

## THE INFLUENCE OF VALEOLOGICAL EDUCATION ON FORMATION OF SPIRITUAL HEALTH

---

*Maria GONCHARENKO, Tetiana KUIDINA*

**Abstract:** *Today domestic valeological, pedagogical, psychological sciences more pay attention to education at young generation of high spiritually-moral qualities. The scientific discussion was widely developed round problems concerning development ways of formations, creations of new (innovative) technologies professional, social and personal youth developments in recent years. One of questions which the valeology try to decide are problems of methodological and pedagogical working out of innovative spiritually-ethical education. In a basis valeological education must be knowledge of a new paradigm the world around and corresponding to it structural organization of the person, that help to promote formation of new world outlook.*

**Keywords:** *spiritual values, valued orientations, education, spiritually-moral potential*

Different problems of spiritually-moral education of studying youth of Ukraine have drawn to themselves steadfast the attention of researchers from various areas of sciences last years . Different specialists as psychologists, teachers, culture experts, philosophers, biologists, physicists, valeologists work in this direction, fruitfully . Spiritually-moral development of studying youth basically is carried out in the course of education and training, therefore on the orientation they should be imbue by cultural and is moral-aesthetically sated. It is necessary to make the creative environment providing development of an inner world, spiritual feelings, spiritual needs of the person, its valuable orientations, intellectual, religious, morally-aesthetic experiences. Spirituality is formed by harmonization of means of moral, aesthetic, intellectual influence. [1,3]

Now scientific discussion was widely evolved around problems concerning ways of a elaboration of education, creation of innovative technologies of professional and personal development of youth. The decision of objectives on methodological and pedagogical working out of innovative spiritually-ethical education is one of questions in which the valeology is engaged. It gives profound knowledge of consciousness structure, the structure of the person and a hierarchical role of spirituality in mechanisms of formation of health, develops criteria of an estimation of spiritual, moral and social health which are defined by the relation of the person to Space, universal, national and public values. [2].

Carrying out of the analysis of influence валеологических knowledge on formation of spiritual health at students was the purpose of the given work. An estimation of system of values spent by O.B.Fantalovj's [6] technique, definition of the purport of life orientations did by means of D.A.Leontev's test. For the analysis of the received data used statistical methods of research. The carried out correlation analysis has allowed to receive the description of personal values, their interaction, completeness of their substantial and structural characteristics.

## Results of research

Researches were spent among students of the V.N.Karazin Kharkov national university. Valuable orientation as original display of outlook of the person and definition of its spiritual orientation, studied by means of ranging of "value-availability" of such vital spheres: health, communication, the high status, a family, public activity, the knowledge, the help and charity, material benefits, higher education, belief in the God (as the higher Reason of love and justice), rest, self-realization, the world fine, the love, a recognition, is interesting work, freedom.

(Fig. 1) average values of "values" for students-valeologov has shown comparison of the received results, that and students of biological faculty have full coincidence in spheres: the high status, love, the world fine, the help and charity, for students-valeologov more significant are spheres: knowledge and belief in the God.

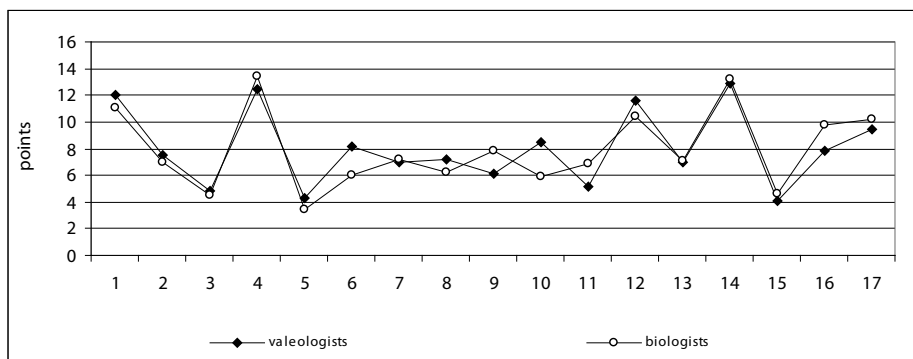


Fig. 1. Average values of «values» for students-valeologists and students of biological faculty.

