It reduces the effective use of social resources—symptoms of pathology, whether physical illness or psychological pathology, can profoundly impact an individual's life. Physical illnesses limit an individual's mobility and reduce their quality of life. At the same time, psychological pathologies affect an

individual's mood and behavior, making it difficult for them to enjoy life. Therefore, we should actively prevent and treat illnesses to avoid affecting an individual's quality of life.

To understand the methodological foundations of health, it is important to consider a healthy lifestyle in the triad: health - healthy lifestyle - health culture.

World science provides a holistic view of health as a phenomenon that integrates at least four areas of health: physical, mental (mental), social (social) and spiritual. All these components are inseparable from each other, closely interconnected, act simultaneously, and their integrated impact determines the state of human health.

The state program "Children of China" also distinguishes four aspects of health: physical, mental, social, spiritual.

Physical – "proper functioning of all body systems, positive attitude towards one's own health, striving for physical perfection and general physical performance, hardening of the body, adherence to a rational daily routine, fulfillment of personal hygiene requirements, proper nutrition.

Psychological (psychological comfort) – adequacy of cognitive activity to calendar age, development of voluntary mental processes, presence of self-regulation; presence of adequate positive emotions, absence of destructive accentuations of character and bad habits.

Social (social well-being) – is, first of all, formed civic responsibility for fulfilling social roles in society; positively directed communicativeness; benevolence in attitude towards people, ability for self-actualization in the team, self-education.

Spiritual (mental) – priority of general educational values; presence of a positive ideal in accordance with national and spiritual traditions, diligence, charity, feeling of beauty in life, nature, art [42, p. 84; 19].

Spiritual health can be defined as the ability of an individual to regulate his life and his activities in accordance with the humanistic ideals that humanity has developed



in the process of historical development. Spiritual health is decisive in a person's attitude towards himself, towards others, towards society and is a priority in the hierarchy of health aspects.

Spiritual health of an individual is a desire for truth, goodness, the ability to treat others with love, a trembling feeling of involvement in living and inanimate nature. Spiritual health is the main source of vitality and energy. It is characterized as a person's ability to sympathize, empathize, provide help to others, express a desire to improve the surrounding life and actively contribute to this; honesty and truthfulness; self-improvement of the individual as one of the aspects of improving the world; a responsible attitude towards oneself and one's life.

All aspects of human health should be considered in an interconnected manner. It is no coincidence that ancient medicine and culture paid attention to a system of education in which the physical and spiritual development of a person were combined, and his mental, moral, and aesthetic varieties merged.

### **1.3. Stressful situations in adulthood and ways to overcome them psychologically**

Human psychology is a highly complex system; due to the pressure of life, changes in the environment, changes in lifestyle, and other comprehensive factors, many people will encounter a variety of psychological problems, such as large mood swings, anxiety, depression, insomnia, and so on. In our daily life, we usually need to be more adept at observing our emotions and actively prevent and avoid psychological problems.

High mood swings are one of the reasons that make people most susceptible to psychological problems, so rationally adjusting one's state of mind is extremely important for maintaining mental health [30]. In particular, please be alert to low moods

and negative emotions, At the end of the day, learn to observe their mood, whether it is through the death of a loved one, job layoffs, or just social friends on the language of your flirtation, as long as your mood fluctuations, please timely and healthy way you like to give your mind a relaxing, such as listening to soothing music, and family members to talk about the mall to go shopping, petting pets, exercise, etc.

This is one way to protect mental health. We must explore and think deeply about our emotions and thoughts and learn to identify our emotional states, needs, and behavioral patterns to adjust our mindset better and deal with complex emotional issues [31]. At the same time, we also need to find appropriate ways to channel our feelings and emotions, such as through written records, emotional sharing, and psychological counseling, to deal with our emotional distress and problems.

A scientific lifestyle can keep us away from many physical and mental illnesses. Especially in today's era of high intensity, high stress, and high mental burden, having a good and scientific lifestyle is vital to maintaining mental health.

1. Proper exercise. Exercise can promote physical health and release psychological pressure. Proper exercise every day is good for physical health and can also prevent psychological problems such as depressed mood [32].

2. Maintain good work and rest habits. Regular work and rest habits can help the body adapt to the rhythm of life and maintain physical and mental health. A good routine also helps to maintain a regular lifestyle, which helps to prevent psychological problems [33].

3. Avoiding bad habits, long-term smoking, alcoholism, marijuana, and other habits will bring significant physical and mental damage, which can easily lead to psychological problems and physical disease [34].

4. Cultivating healthy hobbies can mobilize people's motivation and give them greater satisfaction and achievement in life. Healthy hobbies are good for relieving life stress, focusing attention, reducing the occurrence of mental illness, making friends, and better utilizing one's potential [35].

People are categorized into different types. Interpersonal interactions play an essential role and have a significant impact on the mental health of an individual [36]. Often communicate with psychologically healthy friends, share fun and funny things, and go on trips together to avoid spreading negative emotions or unhealthy behaviors such as comparing with each other, overstepping the boundaries, and suppressing each other. Avoid contact with unhealthy circles, such as complex working environments, low moral character, and serious bad habits (gambling, drugs), which will seriously affect the treatment of patients and interfere with personal mental health.

If a person has ever had a mental illness or has recently been feeling in a bad mood state, he is advised to seek counseling and treatment from a long-term professional who specializes in mental illness. Mental illnesses do not develop overnight, so recovery from mental illness is not something that can be cured with a few medications [37]. Individuals need to observe their physical and mental state in time and treat counseling as a piece of proper treatment rather than an ineffective conversation, and a professional

psychiatrist will help solve the problem. Counseling, psychotherapy, medication, and many other avenues are available to help people relieve psychological stress, rebuild a healthy mindset, and improve their quality of life. It is also necessary to seek timely support and help from loved ones, friends, community, and other sources when dealing with critical life events, tragedies, and transitions.

Mental illness is a mental health problem with profound social implications. It is essential to raise awareness of mental illness prevention, which includes understanding the common symptoms of mental illness, understanding the causes of mental illness, and paying attention to the mental health of individuals and others [38]. By raising awareness of mental illness prevention, we can detect mental problems earlier and intervene actively to reduce the incidence of mental illness. To summarize, mental health and mental illness prevention is an important topic that we should all be concerned about. By learning about mental health and mental illness prevention, we can better cope with life's challenges, improve our quality of life, enjoy healthy relationships, and better manage psychological stress. Protecting mental health is an issue that everyone needs to emphasize and focus on. Through a variety of ways, such as proper emotion management, maintaining a positive mindset and beliefs, self-awareness, and channeling of emotions, as well as seeking professional psychological help and support, people can better retain their physical and mental health and balance, leading to more prosperous and more meaningful life experience.

The Health Belief Model suggests that the greater a person's perceived susceptibility, severity, and perceived benefit, the lower the perceived barriers, the greater the likelihood or motivation to adopt healthy behaviors and vice versa [39]. This theory suggests that people will start healthy habits if they feel that they are at risk for a disease and that the consequences of that disease are severe or painful, and then taking action to maintain healthy habits will avoid those consequences. The barriers to action are minimal [40]. This theory is appropriate for this study because it can help design strategies to encourage people to maintain healthy lifestyles. For example, publicizing that unhealthy habits increase disease risk, emphasizing the consequences of getting sick, health benefits, and accessibility. In this way, people can conceptualize and begin to live a healthy lifestyle.

