

ПЕДАГОГИКА ЖӘНЕ ПӘНДІ ОҚЫТУ ӘДІСТЕМЕСІ

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THE PROBLEM OF ORGANIZING VOLUNTEER ACTIVITIES TO PROVIDE A SAFE EDUCATIONAL ENVIRONMENT FROM THE PERSPECTIVE OF A HEALTHY LIFESTYLE OF STUDENT YOUTH

Abstract. The well-being of citizens, encompassing their psychological health and adherence to a wholesome lifestyle (HLS), assumes a pivotal role in steering societal rejuvenation, modernization, and transformation. This is particularly vital for nurturing the younger generation and catalyzing the construction of New Kazakhstan, propelling its ascent to the ranks of the world's most developed nations.

The presented article emerges from the context of a scientific project with the core objective of delving into the mechanics of orchestrating volunteer initiatives and furnishing scientific and methodological support. The central focus resides in cultivating a psychologically secure educational milieu that champions healthy lifestyles for young individuals within the vocational education system.

The paramount relevance and societal gravitas of this issue have enabled the authors to delineate pathways to enhance the training of future teacher-psychologists. The spotlight of this enhancement is cast on the orchestration of volunteer activities that underpin a secure educational environment conducive to fostering healthy lifestyles among young learners. The efficacy of this ongoing endeavor emanates from its multi-pronged approach: a meticulous alignment of developed materials with regional nuances; a concentrated effort on cultivating practical proficiency in the application of health-preserving technologies; and a deliberate emphasis on fostering synergistic collaborations between educational institutions and community support structures.

The yield of this rigorous exploration, coupled with scientifically grounded recommendations, serves as a guiding compass for educational managers and instructors within higher and secondary

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vocational education domains. These insights illuminate pathways for formulating educational programs, crafting elective courses at higher and postgraduate levels, shaping the preparation of bachelor's, master's, and doctoral candidates in the realm of psychological and pedagogical studies. Moreover, they also underpin the creation of advanced training modules tailored for educators in universities and colleges.

Keywords: volunteer, activity, safety, educational environment, student youth, healthy lifestyle, university.

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Оқушы жастардың салауатты өмір салтына бейімдейтін қауіпсіз білім беру ортасын қамтамасыз етуге волонтерлік іс-әрекетті ұйымдастыру мәселесі

Аңдатпа. Еліміздің болашақ азаматтарының психологиялық саулығы және салауатты өмір салтының (СӨС) жағдайы біздің қоғамды жаңарту мен жаңғырту және трансформациялаудың айқындаушы шарты, сондай-ақ жаңа Қазақстанның құрылуының, әлемнің едәуір дамыған мемлекеттерінің қатарына енуінің кепілі болып табылады.

Ұсынылған мақала кәсіптік білім беру жүйесіндегі жастардың салауатты өмір салтына бейімдейтін қауіпсіз білім беру ортасын қамтамасыз ету шеңберінде волонтерлік іс-әрекетті ұйымдастыру және ғылыми-әдістемелік сүйемелдеу тетіктерін зерттеуге арналған ғылыми жоба аясында орындалған.

Мәселенің өзектілігі, жоғары әлеуметтік маңыздылығы авторларға оқушы жастардың салауатты өмір салтын қалыптастырудағы қауіпсіз білім беру ортасын қамтамасыз ететін волонтерлік қызметті ұйымдастыру тұрғысынан болашақ педагог-психологты дайындауды жетілдіру жолдарын анықтауға мүмкіндік берді. Жүргізіліп жатқан жұмыстың табыстылығы аймақтық ерекшеліктерін ескере отырып, әзірленген материалдардың бағдарлануымен байланысты денсаулықты сақтайтын технологияларды тәжірибеде қолдану дағдыларын дамытуға бағыттайды, білім беру мен қоғамдық қолдаудың әлеуметтік институттарының өзара іс-қимылын ұйымдастыруды көздейді.

