

PSYCHOLOGICAL AND VALEOLOGICAL METHODS OF FORMING HEALTH CULTURE OF YOUNG GENERATION

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Abstract: *Senior teacher Psychological and valeological methods of forming health culture of the young generation. Nowadays the problem of health of young people is becoming an object of research in many theoretical and practical fields. During the period of learning at the universities the number of students with chronic diseases is positively increasing. Within the structure of diseases there can be observed a significant increase in the rate of functional and chronic eyesight pathology, locomotive system, digestion. The results of psychodiagnostic examination indicate some negative factors in psychic and emotional state: higher level of anxiety and neurotization, low level of self-esteem, which may distract attention, reduce working capacity, cause undue fatigability, resulting in various dysfunctions and contributing to forming psychic and somatic pathology. Negative trends in the formation of somatic psychological and spiritual health, psychical development, functional status and students adaptive reserves under present conditions indicate the absence or inaccessibility of valeological knowledge, inefficiency of teachers practical efforts to form a harmonic personality, despite the modernization of education, application of new methods, forms, means of educating and training. That's why to ensure health for young generation, the main task of teaching at a university must a formation with students the whole complex of socially meaningful norms, values, but first of all, the value of human health. The results of our research indicate a negative trend in the students' health state during the learning process. That's why the aim of our research is a comprehensive study of the first-year students health state to determine main reasons of its deterioration and to further develop a training program of students' health culture.*

Keywords: *health culture, health of students, train program*

Nowadays the problem of young people's health is becoming an object of research in many theoretical and practical fields, because the students' health is progressively deteriorating as well as the health of whole population of Ukraine during last 10–15 years. During the learning period at universities the number of virtually healthy students is de-

creasing, and the number of students with chronic diseases is positively increasing [1, 2]. Within the structure of diseases there can be observed a significant increase in the rate of functional and chronic eyesight pathology, locomotive system and digestion. The results of psychodiagnostic examination indicate some negative factors in psychic and emotional state: high level of neurotization, higher level of anxiety, low level of self-esteem, which may distract attention, reduce working capacity, cause undue fatigability, resulting in various dysfunctions and contributing to forming psychic and somatic pathology [3].

Negative trends in the formation of somatic psychological and spiritual health, physical development, functional status and students' adaptive reserves under present conditions indicate the absence or inaccessibility of valeological knowledge, inefficiency of teachers' practical efforts to form a harmonic personality, despite the modernization of education, application of new methods, forms, means of educating and training.

In modern science this subject matter is comprehensively investigated by pedagogues, psychologists, valeologists and medics, which indicate, that negative status of young people's health is connected, first of all, with unsatisfactory system of education and upbringing.

Lack of health culture, consciousness of own life, inability to take responsibility for own actions and thoughts, as well as inability to rationally organize own activity, lack of positive thinking are first of all main factors causing poor health of students. That's why nowadays to ensure health for young generation, the main task of teaching at a university must become formation the whole complex of socially meaningful norms, values, but first of all, the value of the very human life and the health of students. It's necessary to promote this attitude to life among students, teach them the methods of self-understanding, self-perception, self-consciousness, self-control and the necessity to take protective measures, based on the understanding of mechanisms of emerging of danger and designed for its prevention. Students work out develop a culture of health, designed to achieve maximum self-regulation [4].

The analysis of scientific works demonstrates that the problem of forming culture with young people is multi-aspect and it is connected with a complex of issues: the issue of harmonic physical, mental (psychic), cultural, spiritual development of a person; the issue of following day regimes for education and leisure, nutrition, personal hygiene, motion activity, which are optimal for health; the issue of breaking bad habits, forming positive thinking; the issue of spirituality [5, 6].

The health protection of children and young people is one of the most important problems for today, which requires systematic research and interdisciplinary solution. That's why one of urgent and priority tasks for Pedagogy, Psychology, Valeology is to develop technologies, designed to form personal sets for healthy life-style, realizing by a person the values of health and the role of the spiritual potential of a person in its formation.

The results of our research show, a negative trend in the students' health state during the learning process. That's why the aim of our research is a comprehensive study of the first-year students' health state to determine main reasons of its deterioration and to further develop a training program of students' health culture.

To our opinion, formation of health culture of young people with the help of valeological and psychological methods will help to solve the problem of students' health state worsening [5]. So the aim of our work is the development of training concerning formation of health culture of first-year students and investigation of influence of training lessons on the indicator of adaptive potential.