Self-determination theory suggests that intrinsic motivation has a significant impact on behavior change. Intrinsic motivation encompasses autonomy, competence, and a sense of relatedness [41]. The use of Self-Determination Theory in this study is to show that a person is more likely to make healthy lifestyle choices if they have the opportunity and ability to be autonomous (being able to follow their way of maintaining healthy habits and not facing other obstacles) and increase their sense of relatedness (having someone else or a friend to relate to and talk to about healthy habits) [42]. This fits with the goals and direction of this study, as it involves how social work removes barriers to healthy habits and how psychological work makes people feel more comfortable and happier about engaging in these healthy habits.

## **Conclusion to chapter 1**

A person's lifestyle is of great importance for health. A healthy person can and should build his lifestyle on the positive example of the older generation. The most progressive views today are those of supporters of humanistic psychology. The approach to health of humanistic pedagogy and psychology is a subjective position, which is based on the inherent desire of each person for growth, responsibility for himself and his health.

1. Health psychology studies the role of psychological factors in improving and maintaining health; prevention and treatment of diseases; identification of causes and correlates of health, diseases or dysfunctions, as well as improvement of the health care system and social policy.

2. The main problems of the modern world related to human health include disorders that cause serious disruptions in people's lifestyle, including cancer, diabetes, cardiovascular diseases, alcohol and drug abuse, as well as injuries resulting from road accidents, etc. Such disorders are amenable to prevention by methods of psychological intervention.

3. Methods of changing attitudes are used to understand the factors that influence the careful attitude of individuals to their health. Whether a person practices a respectful attitude towards his health or not depends on his general values related to health; perception of the level of danger to health of a particular disease; awareness of the

effectiveness of a certain course of action in preventing such a disease and a sense of self-efficacy or a sense of one's ability to implement a planned course of preventive or self-corrective actions.

4. A healthy lifestyle is an activity aimed at forming, preserving and strengthening people's health as a prerequisite for the implementation and development of other aspects and aspects of one's own life [38, p. 12-13]. Today, all scientists agree that the idea of a healthy lifestyle is characterized by cultural relativism - a point of view according to which, when understanding and identifying behavior, unique aspects of a particular culture should be taken into account; and culture-bound syndromes should also be taken into account - forms of pathological behavior that are observed only in a certain socio-cultural environment. Considering the health-educational process as a process of purposeful pedagogical influence, it is necessary to remember that its qualitative result is always a comprehensive attitude to the level of one's physical fitness, health, motor and functional capabilities of the body, to oneself as a person as a whole. This result of joint life activities in one time interval leads to the automatic (inevitable, but not forced) formation in the individual of a stable motivation to improve health through physical culture.

## **CHAPTER 2**

### **RESEARCH AND EXPERIMENTAL WORK ON FORMING PERCEPTIONS ABOUT A HEALTHY LIFESTYLE IN ADULTHOOD**

#### **2.1. Methodological principles for forming a responsible attitude of adulthood to their health**

The respondents of this study were middle-aged and older people aged 30 and above. This is because middle-aged and older people have enough life experience and exposure to provide more comprehensive and better answers [43]. They are more authoritative in their thoughts and statements on the subject of health as well as on the topic of lifestyle habits. Undeniably, a more significant percentage of younger people are not health conscious or even aware of how to maintain good health than middle-aged and older people. Therefore, the researchers chose the middle-aged and the elderly as the respondents to ensure more credible answers and results. Middle-aged people are usually working people. Many of them suffer from psychological problems due to work pressure and physical issues due to a lack of good living habits because they are too busy [44]. They are eager or forced to eat fast food, stay up late, and lack exercise because their time is precious. Since they are not as physically fit as they used to be, it would be very effective if some rely on good living habits to maintain their health. In addition, older people have a deep understanding of the importance of good health as their physical functions deteriorate, leading to many physical illnesses [45]. Healthy habits will make them suffer less; adequate sleep and exercise will make their body feel comfortable and



less tormented. As a result of living and facing health problems for a long time, they have more apparent concepts to answer questions [46]. More importantly, they may have experienced psychological issues that they may not be able to solve but can give us some good insights. Overall, middle-aged and older adults have experienced health and ill health and have experienced the process of using healthy habits to get better. The answers provided by middle-aged and older people are more valuable than those offered by younger people who, because they are at their best physically and mentally, experience less illness or discomfort and pay less attention to healthy habits.

Research method means the technique used in this research. This technique is used to solve the research problem or accomplish the research task to achieve the research objectives. The researcher will use the appropriate research methodology to conduct this research. The mainstream research methodology includes surveys, case studies, archival research, and focus groups. Under the mainstream methods, the researcher can also design the whole process as they think best to get the desired results according to the specific research requirements [47]. The current study employs a mixed-methods approach, combining both quantitative and qualitative methods to understand the role of social and psychological work in promoting healthy living habits. This approach was adopted to ensure that the phenomenon's breadth (through quantitative surveys) and depth (through interviews and observational methods) are adequately captured. This study obtained accurate responses from the respondents on this topic by designing the questionnaire questions so that people would consider the

impact of social and psychological work on their healthy lifestyles. The responses of 200 respondents were analyzed, and this data was used to conclude.

As the name suggests, data collection methods are the methods by which the researcher obtains data. Data refers to the information or inputs the researcher can use to get valuable insights to conduct a complete study and get results. The meaning of data is comprehensive and includes the answers provided by the respondents, opinions, and even the body movements and non-verbal meanings displayed by the respondents. Therefore, the usual data collection methods are questionnaires, interviews, observations, and so on [48]. All these ways can get the information that the researcher wants. The researcher needs to choose the data collection method according to the study type and the study's specific requirements. For example, when a study wants a wide range of concepts and answers, the questionnaire method with many respondents is a good idea. However, if the researcher needs in-depth answers and wants valuable or novel findings, narrow but in-depth data collection methods, including interviews and observations, are more appropriate. Once the data is obtained, the researcher must analyze it to gain valuable insights. Otherwise, the data itself can't mean anything. Data can be analyzed in various ways, including content analysis of interviews and observations, quantitative data analysis of questionnaire data (using data analysis software), and so on. The quantitative data from the Google Forms questionnaire was analyzed using SPSS, focusing on descriptive statistics, correlations, and regression analysis. The qualitative data from the interviews was analyzed using thematic analysis,

identifying recurring themes in participants' responses regarding the influence of social and psychological work on their lifestyle choices. Data was collected using Google Forms, a widely accepted online psychological and social research tool.

