

Technological Approach to the Health of Young Children as the Basis of the Educational Paradigm

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Abstract: the article reveals the concept of “health-saving technologies”, analyses the ways of forming a healthy lifestyle of younger students. At the beginning of the third Millennium, the pedagogical problem of children's health is global, especially for children with disabilities. Unfortunately, annual medical examinations of students of secondary schools indicate a persistent deterioration in the health of the population of Ukraine, which is a risk factor for the future of the state as a whole. In this regard, the formation of health should occur in the years of intensive development of students, which falls on the period of schooling. The study of philosophical, psychological, scientific and pedagogical works indicates the existence of differences in the views of scientists and practitioners regarding the understanding and application of the concept of child health.

Keywords: health-saving technologies; stages of strengthening and preservation of health; younger students; school; student; teacher

The priority task of Ukrainian society is to educate people in the spirit of responsible attitude to their own health and the health of others as the highest individual and social values. The state, together with the public, promotes the preservation of the health of participants in the educational process, involving them in physical culture and sports, conducting and implementing the results of inter-sectoral research on health promotion. In all parts of the education system through the use of means of physical education and physical fitness work, the use of various forms of motor activity laid the Foundation for the provision and development of physical, mental, social and spiritual health of each member of society.

The formation of a child's conscious attitude to their health contributes to the unity of the requirements of a healthy lifestyle in the family. A healthy child is a dream of all parents; however, not everyone understands how to achieve this. An accomplice of the educator in this case is the family – a personal family-environment of life and development of the child, which determines the way of her life and social existence. The family environment is a natural form of preserving and promoting the health of children. That is why parents can teach their son or

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daughter to take care of their own health, so that the healthy lifestyle chosen by them in childhood helps to live a long and joyful life.

Only the family is able to ensure that the skills that were formed by the teacher, turned into skills to strengthen and maintain health, which changes children's behaviour for the better, and the behaviour of parents, their personal example, self-education are the best methods of raising children.

Attention to the problem of health is increasing every year both in our country and around the world. In Canada, the United Kingdom, the United States, France, health is part of the national policy, as evidenced by the state health programs and national health information reviews. Their implementation is possible because it is realized: the degree of health depends on the attitude to it at the state and personal level. There are facts from the world practice about the decrease in the growth of cardiovascular diseases and cancer (USA), tobacco dependence and decrease in alcohol consumption (Finland), decrease in crime and the number of abortions (Netherlands, Sweden), due to the formation of proper motivation for a healthy lifestyle.

These circumstances allow us to state that the formation of a healthy lifestyle as a technology for maintaining health and ensuring high efficiency and productivity of human labour is, along with the problems of war and peace, greening human consciousness, the most important problem of our time.

The effectiveness of the secondary school for the formation of a healthy lifestyle of students is possible in the presence of information about the individual characteristics of the participants of the educational process, and the school organization itself, which can be obtained during the diagnosis.

Diagnosis (from the Greek diagnostics - the ability to recognize) is defined as the study of qualitative indicators in any activity, as an evaluative component of the professionalism of the individual in the work.

The importance of diagnostics in pedagogical activity is difficult to overestimate. Pedagogical diagnostics at school gives a General idea of education, training of children and adults, allows you to determine the strategy and tactics of educational work. Psychological diagnostics allows you to set the level of development of personality, her work, creative potential, possibilities, especially, the willingness to control, discipline, joining the team etc.

To master the methods of diagnosis, first of all it is necessary to learn how to investigate a particular process, determine its main indicators, evaluate them and establish the effectiveness of adaptation in practice. As shown by the analysis of management activities of heads of institutions and specialists of the Department of education, conducted at the beginning of the experiment, in assessing the effectiveness of the functioning of educational institutions (schools, lyceums),

attention was paid, as a rule, to the results of teachers' work (knowledge, skills of students, the level of education, the number of students who graduated from school with a "gold" and "silver" medal) and on the way to achieve them. This, of course, is very important, because the professionalism of the teacher largely depends on the interest of students to study, their emotional state and, consequently, health. However, the state of health, the presence of conditions for the formation of a healthy lifestyle of children, remained without attention of both teachers and organizers of education.

Of those surveyed, only 21 % of class teachers, 29 % of school principals and their deputies and 25 % of education specialists paid attention to the health of students, which confirmed our assumption about the clearly insufficient attention of the absolute majority of teachers to this problem. The most important factor in the formation of the health of students is his lifestyle.

Pedagogical science to date does not give a clear and reasoned answer to many questions relating to the essential.

The analysis of the educational, socio-cultural and economic situation in our country allows us to consider the system of organizational and pedagogical conditions under which it is possible to build a municipal educational system that contributes to the formation of a healthy lifestyle of children and adolescents.

Systematic, cooperation and rhythm of joint work of teachers, students, heads of educational institutions and parents is a real step towards the humanization and humanization of the educational system and contributes to the overall solution of the problem of forming a healthy lifestyle of students.