Зерттеу нәтижелері, олардың негізінде тұжырымдалған ғылыми-әдістемелік ұсыныстар жоғары және орта кәсіптік білім берудің басшылары мен оқытушыларының қызметінде білім беру бағдарламаларын әзірлеуде, жоғары және жоғары оқу орнынан кейінгі білім берудің элективті курстарын жобалауда пайдаланылуы мүмкін, психологиялық-педагогикалық бағыт бойынша бакалаврларды, магистранттарды және докторанттарды дайындауда, жоғары мектеп пен колледж тәжірибесінде, әлеуметтік тәрбие институттары қызметінде, сондай-ақ жоғары оқу орындары мен колледждердің оқытушыларының біліктілігін арттыру курстарында пайдалануға болады.

Кілт сөздер: волонтер, іс-әрекет, қауіпсіздік, білім беру ортасы, оқушы жастар, салауатты өмір салты, ЖОО.

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Проблема организации волонтерской деятельности по обеспечению безопасной образовательной среды в ракурсе здорового образа жизни учащейся молодежи

Аннотация. Состояние психологического благополучия, здоровья и здорового образа жизни (ЗОЖ) всех граждан, и особенно подрастающего поколения является определяющим условием обновления и модернизации и трансформации нашего общества, гарантом построения Нового Казахстана, его вхождения в число наиболее развитых государств мира.

Представленная статья выполнена в рамках научного проекта, идея которого состоит в исследовании механизмов организации волонтерской деятельности и научно-методического сопровождения в рамках обеспечения психологически безопасной образовательной среды в ракурсе ЗОЖ молодежи в системе профессионального образования.

Актуальность, высокая социальная значимость проблемы позволили авторам выявить пути совершенствования подготовки будущего педагога-психолога в ракурсе организации волонтерской деятельности по обеспечению безопасной образовательной среды в ракурсе здорового образа жизни учащейся молодежи. Успешность проводимой работы обусловлена ориентированностью разработанных материалов с учетом региональных особенностей; направленностью на развитие навыков практического использования здоровьесберегающих технологий; ориентированностью на организацию взаимодействия социальных институтов воспитания и общественную поддержку.

Результаты исследования, сформулированные на их основе научно-методические рекомендации могут быть использованы в работе руководящих и педагогических работников высшего и среднего профессионального образования при разработке образовательных программ, в проектировании элективных курсов вузовского и послевузовского образования, при подготовке бакалавров, магистрантов и докторантов психолого-педагогического направления, а также при разработке курсов повышения квалификации педагогов вузов и колледжей.

Ключевые слова: волонтер, деятельность, безопасность, образовательная среда, учащаяся молодежь, здоровый образ жизни, вуз.

Introduction

The current landscape, marked by factors like the prevailing environmental conditions, the far-reaching implications of the COVID-19 pandemic, and the widespread integration of digital technologies within education, underscores the pressing need to develop robust theoretical and methodological frameworks. These frameworks are aimed at establishing a secure educational environment and introducing the youth to a healthy way of living, utilizing the potential of volunteer resources to tackle this urgent concern.

Prioritizing a secure educational setting, which is intrinsically linked to the well-being and wholesome lifestyle of young individuals, stands as a paramount and pivotal tenet of the state policy of the Republic of Kazakhstan. The overall trajectory of the nation's social advancement and

intellectual capital development, both critical to ensuring prosperity, are inextricably tied to the resolution of this immediate and critical challenge [1].

Addressing these objectives aligns with the objectives set forth in the State Program for the Development of Healthcare of the Republic of Kazakhstan for 2020-2025. This program is designed to reinforce the health of children and young people while fostering a dedication to a health-conscious lifestyle [2]. Recognizing the pressing societal demand for safeguarding the well-being of young scholars, our study is committed to identifying effective ways to address this pressing concern through the lens of professional training for prospective educators.

Undoubtedly, the university years constitute a pivotal phase in an individual's formation, characterized by significant events and autonomous decisions that profoundly influence both personal life and professional trajectory.

It's noteworthy that scholarly literature conceives the educational environment as a pedagogically structured arena that caters to the multifaceted needs of individuals, converting these needs into life values. This dynamic fosters an active stance in students toward the educational process, nurturing personal growth, professional development, and self-actualization [3].