The questionnaire, designed to measure social support, psychological counseling, and healthy living habits, was distributed via professional networks, university email lists, and healthcare community groups. This method was chosen over social networks to ensure a more controlled and formalized data collection process. In addition to the questionnaire, semi-structured interviews were conducted with 10 participants representing a cross-section of the survey respondents. The interviews explored the more profound psychological impacts of counseling and social support on their health behaviors. Furthermore, an observational study was conducted with a smaller group of participants. This study tracked changes in their exercise habits and psychological well-being over two months following social or psychological interventions. The questionnaire was sent to 391 individuals through social media such as Weibo and QQ. Including the Perceived Stress and Rosenberg Self-Esteem Scale was crucial to evaluating key psychological dimensions of health behaviors. The Perceived Stress Scale assesses how respondents manage stress, directly influencing their capacity to maintain healthy living habits. Similarly, the Rosenberg Self-Esteem Scale measures self-worth, an essential factor in motivation and adherence to healthier behaviors. These scales are well-established in psychological research, ensuring the study's findings are grounded in robust, validated measures. The objective of this study was to obtain some valuable responses from the older population; therefore, the questionnaire was preferred to be distributed to the older population. These people were mainly from Sichuan, China. The researcher waited until there were 200 responses to end the data collection process because 200 responses were enough to give a relatively complete conclusion of the study. The questionnaire asked respondents simple questions about their background,

including age, gender, whether they had a chronic disease, and how often they exercised. Next, the questions in the second section all focused on whether social work was associated with people being able to maintain healthy habits. Finally, the third section focused on whether psychological work was associated with people's ability to maintain healthy habits.

*Table 2.1*

Descriptive Statistics Results age aspect

<b>Age</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	30 – 39 years old	26	13.0	13.0	13.0
	40 – 49 years old	12	6.0	6.0	19.0
	50 – 59 years old	37	18.5	18.5	37.5
	60 – 69 years old	60	30.0	30.0	67.5
	Above 69 years old	65	32.5	32.5	100.0
	Total	200	100.0	100.0	

Firstly, the above data shows that most respondents (62.5%) are elderly people who have reached retirement age. This result is in line with the intended effect of this study, which recognizes that older people value health more than younger people. Therefore, their knowledge and insights in this area are broader, and the answers they give will be of higher quality. However, a comprehensive study cannot be done without the entry of additional data, so some middle-aged people also need to give answers.

*Table 2.2*

**Descriptive Statistics Results gender aspect**

<b>Gender</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	Female	136	68.0	68.0	68.0
	Male	64	32.0	32.0	100.0
	Total	200	100.0	100.0	

In addition, most of the respondents in this study were women, as more of the questionnaires distributed were followed and completed by women. Of the 200 responses, 68 percent were from women, compared to a mere 32 percent from men.

*Table 2.3*

**Respondents' presence of chronic diseases**

<b>Suffering From a Chronic Disease</b>
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		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	No	33	16.5	16.5	16.5
	Yes	167	83.5	83.5	100.0
	Total	200	100.0	100.0	

The vast majority of all respondents suffered from chronic diseases, including hypertension, diabetes, obesity, and so on. This group accounted for 83.5 percent of the total. This shows that the health status of the whole society is not particularly good, and therefore, the value of this study can be more clearly demonstrated.

*Table 2.4*

<b>Frequency of Exercise and Sports</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	General	40	20.0	20.0	20.0
	Habitual	100	50.0	50.0	70.0
	No	12	6.0	6.0	76.0
	Rarely	48	24.0	24.0	100.0
	Total	200	100.0	100.0	

Half of all respondents exercise every day, except for some emergency or sudden situation, such as illness or accident, they keep exercising. In addition, 20% of the respondents said they exercise 1-3 times a week. 24% said they only exercise once a month at the most. Finally, 6% said they never exercise.

*Table 2.5*

Overall level of medical literacy of respondents on health issues

<b>SW1</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	1	3	1.5	1.5	1.5
	2	2	1.0	1.0	2.5
	3	18	9.0	9.0	11.5
	4	41	20.5	20.5	32.0
	5	136	68.0	68.0	100.0
	Total	200	100.0	100.0	

Firstly, when respondents answered the question ‘To what extent does health education provided in your community influence your health choices?’, the majority (68%) indicated a powerful influence. In addition, 20.5% of respondents indicated a strong influence. Only 9% of respondents said they didn't feel much impact, and 2.5% said it was small.

Table 2.6

## The influence of the environment on leading a healthy lifestyle

SW2					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	1	.5	.5	.5
	2	8	4.0	4.0	4.5
	3	21	10.5	10.5	15.0
	4	39	19.5	19.5	34.5
	5	131	65.5	65.5	100.0
	Total	200	100.0	100.0	

Also, when the respondents answered the question, ‘Do you feel that support from your social network (family, friends, community groups) affects your ability to maintain a healthy lifestyle?’ The majority (65.5%) indicated a very strong influence. In addition, 19.5% of the respondents indicated a strong influence. Only 10.5% of the respondents stated they felt little impact, and 4.5% indicated it was minimal.

Table 2.7

SW3					
		Frequency	Percent	Valid	Cumulative



				<b>Percent</b>	<b>Percent</b>
Valid	1	1	.5	.5	.5
	2	9	4.5	4.5	5.0
	3	13	6.5	6.5	11.5
	4	46	23.0	23.0	34.5
	5	131	65.5	65.5	100.0
	Total	200	100.0	100.0	

Next, when respondents answered the question, ‘Do you have access to sufficient resources (healthy food, exercise facilities, healthcare) that enable you to maintain a healthy lifestyle?’, the majority (65.5%) indicated a powerful influence. In addition, 23% of respondents indicated a strong influence. Only 6.5 percent of respondents said they did not feel very strongly, and 5 percent said the impact was minor or insignificant enough to be of concern.

*Table 2.8*

<b>PW1</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	1	1	.5	.5	.5
	2	5	2.5	2.5	3.0
	3	11	5.5	5.5	8.5

	4	41	20.5	20.5	29.0
	5	142	71.0	71.0	100.0
	Total	200	100.0	100.0	

Firstly, when respondents answered the question, ‘Does emotional support from mental health professionals impact your motivation to lead a healthier lifestyle?’, the majority (71%) indicated that this had a powerful impact. In addition, 20.5% of respondents indicated a strong influence. Only 5.5% of respondents said they did not feel much influence, and 3% said it was powerful.

*Table 2.9*

<b>PW2</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	1	3	1.5	1.5	1.5
	2	4	2.0	2.0	3.5
	3	21	10.5	10.5	14.0
	4	36	18.0	18.0	32.0
	5	136	68.0	68.0	100.0
	Total	200	100.0	100.0	

In addition, when respondents answered the question, ‘Do you believe that psychological counseling helps in developing a positive mindset toward adopting healthier behaviors?’, the majority (68%) indicated a powerful influence. In addition, 18% of respondents indicated a strong impact. Only 10.5% of respondents said they did not feel much of an effect, and 3.5% said it was a minimal impact.

*Table 2.10*

<b>PW3</b>					
		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	1	1	.5	.5	.5
	2	9	4.5	4.5	5.0
	3	16	8.0	8.0	13.0
	4	46	23.0	23.0	36.0
	5	128	64.0	64.0	100.0
	Total	200	100.0	100.0	

Lastly, when respondents answered the question, ‘Do you feel more confident in maintaining a healthy lifestyle after receiving psychological support?’ the majority (64%) indicated a powerful impact. Impact. In addition, 23% of respondents indicated a strong influence. Only 8 percent of respondents said they did not feel very strongly, and 5 percent said the impact was minor or not significant enough to be of concern.