*Note:* Universal values: 1 - health; 2 - communication; 3 - the high status; 4 - a family; 5 - public activity; 6 - knowledge; 7 help and charity; 8 - material benefits; 9 - higher education; 10 - belief in the God; 11 - rest; 12 - self-realization; 13 - the world fine; 14 - love; 15 recognition; 16 - interesting work; 17 - freedom.

Formation life orientations this knowledge and internal material and cultural wealth of a society, the nation, a civilisation, comprehension of leading value of values in own life, a family and society life as cultural - ethical reference points, statement of the purposes of self-development, self-improvement, self-realization, self-determination, self-realization. Studying vital orientations has shown, that students of both faculties have the positive mood, assured of the future, responsible for the life and the acts,

purposeful, perceive process of the life, as comprehended, interesting and emotionally sated (fig. 2). Having analyzed insignificant distinctions of average indexes of results of testing, for deeper analysis have carried out the correlation analysis received given (personal values) and have revealed various groups of authentically connected characteristics.

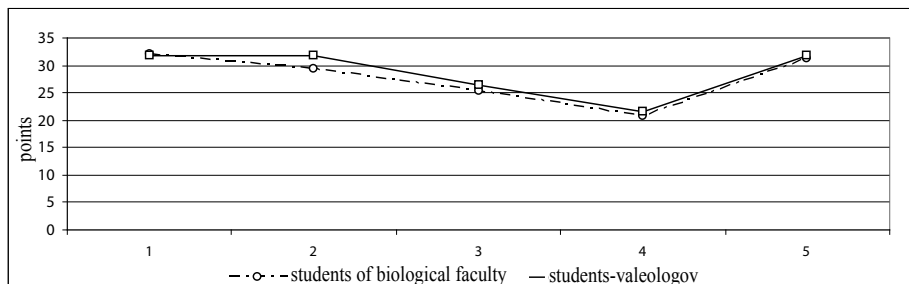


Fig. 2. Indicators of scales of Leontev's test (PLO), received at testing of students-valeologov of philosophical faculty and students of biological faculty.

**Note:** 1-purposes, 2-process, 3-result, a 4-locus of the control "I", a 5-locus of life control.

In spite of the fact that level of an indicator of life's orientation (LO) has the minimum divergence for students-biologists (103 s.u) and students-valeologists (104 s.u.) and in dynamic structure PLO is not present differences (rice 2), nevertheless, the correlation analysis has shown significant distinctions in value-semantic structures at these two groups of students, their various orientation and a saturation. Saturation of the considered block, this quantity of personal values which correlate with leading value.

In drawing 3. Correlation communications in system of personal values at students are presented.

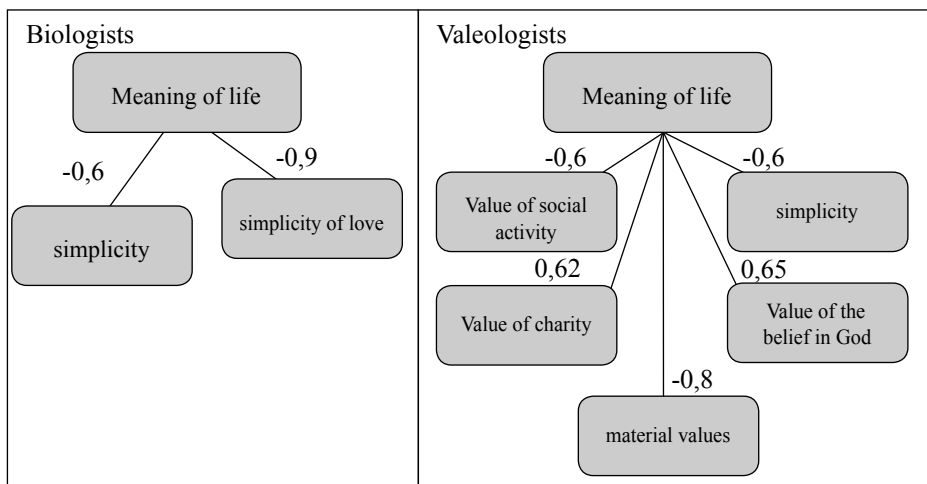


Fig. 3. Correlation communications of system of personal values with leading value LO at students.

