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## RETAINING HEALTH ACTIVITIES ELEMENTARY SCHOOL TEACHER IN WORKING CONDITIONS IN THE MOUNTAINOUS REGION

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**Abstract.** This article describes how to create retaining health educational environment as a factor of performance intended life goals and objectives, its purpose and self-improvement. The notion educative and retaining health environment is analyzed. Active position illustrated subjective, based on an understanding of their health in a residence in the mountain environment.

**Keywords:** retaining health educational environment, mountain environment.

The value of the health is considered as a key position for the state. The nation's health generally depends on the health of each citizen and it is a condition of development and growth, and also survival of society.

In describing the "health" concept is used both individual and social characteristics. Health is formed by external (natural and social) and internal (heredity, gender, age) factors.

The signs of individual health are: specific and non-specific resistance to harmful factors, indicators of growth and development, the state and potential of the body etc. In our opinion, the concept "personal care" is more difficult because its structure includes such components as mental, spiritual, moral, social and physical health.

In our opinion, this approach makes sense as a person is not only a biological being, as social. Indicators of health or illness are connected as with the normal functioning of the body, as also due to its psychosocial well-being, effective social and psychological adjustment, self-realization in the surrounding world. Therefore, in our view, the category of "individual health" can and should be considered in the context of formulating and solving a variety of issues related to psychological characteristics, in particular the problem of mental health.

Trend of health definition including social and psychological aspects of life and human existence can be traced in numerous scientific studies. Many researchers have tried to describe the "health" concept. Among them are such scientists as J. P. Lisitsyn, I. I. Brakhman, E. N. Kudriavtseva, H. P. Apanasenko, D. D. Venedyktova, T. E. Boichenko.

It is not accidental that concept of mental health became more active in science. It summarizes the various meanings and reflects current (associated with a healthy lifestyle) psychosocial and socio pedagogical view of the human's nature.

As a result of psychogenic factors there are negative effects of mental illness as increased anxiety, fear, insecurity, excessive vulnerability, distrust etc.

It is known that the health of the individual mainly depends on the development of intelligence and implanted scripting behavior in childhood of building and maintaining health. In this regard, the serious need is to teach each child the following methods and forms of life, creativity and longevity, which would provide health in present and future,

Based on existing research, we understand the content category of "healthy lifestyle" as an integral concept that integrates physical, health and hygiene, social and spiritual context.

We agree with the position of many scholars that one of the essential today's problems is health care and concern of it, increasing physical activity. Axiological aspect of youth healthy lifestyle technologies includes as a set of health measures as the value introduction of a healthy lifestyle. This is firstly comprehensive use of motivational aspects of a healthy lifestyle, individual and differentiated approach to the activation of motor activity, an individual approach to the choice of forms and methods of physical qualities, forming a conscious need for physical and spiritual development, the development of moral motives and mental self-improvement in the system of physical culture, enhancing informational and educational work with students and parents about healthy lifestyles, the search for optimal ways of promoting healthy lifestyle of students in the mountain surroundings.

The term "environment" is defined differently in scientific resources. The philosophers (I. Frolov etc) understand it as the surroundings, space and material for development. The capability makes its way directly or roundabout with its help.

Sociologists (A. Ikonnikov and etc) indicate that environment is a space-time unit that contains physical objects, behaviors and systems of people. They emphasize that the living environment is the amount of the human conditions which is considered in different spatial contexts and can change, move, to be the continuous system, which existence unites into one space, time and movement.

Other researchers (N. Krylov, A. Kurakin, L. Novikova, V. Panov, S. Sergeiev, V. Yasvin etc) distinguish the concept of "social environment" as a set of socially -psychological conditions in which people live and what always faced.

Teachers (E. Bondarevska, T. Menht, E. Rapatsevyh, I. Pidlasyi, M. Fitsula, V. Yasvin etc) also have different definitions of this concept, we mean a set of conditions that surround people and interact with it, the reality, in which human development occurs, a set of external events that affect the human and its development by itself, the set of all training opportunities, training and development of personality (both positive and negative).

Accordingly scientists (Y. Bondarevska, T. Menht) distinguish the features of educational environment, which are:

- integration in the educational process generally of cultural, special (creative, adaptive etc), psychological and pedagogical blocks;
- regulation of the educational subjects' relations in the socio-pedagogical, organizational, pedagogical, psychological and pedagogical levels;
- involvement of the educational subjects in the process of learning, usage, exchange and distribution of cultural values;
- impact on the development of the individual values, attitudes and behaviors;
- the implementation of an interdisciplinary approach;
- assistance in discovering the ways for harmonize the relationships, involvement to cultural values which are formed a person as a gentle moral person and realizes itself ;
- to promote the acquisition of individual experience of cultural behavior, to help in cultural identity;
- ensuring the conditions for self- creative inclinations and abilities, to help in the selection of patterns and cultural meanings of life;
- identity formation as a valuable phenomenon;
- providing psychological comfort, spiritual and moral well-being;
- promote success;

- ensuring the successful and complete cultural, other individually and creative development of each person;
- reducing and overcoming social and psychological tension, discomfort, stress states;
- creation of favorable conditions that actualize intellectual, moral and personal communication opportunities that provide comfortable integration into the socio-cultural environment;
- strengthening of the positive impact of the external environment and counteraction or negative interpretation of the contemporary culture standpoint.

