

THE ROLE OF AESTHETIC VALUES IN FORMING A HEALTHY LIFESTYLE IN YOUNG PEOPLE

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ABSTRACT

The article analyzes the role and importance of aesthetic values in the formation of a healthy lifestyle in young people. The issues of formation of spiritual, moral, artistic culture in young people. The issues of formation of spiritual, moral, artistic culture in young people, their creativity, aesthetic taste and the impact of aesthetic culture on the formation of a healthy lifestyle were considered. Social-legal, spiritual-ethical, aesthetic-cultural aspects and factors of a healthy lifestyle are focused on the spiritual maturity of young people.

KEYWORDS: *Formation Of A Healthy Lifestyle In Young People, Aesthetic Values, Youth Education, Spiritual, Moral, Artistic Culture, Youth Creativity, Aesthetic-Cultural Influences On A Healthy Lifestyle Factors.*

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