

SOCIO-PSYCHOLOGICAL PROBLEMS OF THE FORMATION OF THE PSYCHOLOGY OF A HEALTHY LIFESTYLE OF FAMILIES

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ABSTRACT

The article deals with the problems of the psychology of a healthy lifestyle in the family, its formation and possible social and psychological ways to solve these problems. Illuminated, scientific and practical results of research related to healthier lifestyle of the individual.

Keywords: Healthy generation, healthy lifestyle, psychology of a healthy lifestyle, socio-psychological factors in the formation of a healthy lifestyle.