Overall, the data from SW1, SW2, and SW3 above clearly shows that most respondents agreed that social work is a crucial step for people to develop healthy habits until they finally succeed in avoiding the emergence of many diseases. Most gave answers of 4 and 5, indicating a very strong agreement with the question. These questions were designed so that the higher the score given by the respondents means that the more they think that the work or activity is essential for people to develop healthy habits. In addition, the data for the PW1, PW2, and PW3 sections are similar in concept. This result clearly shows that most respondents agreed that psychological work is an essential way for people to develop healthy habits until they finally succeed in keeping many diseases at bay. Most gave answers of 4 and 5, indicating a very strong agreement with the question. The respondents believe that psychological factors are also an important reason why people are not able to adhere to healthy habits, and therefore, psychological assistance or counselling is essential for people to develop healthy habits.

## **2.2. Work program for forming ideas about a healthy lifestyle**

The way of life of a person in modern conditions differs from the way of life of most previous generations. Technical progress and the transition from the industrial era to the information era have accelerated the pace of life, created conditions for increasing loads on a person, and changed all human life activities. Therefore, more and more people strive for a healthy lifestyle. Even a new social ideal has appeared among the elite strata of society - it has become prestigious and “fashionable” to be healthy, to spend both time and material resources on one’s health. Health is considered a basic life

value that allows one to be a successful person. And the health of society is assessed as a national resource for economic development, a healthy lifestyle acts as a socio-economic category.

In general, health was, is and will be a significant value regardless of time, place and social way of life. Health is the highest value of society, since society can be healthy only when the vast majority of people in it are healthy.

According to WHO, health is not only the absence of diseases, but also the physical, social and psychological well-being of a person. WHO experts have identified the ratio of various factors that ensure human health:

- heredity (genetic factors) - 15-20%;
- environmental conditions and climate - 20-25%;
- medical care - 10-15%;
- conditions and lifestyle - 50-55%.

So, a healthy lifestyle is the leading factor in ensuring human health.

What is a healthy lifestyle? Since the main quality of the human body is homeostasis, the balance of all metabolism in accordance with human activity, a healthy lifestyle can be defined as maintaining a balance of the psyche, activity and physical condition of a person. And balance is the same "golden mean".

So, for a healthy lifestyle, it is important to maintain a balance of mind, psyche and body, that is:

- your feelings, thoughts, emotions;
- physical activity - work and rest;
- food intake and its assimilation.

A healthy lifestyle is a prerequisite for respondents to grow spiritually and physically perfect.

The purpose of the program:

- to help respondents form a concept of a healthy lifestyle;

- to develop their views on hardening, nutrition, lifestyle;
- to form in them a desire to take an active life position;
- to cultivate a careful attitude towards nature and the environment.

The main tasks are:

- to prove the priorities of health among other human values and the negative impact of harmful habits on human well-being;
- to help determine one's own spiritual values and orientation towards a healthy lifestyle;
- to involve social and psychological service workers, medical workers, law enforcement officers, and public organizations in cooperation on issues of a healthy lifestyle;
- to form in the respondents stable beliefs about the priority of health as the main condition for the realization of a person's physical, mental, social, and spiritual potential, taking into account their individual characteristics;
- to cultivate in them a careful, caring and conscious attitude towards their own health as one of the highest human values, the need for self-knowledge and comprehensive self-improvement;
- to develop life skills of the subjects, aimed at encouraging them to lead a healthy lifestyle.

The program consists of four sections:

1. Health is not everything, but everything without health is nothing;
2. We should eat not what we have, but what we need to eat;
3. Living beautifully and living in harmony with nature are the same;
4. Behavior is a mirror in which everyone shows their face.

Methods and forms of work:

conversations;

training sessions;

seminars;

communication hours;

round tables;

press conferences;

quizzes

questionnaires, testing;

issue of wall newspapers;

viewing of videos;

activities involving medical professionals, law enforcement officers, social and psychological services and public organizations.

Expected results:

formation of a conscious attitude towards the physical, mental and spiritual health of everyone;

- acquisition by respondents of knowledge, skills, and habits of conscious, positive behavior;

disclosure of the abilities of the subjects studied, positive aspects of the personality;

awareness of responsibility for one's actions;

formation of the individual as an active creator of one's destiny.

development of a clear idea of the formation of the principles of a healthy lifestyle, the importance of rational nutrition in the system of a healthy lifestyle and a value-based attitude towards nature and the environment.

### 2.3. Quantitative analysis and interpretation of the results of the psychological and pedagogical study

To test the hypothesis that there is a positive relationship between social work and psychological work on healthy living habits, a Pearson correlation analysis and a multiple regression analysis were performed using the survey data. The Pearson correlation test was used to explore the strength and direction of relationships between variables such as social work support, psychological counseling, and healthy living habits. The multiple regression analysis was conducted to further examine the predictive power of these variables on the dependent variable, exercise frequency.

*Table 2.11*

Correlation Matrix of Social and Psychological Work Variables

Variable	SW1	SW2	SW3	PW1	PW2	PW3
<b>SW1</b>	1.000	0.451	0.501	0.563	0.354	0.308
<b>SW2</b>	0.451	1.000	0.544	0.500	0.372	0.445
<b>SW3</b>	0.501	0.544	1.000	0.616	0.350	0.407
<b>PW1</b>	0.563	0.500	0.616	1.000	0.323	0.344
<b>PW2</b>	0.354	0.372	0.350	0.323	1.000	0.690
<b>PW3</b>	0.308	0.445	0.407	0.344	0.690	1.000

The Pearson correlation analysis revealed several moderate relationships between social work and psychological work variables. Notably:



- SW3 (Access to Resources) showed a moderate positive correlation with PW1 (Emotional Support Impact),  $r = 0.616$ ,  $p < .01$ . This suggests that better access to social resources is associated with greater emotional support, aligning with the hypothesis that social work interventions can positively influence psychological well-being.
- PW2 (Counseling for Positive Mindset) was highly correlated with PW3 (Confidence after Psychological Support),  $r = 0.690$ ,  $p < .01$ . This implies that psychological counseling significantly impacts individuals' confidence in maintaining healthy habits, a key component of healthy living behavior.

Overall, the correlations indicate a positive association between social and psychological interventions, supporting the hypothesis that these factors are interrelated in promoting healthy living habits.

*Table 2.12*

Multiple Regression Analysis for Healthy Living Habits

Variable	B (Unstandardized Coefficient)	Std. Error	t-value	P-value
Constant	3.702	0.517	7.156	0.000
SW1	0.017	0.108	0.159	0.874

<b>SW2</b>	-0.226	0.103	-2.200	0.029
<b>SW3</b>	0.090	0.114	0.792	0.429
<b>PW1</b>	0.111	0.128	0.864	0.389
<b>PW2</b>	-0.010	0.112	-0.089	0.929
<b>PW3</b>	-0.113	0.117	-0.965	0.336

The multiple regression analysis tested whether social and psychological work factors significantly predicted exercise frequency (used as a proxy for healthy living habits). The model, however, explained only a small portion of the variance in exercise frequency ( $R^2 = 0.044$ ,  $p > .05$ ), suggesting that these factors alone may not fully account for healthy living behaviors.

- SW2 (Social Support Impact) was the only statistically significant predictor ( $B = -0.226$ ,  $p = 0.029$ ), but interestingly, it was negatively associated with exercise frequency. This finding suggests that higher levels of social support might reduce the frequency of exercise, possibly indicating a reliance on social systems that reduces personal responsibility for physical activity.
- Other variables, such as SW1 (Health Education), PW1 (Emotional Support), and PW3 (Confidence after Psychological Support), did not significantly predict exercise frequency,  $p > .05$ . This may indicate that while these factors are beneficial, their direct influence on physical activity habits may require more nuanced or long-term measures to become evident.

