

## THE THEORETICAL BASIS OF FORMATION MENTAL HEALTH OF STUDENTS ON PHYSICAL EDUCATION

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**Annotation.** It is determined socio-cultural component of the definition “mental health”. The theoretical approaches to the interpretation of “health” and “mental health”: philosophical, pedagogical, psychological, medical. It is highlighted the social aspect of these definitions. It is substantiated the relationship of mental health with physical. It is analyzed the impact of mental health on the future professional success. The ways of forming the mental health of students in the physical education are identified. Proposed introduction of alternative health methods for efficient formation of mental health, the creation of a data bank on the activities of association recreational subjects: fitness centers, swimming pools, skating rinks, gyms.

**Keywords:** health, mind, personality, student, society.

### Introduction

In present conditions of global informational surge, increased pace of life, the task of higher educational establishments is not only teaching, but also formation of healthy personality. It is important for young specialists to correctly implement their knowledge in practice, efficiently realize themselves in society. Formation of students’ psychic health in the process of physical culture classes is a condition of future successful implementation of the received knowledge in practice, of competent functioning on labor market.

Formation of students’ psychic health is, surely, a complex social problem. The researches of A. Goloborodko, O.Dubogay, L.Suschenko on formation of healthy life style (HLS), students’ health culture help to determine complex attitude to the problem of healthy existence, but psychic health, as a component of healthy life style, requires specific theoretical research in order to understand a conceptual component of this conception and to develop efficient methods of its formation.

The research has been fulfilled within the frames of subject “Theoretical foundations and methodic conditions of students’ physical and psychological potential’s development” (approved by academic council of the university, minutes No.6, dt. January 28<sup>th</sup>, 2013).

### Purpose, tasks of the work, material and methods

*The purpose of the article* is to analyze theoretical approaches to interpretations of conceptions “health” and “psychic health”, to determine the methods of psychic health formation at physical culture classes.

### Results of the research

There are different approaches to interpretation of conception “health”: philosophical, pedagogical, psychological, medical. With it, most of modern authors: philosophers, pedagogues, psychologists (S Gorbunov, V.A. Kaznacheyev, O.D. Mikhiliov, I.A. Fed) are unanimous only in one: now there is no single, recognized, scientifically founded conception “psychic health” [4]. By the data of Ye.G. Bulich, I.V. Muravov there is about hundred interpretations of conception “health” [6]. Philosophers of the Stoicks and epicureans valued health above all, opposing it to enthusiasm, drive for all excessive and dangerous. Epicureans thought that health is complete abundance with complete satisfaction of all demands.

Original contribution into development of theoretical aspect of this problem’s development was made by Chinese philosophy of health, based on principles of In and Yang interaction. Complete inner balance of these forces and the presence of vital energy ensure physical and psychic health of people in harmony with environment. The most ancient health protection system Ayurveda (Ayuh: Life, Veda: Science), is the inheritance of ancient India. Its name is translated as “Science of life” and is characterized as harmony of all with everything. It was accepted by World health organization as an efficient system of alternative medicine [15].

Ancient Greeks’ understanding of harmonically developed personality implied high requirements to the beauty of man; perfection of external forms (constitution’ proportions, color of skin, state of hair, attractiveness of face), the presence of such human qualities as courage and strength, nobility and kindness, dexterity and endurance, creative mental abilities, wish to help people, steadily positive emotional state. All these was considered in formation of harmonically developed, i.e., physically, psychically, socially and mentally healthy personality.

Combination of beauty and kindness, compulsory for Hellenes, was conditioned by aesthetic-moral ideal of kalokagatia (from Greek words “beauty” and “kindness”). It is important to understand that Hellene’s kalokagatia is only simultaneous combination of personality’s nobleness with beauty of actions and physical perfection of human body. Speculations about kalokagatia can be met in the works of many historians and philosophers, among them – Aristotel, Herodot, Ksenofont, Platon. Kalokagatia is a specific harmonic combination of qualities in one person, the presence of ideal vital functions. The verbal translation of this word means: good, worthy man, who is able to achieve his aim, to fulfill his obligations before people and deserves award for his activity among people [17].

By V. Frankle “...Existential vacuum is a form of soul sickness manifestation” [12, 80]. He stresses that health is not the absence of diseases, but it is a physical, social and psychological harmony of a person, kind relations with

other people, nature and with himself. B. Ananyev writes that "... human health is ability to maintain appropriate age stability in conditions of sharp changes of quantitative and qualitative parameters of triune source of sensor, verbal and structural information [3, 27].

Modern researchers think that to day health is inevitable universal value and gradually transforms into significant indicator and simultaneously into necessary precondition of social progress in the whole and personality in particular [1, 7, 1, 18]. Understanding of health as the state of balance between adapting abilities (health potential) of a person and environmental conditions was offered by academician V. Petlenko. He defines: "...in social sense health is a process of preservation and development of psychic, biological, physiological functions of a person, his optimal workability and social activity with maximal maintaining of his active life activity [9, 44]. In our opinion, this definition underlines, that human health is not only individual, but also social value.

Psychic health is a state of mental welfare, which is characterized by the absence of unhealthy psychic symptoms and ensures adequate to actual conditions behavioral and activity regulation [14]. Intellectual health shows in health improving thinking, constant interest to new information, ability to control the quality of own thoughts, constant development of creativity, directed to perfection of life conditions.

Students' ability to objectively estimate their psychic and physical state and take measures for its improvement is rather important.

There still exists more steady prejudice, when discussing interconnection of mental demands and physical health. However, still there are little scientific proofs, which would confirm direct influence of psychic health on physical. Such situation can be explained by several reasons. First of all, it is important to note the fact that it is difficult to find acceptable criteria of measurement of influential factors. Science bends to situation that the factors, which concern the considered problem, would be counted and arranged in compliance with objective conditions. It is not simple task to be realized, when psychic components are dealt with. Nobody could have definitely defined yet, which factors of psychic life shall be considered with preparation of humanitarian specialists.

Existence of psychically healthy personality in society preconditions mental aspect of young specialist's development in its interconnection with constant physical perfection.

Development of students' self-cognizing, self-consciousness, knowledge searching skills, behavioral habits, skills of communication, planning and aiming, controlling of life style will facilitate their self-realization in professional sphere.

In oriented on future society education system is called to ensure psychic and physical development of every member. The quality of education can be evaluated by the state of social consciousness, the state of health and life style of different age groups especially of youth.

On the base of theoretical analysis we offer the methods of psychic health formation at physical culture classes:

- awakening of interest to the principles of physical culture with the help of motivating talks, informational blocks, which would explain the influence of physical exercises on psychic sphere, introduction into first part of a lesson;
- reduction of gap between physical and psychic development of students, organization of discussions about alternative health improvement systems, such as tsi-gun, yoga, san-dao, tensegrity, falugn, dafa and so on, influence on human health;
- to render the students with informational assistance: methodical, organizational, technical, legal, psychological on the questions of physical and psychic self-perfection;
- creation of data base about activity of health improving associations: fitness centers, swimming pools, skating rinks, training halls etc.

*The prospects of further researches* implicate more profound study of students' psychic health formation.

### **Summary**

Thus, formation of students' psychic health is one of the most important tasks of higher educational establishments; the task on preparation of highly qualified specialists as harmonically developed personalities, able to efficiently function in XXI century.

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