Within the landscape of higher education, the educational environment assumes distinctive characteristics. Contemporary university education is marked by the expansive nature and intensity of the learning process, coupled with innovative methodologies that exert substantial intellectual, informational, and psycho-emotional demands on students, particularly during examinations [4]. University life also presents challenges in terms of interpersonal relationships, given that this phase involves a proactive immersion into the social milieu, often accompanied by efforts to garner recognition and influence within peer groups. These endeavors can sometimes lead to risky behaviors [4–6].

This context underscores the utmost significance of preserving health and promoting healthy lifestyles among young students. At this juncture, the prevailing perception of boundless personal resources among young individuals often results in inadequate self-care. Consequently, various bodily functions and health indicators can be compromised due to fatigue, emotional stress, and heightened personal anxiety. This, in turn, contributes to the emergence of chronic conditions, disruptions in mental development, and heightened stress among students.

The detrimental impact of smoking, including vaping and tobacco consumption, as well as alcohol and substance abuse, significantly affects the health of modern students. These issues raise concerns about the gene pool and the nation's future [7; 8].

Hence, a pivotal avenue to address this issue involves a paradigm shift: transitioning from a narrow emphasis solely on promoting healthy lifestyles and individual health preservation to adopting contemporary methodologies to engage with student youth. This includes the organization of volunteer initiatives, which facilitates the cultivation of life values and the acquisition of competencies necessary to evaluate one's health, and to consciously opt for a secure and health-conscious lifestyle [9].

Volunteering, derived from the Latin term “voluntaries”, signifying acting willingly, represents a pursuit undertaken altruistically for the betterment of others, without monetary expectations. Observations of real-world instances underscore that volunteering presents a tangible means to provide crucial aid and social support across diverse age and social strata.

This article is a product of an overarching scientific project, with the primary aim of investigating the mechanisms underpinning volunteer endeavors, alongside scientific and methodological underpinnings. This exploration operates within the framework of establishing a psychologically secure educational milieu, one that aligns with healthy lifestyles for young individuals within the vocational education system.

Research methods

The research endeavors to attain its objectives through a range of methodological approaches, encompassing:

- Empirical Methods: Employing techniques such as observation, conversations, questioning, modeling, interviewing, and the synthesis of independent attributes. This includes the study and abstraction of exemplary practices of university educators, both domestically and internationally, along with an examination of institutional documents addressing the challenges of fostering a secure educational environment and inculcating a healthy lifestyle.

- Diagnostic Methods: These methods will be employed to scrutinize the process of coordinating student volunteer activities within the context of ensuring the safety of the educational milieu and promoting a health-conscious lifestyle among young individuals. This entails the orchestration and execution of a pedagogical experiment.

- Examination of Scholarly and Methodological Sources: This approach involves reviewing scientific and methodological reports, presentations, publications, and educational documentation provided by university instructors, mentors, and advisors. It also involves scrutinizing the modalities and strategies adopted by youth activists, alongside interactions with public entities like health-promotion centers, sports establishments, and medical institutions.

- Statistical Methods: Mathematical and statistical techniques will be harnessed for processing and analyzing the outcomes of the research.

Primary information collection methods comprise:

- Literature Analysis: In-depth exploration and analysis of pertinent scholarly works, including contributions from renowned researchers such as I.A. Baeva, I.V. Dubrovina, O.V. Khukhlaeva, P. Mullen, A. Reid, B. Jensen, J. Nikel, V. Simovska, among others.

- Official and Regulatory Documents Examination: Scrutinizing official declarations, regulations, and programs, including the 2022 Address of the Head of State K.K. Tokayev to the people of Kazakhstan titled “A Just State. United Nation. Prosperous Society”, the 2020–2025 State Program for Healthcare Development, the 2020-2025 Program for Education and Science Development in the Republic of Kazakhstan, the Presidential Decree No. 27 of June 19, 2019, on implementing the electoral program “Prosperity for All! Continuity. Justice. Progress”, and other relevant documents.