## **Conclusions to chapter2**

Most of this study's respondents comprised middle-aged and older persons. This is because middle-aged and older people are more experienced and have been exposed enough to give better and more comprehensive answers. They opine and state more authoritatively on the subject of health or any subject related to the regulation of their lifestyle. Older people, especially the middle-aged, are aware of both healthy and unhealthy health and have gone through the process of improving their health. The answers given by middle-aged and older people are more important than those given by young people who are in perfect health and thus are less bothered by any ailment or discomfort and are made to be more conscious of a healthy lifestyle. This study used a questionnaire to obtain responses and opinions from a broader range of respondents. A total of 200 respondents answered this questionnaire. By analyzing the number of respondents, the researchers found that most respondents indicated that both social work and psychological work are equally important for people to maintain healthy habits. Social and psychological work should go hand in hand to support people in developing healthy habits and becoming physically and mentally healthier. The correlation and regression analyses provide mixed support for the hypothesis. While social and psychological work factors are moderately correlated, their direct effect on healthy living habits (exercise frequency) is limited. These findings suggest that while social and psychological work are related, additional factors or more direct interventions may be needed to influence health behaviors such as exercise strongly. The results from both the

qualitative and quantitative methods underscore the complex relationship between social and psychological work and healthy living habits. While social support plays a role, its influence on behaviors, such as exercise frequency, appears to vary. Some evidence suggests that high social support may reduce personal responsibility for maintaining healthy habits. This highlights the need for targeted interventions that balance social and psychological support with individual accountability to sustain long-term health improvements.

## **CHAPTER 3**

### **EFFECTIVENESS OF SOCIAL AND PSYCHOLOGICAL WORK IN SHAPING HEALTHY LIFESTYLE**

#### **3.1 Social support and environment to promote mental health**

In recent years, as people have become more aware of healthy lifestyles, advocating healthy lifestyles as a preventive function of social and psychological work has attracted much attention. In China, more studies and practices have shown that advocating a healthy lifestyle plays an important role in preventing and intervening in a series of psychological problems and diseases. First, in terms of mental health, advocating a healthy lifestyle can help people reduce the occurrence of psychological problems such as anxiety and depression. For instance, surveys conducted by Li Miao and other college students established that it is possible to reduce mental health problems through dieting, exercise, and sleep education programs [56]. Furthermore, increasing concern and desire towards proper mental health both from the public and the authorities also contribute to making people cope with such psychologies better and become more psychologically prepared and capable of facing different adversities. Second, according to Zou Hua and other researchers who completed research on middle-aged and older individuals, it was discovered that the incidence of chronic diseases in the middle-aged and older population could significantly be prevented by combating activities such as exercising, healthy dieting, and sleep education [57]. In addition,

raising people's awareness of and attention to their physical health and advocating healthy lifestyles can also help people better master the methods and skills of self-health management and improve their physical fitness. Finally, Li Kailing stated that advocacy for good health can also be employed in prevention in working with the community. For instance, in community intervention, aspects like healthy diet, exercise, and sleep education help the residents develop a good concept of health and enhance the quality of their lives and the ability to cope with social demands [58].

Furthermore, enhancing people's concerns and concerns with social issues and promoting healthy life modes can also enable them to play a more effective role in social construction as well as public affairs and enhance their sense of social responsibility and civil quality.

Zhang Zhongqin advocated for the idea of 'total health' from the point of view of social work. She believes that a healthy lifestyle includes physical, mental, and social health [59]. He pointed out that social work should focus on promoting public health from various aspects, including providing medical and health services, conducting health education, and providing psychological counseling. She also suggested that social workers should actively participate in community services and public health programs to provide more comprehensive and effective health services to the public. In conclusion, advocating healthy lifestyles as a preventive function of social and psychological work has important practical significance and research value. In the future, we should further

strengthen relevant research and practice to promote national health and social development

With the rapid development of modern society, more and more people are facing unhealthy lifestyle problems. These lifestyle problems may lead to many chronic diseases, psychological issues, and other health problems. To solve these problems, more and more researchers have begun to pay attention to the preventive function of social and psychological work in promoting healthy lifestyles. In foreign countries, promoting healthy lifestyles as a preventive function of social and psychological work has received extensive attention and research. Several research works have demonstrated that most chronic illnesses, together with mental disorders, can be averted by incorporating physical activities into one's lifestyle. First, much of the research has been conducted in relation to the influence of appropriate diet and exercise on the physical well-being of an individual. For instance, Lithander and others noted that adopting a nutritious diet, such as the Mediterranean diet, decreased the risks of cardiovascular diseases and diabetes [60]. Additionally, Yu and others stated that moderate-intensity aerobic exercise performed for 150 minutes per week significantly lowered the risks of depression and anxiety [61]. From these outcomes, it can be concluded that most of the physical and mental illnesses can be avoided by alterations in the diet plan and including some exercises.

Secondly, some research studies have been aimed at identifying the relationship between the level of social support and mental health. For instance, Szkody and others

have it that social support minimizes stress or any form of anxiety, which, in essence, promotes mental health [62]. Further, the study established that social support positively correlates with self-efficacy in practicing health-promoting behaviors, such as smoking cessation and alcohol moderation. As such, the present findings imply that social support can be an essential protective measure for mental health mental health promotion, and the prevention of mental health issues has been the subject of emphasis in some studies. For example, Javed and others observed that there is less prevalence of mental health problems if there is a provision for mental health education to enhance what people know about mental health [63]. They also identified that education in mental health is effective at decreasing the severity of mental health problems and enhancing an individual ability to cope with mental health issues. From these findings, it can be concluded that one of the preventional functions of social and psychological work is the promotion of health-oriented education concerning mental illness pathology. Most of the physical and mental disorders can be alleviated and, at times, prevented by altering the diet and increasing physical activity. Social support can play an essential preventive role in mental health. Mental health education can reduce the incidence of mental health problems by increasing individuals' awareness and understanding of mental health issues. These findings strongly support promoting healthy lifestyles as a preventive function of social and psychological efforts.

According to previous findings, social and psychological work helps others develop healthy habits. This cultivation is accomplished by reducing the



hindrances to healthy life habits. For example, many of life's difficulties and inconveniences can affect a person's motivation, willingness, and ability to maintain healthy habits. If their problems are not removed or mitigated, focusing on maintaining healthy living habits will be difficult because they have more important tasks to accomplish. Therefore, there is a significant positive correlation between social work and healthy living habits because social work aims to reduce people's burdens and hindrances. When hindrances are reduced, HBM has clearly articulated that if people are aware of the probability and consequences of illness, they will adopt healthy habits to avoid illness. Similarly, psychological work can help people avoid harmful mental activities in terms of inner thoughts to minimize the unhealthy consumption of these negative thoughts that lead to loss of interest in health. The significance of the results of this study on this topic is significant and is a conclusion that is in line with other research findings and theoretical frameworks. Through the results of this study, we can know that social work and psychological work are significant because both affect people's health and the overall standard of living.