A human organism is complex biosocial system, which has wide capabilities of adaptation to environment. If an organism is adapted, it easier sustains negative effects of environment. And if there are enormous effort, emotional tension and high-motivated activity, an organism can show the functional activity, which is not accessible for its quiet state. It proves that a human has great hidden reserves due to adaptation, and high adaptation allows to human overcome various negative factors and is one of the most important criterion of physical health [7].

So the aim of our research is an investigation of influence of training lessons on indicators of adaptation potential (AP) [7,8].

Object of research are of the first-year students.

73 students took part in experiment as the experimental group (EG) and 30 students composed the control group (CG). We got such results as a statistical data processing. The part of EG students was equal to 57,5 %, the part of CG was equal 33,3 % with satisfactory adaptation, the part of EG students was equal 42,5 % and the part of CG students having tension of adaptation mechanism was equal 66,7 % at the start of experiment (Figure 1). This testifies that EG students have better indicators.

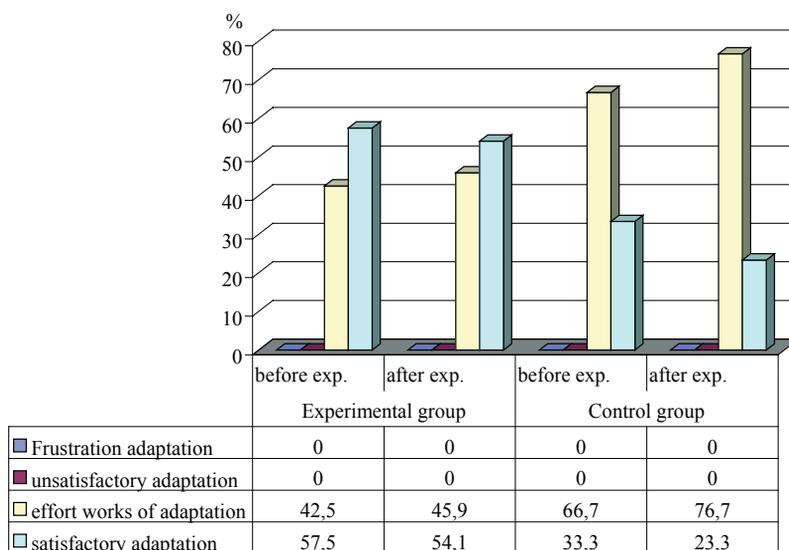


Figure 1. Indices of students' group before and after forming experiment in EG and CG, %

The indices of adaptive potential in EG have not practically changed after the experiment. So the number of students having satisfactory adaptation is reduced by 3,4 % and the number of students having tension of adaptation mechanism increased, whilst the indices of adaptive potential in CG became worse; the number of students having satisfactory adaptation is reduced by 10% and accordingly increased by 10 %.

The comparison of indices of students of different genders has revealed that these indices are almost identical: most students have satisfactory adaptation (Figure 2, 3). Most female students in CG (58,3 %) have tension of adaptation mechanism, whilst for male students this factor is equal 72,2 %. Female students of both group have shown insignificant enhancement of these indices (2,5 % for EG and 16,6 % for CG). The male students had inverse data; the AP indices had reduced by 22,3 % in EG and 27,8 % in CG.

