

VALUE OF HEALTH IN MOTIVATIONAL SPHERE OF CHILDREN

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Abstract: *A culture of health is an inalienable constituent of general culture of personality, providing the certain level of knowledge, abilities and skills of maintenance and strengthening of health. It is characterized forming for the children of motivation on the conduct of healthy way of life and valued attitude toward an own health and health of circumferential. The important task of adults is education of healthy child in the period of the active somatic forming and psychical development. It consists in activating for the children of desire to the maintenance and strengthening of health, to high morality. We are treating the results of testing of pupils from 4-6 forms of school of health, which is situated in the Kharkov region. It was found out that a health occupies in the motivational sphere of children. The analysis of concepts, being in one group with a health, demonstrated intercommunication of emotional constituent, relationships with parents and at school with motivation of child to the health. Further recommendations are discussed.*

Keywords: *health, motivational sphere, necessity, education, harmonic development, emotional constituent*

During centuries-old history of mankind at all socioeconomic structures is of a problems of health took the important place in society's life. They have been closely connected with development of a social production and formation of social being.

Culture of child's health is the integral component of the general culture of the person, which provides the certain level of knowledge, skills of preservation and strengthening of health. It is characterized by formation of value of a healthy way of life and the valuable attitude to own health and health of associates [1].

Health can be presented as a degree of the intrasystem order, i.e. a degree of a harmony of system. It defines health state of the person and his opportunity to carry out biological, social and creative functions. Laws of harmonization are realized only in positive information space.

Harmony gives persons psychological adequacy in perception of itself, disharmony - is on the contrary. In mental health a significant role is played steady « I am the concept », i.e. a positive adequate long-term self-estimation. It is very important for adaptation of the person, especially the child, in society. Health means self-realization of the person in a life.

Harmony is created by the nature, broken by mind of the person as mind generates the negative information. Negative ideas and emotions lead to infringement of harmony. Experiences lead to fear for the physical existence, uselessness in a life, outing of creative opportunities. Ignoring their factors occurs is more often for children. Long imposing of stress on normal character leads in due course to development of a neurotic condition or chronic stress. Therefore studying effective ways of diagnostics and decrease in intensity of negative emotional conditions is actual at present times. As there is a neutralization of their negative influence on vegetative nervous system that is effective means for normalization of a functional condition, improvement of the general state of health and a level of positive emotions at children.

All-round and harmonious development of the child is not only ideal of each parent, but also societies as a whole. All parents aspire their children to grow healthy and happy.

Love and harmony generate at the child feeling of security in a life. Hence, development and perfection of culture of family and school is one of the basic directions of formation of culture of health and its strengthening at children of any age. The important problem of adults is education of the healthy high-grade child during active somatic formation and mental development. Leading aspect of this education is activation of positive emotional conditions at children, their desires to preservation and strengthening of health, to high morals and value of a life.

Object and methods of research

Testing was made by means of L.I.Solomina's modified test for revealing of motivation of the person created on the basis of a technique by A. M. Atkinda TCA (the test of color attitudes) [2]. L.I.Solomina's test is based on the assumption, that the designation of different concepts of emotional-motivational sphere by one color is an indirect parameter of similarity of the emotional attitude to the given concepts. At carrying out of testing the standard set of colors with which they work at school has been used habitual for children. To provide maximal freedom of a choice, the colors were various. For reception groups of similar concepts the quantity of colors was six times less quantities of estimated concepts. The list of concepts is made so that at it there were the categories reflecting different kinds of activity, need, value, emotional experiences of different people, including children. Examples of concepts: « My father “,” the study “,” interesting employment » whom I wish to be » what I am actually “,” threat “,” my future “,” my teacher “,” creativity “,” irritation “,” trouble », etc.

The certificate on appeal of any concept, on the positive attitude to it, is assignment to it of favorite's colors by the child. On the contrary, to the concepts designated by unpleasant colors, children also concern, most likely, negatively. The designation of several concepts with one color specifies approximately identical attitude to them. So in these concepts for children there is something the general, and they not casually get in one group.

