



**Palichuk Y.**  
**STRENGTHENING THE HEALTH  
OF STUDENTS DURING INDEPENDENT PHYSICAL EDUCATION**

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Global scientific and technological development and information progress at the turn of the millennium has led to a significant change in the role and place of physical education in society. There is a decrease in the level of physical health of students, an increase in morbidity, a decrease in their level of physical fitness and physical activity. So, one of the most acute problems today is the improvement of the health and physical condition of students.

Analysis of scientific and methodological literature on health, physical activity, level of physical fitness and motivation of students to independent physical education has shown that the priorities of the modern education system is to preserve and strengthen student health. Insufficiently studied aspects of this problem include the search for rational approaches to involving students in systematic independent physical education classes for rehabilitation, as well as taking into account their needs and interests in the course of independent activity.

It should be noted that students' lack of knowledge about the organization of independent activity reduces their interest in independent physical activity, sharply reduces the effectiveness of teaching and education, prevents instilling in students a positive attitude and the need for systematic independent physical education.

Preparing students for self-study should begin with a clear provision of knowledge to students about the purpose and objectives of a particular self-study, the gradual armament of knowledge about the system of self-training, instilling the necessary technical and organizational skills.

Self-study can include different content: performing exercises aimed at developing physical qualities, performing elements of motor skills, repetition, improving skills and abilities.

Summing up the above, we can highlight the following provisions: analysis of literature data showed that the existing system of physical culture and health work in secondary schools does not solve the main tasks assigned to it, does not provide the necessary level of health and physical development of students, does not form students' needs for a healthy lifestyle, interest in independent physical culture and health activities; analysis of literature sources indicated that physical activity is one of the main factors in improving the physical condition of students. At the same time, the amount of physical activity and physiologically justified loads to improve the health of students are not provided by their lifestyle and organization of physical education in secondary schools; many studies indicate the presence of various abnormalities in the health and physical development of students, which is considered a consequence of insufficient motor mode; one of the ways to increase the efficiency of the process of physical education of students is the implementation of fundamentally new learning technologies aimed at improving health and improving the level of physical fitness.

**Pavliuk O.O.**  
**METHODS OF PREVENTION AND OVERCOMING STRESS WITH THE HELP OF  
PROACTIVE COPING RESOURCES AMONG STUDENTS IN HIGHER EDUCATIONAL  
ESTABLISHMENTS**

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The current stage of development of psychology is marked by the existence of various concepts of coping behavior. It was the result of studying stress and overcoming it as a psychological phenomenon. At the beginning of the 21st century, about 400 ways of overcoming were described, and their number continues to increase. Among many types of coping distinguished by researchers, proactive coping holds a special place. It is understood as a multidimensional,



future-oriented strategy that integrates the processes of managing the quality of life of an individual with the processes of self-regulatory achievement of goals.

We understand the effectiveness of coping as its ability to improve a person's condition. The researcher notes that strategies of overcoming the stress can be useful in one situation and completely ineffective in another, and the same strategy may be effective for one and not important for another person. An empirical study of proactive coping is related to the limited number of quality of life indicators.

Proactive coping is different from traditional ideas about coping in three basic ways. First, the individual is seen as proactive rather than reactive - in the sense that he or she initiates constructive actions and creates opportunities for growth instead of merely responding to the stressor. Second, risk management copying is transformed into goal management. Third, the motivation behind proactive coping is more positive - difficult situations are not seen as threats, but instead perceived as personal challenges.

The study of proactive overcoming is very strongly linked to the study of coping resources. This is emphasized by both representatives of the resource approach to overcoming and representatives of proactive coping theories. Thus, S. Gobfall notes that the modern contribution to the proactive theory of coping largely corresponds to the principles of his theory of storage resources. Stress-related processes are not limited to reactive response to threats or loss of resources.

A proactive person directs efforts to acquire and maintain resources, acting in advance or when the first warning signs of problems that hinder his activities. It builds common resources that contribute to goals and personal growth. Therefore, the link between proactive copying and the wide range of resources that influence its implementation has a deep theoretical basis.

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Persons who can actively use proactive coping strategies are characterized by a more favorable somatic status: they are less likely to have problems with speech, digestive disorders, respiratory problems, dermatological manifestations, joint pain. They are also less prone to addictive and suicidal behavior and are less likely to experience guilt.

Proactive coping helps to analyze stressful situations and evaluate the effectiveness of one's ways of coping, and also increases the academic performance of university students. The formation of proactive behavior can be considered as a factor that can reduce the risk of auto-aggressive behavior. Prospects for further research are the exploration of the relationship of proactive coping with other salutogenic constructs: attachment, gratitude and emotional intelligence, social and cultural capital.

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## **NAMES WITH RELIGIOUS SEMANTICS IN FRENCH TOPONYMY**

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Names with religious semantics appeared quite early in French toponymy, as evidenced by the onymic formations associated with the names of various gods and deities of the Galician period. Christianity, which finally took root in Gaul at the end of Roman rule, had a significant influence on the formation of a number of names of settlements of religious origin. Consider a few examples of such formations: Feneu = lat. fanum + novum "new temple", Fanjeaux = lat. "temple of Jupiter", Die = lat. dea "goddess", Templemars = lat. templum + Martis "temple of Mars", Montvendre = lat. montem + Veneris "mountain of Venus", Lautaret = lat. altare + -ittum (-eolum) "small altar", Auxelles = lat. alta + cella "high cell, monastery", Bellacella = lat. bella + cella "beautiful cell,