

FORMING A HEALTH CULTURE OF FUTURE TEACHERS IN POLISH EDUCATIONAL ESTABLISHMENTS

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Annotation. *Aim:* to study the experience of the structure and system of training of future teachers in Polish schools. *Material:* content analysis of domestic and foreign authors. Used data from the survey of students of Polish universities. Also were used survey results through polish service ANKIETKA. For comparison, a questionnaire survey 35 students of the Faculty of Physical Education (future teachers of physical training) and 30 students – the future teachers of elementary school of Ukrainian university. *Results:* the study of Polish teachers consider health culture of a person as the ability to assess individual and community health needs using in everyday life hygiene and health regulations. There have been some differences among Ukrainian and Polish students in their health and health culture. Among the respondents, Polish students – the future teachers of physical culture, is dominated motives such as the improvement of the physical condition, strengthen self-esteem, as well as improved health. Polish students from other disciplines believe that the most important motive for the adoption of physical activity is a concern for the physical well-being and mental health. The majority of Ukrainian students (future teachers of physical culture) believe an important part of building health culture of their direct participation in various sports clubs, as well as the ability to organize physical culture, sports and educational work with students outside the classroom. Ukrainian students (other specialty) noted the need to improve health, enhance knowledge in specific subjects humanities and promoting healthy lifestyles. *Conclusions:* It is recommended to use the experience of preparing students of Polish schools in modern Ukrainian higher education.

Keywords: student, teacher, teaching, health culture, school.

Introduction

One of components of family education is formation of children's positive attitude to own health. For this purpose family applies different approaches, which facilitate cultivation of such qualities as: respect to older people, care of younger persons, honesty, decency, proper behavior, healthy life style and other. In this aspect, formation of the mentioned qualities is closely interlaced with education of qualities, which are intrinsic to many years' family traditions. Exactly in Poland family traditions include, for example, religious education. Recent years more and more families in Ukraine have started to follow this direction of education. Traditionally Poland has many years' history of religious education through family relations of adults and children, school, religious communities. That is why it is purposeful to research specificities of religious family education in Poland through prism of formation of health culture. In the mentioned aspect such research can be considered an urgent one.

Modern state of religious education and prospects of its influence can be seen by data of Ministry of culture of Ukraine (<http://mincult.kmu.gov.ua>). In report for 2013 there are such data: as on January 1st, 2013 religious network included 55 religious directions, within which 36 995 religious organizations function (in church there are 31 313 priests), including 87 centers and 295 administrations, 35 460 religious communities, 500 monasteries (with 6 834 monks), 370 missions, 81 brotherhoods, 202 religious educational establishments (with 19752 students), 13 157 Sunday schools. Religious life is elucidated by 384 church periodicals. For services, religious organizations use 23 814 temple and appropriate premises. Research of increment of religious institutions witnesses: for recent four years expansion of religious net have become steady and is within up to 2% and demonstrates trend to reducing of this increment. In 2012 the net of religious organizations increased by ¼% in comparison with previous year, while in 2011 this indicators was 1.8%, in 2010 – 1.9% in 2008 – 1.8%.

Law of Ukraine “On freedom of worship and functioning of religious organizations”, dt. 1991, is a legislative act, which regulated religious relations. This law is rather democratic by character. It meets international legislation's standards in sphere of ensuring right for freedom of worship. This document is one more proof of urgency of the present research. At the same time, by the data of Bureau of public relations of USA state department (<http://www.state.gov>) in Ukraine there are numerous official religious holidays, in particular, Christmas, Easter, Trinity. On October 20th 2008 Ministry of education and science formed Public council on cooperation with Churches and religious organizations. All these permit to say about increasing influence of religion on education of youth in Ukraine. It is proved by opinion of M. Palinchak: “Problems of governmental-church relations in modern Ukraine were and are in center of increased attention both scientists and governmental bodies, public and religious organizations. They are at high level of social actualization”[5]. S. Tsebenko stresses that state shall control that school program on religious subject should be composed objectively, considering criticism and plurality of opinions [11].