The purpose of research is finding-out children's attitude to concepts of «health» and «illness», the analysis of the categories getting in one group with them. It is important for improvement of understanding the maintenance of motives and needs of

children, a degree of their satisfaction, possible ways of adaptation, sources of stress and negative experiences.

The General characteristic of sample: 44 pupils of 4-6 forms assistance school of health №3 city of Ljubotin of the Kharkov region have taken part in research. Among them - 20 girls and 24 boys. Middle age of children from 10 till 12 years.

Results and their discussion

At inspection of children, as a rule, the basic attention addresses on studying of a condition of a different level of functional and adaptable opportunities of an organism, and also personal and typological features, uneasiness and cognitive sphere of children [3, 4].

In offered work, we have lead the analysis of motivation to health at children as in it is carried out synthesis of reactance and activity of the person presented by specific features-original of self-control of behaviour.

In opinion of Yeliseyev [5] penetration into essence of motivation leads to a conclusion that in a reality there is a whole structure of ways, motives and the operations of activity incorporated by coordination essence of leading strategy of human life.

It is considered that the purposes of human behaviour connected with satisfaction of basic needs, are defined by aspiration to maximize encouragement and to minimize punishment [6].

Submitting data carried out research; we have isolated categories, which school-boys placed in one group with concepts "health" and "illness". We assume that they have not casually appeared beside, as they render mutual influence against each other, forming the importance and need of various spheres of ability to live of children.

All set of the concepts, offered to children, we have formed into ten groups:

1. Purposefulness: success, leadership, freedom, work, knowledge.
2. Representations about itself: I actually, I wish to be, the present, the future, health, illness.
3. Attitudes of the home (home mutual relations): mum, the daddy, the brother/sister, my house, house duties.
4. Attitudes at school (school mutual relations): school, school duties, the class teacher, teachers, study, reading, and classmates.
5. The attitude with associates: the friend, friends, adult.
6. Hobbies: game, the creativity, interesting employment, dialogue, the nature.
7. Positive emotions: pleasure, love, security.
8. Negative emotions: bad mood, irritation, conflicts, troubles, failure, fear, threat.
9. Material benefits (values): money, things, the TV, a mobile phone, advertising, a computer.
10. Bad habits.

By consideration of results of testing, the rating of "health" and "illness" in motivational sphere of all group of research, and also separately at boys and girls (tab. 1) came to light.

Table 1. the Attitude to concepts “health” and “illness” in motivational sphere of children (n = 44)

№		Health			Illness		
		girls (n =20)	boys (n = 24)	an average	girls (n = 20)	boys (n = 24)	an average
1	Rating	3,2	2,9	3,05	6,2	5,6	5,9
2	predomin. color	yellow	red	yellow	black	brown, black	black

Analyzing obtained data, it is possible to tell, that from eight positions the rating of motivation to health settles down on the third place. Thus, it is not so high of children, though boys have some above, than at girls. Probably, it is connected with their greater attachment to parents and the home, less social adaptation. It is necessary to note, that 13,6 percent of schoolboys (5 girls and 1 boy) have arranged in one group both analyzed concepts. It specifies for an opportunity of fast displacement of balance depending of influence of external circumstances and 9 percent of schoolboys have put aspiration to health below, than motivation to illness. Among concepts of one group with them «threat», «troubles», « attitudes at school » also are named.

At a choice of color, yellow prevails at girls and in all group interrogated. Prevalence of yellow color speaks about pleasure; hope for happiness fortunately, aspiration to new, yet not generated, directed to the future. Boys more often associated health with the red color designating expression of vital force and activity, aspiration to success and the vital blessings. Any of investigated has not designated this category with brown color. Prevalence of black color for a designation of concept «illness» speaks about a condition of internal alarm and replacement of the exciting influence, frightening shortage and deprivation something very significant in life. There is no association of «illness» with yellow and dark blue color.

In table 2 frequency of a mention of significant concepts which meet in one group with categories «health» and «illness» is resulted. Apparently from the resulted table representation about health at children has the general with the categories including concepts « attitudes at school », «hobbies», « representations about itself », «purposefulness» and « attitudes at home ». Thus the role of positive and negative emotions in formation of motivation to «health» is practically identical. However, for boys positive emotions and conditions are more vitally significant, than for girls.