### **3.2 Recommended strategies to promote healthy lifestyle social and psychological work**

Social work encompasses health education campaigns, improving the social environment, and formulating policies and regulations. For example, the salvation of

people with a substance use disorder, the relief of those in need of life assistance, the help of those who are unemployed to meet their living needs, and so on. Similar sufferings can cause those people to be unable to maintain healthy habits or even an everyday life because the resistance they face in life is enough to make them struggle to cope with it. When social workers are working hard to help ease the burden of their lives, these social work programs can significantly improve people's healthy living habits. These social work programs give people more opportunities or energy to implement healthy lifestyles, improve their health, and avoid physical and mental illnesses.

In modern society, health problems have become the focus of people's attention, and social workers play an essential role in helping people improve their lifestyles. Spreading health knowledge and information can help people understand the importance of health and improve their health awareness and self-care ability [64]. First, spreading health knowledge and information can help people understand the importance of health [65]. Health means the absence of disease and the complete harmony of body, mind, and society. When social workers help people improve their lifestyles, they teach them health knowledge and tell them how to maintain physical, mental, and social health. This knowledge can help people realize that health is essential to their lives, thus stimulating their enthusiasm for actively maintaining health. Secondly, spreading health knowledge and information can improve people's self-care ability. When social workers help people improve their lifestyles, they pay attention to their physical health mental health and

social health [66]. They will teach people self-care skills, such as how to maintain good eating habits, how to exercise correctly, and how to adjust emotions. These skills can help people better protect their health and improve their self-care ability. Finally, spreading health knowledge and information can help people develop good living habits [67]. Good living habits are essential for keeping healthy. When social workers help people improve their lifestyles, they will teach them how to develop good living habits, such as going to bed on time, eating on time, not smoking, and drinking less. These habits can help people maintain a healthy lifestyle and reduce the risk of illness. In a word, spreading health knowledge and information is one of the preventive functions of promoting a healthy lifestyle in social work. By spreading health knowledge and information, social workers can help people understand the importance of health, improve their self-care ability, and develop good living habits. This will help people to prevent health problems and improve their quality of life.

### **Cultivate Healthy Behaviors and Habits**

The preventive function of promoting a healthy lifestyle in social work, especially cultivating healthy behaviors and habits, is of great significance for maintaining the health of individuals and society. In social work, the prevention function is one of the cores, which emphasizes preventing problems by taking measures in advance rather than intervening after problems appear. The preventive function is mainly reflected in cultivating healthy behaviors and habits. First, cultivating healthy behaviors and habits is the key to preventing diseases and maintaining good health. Many diseases are related to

unhealthy lifestyles, such as lack of exercise, unhealthy diet, smoking, and drinking [68]. People can reduce the risk of these diseases by cultivating healthy behaviors and habits and improving their health. Secondly, cultivating healthy behaviors and habits is helpful to improve the level of mental health [69]. Mental health is closely related to physical health, and many psychological problems are also associated with immoral lifestyles. By cultivating healthy behaviors and habits, people can improve their mental health and reduce the occurrence of psychological problems such as anxiety and depression. In social work, there are many ways to cultivate healthy behaviors and habits. First, social workers can teach people health knowledge and skills through education and publicity activities to help them understand how to develop healthy behaviors and habits [70]. Secondly, social workers can provide psychological counseling and support services to help people solve health-related problems and provide necessary guidance and help [71]. In addition, social workers can also cooperate with the community to organize various health activities, such as fitness, yoga, nutrition lectures, etc., to provide people with more health choices and opportunities [72]. In a word, the preventive function of promoting a healthy lifestyle in social work, especially cultivating healthy behaviors and habits, is of great significance for maintaining the health of individuals and society. Through the efforts and cooperation of social workers, we can help more people establish a healthy lifestyle and improve their quality of life.

### **Provide Healthy Working and Living Conditions**

The preventive function of promoting healthy lifestyles in social work includes cultivating healthy behaviors and habits and providing healthy working and living conditions. In modern society, working and living conditions significantly influence people's health. Many diseases and health problems are related to the working and living environment. First, social work can focus on a healthy workplace environment. Improving ventilation, lighting, noise, and other environmental factors can reduce occupational diseases and work-related injuries [73]. At the same time, social work can also encourage enterprises to establish a health management system and provide necessary health protection measures, such as regular physical examination and health insurance, to ensure employees' health at work. Secondly, social workers can focus on improving the living environment [74]. Through community construction and transformation, we will provide a safe, comfortable, and convenient living environment and reduce the risk of environmental pollution and disease transmission. Strengthening community greening, improving public facilities, and providing clean water are all effective measures to improve the living environment.

In addition, social work can also pay attention to the construction and maintenance of public health facilities [75]. By strengthening the medical and healthcare system, improving public health facilities, and improving medical services, we will provide better health protection and services for people. At the same time, social work can promote health education and publicity activities and improve people's health awareness and self-care ability. In a word, providing healthy working and living

conditions is one of the essential preventive functions of promoting a healthy lifestyle in social work. By improving the working and living environment, strengthening the construction and maintenance of public health facilities, and promoting health education and publicity activities, we can create better health protection and services for people, prevent diseases, and improve the quality of life.

### **Promote Healthy Social and Support Networks**

Socialization and support networks are important psychological and social resources in people's lives and play an important role in maintaining their physical and mental health. By promoting healthy social networking and support networks, social work can help people build good interpersonal relationships, enhance social support and sense of belonging, and prevent psychological and social problems. First, social work can provide opportunities and platforms to promote people's participation in social activities [76]. Organizing various social activities, such as group activities, interest groups, and community gatherings, gives people more opportunities to communicate, interact, and support. These activities can enhance people's social skills, help them build good interpersonal relationships, and improve their social adaptability. Secondly, social work can provide support and counseling to help people build a healthy support network [77]. A support network includes family, friends, community, and other resources that can provide people with emotional, material, and information support. Social workers can help people understand how to seek and support their own support network by providing psychological counseling, education, and training and improving the quality and stability

of the support network. In addition, social work can also promote people's social integration and support by providing a sense of belonging and participation [78]. A sense of belonging is one of the essential psychological needs in people's life. By participating in community activities and joining group organizations, people can feel they belong to a meaningful whole and enhance their sense of social integration and belonging. This helps to reduce the occurrence of psychological problems such as loneliness and depression and improves people's mental health. Promoting healthy socialization and support networks is a preventive function of promoting a healthy lifestyle in social work. By providing social opportunities, establishing support networks, and enhancing the sense of social integration and belonging, we can help people develop good social and support networks, prevent psychological and social problems, and improve their quality of life. To sum up, the preventive functions of promoting a healthy lifestyle in social work include cultivating healthy behaviors and habits, providing healthy working and living conditions, and promoting healthy social interaction and support networks. These preventive functions are interrelated and encourage each other, which can help people build a healthy lifestyle, prevent diseases and psychological problems, and improve their quality of life. At the same time, these preventive functions must be explored and enhanced to better adapt to social changes and people's needs.

### **Restrict Harmful Products and Behaviors**

Many products and services people come into contact with daily may negatively impact their health. These harmful products and behaviors may include unhealthy food,

tobacco and alcohol products, and unsafe medical and beauty services. By limiting these harmful products and behaviors, social work can further promote the preventive function of healthy lifestyles. First, social workers should pay attention to food safety [79]. By strengthening food safety supervision and cracking down on illegal vendors and fake and shoddy food, people can ensure that they can buy safe and healthy food. At the same time, social work can also promote popularizing food nutrition knowledge and improve people's food safety awareness and self-protection ability. Secondly, social workers can pay attention to the restriction of tobacco and alcohol products [80]. Tobacco and alcohol are some of the main factors leading to many health problems, such as lung cancer, heart disease, and liver disease. By strengthening the supervision of tobacco and alcohol products, restricting their production and sales, and carrying out related education and publicity activities, social work can help people reduce their dependence on tobacco and alcohol and prevent the occurrence of associated diseases.

