

FORMATION OF SCHOOLCHILDREN'S HEALTHY LIFE STYLE CULTURE AS ONE OF KEY PROBLEMS OF MODERN COMPREHENSIVE EDUCATIONAL ESTABLISHMENT

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Abstract. *Purpose:* optimization of educational-teaching process in modern comprehensive educational establishment in context of pupils' health protection. *Material:* in experiment 1012 pupils (of age from 11 to 15 years old), 532 students of higher educational establishments, 176 teachers, 34 methodologists and representatives of educational establishments' administrations participated. *Results:* positive influence of schoolchildren's healthy life style on general health condition has been determined. Model of formation of adolescents' health culture, which consists of four sub-systems: health protection technologies; health related technologies; technologies of teaching to healthy life style; formation of personalities' qualities, facilitating health strengthening, has been offered. It has been found that the presented model orients pupils on formation of positive, firm, individual picture of health as the necessary condition of their viability. *Conclusions:* it has been established that formation of positive motivation for healthy life style is connected with demand in reducing of secondary education system to modern conditions of renewed content of education, forms and methods of work in comprehensive educational establishments.

Key words: health-protective, educational, technologies, life style, health culture.

Introduction

The problem of population's health protection is understood by representatives of educational system as professionally significant more and more often. It is conditioned by the fact that the conception "health" itself is now being interpreted wider than simply as absence of disease. It starts covering social-cultural sense.

Attention to schoolchildren's health has grown significantly. Importance of rising generation's health strengthening is reflected in many statements of Declaration of children's rights, which was adopted by General Assembly of UN. By the data of Ministry of education and science of Ukraine and Ministry of health protection of Ukraine only 4-5% of school leavers can be considered to be practically healthy. Analysis of structure of schoolchildren's morbidity shows that with every academic year in educational establishment frequency of digestive organs', respiratory system's, eyesight diseases increases; quantity of children with posture abnormalities, nervous-psychic disorders rises. Unfavorable character of some factors in this sphere has been discussed already for long time but to day this problem is especially acute. Recent time there have appeared new factors, which negatively influence on schoolchildren's health: increase of academic load, spending leisure time for watching films or for computer games.

According to researches of World health protection organization human health depend by 51% on life style, by 17-20% on genetics, by 20% on environment, by 8-9% on system of health protection. Child's health, his (her) physical and psychic condition, social-psychological adaptation are to large extent determined by conditions of his (her) life, conditions of being at school. The period of child organism's intensive development accounts for child's years of studying at school.

In modern pedagogic science theoretical pre-conditions for development of holistic social-cultural conception of health protective activity in educational establishments have been created. In works by G. Apanasenko, Ye. Kazin, V. Kaznacheyev, G. Kurayev, T. Boychenko one can find ideas of holistic approach to definition of "health" phenomenon, reasons and mechanisms of its formation, protection and strengthening. Works by V. Bondin, L. Dykhan, G. Zaytsev, V. Kukushkin, M. Smirnov, O. Trusjkin are devoted to problems of organization of health protection activity on the base of systemic and complex approaches [8, 10, 11]. Researchers O. Vasylyeva and F. Filatov analyzed the most popular scientific and social ideas about health with accent on its psychological and social aspects [1].

Modern status of health formation education of society permits to detect obvious contradictions between positive settings and actual level of health related education of a person. In this connection formation of healthy life style culture of schoolchildren in modern educational establishments is one of complex and key problems in pedagogic.

Purpose, tasks of the work, material and methods

The purpose of the research is optimization of educational-teaching process in modern comprehensive educational establishment as pre-condition for pupils' health protection by formation of health culture. *The tasks are:* to test experimentally model of formation of schoolchildren's health culture, which would orient pupils on self-cognition and self-development as well as on high level of health culture. In process of setting the tasks we used conceptual approaches to planning experiment.

The methods and organization of the researches: we used analysis and generalization of scientific-methodic literature, pedagogic testing, methods of simulation, method of independent experts' assessments, methodic of O. Smirnov.

Results of the researches

Worsening of school age children's health is not only medical but also pedagogic problem. The main task of comprehensive educational establishment shall be protection and strengthening of pupils' health; formation of their responsible attitude to own health.

It would be a mistake to say that school does not try to find way out from the existing situation. Recent decades health departments (valueologic departments) have been being created in schools. Besides, specialists, responsible for pupils' health are trained. Different forms and technologies of health strengthening are offered and tested. In many comprehensive educational establishments special work on formation of health culture only by one certain direction is practiced.

With such approach "school" reasons of health disorders are not removed; only attempts to reduce their negative influence are made. This work can be effective only under condition of its systemic, complex character, reasonable and professional approach to this problem.

That is why it would be correct to specify such concepts as "health protective technologies", "life style" "health culture".