Table 2. Frequency of a joint mention of categories with concepts «health» and «illness».

№		Boys		Girls		Total	
		health	illness	health	illness	health	illness
1	Purposefulness	23	5	16	6	39	11
2	Representations about itself	28	5	16	2	44	7
3	Attitudes in the home	21	8	15	5	36	13
4	Attitudes at school	28	16	19	8	47	24
5	Attitudes with Associates	12	2	12	1	24	3
6	Positive emotions	16	3	7	-	23	3
7	Negative emotions	12	50	9	39	21	89
8	Material benefits	19	16	16	12	35	28
9	Bad habits	-	4	2	3	2	7
10	Hobbies	21	3	24	-	45	3

It is necessary to note, that about half of children (45,5 percent) connect motivation to health with parents, and 47 percent – are direct with influence of teachers and the class teacher. It in an equal measure concerns both girls, and boys. Thus, high value of health is connected with mutual relations of children with significant adults. Any infringements of these attitudes can shift the given balance aside «illnesses» as negative emotions are interfaced to physical changes in an organism. The inability to operate negative emotional conditions conducts to occurrence in children of unpleasant painful sensations. They sharply experience unpleasant situations in the company of contemporaries and of home, feeling of «derelict» (superfluous). Moreover, frequent conflicts at school, especially with teachers, can lead idle, to bad habits, emotional instability and non social to behaviour. For opportunity of development of such situation specify results of 20 percent interrogated, placed in one group with concept «illness», significant adults and negative emotional conditions.

For harmonious passage of a stage of socialization of children, it is necessary to coordinate prominent features of their development (emotional instability, a unbalance) with influence of environment conditions. In process of development of the surrounding validity, the system of personal attitudes is gradually formed at schoolboys. Its basis is made with direct emotional attitudes with parents, coevals and teachers. They prevail above all other factors and circumstances.

Thus, from the approach of adults to education, especially parents and teachers, depends the future of the child. If the adult takes of a position of the quiet, understanding instructor, the child without fear and humiliations addresses to him for help. Thus, children are able to learn much, more adequately to generate own picture of the world, independently make the choice in various vital situations. Such behaviour will promote their development and self-realization in the life.

Knowing the stated problems, for correctional influence it is important to involve both poles – both children's, and the adult. Discussion of problems of health with children needs to do only with their consent. Thus, it is necessary to keep trust with each other, to form active mutual aid in collective. Only in this case the child will grow harmonious and healthy, physically strong and hardy. He will easily overcome any vital obstacles. Because only spiritually and physically healthy person can understand the world, feel pleasure of life and pleasure of creation of himself and the Universe.

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HODNOTA ZDRAVÍ V MOTIVAČNÍ SFÉŘE DĚTÍ

Abstrakt: Kultura zdraví je neoddělitelnou složkou kultury osobnosti obecně, která zajišťuje určitou úroveň vědomostí, znalostí, dovedností a schopností udržovat a posilovat zdraví. Vyznačuje se tím, že představuje pro děti motivaci směrem ke zdravému způsobu života a je to cenný přístup k vlastnímu zdraví i ke zdraví okolí a prostředí. Důležitým úkolem dospělých je vychovávat zdravé dítě v období aktivního somatického formování a psychického vývoje. Spočívá v aktivování touhy dětí udržovat a posilovat své zdraví a k důsledné disciplíně v tomto ohledu. Předkládáme výsledky zkoumání žáků ze 4 - 6 forem škol zdraví se sídlem v charkovské oblasti. Bylo zjištěno, že je zdraví zakotveno v motivační sféře dětí. Analýza koncepcí prokázala vzájemnou komunikaci emocionální složky, vzájemné vztahy s rodiči a ve škole motivaci dítěte ke zdraví. Jsou rozebírána další doporučení.

Klíčová slova: zdraví, motivační sféra, nezbytnost/nutnost, vzdělání/výchova, harmonický rozvoj, emocionální složka