

CURRENT TRENDS IN THE HEALTH OF CHILDREN AND YOUNG PEOPLE IN LEARNING ENVIRONMENTS

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Annotation. Determined by the dynamics in the health of students and medical teams consisting of physical training in secondary schools. Analyzed the records in-depth inspection of magazines and leaflets health of 32484 schoolchildren of Chernigov for the period 2008-2012. Established a steady trend to a significant deterioration in the health of schoolchildren. A decline in the number of healthy children with the increase in the period of study from 1 to 11. Revealed negative trend decline in the health of children in the main medical group. Shows a tendency to increase the number of children belonging to the preparatory and special medical groups. It is recommended to use a recreational form of physical education and health educational use of technology. It is recommended to include in the training sessions: gymnastics, gymnastic minutes during lessons, exercise, and outdoor games on the elongated recess and daily physical education classes in the extended day, independent study after school, sports and mass work in the community.

Keywords: health, medical groups, physical education, exercise.

Introduction

Preservation of health, its formation on all stages of human development is a strategic task of any state. Constitution of Ukraine recognizes right for health as one of main civil rights and human life protection is a duty of Ukrainian state. Important strategic direction of comprehensive school is solution of problems of complex realization, health related function of school education, ensuring of pupils physical and mental health [2, 4].

Monitoring of all aspects of pupils' health during all period of studying at comprehensive educational establishment is rather important for formation of pupils' health culture. Realization of continuous research process of disciples' health will permit to see its dynamics and, on this basis, to realize individual approach in selecting the most favorable health related technologies, that is very important for building of individual health improvement system of every pupil [1, 6, 8, 9, 11].

Nowadays, there appear a lot of scientific researches of domestic scientists (g.l. Apanasenko, L.V. Volkov, M.S. Goncharenko, V.P. Goraschuk, O.D. Dubogay, M.O. Nosko, L.P. Suschenko, I.V. Potashniul) as well as Russian specialists (R.I. Aizman, G.K. Zaytsev, M.K. Kolesnikova, V.V. Kolbanov, G.A. Kurayev), which deal with health problems in education system; and its is of professional interest not only for medical specialists but also for representatives of pedagogic, psychology and other social sciences.

The present work has been carried out as per direction of state-financed topic of ChNPU, named after T.G. Shevchenko: "Pedagogic ways of healthy life style's formation of different age groups' pupils" (№0112U001072) and is a component of complex topic of department of higher education's pedagogic and psychology of Institute of higher education (NAPS of Ukraine) "Psychological-pedagogic projecting of personality-oriented educational technologies at higher educational establishments" (state registration №0103U000963).

Purpose, tasks of the work, material and methods

The purpose of the work is to determine trends in dynamics of health state of special health groups' pupils for physical culture trainings at educational establishments. In the research, data of medical and academic documentation of 32 484 pupils of Chernigov comprehensive 1-11 forms' pupils for period 2008-2012 were analyzed.

Results of the research

Problem of school physical education always attract very careful attention of different profile specialists. Main form of school physical education are physical culture lessons. But during recent decades physical culture lessons have significantly changed and it was connected with a number of reasons. The main of these reasons is worsening of children's health. Most of children are not able to fulfill norms and meet requirements, envisaged by physical culture complex program [5, 7].

So, differential approach to children in compliance with their individual features is an effective method of educational process's improvement at physical culture lessons in school. Main task of differential training at physical culture lesson is to ensure maximally productive activity of every pupil, to provide optimal motion regime, to more completely mobilize their abilities. Consideration of puberty stages, physical condition, character of adaptation to muscular activity permits to achieve higher individualization in physical education of school age children. Collective of class unites children of different physical condition and motion preparedness that is why it is not good to make equal requirement to all children. It is necessary to reveal reasons of weak indicators of motion preparedness and find effective ways and means for improvement of them [3, 10].

Studying of children's and youth's state of health and rational distribution of them in special health groups are of decisive importance for organization of pupils' physical education process, for application of health related technologies, carrying out of health related measures and for creation of optimal conditions for their studying and education.

At Chernigiv national pedagogic university, named after T.G. Shevchenko, in the frames of scientific-research project “Pedagogic ways of healthy life style’s formation of different age groups’ pupils” there was carried out monitoring research of health state and distribution of 1-11 forms pupils into special health groups at comprehensive schools of Chernigiv for period 2008-2012. The data of medical and academic documentation of 32 484 pupils of Chernigiv comprehensive 1-11 forms’ pupils for the mentioned period were analyzed.

Analyzing the obtained data we found steady trend to significant worsening of pupils’ health in period 2008 – 2012. Dynamics of the mentioned contingent’s health state is shown in fig. 1.

