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UDK 378.091.796.035

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INTEGRATION OF EDUCATIONAL AND RECREATIONAL ACTIVITIES IN THE SYSTEM OF TRAINING OF FUTURE SPECIALISTS IN HIGHER EDUCATION

The article deals with specificity health saving fundamental technologies and features for their implementation in higher education. These technologies are classified as follows: technology of monitoring physical, psychological, spiritual and moral health of students; technologies of health saving formation of personality traits, subjects of educational process; prevention and neutralization technology of self-destructive behavior of students. The complex of these modern technologies can provide optimization of adaptation of students, improve learning achievement, the maximum self-development and personal fulfillment, increased resistance to mental, psychological and emotional and physical stress.

Key words: health saving technologies, system of training, future professionals.

У статті визначена специфіка основних здоров'язбережувальних технологій та особливості їх реалізації у вищому навчальному закладі. Ці технології класифікуються наступним чином: технології моніторингу фізичного, психологічного і духовно-морального здоров'я студентів; технології формування здоров'язбережувальних якостей особистості, суб'єктів навчального процесу; технології профілактики й нейтралізації саморуйнівної поведінки студентів. Комплекс цих сучасних технологій здатний забезпечити оптимізацію адаптації студентів, підвищення успішності навчання, максимальний саморозвиток і самореалізацію особистості, підвищення стійкості до розумових, психо-емоційних та фізичних навантажень.

Ключові слова: здоров'язбережувальні технології, система підготовки, майбутні фахівці.

В статье определена специфика основных здоровьесберегающих технологий, а также особенности их реализации в высшем учебном заведении. Эти технологии можно классифицировать следующим образом: технологии мониторинга физического, психологического и духовно-нравственного здоровья студентов; технологии формирования здоровьесберегающих качеств личности субъектов учебного процесса; технологии профилактики и нейтрализации саморазрушительного поведения студентов.

Комплекс этих современных технологий способен обеспечить оптимизацию адаптации студентов, повышение успеваемости обучения, максимальное саморазвитие и самореализацию личности, повышение стойкости к умственным, психо-эмоциональным и физическим нагрузкам.

Ключевые слова: здоровьесберегающие технологии, система подготовки, будущие специалисты.

Formulation of the problem, analysis of recent research and publications. The current stage of development of higher education in Ukraine raises the problem of the protection and strengthening of health of students as one of the most important in society. The significance of the system of education in preserving the health of children and adolescents have concluded many domestic and foreign scientists. Ideas of health saving in psychology and pedagogy developed V. Anan'yev, L. Apanasenko, I. Brehman, T. Nikiforov, L. Tatarnikova and others.

However, health saving technologies most often considered in perspective preschool and school educational systems or analyzed exclusively medical and physiological aspects of health activities adult education. To date, attempts to create significant methodological and empirical based model tested of health saving support of educational activities in higher professional education studies carried out in O. Hlybova, H. Mescheryakova, D. Somova, L. Pylypey.

However, against the background of negative dynamics of modern health of students it is necessary to develop and implement innovative health saving technologies. These technologies should include comprehensive, built on a single methodological basis the system of organizational and psychological-pedagogical methods, techniques, technologies, aimed at strengthening and protection physical, psychological and spiritual and moral health saving of students.

The aim – to determine the specificity of health saving fundamental technologies and features for their implementation in higher education.

Methods of research – analysis, generalization and systematization of scientific-methodological literature; pedagogical (educational supervision, educational experiments, educational testing); medical and biological (anthropometry, pulsometry, tonometry, spirometry); psychodiagnostic methods (test «Self-mental states» (by Eysenck); sociological methods (questionnaires, surveys, diagnostics of social and psychological adaptation of K. Rogers and R. Diamond); methods of mathematical statistics.

The main material. The leading methodological principle of health saving support can be considered a systemic problem-situational approach that provides maximum matching diagnostic tools, correction, and prevention counseling problems that arise in the process of university academic subjects.

Integration of educational and recreational activities in higher professional education provides scientific and theoretical basis and testing of a complex – innovative health saving technologies that provide a solution to some problems of prevention, protection and strengthening and health saving of students during the entire course of study in higher education establishments.

