

THE INFLUENCE OF THE MODEL OF HEALTH SALVING ACTIVITIES ON THE PHYSICAL, MENTAL AND SOCIAL WELL BEING OF STUDENTS

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***Annotation.** The authors of the article focus on the issue of the violation of the social and psychological adjustment of students of the Bauman MSTU and providing them with educational-psychological and medical-social care. The relationship between social, educational help for students, health issues and overcoming problems, related to the insufficient abilities of the body is demonstrated. The conditions of communicative, reflective and social orientation of physical-recreational activities, in which the students with poor health are involved, are investigated in details. The author is trying to prove that the improvement of the structure of psychological adaptation of the students of the Bauman MSTU is connected to health saving technologies, developed and applied in practice by specialists of the University.*

Keywords: health saving technologies, psychological adaptation, physical-recreational activities, disadaptation, interpersonal interaction.

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