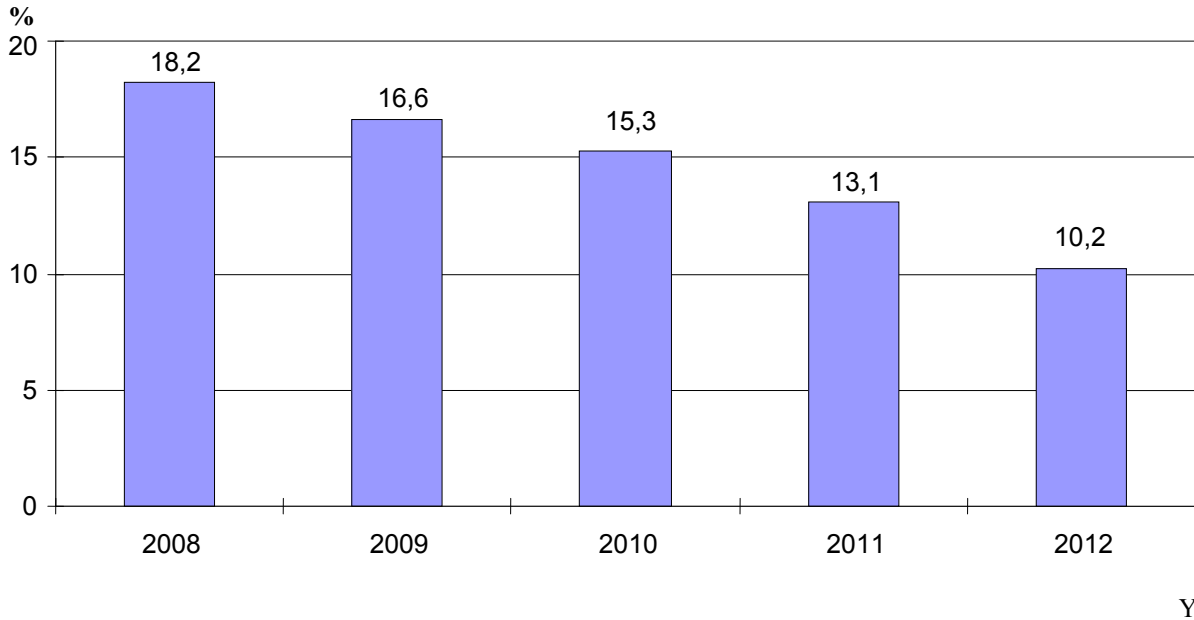


Fig. 1. Percentage of healthy pupils in period 2008-2012, %

Thus, in 2008 percentage of healthy children in comprehensive educational establishments was 18.2%, in 2009 – 16.6%; in 2010 – 15.3%; in 2011 percentage worsens up to 13.1%, and in 2012 this indicator reaches 10.2%.

Analysis of medical documentation resulted in determination of percentage correlation of healthy 1-11 forms’ pupils for the mentioned period, see fig. 2.

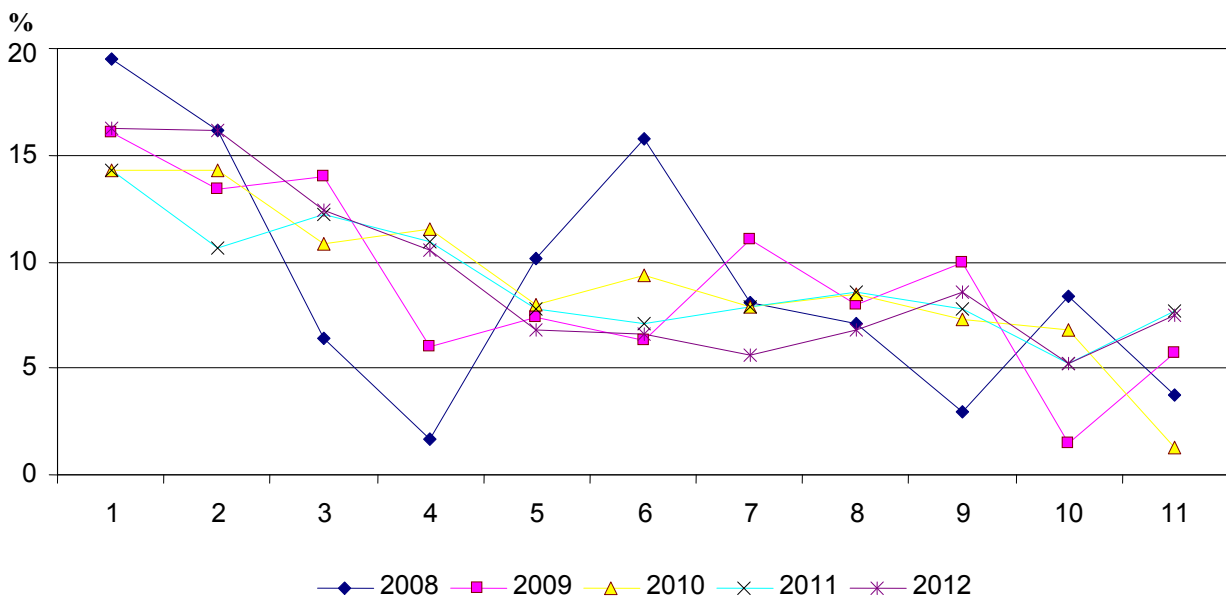


Fig.2. Percentage correlation of healthy 1-11 forms pupils for period 2008-2012, %

Thus, there has been revealed trend to reduction of quantity of healthy children with increasing of studying period, from 1st to 11th forms, videlicet: in 2008 there were 19.5%, of healthy pupils (at 11th form – only 3.7%, in 2009 the quantity of healthy children increased from 16.1% in first to 5.7% in eleventh form; in 2010 this trend remains unchanged – from 1st to 11th forms - 14.3% and 1.3% accordingly; in 2011 percentage of healthy children in 1st to 11th

forms reduced from 14.3% to 7.7%, in 2012 – from 16.3% to 7.5%.