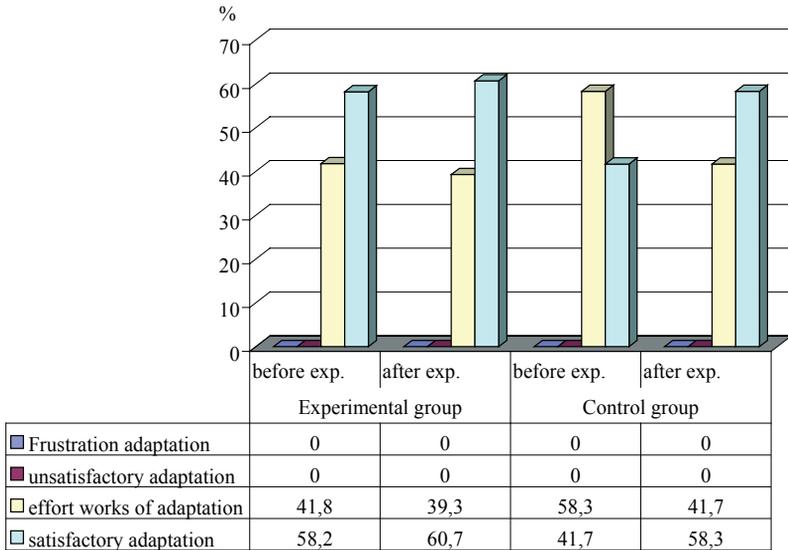


Figure 2. Indices of female students' group, %

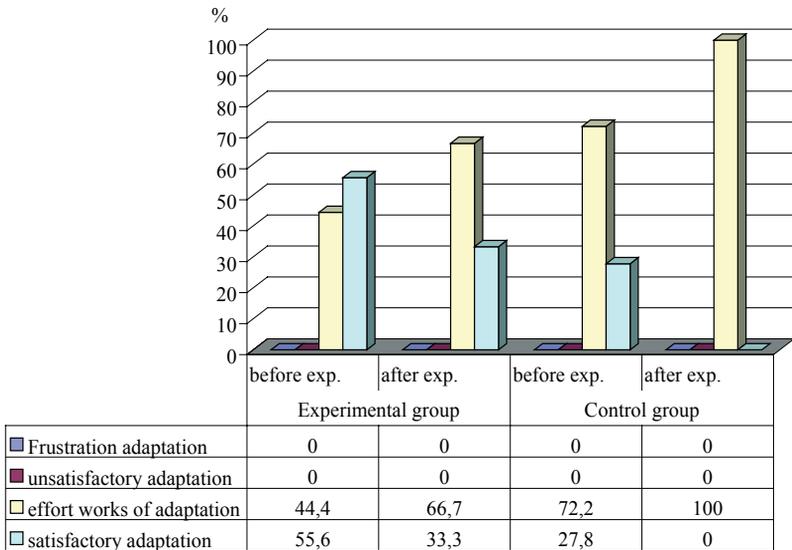


Figure 3. Indices of male students' group, %

Conclusions

- 1) The problem of forming young people's health is very impotent in modern system of education.
- 2) The results of our research indicate a negative trend in the students' health state during the learning process.
- 3) Lack of health culture are first of all main factors causing poor health of students.
- 4) The results of our research show, that training lessons positively influence for the indices of adaptive potential of student's experimental group.
- 5) The comparison of indices of students of different genders has revealed that female students' have shown insignificant enhancement of these indices, but male students had lowered indicators.

PSYCHOLOGICKÉ A VALEOLOGICKÉ METODY FORMOVÁNÍ KULTURY ZDRAVÍ MLADÉ GENERACE

Abstrakt: Profesorka Psychologické a valeologické metody formování kultury zdraví mladé generace. V dnešní době se problém zdraví mladých lidí stává předmětem výzkumu v mnoha teoretických a praktických oblastech. Během období výuky na univerzitách se pozitivně zvyšuje počet studentů s chronickými chorobami. V rámci struktury nemocí lze vysledovat významný nárůst v poměru funkční a chronické patologie zraku, pohybového systému, trávení. Výsledky psychodiagnostických vyšetření ukazují na určité negativní faktory psychického a emocionálního stavu: vyšší úroveň úzkosti a neurotizace, nižší úroveň sebeúcty, která může rozptylovat pozornost, snižovat pracovní schopnosti, způsobovat nepatřičnou únavu, vedoucí k různým dysfunkcím a přispívající k vytváření psychické a somatické patologie. Negativní tendence ve formování somatického psychologického a duševního zdraví, psychického vývoje, funkčního stavu a adaptivních rezervách studentů za stávajících podmínek indikují nepřítomnost nebo nedostupnost valeologických znalostí, neúčinnost praktického úsilí učitelů formovat harmonickou osobnost, a to navzdory modernizace vzdělávání, aplikace nových metod, forem, způsobů vzdělávání a školení. Z tohoto důvodu musí být pro zajištění zdraví mladé generace hlavním úkolem vzdělávání na univerzitách vytváření, spolu se studenty, celého komplexu sociálně smysluplných norem, hodnot, ale v první řadě hodnoty lidského zdraví. Výsledky našeho výzkumu naznačují negativní tendenci ve stavu zdraví studentů během procesu výuky. Z tohoto důvodu je cílem našeho výzkumu souhrnná studie stavu zdraví studentů v prvním ročníku, a to s cílem stanovit hlavní důvody jeho zhoršování a rozvinout program školení o kultuře zdraví studentů.

Klíčová slova: kultura zdraví, program školení