Archbishop Avgustine supports this opinion: “Religious education's problems shall be solved in two directions in Ukraine: 1. Christianization of secular education: introduction of extra-confessional, not maintaining by rites, subject “Christian ethic in Ukrainian culture” in invariant part of general educational process; introduction of religious subjects in variant part of education as well as coordination of existing school programs with Christianity. 2. With participation of Ministry of education and science of Ukraine, development and creation of holistic centers of Orthodox education:

Orthodox kindergarten, Orthodox school, Orthodox gymnasium, religious schools, Seminaries, theological academy” [6].

That is why it is necessary to analyze Polish experience in religious education of youth in context of its influence of health of soul and body. It is known that Poland is one of the first countries of post-communist society, who adopted new democratic standards in worship. For example, by A. Dylus, M. Palinchak, s. Kholms Poland has historical traditions of national church, which had been formed long before formation of traditions of national state. It explains strong position of church even in period of socialism and ability to resist socialist regime [1, 4, 10].

Generalization of data of Polish literature on the mentioned problem proves that there are several approaches to formation of sound personality in family. The problem of formation of rising generation’s health culture through religious education was dealt with by: M. Likhodzievska-Nimirko, Yu. Ynitsevska, K. Yankovskiy et al. They affirm that religion renders stabilizing and protecting influence on human psychic. First of all it protects psychic health and offers cooperation of tradition and dogma. It is known that religious person often demonstrates giving up of smoking, alcohol, drugs. Besides, social support, resulted from participation in religious life, helps to cope better every day problems, reduces anxiety and over-sadness, strengthen sense of welfare [15, 16]. The authors show the following religious means of resistance to diseases: religion is regarded as one of stress-resistant elements; human organism takes itself as personality, who is able to control own life decisions. At the same time there is also some negative influence of religion on health, which is reflected in denial of struggle or responsibility for any problems.

Health related education of schoolchildren in families was studied by: Y. Agustin, A. Bukovska-Yozvytska, B. Dumara, G. Kovaltchuk. Problems of formation of health culture in family in general were regarded by F. Adamskiy, Z. Bilanska-Osukhovska, Y. Bradshav, V. Tsikhon, Kh. Tsudak, Ye. Yankovska, A. Yanke. Psychology of family education was elucidated in works by: M. Braun-Halkovska, Ye. Milevska, K. Popilskiy, P. Poreba, M. Rus, M. Khlopkevych, Y. Khomplevych. .

Researches of post-soviet period specialists witness about appearing of new approaches in family education, which are connected with approximation of church traditions to existing educational systems and their adaptation to modern conditions of family’s life. First of all it concerns observation of church holidays and rites in family. Concerning influence of church traditions on education of children in family it is manifested to less extent. In its turn, just observation of traditional church rules and duties can influence on development of a child and formation of his (her) skills of positive attitude to own health.

Analysis of presented points of view proves that problem of formation of mental health and health of body becomes urgent not only in medical sphere and sphere of psychology but also in pedagogic. Indeed, traditionally health of body and mentality is studied by medical specialists of different fields and, mainly, when life and health of a person is threatened. Hygienic doctors should have paid attention to healthy population, but hygienic specialists has distanced from human problems and concentrated attention on environment. Recent decades, mental status of an individual has been studied by psychologists, whom, in our society, person in the so called “third” state address. Spiritual health shall be cared of by “somebody other”, may be priest, - is the opinion of G. Apanasenko, based on the fact that “this problem is too complex and cannot be analyzed scientifically”.

In Ukraine, the problem of development of healthy personality through formation of health culture in family was dealt in pedagogic science by O. Varetska, O. Vaschenko, S. Vokhor, O. Ionova, M. Lukyanhchenko, I. Petrov, A. Stepaniuk, O. Sukhomlinska, L. Suschenko, S. Cherneta, V. Shybiska et al.

Thus, researches of post-soviet scientists do not solve all problems of family education of child, basing on religious Canons with orientation on health culture’s formation.