From the perspective of conservation and the creation of health it should be added to this function such features as:

- directing the individual to a healthy lifestyle;
- creating a positive attitude to their own healthy as the highest human values;
- creating conditions for practicing sports and recreational sports, sport-gaming activities, providing the conditions for active physical activity and more.

K. Prykhodchenko considers creative educative environment and argues that it contributes to the sustainability of the individual's life through education, transforming activity, its knowledge and belief, thought, emotion-value attitude to reality based on the existence of all its components in harmony interdependence, the commitment to continuous development of culture, science, education also take place.; builds relation to itself as a unified whole person, which is enriched by self-improvement and development of all its qualities as an understanding of internal needs that arise and grow continuously, produced the ability to detect contradictions and problems that hinder their satisfaction through positive creative activity: properties to do good, to the analysis and evaluation conditions, ordered system of education that is oriented on the internal and external components of the equivalence, which solves the problem of development, training and education of students within the infrastructure, consisting of outside and formed together with her personality with diverse qualities that can occur in an individual, collective and socially significant activities<sup>1</sup>.

This researcher notes that creative educative environment is determined by parameters such as: the principle of collective character creation, positive emotional intensity, tolerance and invaluable, role not conformity, the presence of creative relationships, focus on staying in the process (here and now), problematic and figuratively informational enrichment, critical, integrative activities, the group character of use.

Creative educational environment helps to expand the people representation of themselves and the degree of inclusion in society, give a chance to change the boundaries of the school youth relationship, individuals with their environment, eliminating or weakening of defense mechanisms. It works as:

- increasing the degree of cooperation in relations "individuality - the world";
- self-regulation, which is recorded in changes of needs' hierarchy;
- promote the humanization of the educational process subject's relations;
- the development of cognitive and behavioral consciousness;
- increase creativity;
- channeling it into the mainstream of life self-creativity;
- building a strategy for adaptation;
- develop the capacity for reflection and self-reflection;
- formation of stable self- motivation;
- providing of personal spiritual needs.

Consequently, an environment is characterized by processes of renewal, self-expression, self-control through communication, discussion, objective assessment, conversation, the desire to cooperate with others, who attempt to creativity, innovation, development, harmonious mix of physical, mental and spiritual health and self-fulfillment. So, educative creative environment is the personal environment, which harmonized the human condition , neutralize the effects of stress, developing creativity, effect on health of the entire body, relationships with social environment directed to constructive, facilitated contacts with its own entity with an internal "I ", increasing the detection purposeful creative activity,

increased opportunities included in the process of creative improvisation as possible individualization, self-development and self-creative, understanding and determination opportunities and life goals<sup>1</sup>.

However, the state of modern educational organizations' health and educational environment do not always correspond to the level, which is necessary to meet the challenges of forming harmoniously developed personality, which is prepared to realize their professional and human intentions in information civilization.

To create retaining health environment in terms of training means to generate a corresponding pedagogical environment. Pedagogical environment is a specially created system of conditions in life of children according to the educational objectives. It is aimed at forming to their attitude to the world of people and to each other (H. Kodzhaspyrova).

N. Miller understands health educational environment as a set of man-made, natural, and cultural factors that contribute to meeting the man of their own needs, abilities, capabilities, maintaining healthy. It promotes retaining health learning as a process of interaction between students and teachers, resulting in the assimilation of knowledge, skills, creative ways of activity, values and the health retaining for participants of education process<sup>2</sup>.

Retaining health environment is factors' relationship that contribute to the formation of individuality, formation of healthy lifestyle need by organizing the space of education and free time, joining the moral and environmental values, psychological protection of the physical, mental, social and spiritual health, prevention of antisocial conditions which both produce inner need of the student in mastering the means and methods of own body use for maintaining, preserving and strengthening their health and adopt advanced technology training, that is aimed at preserving and strengthening the health.

The integration of the two main factors is predicted to achieve the objectives. They are: the internal resources of the individual - physiological and psychological characteristics, guidelines, needs, inclinations, interests, motivation, mental attitude, mastering the techniques of self-development, self-control, the knowledge of themselves as a subject of personal development, and external: interaction of social partners (different levels of educational authorities, community organizations, family units), optimization of the training process in order to overcome the negative factors and the negative health effects (the load of training programs, feasibility study capability, insufficient of educational technologies, the mode of work in educational institute) to create an environment to preserving and strengthening physical, mental, social and spiritual student youth health<sup>3</sup>.

Retaining health educational environment A. Madzhuha sees as focused and professionally posed system of subject teaching conditions in which learning, mastering skills, the development of creative thinking and shaping of emotion-value relationship to the world (including to their health) occurs in circumstances of physical, emotional, intellectual, social, spiritual comfort, and also lack of ethno function disagreements that provides the creation of favorable psychological climate in the educational process<sup>4</sup>.

The procedure of creating retaining health environment in the Carpathian Mountains environment can be defined as a set of changes in the traditional system, which is aimed at enhancing the effectiveness of the conservation and strengthening the viability of students and teachers in interrelation with correction of their internal health picture. Throughout the creation of such environment in mountain areas conditions, the exceptional attention is paid to such issues as:

- subjective and objective factors that facilitate and hinder the preservation of health;
- self-correction and self-organization of their actions;
- understanding of their capabilities while preserving the health of living conditions in mountainous regions.

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