

THE INDIVIDUAL PROGRAMMES OF THE HEALTH IMPROVEMENT USING THE METHOD OF VIDEO-COMPUTER PSYCHODIAGNOSIS IN THE PEDAGOGICAL PROCESS

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Abstract: *Our work deals with practical utilization of the video - computer psychoanalysis according to Anuashvili. Two groups of students with different study – orientation were chosen and according to method mentioned was concluded that the method is sufficiently sensitive and enables reliably determine mental type of the person and in this way find specific access to to her/his education.*

Keywords: *spirituality, video – computer analysis, mental types, cerebral activity, valeology.*

The nature of a person is determined by the permanent universal values – absolute principles, composing universal morality. One is considered to be a normal harmonic person if he or she aspires after these principles. The nature of a person is reflected in these absolute principles and is present there usually unconsciously.

The spirituality of a person is the source of his or her activity, the condition of development and richness of the mental world. It determines the deeds and the actions of a person, his or her way of life in general. The scientists established the interconnection between the level of the spiritual development of a person with the mental, social and physical health. The problem of the assessment of the constituents of the health remains one of the most acute up till now and demands innovative approaches when solved.

One of such methods is the method of video-computer psychodiagnosis by Anuashvili, founded on the background principle of the information perception. So, through the analysis of the image of a person's face his or her mental type, mental condition, and the activity of cerebral hemispheres can be estimated. On the whole, according to the given method 49 mental types are singled out (fig. 1). The method is actively introduced into practice at the chair of valeology of V. N. Karazin Kharkiv National University.

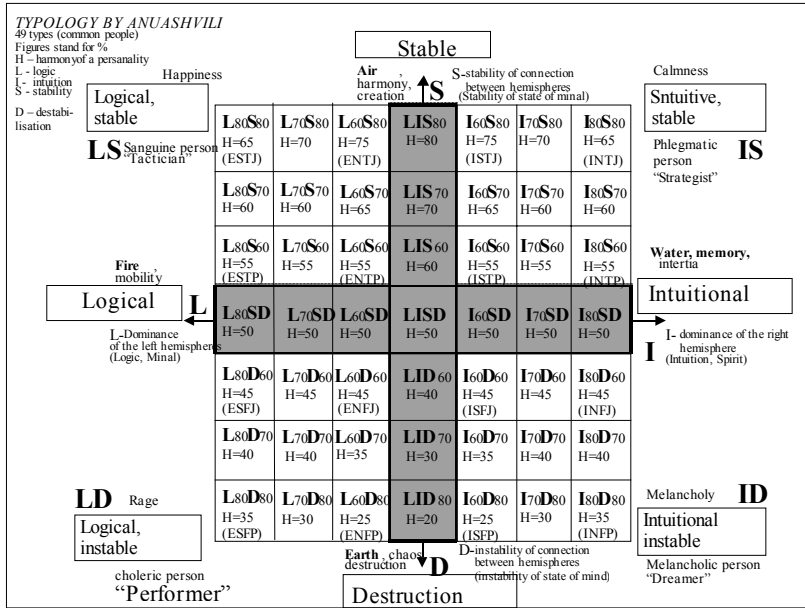


Fig. 1. Typology by Anuashvili

The analysis of the mental types of the students (20 people) of the department of philosophy (valeologists) and the department of ecology (ecologists) of V. N. Kharkiv National University was carried out with the help of video-computer diagnosis.

In the group of valeologists the middle mental type predominates with 50% of cases comparing with the instable (20%) and stable (30%) types (fig. 2). In the group of ecologists the instable and stable types are predominant (with 40% each) comparing with the middle mental type (20%).

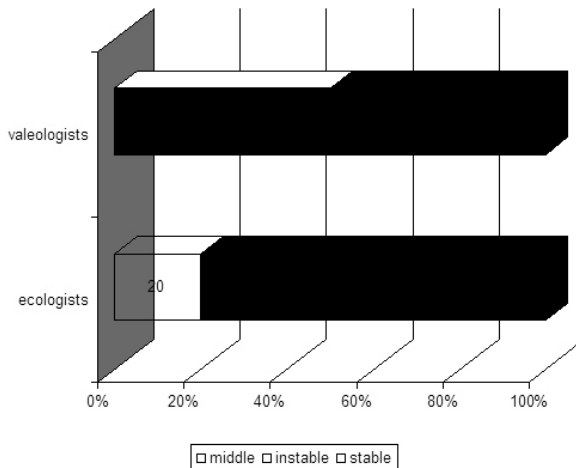


Fig. 2. The comparative analysis of mental types in the groups of ecologists and valeologists.

40 % of valeology students belong to the middle stable type, 20 % - to logical stable type, 20 % - to the intuitive stable type and 10 % correspondently to logical and intuitive instable types each.

In the group of ecology students we singled out 30 % of intuitive instable type, 30% - intuitive stable type, 10 % - logical stable type, 10 % - instable type without predominance and 20 % - middle stable type.

The analysis of the inter-hemispheric asymmetry accounts for the predominance of the logical thinking (the inter-hemispheric asymmetry of the left cerebral hemisphere) in 50 % of cases, the representational thought (the inter-hemispheric asymmetry of the right cerebral hemisphere) in 40 % of cases regardless of the specialization of the department. In 10 % of cases no explicit predominance of the inter-hemispheric asymmetry was revealed.

In the group of ecologists we observe a significant number of students (40 %) with the instable mental type, inclined to the manifestation of instability in mental state, risky and deviant behaviour, correspondently to the low manifestation of awareness of their deeds that causes the decrease of the spiritual health of a person. Thus, the connection of the spiritual health, as the top of the "health pyramid", generally accepted within the field of valeology studies, causes the changes in the social, mental and physical health of a personality. So we devised the programme of the individual self-development of a personality, which is actively implemented among the students of V. N. Kharkiv.

National University and includes the following parts:

- 1) activation of the work for the development of a personality;
- 2) formation of spiritual-moral culture;
- 3) harmonization of the emotional sphere of a personality;
- 4) fundamentals of the hygiene and the formation of the healthy life-style skills;
- 5) broadening of the knowledge of the culture of physical development and the formation of skills and their usage;
- 6) valeological fundamentals of the culture of nutrition;
- 7) culture of family relations closely correlating with the socialization of a personality.

Thus, the opportunity of the introduction of the video-computer diagnosis by Anuashvili into practice of the work of the high school gives the possibility to reveal students' mental types, to modify the appliance of the individualistic approach towards a student's personality and to use individual health-improving programmes aiming at the harmonization of a personality and his or her health.

INDIVIDUÁLNÍ PROGRAMY ZLEPŠENÍ ZDRAVÍ, VYUŽÍVAJÍCÍ VIDEOPOČÍTAČOVÉ PSYCHODIAGNOSTICKÉ METODY V PEDAGOGICKÉM PROCESU

Abstrakt: Práce je zaměřena na praktické využití metody videopočítačové psychoanalýzy podle Anuašviliho. Byly vybrány dvě skupiny studentů, jejichž studijní

směr se dosti značně liší a pomocí uvedené metody bylo zjištěno, že je dostatečně citlivá a umožňuje spolehlivě určit mentální typ člověka a tím najít specifický přístup k jeho výchově.

Klíčová slova: spiritualita, videopočítačová analýza, mentální typy, mozková činnost, valeologie