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Purpose, tasks of the work, material and methods

The purpose of the work is analysis of approaches to religious education in Polish family in direction of formation of children’s health culture.

In the research we used results of questioning of Polish service ANKIETKA.

Results of the research

In Poland relations between state and church are regulated by Constitution. Constitution of Republic Poland contains principles, which concern religion, in particular religious education in schools (cl. 48). Cl. 53 of Constitution guarantees freedom of worship and religion. Such freedom includes (see chapter 2 of cl. 53) right of parents for ensuring of moral and religious education of their children. Also such relations are supported in Laws: “On relations of state and Rome-Catholic church”, “On guarantees of freedom of worship”, “On social maintenance of the clergy”. For example, in Law “On guarantees of freedom of worship”, dt 17.05.1989 , in cl. 10 it is said that Poland is a secular republic, neutral for religion and world vision. It can be added by Concordant between state and Apostle Capital, which was signed in 1993p. and ratified in 1998. Main idea of Concordant is admission of religious freedom of every personality and religious communities. It also envisages optional teaching to catechism in schools.

It permits to consider Polish experience of children’s family education, oriented on religious relations, to be important also for Ukraine.

Yan Kokhanovskiy wrote that “in any conditions family medium plays very important role in health related education. It is a medium, in which health shall not be injured; it shall be hardened with healthy life style and formation of health culture of every member of family and family in the whole [3].

Family is the first environment, which influence on development and education of rising generation. It is a medium, in which young generation naturally accepts cultural, aesthetic, hygienic and health related values. In this medium personality receives practical and social skills, forms own identity.

As usual, process of education starts in family. Exactly family education, as a component of schoolchildren’s educational process contains important aspect of formation of future personality’s qualities, which would facilitate further development and create opportunities for personality to progress during all life. It plays important and key role in formation of personality and promotes personality’s progressing on all future stages of development. Family influences on physical and psychic health of child, forms personality teaches to make correct moral choice.

It should be underlined that formation of health culture as a component of family education contains great potentials for further harmonious development of child.

As per M. Demelia [13] family shall:

- creation, under existing material base, conditions, ensuring safety and satisfaction of child’s health related demands;
- creation of appropriate atmosphere, which would facilitate physical and psychic health, friendly attitude to child’s demands, sound hygienic competition, active, reasonable and systemic work on formation of health related skills and positions;
- organization of life, based on principles of somatic and psychic hygiene (daily schedule, proper sleeping, distribution of domestic duties);
- friendly cooperation with health protection establishments [18].

Health related education means not only receiving of knowledge; it also includes educational measures, oriented on development of proper attitude to health as to value. As a result, health related education has the task: to form young generation so that it could master social-cultural savings, related to health [14, 19].

Besides, schoolchildren shall have knowledge on formation of own health culture and surrounding people, because just health culture contains correlation: health culture-person-health culture. I.e. person creates health culture, is its carrier and manipulates it as a tool of creation of healthy life [17].

Analysis of system of values proves that the first place in value hierarchy of modern Polish youth is taken by family, the goes love and God. Next steps are truth, beauty, kindness, patriotism. On the base of researches, which were conducted in 2005 by Institute of public opinion, on the top of desired values of rising generation there are: happy family life, mutual love, friendship, kindness, respect to other people. Family is the most important value. So after entering EC, value benchmarks of poles can be presented in the following hierarchy: 1. Family happiness. 2. Good health. 3. Professional work. 4. Honest life. [12].

So, health related education is not only teaching to observe main hygienic rules, but also comprehensive educational functioning, which forms child’s individuality correctly and child’s attitude to health and health related culture.

In Ukraine principles of Christian ethic in primary school are presented by some programs, in particular by V. Tkachuk “Formation of children’s Christian ethic and moral health”, by M. Stelmakhovych - “Christian ethic in primary school”. Implementation of such courses, optional classes by agreement of parents, will render great influence on spiritual progress of young citizen of Ukraine [8, 9].

