

conducted the experiment on mice. The females favored the males, which were previously treated with odorous substances.

Conclusion. In recent past, scientists have been able to make a big step in the development of knowledge on limbic system functioning. The lateral system, which is the object of many scientific researches, causes the connection of various parts of the brain, but due to the morphological differences of the limbic system in men and women, they perceive situations and stress factors differently and, as a result, react differently to them. The structure and functions of the limbic system and the vomeronasal organ have not been studied yet. Conducting new studies in this area will make it possible to determine their real place among other parts of the brain and will allow our practitioners to treat the diseases of the central nervous system with new methods.

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FEATURES OF FORMATION OF THE ATTITUDE TO HEALTH OF MODERN YOUTH

It is a well-known fact that a person's state of health is mostly determined by its own attitude towards him or her and the corresponding behavior. For example, in the last century, as a result of public health research Canadian scientists concluded that not so much the level of development of medicine and health care, the state of the environment, etc, as the attitude of a person to health and compliance with the rules of a healthy lifestyle is important for the preservation of health [4: 64]. Thus, they confirmed that the most important role in the preservation and promotion of health belongs to the person, its lifestyle, values, attitudes and subjective attitude to their own health. Awareness of the value of health in human life provides the formation of beliefs about the need for systematic maintenance and preservation of health for the overall development of the individual by observing the principles of a healthy lifestyle [6].

Currently, the problem of forming attitudes to health among young people is of particular importance, since this age category is the economic, intellectual, professional and demographic potential of any society. In the period of youth, that is, from 18 to about 30 years, completed not only the physical maturation of the body, but also the intensive formation of personality, the growth of intellectual and volitional forces, the formation of the character of a young man, its worldview. Therefore, this period is the most favorable for the formation of the correct attitude to their own health, as one of the main values of human existence [1: 168].

In the formation of the attitude to the health of young people, it is necessary to take into account the opinion of R. Beryozovskaya, who says that in the course of the development of personality, the values undergo a certain evolution, changing not only in content, but also in their motivational status. She emphasizes that the development of psychological backgrounds for the formation and development of positive motivation for the preservation of health in healthy society is one of the key aims in the psychology of health. And the process of formation of health motivation can be considered as something that develops over time and includes several stages. Its logical structure of development involves consistent progress from situational manifestations at the initial stage (the predominance of external motivation and motives of compulsion, understanding of the value that is not implemented in behavior or implemented situationally) to the consolidation and sustainable operation at the final stage (motives function as a holistic education and affect all spheres of life). It is also noted that the student's age is the most favorable for the formation of value and responsible attitude to health, if at the previous stages this did not happen, because in the future, in adulthood, the attitude to health can only be corrected [2].

According to psychologist L. Kulikov, the value attitude to health, that is, the tendency to preserve or neglect it, can be considered as a personal quality of character, which can be brought up, or effect its formation during the formation of personality. He also notes that in relation to the health of many people serious contradictions are hidden. On the one hand, the value of health is quite high and the person in everyday life is aware of it, however, in the setting of goals of health

through appropriate behavior and actions, the person does not have enough knowledge about health, nor the desire to take care of it systematically. And this is typical not only for healthy people, but also for those who already have quite pronounced health disorders [4].

It should also take into account the factors that lead to disruption of the process of health formation among young people, experts of WHO highlighted in their report «Youth's health – care of society», namely [3: 69]:

1) biological and genetic background (heredity, features of development, accidents, diseases, etc);

2) social factors (the system of values in society, social image of a person, individual lifestyle, behavior, upbringing and education in adolescence, etc);

3) the circumstances of the child's life, formed by adolescence (income, family life style, housing conditions, etc);

4) available opportunities for health preservation (first of all, education in the field of health promotion and preservation). Also, the main factors affecting human health in transitional societies, scientists attributed emotions caused by a variety of destructive stressful situations.

Thus, the formation of young people's attitude to health is a complex and dynamic process, which depends on a number of external and internal factors that constantly affect the young person, because the attitude of a person to its health does not remain unchanged, it is constantly changing on the basis of new life experience. This process should pass certain stages, namely: from the growth of awareness in the field of health, changes in the value-motivational sphere, the transformation of the personal meaning of health and the actualization of the need to preserve it to the awareness of personal responsibility for their own health [5].

To influence the formation of attitude to health among youth has focused public policy, public organizations, and actually a conscious attitude regarding the health of each individual can have a positive impact on the youth of Ukraine.

After all, understanding that the state of health depends not only on biological factors, the environmental and social fields, but also on the value of personal health, will be able to push everyone to observe a healthy lifestyle, which will be a positive example for modern youth.

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OBESITY PROBLEM: MULTIDISCIPLINARY APPROACH

Introduction. The actuality of this research is caused by constant increase of people suffering from obesity. This state occurs in every 5th person in the world. Due to WHO (World Health Organization) the majority of overweight people live in Mexico and USA (32.8% and 31.8% respectively). Annually 3 billion people die from obesity caused diseases. This situation is possible because of the optimization of food production process that made food more affordable for people and as the result in the last 50 years the consumed calories amount doubled.