With growth of level of comprehension of a life (CoL) at students-biologists «availability of communication» (-0,6) and «availability of love» (-0,9) falls, that testifies about revaluations of quality of communication. The sight and at «availability of love» if the early youth can be characterized the first love to older years orientation to a private life starts to ripen varies, there is a revaluation of relations with the favorite person.

Thus, valeologists (fig. 3) were correlated by analysis has shown other dependences characterizing raised aspirations. With growth of level of intelligence of a life (LO) value of charity (0,62) and value of belief in the God as the higher Reason of love and justice (0,65), falls the importance of value of social activity (-0,6), values of material benefits (-0,8) grows. It is necessary to notice, that valeologic knowledge gives the chance to students to look at a problem of preservation of health from other party, there is a revaluation of availability of health (-0,6).

Considering significant values as vital reference points, it is possible to allocate four accepted values-purposes: health, self-realization, a family, love. The percent of a choice of these values prevails over others.

Value “health” at students-biologists (fig. 4.) with value «social activity» (0,58) positively correlates, that associates with physical and social health. The following positive dependence, is availability «the belief in God» (0,62), and have negative correlation with an indicator «the Locus of the control of a life» (-0,7) which shows, in what measure the person can operate the life, how much freely it can make of the decision and embody them during a life.

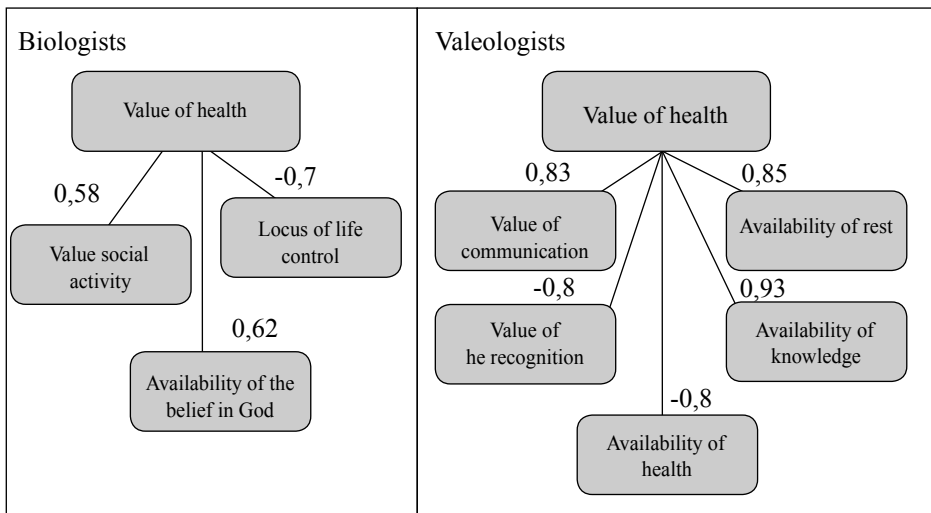


Fig. 4. Correlation communications of system of personal values with leading value “health” at students.

Students of the given group do not bear responsibility for formation and maintenance of the health. Value of health for this group carries a physical and social orientation.

At students-valeologists value “health” has following filling: value of “commu-  
 nication” (0,83), value of “recognition” (-0,8), availability of “rest” (0,85), availability  
 of “knowledge” (0,93), availability of “health” (-0,8). The valeology, gives knowledge  
 to students about importance not only physical and mental, together with spiritual health.  
 Negative correlation «value and availability» health at students-valeologists speaks  
 holistic the approach to the person, understanding of that correction of a state of health,  
 it is necessary to begin with spiritual level, in parallel influencing on mental and physical  
 level.

The following significant value, is “self-realization”. Correlation dependences  
 for students - biologists are presented in drawing 5, they are characterized by the minimum  
 saturation and a strongly pronounced one-orientation.