Scientists and practical specialists (A.M. Mytiayeva, M.K. Smirnova, M.I. Stepanov) [13] think that concept "health protection technologies" combines all directions of educational establishment's functioning on formation, preservation and strengthening of pupils' health. Actually: the purpose of modern school is preparation of children for life. Every schoolchild shall receive knowledge, which will be necessary for him (her) in future life.

Achievement of the mentioned purpose can be realized with the help of health protection technologies, which are regarded as combination of organizational techniques and methods of teaching-educational process without any harm for pedagogues' and schoolchildren's health.

Analysis of pedagogic literature on valueology showed the following: problem of choice of life style is becoming a leading one in protection and strengthening of health. With it life style is regarded as main reason of preservation or loss of health. When regarding this problem, conception of academician Yu. Lisitsin is the most frequently cited, which shows cause – effect dependence between human health and life style. Besides, in it, it is noted that the greatest influence on human health is rendered by life style (50-55%). Influence of other factors is distributed in the following way: ecological - 20-25%, genetics – 20%, quality of medical servicing – 10% [8, 10, 13].

Way of life belongs to social-biological factors. Its components are the following group of indicators: level, quality and style of life. Level of life is conditioned by human economical potentials. Quality of life is determined by demands and satisfaction of person's demands. It is not difficult to understand that both these indicators depend on material economical conditions of life of society and every family. Here there is nothing to be done by school. But life style is formed on the base of psychological and psycho-physiological features of person's behavior. And it is a wide field for school's functioning. Just school can teach children since early age to love themselves and take care of own health. Results of such teaching will manifest in adult life, making level and quality of life high.

Recent years specialists have been paying special attention to the fact that cultivation of health culture of educational establishments' pupils shall become a component of system of cultivation of human general culture.

Having analyzed researches of concept "health culture" (by authors N. Poltavtseva, V. Tsarevskiy, I. Novosiolova, N. Gorkusha, V. Gorashchuk) we come to the following conclusions:

- Health culture is realized in constructive behavior of a person; it facilitates health protection and strengthening;
- Value potential of health culture is combination of spiritual-moral and social values;
- Active, long life with realization of inner potential becomes a value of health culture;
- Person's value based attitude to own health is the basis of health culture;
- The necessary condition for formation of health culture is compulsory observation of healthy life style;
- Health culture is inevitable component of general human culture, which expresses in sufficient physical, mental, spiritual-moral and social development.

Undeniably, high level of youth's health culture does not appear by itself. It results from active systemic work of pupils with themselves and purposeful interaction with surrounding people and pedagogues. That is why the process of cultivation of rising generation's health culture envisages existence of teachers with high health-protection competence and level of health culture. All these are important components of their general and professional culture.

For solution of problem of health protection and strengthening we offer model of health culture formation for schoolchildren (see fig.1). It is interaction of four sub-systems, which supplement each other:

1. Implementation of health related educational technologies, which create optimal conditions for preservation of pupils' health and facilitate increase of educational progress.
2. Health related work in curriculum and extra-curriculum time. Success in this work is ensured by creation of a number of measures, which facilitate improvement of brains' functioning and increase of workability. They renew tonus of muscles, which ensure correct posture. They release tension from eyes and ears, from tired fingers, create conditions for development of physical potentials. All these are very important for improvement of progress in learning.

3. Implementation of technologies, teaching to healthy way of life and cultivating health culture; which facilitate health strengthening, formation of ideas about health as a value; which increase motivation for healthy life style, increase responsibility for personal health and health of family.

4. Formation of pupils' life competences in process of their teaching, creation of favorable conditions for development of schoolchild's personality with high health culture, capable to form own life potential.

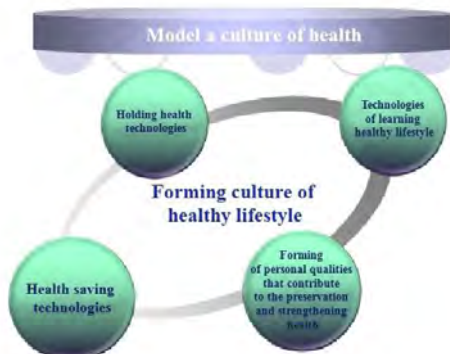


Fig.1. Model of formation of schoolchild's health culture

The presented model is based on principles of preservation, strengthening and formation of health, on interconnection of theory and practice. The model orients pupils on self-cognition and self-development of personality and high level of health culture.