In opinion of T. Maryanenko modern pedagogic shall connect education and clear understanding of spiritual vertical of personality’s development, with division of kindness and evil, truth and false, beauty and ugliness. That is why youth shall be taught to vertical spiritual development, as far as most of them see only horizontal: development of abilities, mind, tastes, emotions. All they are important, but nevertheless, they are only supplements to spiritual development. Vertical, true, internal development is based on genuine, light spirituality, which determines sense and quality of life [12].

Thus, in opinion of Yu. Reshetnikov analysis of foreign experience does not mean its copying in practice of state-confessional relations in Ukraine. It is necessary to creatively understand it and use it in further reforming of social-humanitarian sphere in Ukraine, considering Ukrainian experience and specificities. It can be applied to experience of other countries in teaching of religion and courses of spiritual-moral orientation in state system of education [7].

It is also important to stress on close interconnection of education on the base of religious values with formation of human high moral qualities, responsible behavior and ability to resist negative influence of post-modern society [<http://www.irs.in.ua/>].

The conducted analysis of Polish and Ukrainian scientists’ works we can supplement with results of questioning. It will permit to determine interest of modern youth to the mentioned above problems of family and religious education of health culture.

Analysis of ANKIETKA data (<http://www.ankietka.pl/>) shows the following positions of respondents concerning healthy life style, health related space of family and health related education:

- 1). 10.34% practice sports once a week, 55.17% - 3 times a week and more often.
- 2). 77.57% - have active leisure (recreational trainings), 22.43%- have passive leisure (computer, TV).

3). Ecological way of life: 64.29% - have wish to protect environment, 7.14% - prefer family and friends, 14.29% - participate in information measures on protection of environment, 50.00% - want to save money.

4). Fast food and healthy way of life (Why do you eat fast food?): 12.00% - have no time for cooking, 46.00% - love fast food, 28.00% - to cope hunger quickly.

5). 35.71% - prefer healthy life style, 28.57% - ignore healthy life style, 35.71% - can not answer exactly.

6). Ability to master skills to resist stresses: 23.60% - do not want to increase knowledge on this subject, 49.44% - seek ways to avoid stresses, 50.56% - seek new methods of resistance to stress, 15.73% - seek knowledge of sources of stresses.

Unfortunately, results of many sociological questionings of Ukrainian schoolchildren and pedagogues witness about young people's neglecting of health as important social value. For example, results of questioning of teenagers and headmasters of educational establishments, conducted in 2010 within international project "Health and behavioral responses of studying Ukrainian youth", reflect far from being good picture of teenagers' attitude to own health. For example there are from 20 to 78% of the questioned had experience in smoking (depending on age and place of studying); 55% of the questioned boys and 41% of girls tried smoking at age of 11-15 years old. 46% of respondents took alcohol in the same age. 16% of 15-17 years' old age teenagers had experience in taking marijuana or hush. 38% of studying youth minimum once a year participated in street fights, 32% consulted doctors on cases of traumas. 42% of 15-17 years' old age teenagers had sexual experience (55% of boys and 31% of girls). From 7 to 15% of teenagers (depending on place of studying) had sexual contacts in age up to 15 years old [2].

Thus, there is nearly no differences in solution of most important problems of healthy life style of Ukrainian and Polish youth. The most important problems are quality of eating, anti-stress measures, ecological environment, practicing of sports, active leisure.

Conclusions:

Thus, it is necessary to stress on importance of religious education in family through prism of formation of health culture and health related technologies.

Important aspect of religious family education is personal example of adult members of family. Considering specificity of family education in Ukrainian family it is necessary to combine religious education in family and school. Also it is necessary to involve children indifferent health related measures, conducted by church and volunteers' organizations.

It is necessary to increase role of family and extra-curricular education of pupils in context of health culture's formation.

In Poland there exists widely spread practice of teaching of spiritual-moral subjects, which facilitate parents' care of children's health.

In compliance with decisions of education administrations there is an opportunity to ensure in Ukrainian family spiritual education of pupils, parents' right for education of their children according to own world vision and ideas.

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