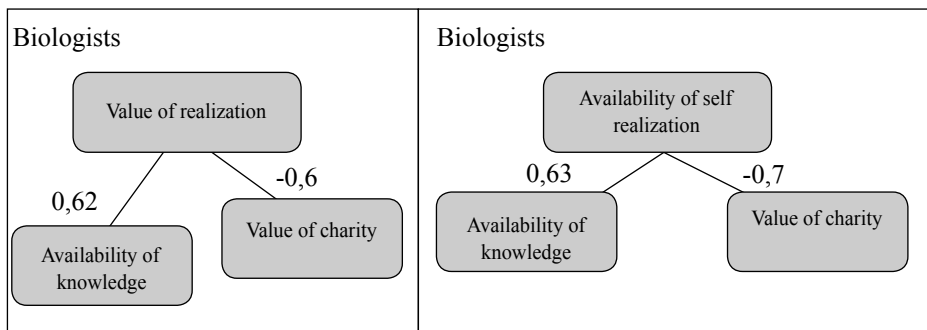


Fig. 5. Correlation communications of system of personal values with leading value „self-realization“ at students-biologists.

Both value and availability of self-realization correlates positively with availability of “knowledge” (0,62 and 0,63) and are negatively dependent with “charity” (-0,6 and -0,7). Students of this group have an intellectual orientation of development.

At students-valeologists value “self-realization” (fig. 6) is characterized by a saturation and interdisciplinarity. Positive correlation dependence is observed in spheres: value of «recognition» (0,84), availability of «communication» (0,8), availability of «family» (0,77), value of «public activity» (0,88) and negative correlation with availability of «rest» (-0,85).

Self-realization passes successfully when in a private life well-being (importance of availability of “family”) is observed. The importance of value of “public activity» and value of “recognition” for self-realization testifies to necessity for students of external support, possibility to receive an estimation individual (professional, social, spiritual) growth.

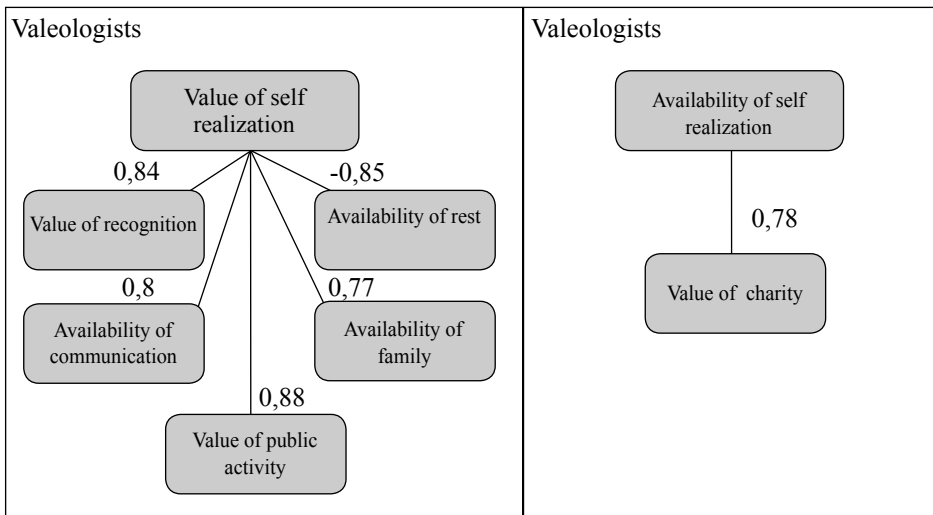


Fig. 6. Correlation communications of system of personal values with leading value “self-realization” at students-valeologists.

Value of “public activity» and availability of “communication” also are important for self-realization of students, they realize the interrelation and participation to a common cause, values of an educational institution, faculty, group, i.e. a society - which part they are. Thus the phenomenon “we-consciousnesses” when there is an integrated feeling of unity, coordination, feelings “we” in collective, the general vision of the purpose which turns to the shared mission including public and individual values is formed and satirized. Availability of self-realization to students-valeologists associates with value of charity (fig. 6).