Discussion and results

In the realm of today's understanding, the concept of a “healthy lifestyle” revolves around managing one's well-being through appropriate individual behaviors. It is imperative that this domain falls within the scope of professional interest and competency of university educators, involving contemporary methodologies for engaging with young students.

The educational environment is an integral facet of an individual's living context, and within this, psychological safety stands as a critical dimension. This assumes particular significance in the interactions between young scholars and university instructors, as affirmed by research findings from scholars like I.A. Baeva, O.A. Semizdralova, and T.S. Kabachenko.

It's noteworthy to recognize that for young students, the educational environment serves as a significant microenvironment, where attributes like psychological well-being and personal security hold paramount importance. In recent times, tensions and conflicts among stakeholders in the educational realm have escalated. Unfavorable global and regional economic and social conditions have contributed to heightened irritability and increased aggression in both physical and virtual spaces. This poses a threat to the psychological well-being, security, and comfort of students [10].

Assuredly, establishing a secure and comfortable atmosphere in the educational domain is an essential facet of all educators' responsibilities. However, teacher-psychologists play a distinctive role in tackling this pressing concern. They wield a significant influence in preserving

psychological health, fostering conditions for conscious choices towards healthy lifestyles, and creating a secure environment [11].

In our research, the concept of volunteering embodies practical endeavors undertaken by student volunteers to provide assistance and mutual support to individuals facing challenging life situations. This encompasses various segments of the population such as the elderly, the unwell, differently-abled individuals, orphaned children, teenagers exhibiting deviant behavior, and those impacted by natural disasters, accidents, catastrophes, or social conflicts. Given that anyone can find themselves in a difficult situation, it is imperative to develop volunteering as a means of societal service, irrespective of one's profession [12].

Simultaneously, we propose that the professional training of pedagogical specialists, especially social educators and educational psychologists, should foster the development of their social maturity and the manifestation of social engagement. The lives and well-being of children and adults in challenging circumstances often hinge on responsible decisions made by such professionals. Hence, effective and informal assistance in the realm of social childhood protection and family support can only be provided by socially mature experts. Participation in the volunteer movement can aid students in accruing valuable experience in such endeavors. Volunteering serves as a platform for students to test their skills, develop competencies across diverse domains, and acquire valuable experience for their future careers [13].

Our research has uncovered various motives that drive students to participate in volunteer projects. Over 50% of respondents engage in volunteer projects to acquire new educational and professional experiences and to establish meaningful connections. Additionally, more than one-fifth of respondents express a desire for communication, expanding their circle of contacts. Many also seek self-realization, career advancement, and the development of organizational and leadership qualities [14].

Volunteering functions as an avenue for social service, offering voluntary assistance to individuals in need. The motivations behind volunteering are rooted in social and spiritual needs and typically transcend material gain. Engagement in volunteering nurtures personal growth and development. It molds the individual's ideas, goals, and values, shaping their self-characterization and prospects for growth [15].

For pedagogical specialists, especially those in the “Pedagogy and Psychology” domain, participation in and management of volunteer projects holds exceptional significance. The ability to contribute to socially valuable student initiatives and projects becomes a critical professional competence, developed during university education. Future educational psychologists must be well-prepared to cultivate a safe and comfortable educational environment. However, research reveals that a considerable majority of university graduates consider themselves only partially prepared for this aspect of their future professional engagement.

In response, we have developed a specialized course program titled “Volunteer Activity as a Means of Ensuring a Safe and Healthy Environment”. This program addresses various questions and concerns, encompassing safe and healthy environment establishment, volunteering's role in introducing young students to healthy lifestyles, group collaboration skills, and conflict prevention strategies. The course content aligns with the need to enhance future educational psychologists' competencies in the realm of volunteering and its nuances [16].

