

**Tymofiieva M.P.**

**THEORETICAL AND METHODOLOGICAL ANALYSIS OF PROBLEM OF DOCTOR-PSYCHOLOGIST'S HEALTH-PRESERVING COMPETENCY**

*Department of Psychology and Philosophy  
Bukovinian State Medical University*

There is a need to form young people's conscious attitude to their health as the highest social value, conscious attitude to forming of hygienic skills and principles of a healthy lifestyle, conscious attitude to maintaining and strengthening physical and mental health. Young people who are the future generation of the state have a special status in the field of health preservation. Therefore, ensuring their physical, social and spiritual health should be a priority for society. It is important to conduct research on the study of the students' lifestyle, future psychologists and on the study of the impact of health-preserving environment on the state of their body and the formation of healthy lifestyle values.

Studying the lifestyle of students and its impact on the functional state of the body will help to improve the development of measures to optimize learning conditions and increase the efficiency of students.

The aim of the study is to justify theoretically health-preserving competence as the basis for the professional training of future psychologists.

The task of the study is to analyze and theoretically substantiate modern health-preserving technologies that contribute to the activation of personal health-preserving opportunities of students.

To date, many cases of functional disorders have been recorded among students. The number of chronic diseases grows, the proportion of diseases of the nervous, cardiovascular and digestive systems, musculoskeletal system increases. This trend is associated with an increase in workload, the amount of information to be learned, the ever-increasing requirements for training students and the lack of physical activity (Caputi, V. & Garrido).

Fatigue, emotional and physical overload lead to a decrease in professional development interest. Therefore, there is a need for such appropriate measures as forming teachers' competencies related to responsible and informed attitudes to health.

The essence of "health-saving competence" concept, according to N. V. Tamarska, is manifested in the implementation of preventive measures and the use of health-preserving technologies by people who know the patterns of the health-preserving process.

Health-preserving competence is associated with the willingness to lead a healthy lifestyle in the physical, social, mental and spiritual spheres. D. E. Voronin believes that health-preserving competence involves not only medical and wellness awareness, but also the use of acquired knowledge in practice, possession of methods of strengthening health and preventing diseases. The formation of thinking focus on preserving and strengthening health is an integral component of the health-preserving competence of future psychologists.

Consequently, many aspects of health-preserving environment in educational institutions are still debatable. The main issues are practical modeling and diagnostics of health quality during the educational process, its measurable parameters and methods of formation. Unfortunately, most scientific papers do not take into account the issue of creating a health-preserving environment in educational institutions, while students studying in this field have specific features that require a special approach. The formation of psychologist's health-preserving competence is one of the important requirements for the formation of specialist's professional competencies. In contrast to the external health impact, health competence acts as an internal regulator of behavior, remaining a significant factor in the constructive life of a person. That is why the process of its formation requires compliance in the educational process with a systematic approach, the optimal manifestation of which is the introduction of appropriate educational technologies.