Furthermore, social workers can also pay attention to the safety of medical and beauty services [81]. Many irregular and unsafe practices exist in the medical and beauty service industry, such as illegal medical practices and false propaganda. By strengthening supervision and law enforcement and cracking down on illegal medical practices and false propaganda, social workers can protect the rights and interests of consumers and reduce the health risks caused by unsafe services. In a word, restricting harmful products and behaviors is one of the essential preventive functions of promoting a healthy lifestyle in social work. By strengthening food safety supervision, limiting the



production and sale of tobacco and alcohol products, and paying attention to the safety of medical and beauty services, we can create a healthier and safer living environment for people and prevent health problems caused by harmful products and behaviors. To sum up, the preventive functions of promoting healthy lifestyles in social work include cultivating healthy behaviors and habits, providing healthy working and living conditions, promoting healthy social interaction and support networks, and restricting harmful products and behaviors. These preventive functions are interrelated and encourage each other, which can help people build a healthy lifestyle, prevent diseases and psychological problems, and improve their quality of life. At the same time, these preventive functions must be explored and enhanced to better adapt to social changes and people's needs.

### **Support the Implementation of Health Promotion Measures**

Health promotion refers to encouraging people to adopt healthy behaviors and lifestyles through various measures to prevent diseases and improve the quality of life. Social work can help people build a healthy lifestyle and prevent diseases and psychological problems by supporting the implementation of health promotion measures.

First, social work can provide health education and publicity activities [82]. Through various health education activities, such as lectures, training, brochures, etc., people are taught health knowledge and skills, improving their health awareness and self-care ability.

At the same time, social work can also address the health needs of specific groups, such as the elderly, children, and patients with chronic diseases, and provide them with targeted health education and publicity activities [83]. Secondly, social work can promote the formulation and implementation of health promotion policies [84]. By participating in the policy-making process, suggestions and opinions on health promotion are put forward, and the government and all sectors of society are encouraged to attach importance to and support health promotion.

At the same time, social work can also assist the government and relevant departments in implementing health promotion policies, such as public health projects and health promotion plans, to ensure the smooth implementation of policies and achieve the expected results. In addition, social work can also provide psychological support and counseling services [85]. In cooperation with mental health professionals, we will provide psychological counseling, crisis intervention services, and psychological support for those in need to help them solve their psychological problems and improve their mental health. Meanwhile, social workers can also pay attention to the publicity and education of mental health and improve people's understanding and attention to mental health. Finally, social work can encourage people to actively participate in health promotion activities by organizing various activities, such as fitness competitions, healthy diet promotion, and mental health lectures, to form good living habits and healthy lifestyles [86]. In a word, supporting the implementation of health promotion measures is one of the essential preventive functions of promoting a healthy lifestyle in

social work. By providing health education, promoting policy formulation and implementation, providing psychological support and counseling services, and organizing health promotion activities, we can help people build healthy lifestyles, prevent diseases and psychological problems, and improve their quality of life. At the same time, these preventive functions must be explored and enhanced to better adapt to social changes and people's needs.

Psychological work is concerned with internalizing or encouraging people's thoughts or mentalities so that they are willing and able to choose healthy lifestyle habits. This includes providing mental health support and counseling, promoting positive mental health, and preventing mental health problems, for example, helping individuals to cope with stress and emotional issues, providing psychoeducation and skills training, fostering positive emotions and mindsets, enhancing self-identity and self-esteem, providing early intervention and prevention, and providing social support and environments that promote mental health. Psychological and social work share the same importance, as the resistance people face in their habits comes from internal and external sources.

The preventive function of promoting a healthy lifestyle in psychological work is significant in helping individuals cope with stress and emotional problems. In the fast-paced modern society, people often face all kinds of stress and emotional issues, such as work stress, interpersonal issues, anxiety, depression, and so on. If these stress and emotional problems are not dealt with in time and effectively, they will hurt the physical

and mental health of individuals. Therefore, it is essential for psychological work to help individuals cope with stress and emotional problems in the preventive function of promoting a healthy lifestyle. First, psychological work can help individuals identify and understand their own stress and emotional problems [87]. Through psychological counseling, psychological evaluation, and other means, individuals can better understand their emotional state and sources of stress so as to take targeted measures. At the same time, psychological work can also provide relevant knowledge and skills to help individuals learn how to manage their emotions and cope with stress. Secondly, psychological work can provide emotional support and counseling [88]. When facing pressure and emotional problems, individuals often feel lonely and helpless. Psychological work can provide emotional support and psychological counseling, help them establish a positive psychological state, and enhance their self-confidence and self-adjustment ability.

At the same time, psychological work can also provide professional psychological counseling and treatment services to help individuals solve deep-seated psychological problems. In addition, psychological work can also help individuals to establish a healthy lifestyle [89]. By changing bad habits and behaviors, such as excessive drinking, smoking, irregular work, and rest, individuals can reduce the occurrence of stress and emotional problems. At the same time, psychological work can also encourage individuals to actively participate in social activities, exercise, maintain good eating habits, etc., which can help alleviate stress and emotional problems. Finally,

psychological work can provide individuals with social support and resource links [90]. In the face of stress and emotional problems, individuals often need more social support and resource links. Psychological work can provide individuals with relevant social resources and support networks, such as psychological counseling centers, mental health hotlines, volunteer organizations, etc., to help them get more help and support. In a word, the preventive function of promoting a healthy lifestyle in psychological work is essential in helping individuals cope with stress and emotional problems. By identifying and understanding stress and emotional issues, providing emotional support and psychological counseling, helping to establish a healthy lifestyle, and providing social support and resource links, we can help individuals better cope with stress and emotional problems and promote physical and mental health development.

### **Provide Psychological Education and Skills Training.**

The preventive function of promoting a healthy lifestyle in psychological work is significant for improving individual psychological quality and coping ability by providing psychological education and skill training. First of all, psychological education is an integral part of promoting a healthy lifestyle [91]. Through psychological education, individuals can understand the basic knowledge of mental health and realize its importance, thus paying more attention to their mental health. Psychological education can also help individuals understand the causes and coping methods of various stress and emotional problems and improve their self-awareness and emotional management ability. Secondly, skills training is essential to promoting a healthy lifestyle

[92]. Through skill training, individuals can learn various skills and methods to deal with stress and emotional problems, such as relaxation skills, communication skills, coping strategies, etc. These skills and methods can help individuals better cope with the challenges and pressures in life and improve their coping ability and psychological quality.