The data gleaned from our research offer insights into the diverse motivations that guide students in their choice to engage in volunteer projects. The breakdown of responses illuminates a range of factors that influence their participation. Thus, a substantial portion, 23.5%, choose to partake in volunteer projects with the aim of gaining experience in interacting with individuals from diverse backgrounds and circumstances. Around 10.3% of respondents are motivated by a desire to comprehend and study the intricacies of different life situations, suggesting an inherent curiosity about human experiences. 14.7% of participants engage in volunteer initiatives to uncover the root

causes of challenging and problematic situations, underlining a quest for understanding underlying issues. A quarter of the respondents (25.1%) are driven by the aspiration to cultivate specialized skills and knowledge, indicative of a proactive approach to personal growth and learning. A significant 26.4% of students are drawn to volunteer projects for the purpose of establishing valuable business connections and personal relationships, demonstrating a strategic outlook.

These findings underscore a compelling trend: a majority of the surveyed students, more than half, engage in volunteer undertakings primarily to acquire fresh educational and professional experiences, as well as to foster valuable networking connections. This affirms the notion that volunteering serves as a potent avenue for personal growth, skill development, and expanding one's professional circle.

Our conducted research has provided valuable insights into the primary needs of students that are fulfilled through engagement in volunteer activities. Thus, 19.4% of respondents expressed the profound need to feel essential to others. This sentiment, "I am very necessary; others need me; they find me useful," holds significant importance for young students. Such experiences hold undeniable value for their sense of self-determination. A substantial 22.5% of participants emphasized the need for communication. Given that many youth volunteer projects involve collective efforts, students find working alongside like-minded individuals in mass events appealing. This also presents an opportunity for their social circle to expand. A noteworthy 25.6% of respondents perceive volunteering as a pathway to self-realization and career advancement. They believe that involvement in volunteer initiatives facilitates the establishment of both personal and professional connections, enhancing their standing within the student community and among educators. Furthermore, they recognized volunteer work as a catalyst for the development of organizational and leadership qualities. Around 12.5% of participants indicated the need to acquire social experience that contributes to effectively addressing both personal and professional challenges. Volunteering allows students to immerse themselves in diverse social issues, honing their ability to identify underlying causes and fostering reflective skills. 18.8% of respondents cited the desire to assert their independence and maturity through engagement in significant "adult" social issues. For these individuals, contributing to impactful causes serves as a platform to demonstrate their growth, originality, and independence. A smaller subset, 1.2% of respondents, acknowledged being drawn to the tangible benefits often associated with volunteering. This includes receiving special clothing items, branded products, food, as well as opportunities to earn valuable prizes, vouchers, and access to free educational courses.

These findings underscore the complexity of motives and aspirations that underlie students' participation in volunteer projects. While personal growth, connection-building, and altruism play prominent roles, there are nuanced factors like self-validation, career advancement, and even material incentives that contribute to students' enthusiasm for volunteer engagement. This diverse array of needs highlights the multi-faceted nature of volunteerism's impact on individual development and societal contributions.

Indeed, personality development is intricately intertwined with one's engagement in activities. During the formative years of students, their involvement in socially significant endeavors plays a pivotal role in shaping their worldviews, attitudes towards themselves, others, work, and the world at large. Participating in such activities fosters the growth of socially responsible behavior, cultivates skills for self-control in unconventional scenarios, and nurtures proficiencies in design, analysis, and communication [14].

Volunteering, in this context, serves as a platform for social service, where individuals offer assistance willingly and selflessly to various segments of society. Motivations for volunteering often stem from the social and spiritual needs of individuals, typically unrelated to material gains. Engaging in volunteer work empowers young individuals, allowing them to evolve and mature. Through volunteering, individuals formulate ideas, aspirations, objectives, and values that shape

their self-perception and chart their developmental trajectory. Typically, volunteer work involves individuals with a heightened level of social, spiritual, and moral development. Moreover, such engagement can play a role in fostering significant personal attributes among students, who are the potential torchbearers of modern society's development [15].

Participation in and management of volunteer projects are particularly crucial for pedagogical specialists. In the field of “Pedagogy and Psychology”, the capacity to contribute to socially valuable student initiatives and projects stands as a central professional competence nurtured during university education. Future educational psychologists, for instance, should be equipped to establish a secure and comfortable educational environment [16]. However, research findings reveal that a substantial majority of university graduates perceive themselves as only partially prepared for this aspect of their impending professional journey.

