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*МІЖНАРОДНА НАУКОВО-ПРАКТИЧНА ІНТЕРНЕТ-КОНФЕРЕНЦІЯ*

# АКТУАЛЬНІ АСПЕКТИ РОЗВИТКУ STEAM-ОСВІТИ В УМОВАХ ЄВРОІНТЕГРАЦІЇ

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presentation. All of the skills needed for a good oral presentation are also needed in everyday English. Speaking clearly and having a logical flow of ideas will help you communicate better with others when speaking with them in English. After a little practice, you will start to feel more confident about your presentation skills and holding English conversations will start to feel natural to you.

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## RECREATION IN STUDENTS' LIFE: THE MAIN ADVANTAGES

Recreational activities have a significant influence on the mind and overall well-being of an individual. Recreation helps manage stress, improves physical activity and eventually contributes towards enhancing the overall quality of life.

Recreation consists of activities or experiences carried on within leisure, usually chosen voluntarily by the participant – either because of satisfaction, pleasure or creative enrichment derived, or because he perceives certain personal or social values to be gained from them. It may also be perceived as the process of participation or as the emotional state derived from involvement [1].

With growing competition at all life levels, the amount of stress for an average teenager has increased severely. Due to voluntary participation in leisure activities, students can get rid of stress while getting physically active. Adolescents usually enjoy spending time outside with friends, hence, the best place to engage in various recreational activities is the educational environment.

Anything that can stimulate your creativity and help you improve your skills and knowledge, enrich your social values and have you involved at an emotional level can be considered a recreational activity. With a better oxygenated brain and improved body functions, your focus and problem-solving skills should also become better. Students who are looking to advance their studies and constantly improve their critical thinking skills will benefit from spending some of their spare time doing recreational activities and socializing with others [2].

Social skills are difficult for many students with learning differences. Some students may be confused or distressed when new or unfamiliar activities are presented. Recreational activities can help in many ways make students' social interactions more comfortable [3].

Although great attention has long been paid to different aspects of active lifestyle [4; 5; 6] along with various issues of academic performance [7; 8; 9], there is still a necessity of a detailed focus on recreation in students' life, thus becoming the purpose of the study. Comparative analysis of the internet resources [1; 2; 3] reveals the main advantages of recreation in students' life to be as follows.

*Physical fitness.* Recreation, mostly outdoor activities, helps teenagers be physically active, contributing to their good health. Lower body fat percentages, increased muscle strength, flexibility and endurance, lower cholesterol levels and cardiovascular endurance have a direct effect on the body's health. This results in enhanced academic attendance and attention, thus leading to better learning.

*Mental stability.* In today's modern world, the competitiveness and peer pressure teenagers are subjected to contribute to a considerable amount of stress. Stress leads to depression and hinders academic performance. Recreational activities help all the participants lead a stress-reduced life and manage anxiety in an extremely efficient way.

*Socialisation.* Recreation is also one of the best ways to help students gain better social skills. Hobbies may provide an opportunity for them to socialize with people who enjoy doing the same things that they do. It helps in building communication skills and team building. By experiencing different social situations, they are provided with an opportunity to relieve social anxiety.

*Life fulfilment.* Individuals involved in recreational activities as a part of their daily routine are likely to be more satisfied with their life. Recreation helps

individuals improve their personality and physical stature, reduces tension and anxiety, and contributes to better creativity. It helps balance the academic workload with the help of an improved physical as well as mental stature of mind.

*Enhanced quality of life.* Recreation has an array of advantages for an individual's life. It enriches self-expression, self-fulfilment ability, interpersonal skills, techniques and methods of using leisure, physical strength, creative expression, and aesthetic sense. Recreational activities help create a balance between academic pressures with physical and mental well-being.

In sum, it is reasonable to conclude that awareness of the principal advantages of recreational activities are crucial for people of all ages, in particular for students. For these reasons, it is imperative for recreational activities to be an essential part of a regular academic life and curriculum of all students.

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