Alongside with it teaching-educational process of comprehensive educational establishment shall be oriented on solution of the following tasks:

- Creation of favorable conditions for creative mastering of certain sum of basic knowledge by pupils; formation of pupils' skills in independent mastering of new knowledge in their future lives;
- Consideration modern governmental requirements to content and level of pupils' learning progress, projected on expected final results of teaching; combining of personality-oriented, active and competence approaches;
- Analysis of psychological-pedagogic and methodic literature on formation of healthy life style and development of pupils' health culture;
- Ensuring of development of pupils' self-governing, involving of pupils in organization of teaching process, development of social activity, organization of pupils' healthy life style;
- Increase of quality of physical education and pupils' medical servicing;
- Working out and implementation of system of continuous valueological education;
- Introduction of diagnostic and monitoring of pupils' and teachers' health in educational process;
- Increase of effectiveness of all academic disciplines' usage for formation of pupils' competent attitude to own health; cultivation of their healthy life style, health culture;
- Organization of extra-curriculum work with pupils;
- Application of medical and health related procedures;

For testing of the offered model's effectiveness we created control and experimental groups of teachers. Every component of development of teacher's health related competence is presented in the form of system of parameters, which were to be assessed by teachers themselves and by independent experts. On the base of assessments of independent experts we observed dynamic of development of main structural elements of experimental and control groups' teachers' readiness: axiological, cognitive, activity and personality's components (see table 1, fig.2).

Table 1

Distribution of experimental and control groups' teachers by level of health related competence at the beginning and at the end of forming stage of experiment

Levels	Experimental group				Control group			
	Before experiment		After experiment		Before experiment		After experiment	
	Abs. value	%	Abs. value	%	Abs. value	%	Abs. value	%
High	32	19.4	67	38.1	36	20.7	43	24.9
Sufficient	80	44.3	90	51.1	83	47	92	51.9
Average	64	36.3	19	10.8	57	32.3	41	23.2
Total	176	100	176	100	176	100	176	100

Generalization of forming experiment's results was fulfilled with the help of a complex of methods (methodic of O. Smirnov). This methodic is based on application of point scales and relative frequencies, which permitted to calculate level of formation of each tested component.

Analysis of forming experiment's results witnessed effectiveness of the offered model concerning development of teachers' health related competence and methodic of its stage-by-stage realization. It is seen in positive dynamic of every component's level.

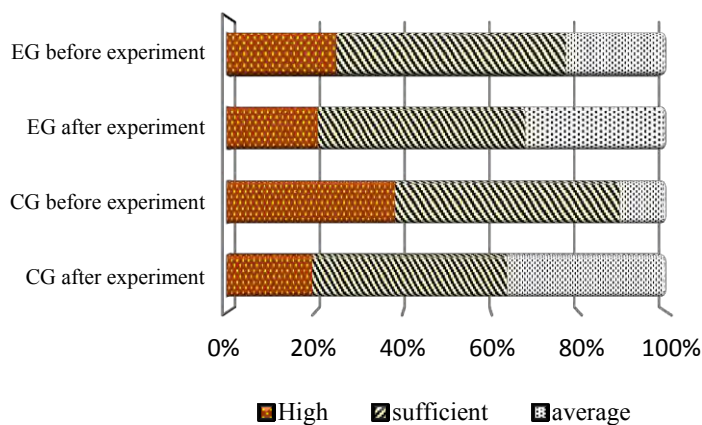


Fig.2. Distribution of experimental and control groups' teachers by levels at the beginning and at the end of experiment

At the beginning of experimental work the quantity of respondents with high level was 19.4%, with sufficient - 44.3%, with average - 36.3%. After experiment the quantity of respondents changed in the following way: high level - 38.1%, sufficient - 51.1%, average - 10.8%. By results of experiment quantity of respondents with high and sufficient levels of readiness to development of health related competence reached 89.2%. It witnesses about effectiveness of the offered model and methodic of its stage-by-stage realization. Application of model of teachers' health related competence development in system of comprehensive school methodic work was assessed positively by participants of teaching educational process.

The received results permit to state that increase of level of teachers' health related competences positively reflects in the following: formation of schoolchildren's health culture; their physical, mental, spiritual and social health condition; practicing of healthy life style by them, increase of workability. All these result in better learning progress.

Discussion

Results of the research witness that in the offered model the sub-systems are quite sufficient and optimally combined for formation of schoolchildren's health culture. They expand idea about educational establishment's role in organization of health related functioning by means of combining of all directions of its work. Besides, importance of health related technologies in preservation and strengthening of pupils' health in conditions of modern education is confirmed [2, 3, 6, 8, 10].

We also confirmed academician Yu. Lisitsin's conception about cause-effect dependence between human health and way of life. The received data supplement the data of different authors [5, 7, 12] about formation of healthy life style and human health culture.

Conclusions:

Pedagogic understanding of educational work management in school with formation of pupils' healthy life style permits to create specific educational environment. In this case the process of formation of disciples' positive firm individual picture of health becomes a necessary condition of their viability. Only in such case culture creating symbol "health" can transform into pupils' sense of life.

The prospects of further researches imply perfection of formation of health's individual picture by the following characteristics:

- High general level of understanding of own life;
- Prevalence of value regulation over consuming one;
- Localization of leading bench marks in the future and taking own life at present as interesting, emotional and full with sense.

Conflict of interests

The author declares that there is no conflict of interests.

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