In response to this gap, we have developed a specialized course program titled “Volunteer Activity as a Means of Ensuring a Safe and Healthy Environment” (Table 1). This program effectively addresses myriad queries raised by students. Its content is strategically designed to underscore the nuances of establishing a secure and health-conscious environment. It delves into the methodologies and techniques for achieving this within the broader context of general secondary education. The course also underscores the importance of regulating relationships between children and adults, as well as other educational stakeholders. Additionally, it emphasizes the enhancement of future educational psychologists' competencies in the realm of volunteerism, while also focusing on the distinct features and specifics of volunteering in the context of introducing young students to healthy lifestyles. Importantly, the course cultivates collaborative skills, teaching students to harmonize their perspectives with those of their peers, fostering teamwork, and promoting conflict resolution [16]. This initiative represents a crucial step towards empowering educators to create a conducive environment that nurtures students' well-being and holistic development.

Table 1 – Contents of the special course “Volunteer activity as a means of ensuring a safe and healthy environment”

No.	Name of topics and modules	Topics of practical classes	Lecture	Practice	Office hours	SIW
1	2	3	4	5	6	7
1	Psychological health of the individual, aim and objectives of creating a safe educational environment	Causes of health problems in children at school	1	2	3	3
2	The concept of a health-saving environment and its role in ensuring the psychological health of the individual	Aim and objectives of creating a safe and health-saving environment	1	2	3	3
3	Types of factors affecting the safety of the educational environment.	Trainings, exercises to strengthen and develop the psychological health of schoolchildren	1	2	3	3
4	Research by scientists on ensuring a safe and healthy environment	Ways to prevent difficult life situations among students	1	2	3	3
5	Diagnosis of the health of schoolchildren and research on the state of psychological health.	Models of behavior of teenagers in a difficult life situation	1	2	3	3

Continuation of Table 1

1	2	3	4	5	6	7
6	Technologies for ensuring a safe and health-saving environment in the process of schoolchildren's educational activities	Health-saving technologies: types, features and characteristics	1	2	3	3
7	Application of technology to ensure a safe and health-saving environment in extracurricular activities of schoolchildren	Indicators of safety of schoolchildren in the educational environment	1	2	3	3
8	Leisure structure, organization of schoolchildren's free time	Features of organization of schoolchildren's leisure	1	2	3	3
9	Basic principles of providing preventive assistance to students in difficult life situations	Directions of volunteer programs and projects, their implementation	1	2	3	3
10	Development of a program to ensure a safe and healthy environment at school	Psychological mechanisms of volunteering in school practice	1	2	3	3
11	Model of interaction between the subjects of the educational process in the framework of ensuring a safe and healthy environment	Typology of the model of interaction between the subjects of the educational environment	1	2	3	3
12	Designing volunteer activities to ensure a safe and healthy environment	Prevention of violations of interpersonal communication	1	2	3	3
13	Organization of a mentoring system for schoolchildren	Technologies for the development of volunteer activities in an educational organization	1	2	3	3
14	Features of ensuring a safe and health-saving environment in the context of inclusive education.	Conditions for ensuring the health of inclusive children in a general education school	1	2	3	3
15	Organization of monitoring of safety and psychological health of inclusive children	Diagnosis and monitoring of inclusive children in secondary schools	1	2	3	3
	Total		15	30	45	45

In our perspective, the training of future educational psychologists should be oriented towards achieving a well-rounded and profound understanding of their field, marked by effectiveness, awareness, and knowledge depth. This goal can be realized through a rich array of teaching resources that facilitate self-directed learning and exploration within the realm of the subject under study.

For the optimal advancement of aspiring teacher-psychologists, we propose the utilization of a comprehensive set of pedagogical methods that align with the holistic nature of the educational process. These methods encompass: information and development (lectures, demonstration of educational films, use of multimedia tools, independent work); problem-search (educational discussion, research work, collective cognitive activity in work with small groups); creative and productive (variative exercises, situation analysis, business games).