Valeologic education promotes mastering spiritually - moral values and is process of acquisition by young men of spiritual experience, development of valuable orientations, spiritual needs and feelings which play the important role in formation of spiritual health. An important point I in valeologic education and educational process am use of forms and methods of education and education of spiritually-moral direction; creation личностно the directed pedagogical situations and positive emotional atmosphere during educational process; youth attraction to research activity on formation of spiritual health [3,5].

## Conclusions

Results of the lead work have allowed to define degree of realization of vital senses and have shown, that the majority of students have target orientation, orientation to an emotional saturation and productivity of a life, orientation to a freedom in choosing, have strategy of a social life. Researches of dynamic structure life meaning orientations through correlation with values of the person has allowed to open deep senses and to find out qualitative differences in value-semantic structures in students-biologists and students-valeologists.

At students - biologists self-realization is directed on social health, on intellectual development, with low level of knowledge of value of spiritual self-improvement. The correlation analysis has found out dependences which characterize raised aspirations in students-valeologists. Valuable components are characterized by a saturation and разнонаправленностью. They are presented by groups of values, which has orientation on aspiration of the person to spiritual growth.

This work have shown, that valeologic knowledge, give understanding to students of importance not only physical and mental, together with spiritual health. The received results confirm necessity of introduction valeologic educations at all stages of education in all teaching and educational establishments that will give the chance for formation of a humanistic society with new outlook.

## Literature

- ГОНЧАРЕНКО, М. С. Этапы формирования духовности человека в учебно-воспитательном процессе. Теоретические и практические аспекты / М.С. Гончаренко, В.Г. Гончаренко, Н.В. Михайличенко // Валеология: современный стан, напрямки та перспективи розвитку: Матер. 3-ї міжнарод. наук.-практ. конф.: Т. 1, ч. 2. – Харків, 2005. – С. 6–12.
- ГОНЧАРЕНКО М.С. Валеопедагогические основы духовности: Учебное пособие. – Х.: ХНУ имени В.Н. Каразина, 2007. – 400 с.
- ГОНЧАРЕНКО М.С., Карпенко И.В., Михайличенко Н.В., Новикова В.Е. Гуманистические стратегии современного педагогического процесса валеологический аспект. / Вісник Харківського національного університету” (серія валеологічна „Валеология: сучасність і майбутнє”. – Харків, 2008. – С.5-12.
- Діагностичні підходи до визначення стану духовного і морального здоров'я особистості: Навчальний посібник для проведення практичних занять / Укл. проф. М.С. Гончаренко, доц. Е.Т. Карачинська, В.С. Новікова. – Х.: ХНУ імені В.Н. Каразіна, 2006. – с. 157.
- ПОМИТКІН, Е.О. Психологія духовного розвитку особистості: Монографія / Е.О. Помиткін. – К.: Наш час, 2005. – 280 с.
- ФАНТАЛОВА, Е.Б. Діагностика внутрішнього конфлікту / Е.Б. Фанталова. – М.: Фолио, 2002. – 116 с.

## VLIV VALEOLOGICKÉ VÝCHOVY NA UTVÁŘENÍ DUCHOVNÍHO ZDRAVÍ

**Abstrakt:** Moderní domácí valedologické, pedagogické a psychologické vědy více věnují pozornost výchově duchovních a morálních vlastností u mladé generace. Vědecká diskuse se v posledních letech ve velké míře zaměřuje na problémy, týkající se vývoje způsobů utváření a vytváření nových (inovativních) technologií profesionálního, společenského, sociálního a osobnostního rozvoje mládeže. Jednou z otázek, které se valedologie pokouší zodpovědět, jsou problémy metodologického a pedagogického vy-

pracování inovativní duchovní a etické výchovy. Základem valeologické výchovy musí být znalosti o novém paradigmatu světa kolem nás a musí ji odpovídat „organizační struktura“ osoby, která pomáhá podporovat utváření nového pohledu na svět.

**Klíčová slova:** duchovní hodnoty, hodnotová orientace, výchova, duchovní a morální potenciál