These technologies can be classified as follows:

– monitoring technology of physical, psychological, spiritual and moral health of students;

- technology of health saving formation personal qualities of subjects of educational process;
- prevention and neutralization technology of self-destructive behavior of students.

The complex of these modern technologies can provide optimization of adaptation of students, improve learning achievement, the maximum self-development and personal fulfillment, increased resistance to mental, psychological and emotional and physical stress.

For successful implementation of health saving technologies it is necessary to use the complex of theoretical and empirical research methods.

For a more complete understanding of the nature of health saving support the educational process at the university consider the specific fundamental technologies and features for their implementation in practice.

The core health saving technology in the educational process in the university is ***the technology of monitoring the physical, psychological, spiritual and moral health of students***. It aims to obtain information on the physiological, psychological and socio-typological characteristics of individual students, graduate and undergraduate students of university. The technology has the scientific and applied nature, focused on real statement of health of all subjects of the educational process and carried out with the use of modern methods of testing.

Health monitoring, as a complex individual characteristics of students is carried throughout the entire period of study at the university with the following parameters, namely:

- physical health (functional state of the organism, reserve possibilities of systems, physiological features that define the uniqueness and success of training activities);
- psychological health (psycho-emotional status of the individual, the level of development of mental processes, psychological characteristics of personality);
- social health (the degree of social adaptation, the formation of social qualities, providing conflict-free stay in the team);
- spiritual and moral health (life goals and values, moral orientation, awareness, attitude and formation of a healthy way of life).

The systematic organization of comprehensive monitoring of the health of students ensures the implementation of the following technologies.

Technology of health saving formation of personality traits of subjects of educational process includes both advisory practice and developmental techniques, development and implementation of technology in the educational process of the university.

Advisory practice involves at first reflective analysis of the students according to individual characteristics and features of the regime, the

requirements of the profession, finding optimal ways of personal and professional realization.

This course includes the subjects of the educational process of materials and information that are necessary for significant personal, social and professional aspects of optimal functioning.

Such information is conventionally divided into several groups:

– information on individual self-determination (understanding problems in their own particular situation, determine appropriate courses, review of individual risk factors and improve the health);

– information on individual self organization (autonomy in planning of health saving living conditions, self-monitoring, analysis of the dynamics of their own performance, the ability to overcome their own problems associated with various aspects of the health).

Training methods are carrying out developmental specially organized sessions with subgroups of students in the form of psychological trainings and games aimed at teaching of self-diagnostic elements, unconventional methods of healing, strengthening immunity, optimization of the physical, psychological and moral health.

The third of health saving technologies of students includes complex of technologies that prevent and neutralize self-destructive behavior of students. These technologies include prevention and overcoming violations of health students also work with deviations arising from adverse changes in health

These technologies include corrective and preventive work methods. Prevention aims to prevent possible trouble, the preservation and strengthening of health of students during the whole period of study. The main goal of preventive work – creating conditions for active assimilation and use of socio-psychological knowledge about health, communication, personal development.

Preventive direction in the work of universities based on the methods of minimizing major risk factors for all subjects of the educational institutions and decides following tasks:

– identify «groups of risk» with a critical level of stress disorder and dependent behavior;

– prevention of social and psychological adaptation of students;

– determining factors and symptoms of mental overload, reduced mental capacity associated with heavy workload of students and faculty;

– impact assessment of content of teaching technologies, forms and methods of the state of health of students;

– prevent possible deviations of behavior of students;

– psychological support for teaching, professors and students who are in a state of acute emotional stress or excitement;

– provide of health saving support to students with disabilities.

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Corrective health saving methods include the organization of art therapeutic and art pedagogical training of special categories of students. These trainings aimed at overcoming the typical problems associated with habits of self-destructive behavior, and – reducing anxiety and optimization to adapt to the educational process in high school.

Particular attention should be paid to the following students: with low achievers; high morbidity; which have a complicated professional adaptation to training activities; students with high levels of anxiety and deviant forms of behavior.

Conclusions. Summing conclusion, we should note that the presented system of implementation of health saving technologies in educational process of higher educational institution has practical value to optimize the learning process. It can be used in the content of the curators, medical and psychological services of higher educational institutions, specialists in physical education, student communities. Content of health saving activities in universities during realization of appropriate technologies allows the student to form an optimistic outlook on life, attempts to professional development.

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