In a broader context, the special course on volunteer activity maintains a close interconnection with other psychological and pedagogical disciplines. It stands as a logical continuation of efforts to instill a positive attitude towards volunteering, develop organizational skills, and nurture a comprehensive understanding of how to establish a safe and health-conscious environment. This developmental trajectory evolves progressively from the initial to the final years of the curriculum, spanning across pedagogical disciplines, practicum experiences, and extracurricular endeavors.

This specialized course serves as a catalyst for the cultivation of projective skills, diagnostic acumen in the context of volunteering, and the competencies required to manage a health-preserving environment within the realm of general secondary education. By seamlessly integrating these components, the course contributes to a well-rounded education that equips students with the knowledge and skills to ensure the holistic well-being of students in the educational system.

Conclusion

In essence, volunteerism encompasses a wide array of activities that span from traditional forms of mutual support and self-assistance to structured service provision and diverse forms of civic engagement. These endeavors are undertaken voluntarily, driven by a collective commitment to the well-being of society at large. Concurrently, contemporary volunteers represent burgeoning professionals who actively seek to amass expertise, social acumen, and practical skills within their chosen fields. It's noteworthy that volunteerism also serves as a conduit for ushering young individuals into tangible employment opportunities. It operates as an arena for individuals to put their abilities and competencies to the test, substantiating their positive attributes.

Nonetheless, the research conducted illuminates that volunteerism's essence is nuanced by distinct regional characteristics. The proactive engagement of youth in the volunteer movement is significantly influenced by an intricate interplay of sociocultural dynamics, economic considerations, geographical attributes, historical contexts, and other pertinent factors. These multifaceted determinants necessitate a tailored approach that takes into account the specificities of volunteer activities during their planning, execution, and realization.

The rapid emergence of novel trends necessitates fresh approaches to the orchestration of volunteer activities. Concomitantly, there's a pressing need to construct a robust scientific and practical framework that ensures psychological well-being within educational environments and advances the promotion of a healthy lifestyle. This mandate extends to the creation of effective mechanisms for the implementation of these objectives.

Our conviction is that the present moment demands a methodical commitment to scientific and methodological guidance in organizing volunteer endeavors, especially within the context of securing a safe educational atmosphere at higher education institutions. It's important to recognize that pedagogical university curricula often lack dedicated subjects that address the psychological security of the educational milieu and the cultivation of health-conscious lifestyles. The significance of this gap is underscored by the palpable necessity for university stakeholders to undertake deliberate preparatory efforts. This pertains not only to prospective educators but also encompasses future teaching personnel, student self-governance activists, and members of youth organizations.

In response to this exigency, we have formulated a specialized course program. This program stands as a proactive step toward fostering the professional aptitude of upcoming pedagogical specialists. By strategically incorporating comprehensive content that addresses psychological well-being, healthy lifestyle promotion, and the strategic orchestration of volunteer activities, we aim to empower educators to effectively contribute to the well-being of their students and the broader educational community. Through such initiatives, we hope to bridge the prevailing gaps and foster a more secure and health-conscious educational ecosystem.

The process of forming the readiness of a teacher-psychologist for volunteering to ensure a safe educational environment in the perspective of a healthy lifestyle involves a phased system of training students based on the main pedagogical conditions in the unity of the forms and methods of

organizing this process: using all the possibilities of the educational process of the university; introduction of special courses into the university education program that contribute to the integration of special knowledge to ensure the psychological safety of the individual and health-saving technologies; the inclusion of students in the advanced experience of practical activities, adequate to the activities of a teacher-psychologist; the focus of university teachers on the formation of students' readiness for volunteer work in the process of professional training.

Thus, an effective solution to the problem is possible: with scientifically based methodological support of volunteer activities in the framework of ensuring safety and healthy lifestyle in the educational process of institutions that make up the educational space (family, educational institutions, public organizations, health care institutions, sports and recreation and healthy lifestyle formations), MASS MEDIA); the need to improve the pedagogical competence of these subjects in the process of forming a healthy and safe lifestyle of the individual.

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