Education of the individual, taking into account existing capacities on the basis of the regularities of internal development, search, discover and strengthen the internal forces; the principle of continuity of the process of development of personality, provided that the mechanism of continuity between objectives, contents, forms and methods, the nature of the pedagogical interaction, pedagogical process, technology of development of physical and spiritual culture of the personality; the principle of the integrity of the development process, which involves the coverage of emotional, sensory, cognitive and volitional spheres of personality, in which General and special knowledge and skills allow the individual to realize the benefits of a healthy lifestyle; the principle of personality-oriented nature of the system, implemented through the goal of improving the child, individualization of content, forms, methods and pedagogical means of health; the principle of integration of continuous learning healthy lifestyles with science, nature, practical activities of man and society; the principle of self-organization and self-development, the successive stages of self-knowledge, self-determination and self-realization, through the accumulation of children's personal experience of self-analysis, self-control, self-correction in the development and organization of the

system of pedagogical support for the movement to the development of sustainable habits of a healthy lifestyle.

The fundamental methodological reference point of the study of health saving is the position of many scientists that spirituality contributes to the definition and improvement of human potential, its comprehensive self-development.

Among the factors contributing to the deterioration of children's health is the lack of working and leisure conditions, a high level of morbidity among adults, the spread of drug addiction and alcoholism among young people, an increase in the number of disadvantaged families, orphans, and "street children".

To enhance the health-saving leisure of schoolchildren, it is important to solve such a complex of problems raised by V. Orzechowska (Orzechowska, 2010, p. 134): improving the level of pedagogical culture of parents, the formation of teachers ideas about the laws of mental development of children, taking into account the specifics of cognitive information civilization, the elimination of the information vacuum on the organization of work with children, the development of effective tools for interdisciplinary assessment of the current and future state of children. The main criteria of General health are systematized S. Zavgorodnyaya: structural and functional safety of organs and systems; high adaptation to changes in a typical natural and social environment; preservation of the usual state of health.

With the introduction of the ideas of humanistic psychology and pedagogy, the leading factor in maintaining health, as rightly noted by S. Zavgorodnyaya, is self-knowledge, the search for creative synthesis between the inner "I" and the demands of the social environment (Zavgorodnyaya, 2002, p. 31).

We fully share the opinion of scientists that it is the unity of vitality and humanity of the individual that determines the maximum of psychological health. Methodologically important for the construction of the author's experimental technology of health-saving leisure of children are the following provisions on the formation of psychological health of the individual, free neprignichene formation of the emotional sphere.

Improving the effectiveness of child health is associated with the problem of forming a culture of health. Component-functional characteristics of this phenomenon are revealed by O. Melnik (Melnik, 2002, p. 21): the culture of health, from the position of the scientist, is a set of spiritual values, in which the highest is the state of physical, mental and spiritual well-being. The researcher proves that the concept of "culture of health" reflects the priority of their own health and the health of others, activities with the formation, preservation, strengthening of all its types (physical, mental, social, and spiritual), a set of ideological ideas on its essence and self-value, the attitude of society to the health of citizens.

A. Melnik legitimately identifies such components of the structure of the phenomenon of “health culture”: a set of knowledge about the features of their own health, the system of its values and priorities, principles and rules of building such a life that contributes to the preservation of health, behaviours and activities aimed at its strengthening. The specified components are systematized by scientists in such more General components as motivational (needs, motives, values), substantial (principles, rules, data on features of individual and social health, and also knowledge concerning technologies of its formation), operational (ways of preservation of health).

The researcher argues that to create an environment that contributes to the formation and preservation of health, is possible due to the functioning of such subsystems: management, scientific and methodological, didactic, educational, psychological, medical, socio-pedagogical, etc. (Melnik, 2002, p. 17).

Valeological aspects of health culture are considered in scientific works of N. Kotsur (Kotsur, 2007, p. 34), which emphasizes the importance of educating students in the pursuit of self-knowledge, followed by self-improvement, the formation of valeological worldview and the ability to mobilize internal reserves of the body.

A healthy lifestyle is based on human consciousness, namely, his self-consciousness in the broad sense of the word. The hypothesis of sociobiological reversion (return), human evolution is based on the principles of socio-cultural concept of a healthy lifestyle of the new Millennium and forms a culture of healthy thinking.

The psychology of a healthy lifestyle from the standpoint of vital axiological concept of personality includes the following components: self-consciousness, free will as a conscious necessity, conscience and creativity as a condition for a healthy lifestyle.

The essence of the regional approach in the study of the child, its development, the relationship of lifestyle and health is clarified, on the one hand, in identifying their typicnosti for the state, on the other - in identifying specific socio-economic, ethnic, natural and climatic conditions of the formation of public health, and the purpose of this approach is the formation of health storage value orientation of younger students.

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