Also it has been stated that percentage of healthy children at initial stage of studying, i.e. 1st form pupils, reduced by 3.2% (from 19.5% to 16.3%) in period 2008-2012. The same picture was with 5-8th and 10th forms pupils, videlicet: in the mentioned period the quantity of healthy 5th form pupils reduces by 3.3% (from 10.1% to 6.8%); in 6th forms – by 9.2% (from 15.8 to 6.6%); in 7th forms – by 2.4% (from 8.1 to 5.7%); in 8th forms – by 0.3%; in 10th forms – by 3.2% (from 8.4 to 5.2%). Generalizing the obtained data we had to note that with increasing of studying at school period (from 1st to 11th forms) percentage of healthy children reduces in average by 11% (from 16.1% to 5.2%).

The next stage of our work was determination of dynamics special health groups' composition for physical culture lessons for period 2008-2012 ac. years (see table 1).

Procedure of pupils' distribution in special health groups is determined by Regulations on medical-pedagogical control of pupils' physical education at comprehensive educational establishments and by Instructions on distribution of pupils in groups for physical culture trainings, which were approved by Order of Ministry of health protection of Ukraine and Ministry of education and science of Ukraine № 518/674 dt. 20.07.2009. In Cl. 1.2 of "Regulations" it is mentioned that medical-pedagogic control is necessary component of pedagogic process, which ensures timely determination of pupils functional abilities' level, adequacy of physical loads and early revelation of diseases and damages [<http://zakon2.rada.gov.ua/laws/show/z0773-09>].

Table 1

Comparative characteristic of special health groups' compositions for physical culture lessons in 2008-2012, %

Years	Groups (special health groups)			
	main	preparatory	special	Exempted of lessons
2008	77.9	14.7	5.7	1.7
2009	74.5	17.3	6.5	1.7
2010	56.1	30.2	6.7	2.4
2011	50.9	40.5	6.6	2.2
2012	47.6	43.2	7.2	2
Increment	- 30.3	28.5	1.5	0.3

As a result of data analysis it has been found that there is negative dynamics of main group's composition in period 2008-2012, videlicet: reduction of percentage of main group pupils by 30% (from 77.9% to 47.6%). Besides, there is increasing of percentage of preparatory group pupils by 28.5% (from 14.7 to 43.6%). Composition of special health groups increased, for the mentioned period, by 1.5% (from 5.7 to 7.2%); the quantity of exempted pupils increased by 0.3%.

Pupils, who are members of special health group, belong to special category. This group consists of pupils, who have significant health abnormalities of temporary or constant character, which do not prevent from studying at school but are counter indications for studying strictly by academic program. Their level of functional abilities is low or lower than middle. Physical training of such children is carried out as per special programs, considering the character and level of health abnormalities. The trainings are conducted by physical culture instructor, who gives individual tasks just at lessons [Instructions on distribution of pupils into groups for physical culture trainings" Order of Ministry of health protection of Ukraine and Ministry of education and science of Ukraine № 518/674 dt. 20.07.2009. <http://zakon2.rada.gov.ua/laws/show/z0773-09>].

Special attention should be paid to comparative analysis of percentage dynamics of pupils, who are members of special health group. Dynamics of special health groups' composition in Chernigiv region is as follows: 2005 – 4.8%; 2006 – 5.2%; 2007 – 5.4%; 2008 – 5.7%; 2009 – 6.5%; 2010 – 6.7%; 2011 – 6.6%; 2012 – 7.2%.

Thus, we must state the presence of national problem of not only social and medical character but, first of all, pedagogic one – reduction of pupils' quantity in main physical culture groups and significant increasing of preparatory and special health groups' compositions in connection with worsening of pupils' health state.

Conclusions:

Results of monitoring research permit to make conclusions that in comprehensive educational establishments there exist and progressing negative trends to worsening of children's and youth's health state, videlicet: There is a trend to reduction of quantity of main group pupils with their ageing and increasing of special and preparatory groups' quantity of members. To day, in school period, it is very important to teach a child to take care of own health independently, to form child's motive for preservation of own health without medicines.

Except attending physical culture lessons, for improvement of health state and pupils' motion activity it is necessary to use recreational forms of physical education and apply health related technologies, which include gymnastic exercises before lessons, physical exercises and outdoor games during long break, every day physical culture trainings in extended day groups, independent trainings in out-of-classes, time, physical culture work at place of residence and etc.

The prospects of further researches imply formation of future physical education specialists' readiness to application of health related technologies in practical activity, that will permit to form children's and youth's positive attitude to healthy life style.

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