Psychological education and skill training complement and promote each other in psychological work. Psychological education can provide a theoretical basis and guiding direction for skill training, while skill training can transform theoretical knowledge of psychological education into practical operation ability. Through psychological education and skill training, individuals can better master the skills and methods of coping with stress and emotional problems and improve their psychological quality and coping ability. In addition, psychological education and skills training can also help individuals to establish positive attitudes and values [93]. Through study and practice, individuals can gradually form cheerful, optimistic, and confident life attitudes and values, thus paying more attention to their physical and mental health and facing the challenges and pressures in life more actively. Finally, psychological education and skill training can also help individuals to establish good interpersonal relationships [94]. Through study and practice, individuals can master better communication skills and coping strategies to get along with others better and develop good interpersonal relationships. Good interpersonal relationships can provide more support and help individuals better cope with life's challenges and pressures. The preventive function of

promoting a healthy lifestyle in psychological work plays a vital role in providing psychological education and skill training. Through the combination of psychological education and skill training, we can help individuals better cope with stress and emotional problems, improve their psychological quality and coping ability, and thus promote physical and mental health development.

Positive emotions and mentality can help individuals cope with life's challenges and pressures and improve their psychological quality and coping ability. At the same time, positive emotions and mentality can promote mental health and happiness and make individuals more optimistic, confident, and satisfied [95]. In psychological work, we can cultivate positive emotions and mentality through various methods. First, we can understand the individual's emotional state and psychological characteristics through psychological consultation and evaluation to take targeted intervention measures [96]. Secondly, cognitive behavioral therapy, emotional therapy, and other psychotherapy methods can help individuals change their wrong ways of thinking and emotional adjustment to cultivate positive emotions and mentality. In addition, individuals can be helped to cultivate positive emotions and mentality through self-cognition and self-regulation [97]. In cultivating positive emotions and mentality, we should also pay attention to the following points. First, we should respect the individual's emotional experience and psychological state and not force individuals to accept certain emotions or mentality [98]. Secondly, we should pay attention to individual emotional needs and psychological problems and provide necessary support and help [99]. Finally, individuals

should be encouraged to actively participate in social activities, exercise, and maintain good eating habits, which will help alleviate stress and emotional problems and, at the same time, cultivate positive emotions and mentality. The preventive function of promoting a healthy lifestyle in psychological work plays a vital role in cultivating positive emotions and mentality. Cultivating positive emotions and mentality through various methods can help individuals better cope with the challenges and pressures in life, improve their psychological quality and coping ability, and thus promote physical and mental health development. At the same time, positive emotions and mentality can also enhance individual happiness and quality of life, making individuals more optimistic, confident, and satisfied. Therefore, we should pay attention to cultivating positive emotions and mentality to promote physical and mental health development.

### **Conclusion to chapter 3**

Overall, it is not surprising that this topic has gained a great deal of attention from researchers from the past to the present since it concerns the quality of life and happiness index of all of us. From the past to the present, a large number of studies have found a variety of meaningful results, including the fact that healthy habits can help avoid the onset or severity of disease in a variety of ways. People are less likely to get sick if they follow healthy habits, and vice versa. These studies include both domestic and foreign ones, showing their popularity. In addition, this study focuses on whether social work and psychological work will bring a significant impact on people's choice of healthy



habits. Through content analysis, the results confirm that social work and psychological work are effective in helping people remove various obstacles to healthy lifestyle habits and make it easier for them to achieve them in a more relaxed manner. It also shows that many people do not want to live a healthy life, but they are affected by many negative things, so there is an urgent need for appropriate social work and psychological work to help them reduce the burden to get back their health. Social work involves conducting health education campaigns, improving the social environment and developing policies and regulations. For example, the redemption of certain addicts, the relief of those who are in need of assistance, and helping the unemployed to meet their needs. Psychological work involves counseling and encouraging people's inner thoughts and minds so that they are willing and able to choose healthy habits. This includes providing mental health support and counseling, promoting positive mental health and preventing mental health problems. Examples include helping individuals cope with stress and emotional problems, providing psychoeducation and skills training, fostering positive emotions and mindsets, enhancing self-identity and self-esteem, providing early intervention and prevention, and providing social support and environments that promote mental health. Strategies and measures to promote healthy lifestyles include government interventions, education and public awareness campaigns, social support and mutual aid mechanisms, and methods and skills to change individual behaviors.

## **CONCLUSIONS**

As a result of the analysis of the problem of effective organization of the process of forming ideas about a healthy lifestyle in adults, the following conclusions were formulated.

1. A healthy lifestyle involves the knowledge and ability to adhere to the work and rest regime, personal hygiene rules, the definition and mandatory implementation of an optimal motor regime, a balanced diet, awareness of the harmfulness of drug use, alcohol, tobacco, and a humane attitude towards others. A healthy lifestyle is associated with the definition and use of health technologies of an individual health system that affects the spiritual, mental and physical aspects of health (self-massage, hardening, breathing exercises, autogenic training, self-education, etc.).

2. A healthy lifestyle as a complexly structured system contains three main interrelated and complementary elements: a culture of nutrition, a culture of movement, and a culture of emotions. These areas should become leading in the work on the formation of ideas about a healthy lifestyle.

3. This study used case studies as the research methodology to find out the deeper answers to the social and psychological aspects that influence people to adopt healthy living habits. Interviews were used to collect data for this study because the study wanted to obtain more public information and data to develop novel findings. Through the interviews, this study was able to go on to get meaningful new ideas from the content of the respondents' answers. After that, the researcher needs to collect all the responses

and analyze them to understand the problems and solutions to healthy living habits. The first step of this research process is to interview all the participants. The second step is to begin the process of transcribing and organizing all the complete texts. After that, content analysis was used to analyze the content obtained. Finally, once the complete content analysis results are obtained, they need to be interpreted to refine the results of this study.

4.From the past to the present, a large number of studies have found a variety of meaningful results, including the fact that healthy lifestyle habits will help avoid the onset or severity of disease in many forms. This study, on the other hand, focuses on whether or not social work and psychological work will bring about a significant impact on people's choice of healthy habits. Through content analysis, the results confirmed that social work and psychological work can be effective in helping people to remove various obstacles to healthy lifestyle habits, allowing them to achieve them in a more relaxed manner. It also shows that many people do not want to live a healthy life, but they are affected by many negative things, so there is an urgent need for appropriate social work and psychological work to help them reduce their burden to find health.

5.The promotion of healthy lifestyles as a preventive function of social and psychological work is important in improving public health. Social work encompasses conducting health education campaigns, improving the social environment and formulating policies and regulations. For example, the salvation of certain addicts, the

rescue of those who need assistance in life, helping those who are unemployed to meet their living needs and so on.

6. Psychological work involves counseling and encouraging people's inner thoughts and minds so that they are willing and able to choose healthy habits. This includes providing mental health support and counseling, promoting positive mental health and preventing mental health problems. For example, helping individuals to cope with stress and emotional problems, providing psychoeducation and skills training, fostering positive emotions and mindsets, enhancing individual self-identity and self-esteem, providing early intervention and prevention, and providing social support and environments that promote mental health. To further promote healthy lifestyles, a range of strategies and measures are needed.

7. These include government intervention, education and publicity campaigns, social support and mutual help mechanisms, and methods and skills for individual behavioral change. These measures can help enhance public understanding and awareness of healthy lifestyles and promote positive lifestyle choices, thereby improving overall health. In summary, the promotion of healthy lifestyles, as a preventive function of social and psychological work, is of great significance in improving public health. It is necessary to adopt a series of strategies and measures to promote healthy lifestyles. These measures will help to raise public awareness of and concern for healthy lifestyles and promote positive lifestyle choices, thereby improving overall health.

