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FORMATION OF RESPONSIBLE ATTITUDE TO HEALTH OF PRE-SCHOOL CHILDREN IN MOUNTAINOUS TERRAIN

NATALIA SEMENOVA, OLEKSANDR SEMENOV

Abstract. The article discloses the aspects of work of pre-school educational establishments in terms of formation of children's responsible attitude to their own health. The author characterizes the principles underlying the educational process. Guidelines that specify the content of teachers' activity in mountainous terrain are given in the paper.

As the result of the growth of children's chronic diseases the author emphasizes the need to use national education experience for teaching and upbringing healthy personality of a preschooler in a mountain environment. Since clean air and aesthetic landscapes encourage active relaxation and recreation. The researcher presents the system of knowledge and skills for a healthy lifestyle which are essential for a child of preschool age. The article emphasizes the readiness of pre-school teachers and parents to use folk pedagogical means of healing, developing children's valueological knowledge and skills.

Keywords: pre-school educational establishments, healthy personality, mountain environment.

Citizens' health is a significant background for social and economic development of society. The formation of the attitude to health as to the most precious human value among the young generation is one of the most important missions of the state. It is actualized on the level of preschool education as negative ecological condition of the environment, lack of efficient health care system, lowering of the living standards of most families cause kids' health impairment starting from early age. Only one third of the modern preschool children are considered relatively healthy. Irrational way of their further life, acquired bad habits, inability to control negative emotions result in the situation where only 5-7 % of the school leavers at the end of their school studies have health condition conforming to the medical standards.

The main approaches to preservation and strengthening of the children's health have been stipulated in the State National Programs "Education" ("Ukraine. XXI century") (1993) and "Children of Ukraine" (2001), "Concepts of Continuous Valueological Education in Ukraine" (1996), "Basic Component of Preschool Education in Ukraine" (1999), Laws of Ukraine "About Preschool Education", "About Childhood Protection" (2001), "National Doctrine of Educational Development" (2002), "Provision about Preschool Educational Institutions" (2003) etc. Different aspects of the above mentioned problem have been considered by philosophers, sociologists, psychologists and pedagogues. To be more specific, the research of B. Ananiev, I. Bekh, A. Zdravomyslov, O. Leontiev, S. Rubinstein, N. Chavchavadze and others deal with determination and comprehension of the essence of the "value" category, revelation of the substantial impact of the value-oriented novelties on the

development and life of personality. The problem of personal attitude to life values has been investigated by S. Anisimov, V. Boyko, O. Lazurskiy, V. Myasyshchev, B. Lomov, S. Rubinstein and others. The scientists M. Amosov, G. Apanasenko, I. Brehman, V. Dimov, Y. Lysytsyn, V. Petlenko, I. Muravov have researched the health phenomenon, they have revealed the harmonious unity of physical, psychic, spiritual and social spheres and also determined the factors favorable for health care.

However, the issue of formation of responsible attitude to health among children of senior preschool age remains insufficiently researched. The analysis of modern pedagogical theory and practice testifies to the fact of existence of certain contradictions between:

- state demand for upbringing of healthy generation and the impairment of children’s health starting from the preschool age;
- the necessity of fulfillment of systematic work in formation of responsible attitude to health among children of senior preschool age and insufficient theoretical and applied readiness of the problem solutions;
- guiding role of the educators and parents in the formation of responsible attitude to health among children and their unpreparedness for the process.

To summarize, the actuality, social and pedagogical value of the issue under consideration, practical need for its research and scientific-methodical reasoning have conditioned the choice of the theme of our article.

Category of “*health*” has become especially important nowadays, being transformed into a global problem of the civilization existence in outlined period of time and space. The future of any country depends on the awareness of the importance of the values, of specific efforts to care for the health of the younger generation, creating favorable conditions for its proper development and growth. Child’s health is a state of complete physical, mental and social well-being. The issues of preserving and strengthening a child’s health belong to the strategic objectives of the society.

The data show that during preschool childhood in many countries we see the increase in deviation of the children’s health, growing number of chronic diseases, deteriorating indicators of physiological and mental development of children. Outlined problems require educators to find new social and pedagogical approaches that would help preserve and improve children’s health, form healthy lifestyle skills, especially in mountainous areas which are characterized by specific climatic, socio-cultural, demographic conditions of life.

Therefore, one of the priorities of preschool education is to bring up children in the spirit of responsible attitude to their own health and the health of others as the highest value, formation of conscious motivation of preschoolers to healthy lifestyle.

Various aspects concerning the formation of healthy personality were researched by scientists M. Amosov, G. Apanasenko, I. Brekhman, V. Dimov, Yu. Lysytsyn, V. Petlenko, I. Muravov and others. They studied the phenomenon of “*health*”, revealed a harmonious unity of physical, mental, spiritual and social his areas, identified factors that influence the formation and development of a healthy personality. In the context of formation of a healthy personality during the preschool age works of the following scientists are significant: O. Bohinich, E. Vilchkovskyi, L. Volkov, N. Denysenko, O. Dubogay, L. Svarkovska (physical health issues), I. Bekh, L. Bozhovich, D. Elkonin, O. Zaporozhets, O. Kononko, V. Kotyrlo, V. Kuzya, V. Kuzmenko, S. Kulachkivska, S. Ladyvir, S. Maksymenko, V. Mukhina, T. Pyrozhenko (the issue of mental health); L. Artemova, A. Bogush, A. Kononko, T. Ponimanska (social health issues). The methodology of the pedagogical process in pre-school educational establishment in terms of formation of children’s health, determination the content and scope of information addressed to preschool children, teachers training on the stated problem works of T. Andryushchenko, N. Denysenko, T. Knysh, L. Lokhvytska, V. Nesterenko, S. Plokhyy, S. Yurochkina and others were devoted.

The priority of responsible attitude towards health of preschool children is explained by the fact that it is one of the key factors which is determined by the defining role of the health of this category of population to create a healthy future generation of the country. In the National Doctrine of Education Development of Ukraine in XXI century one of the most important tasks is defined as “teaching

aperson responsible attitude to one's own health and the health of others as the highest social and individual value".

We all want to see the man of the future smart, strong, kind, healthy, but disappointing data on the children's diseases, inability of preschoolers and adults to manage their health, encourage researchers to seek new approaches to skills formation of healthy personality since childhood, because this is the most favorable time to master the basic knowledge and skills of health care, which gradually turn into an important component of general human culture and influence the development of healthy lifestyle of society. It is in preschool age the future potential health is laid, it is the most favorable time for the formation of a responsible attitude to one's own health.

Disappointing are most health indicators of children in Ukraine, which is characterized by negative trends. In recent years, the number of births physiologically immature children increased from 18-20% to 90%, and 11% are born with strong disorders, 30% of modern preschool children are with chronic diseases, which number increases up to the graduation of the high school, and almost 90% of graduates have different variations in health status. That's why today, a healthy child is important not only for parents, but also for the state.

The deterioration of the health of children is happening on the background of intense sanitary and epidemiological situation in the country, environmental pollution, reducing the living standards of most families, lack of medical care, unhealthy individual lifestyle. Low level of child's health is largely due to lack of awareness about their attitude to their own health, understanding its meaning for themselves and their future.

Needs of society in shaping a responsible attitude to health of the youngest citizens of our country, the complexity of this process, the need for its implementation in the way that would ensure the effective achievement of the strategic objectives for the development of our country, determine the importance of researches, developing and implementing methods, techniques, tools, forms of work with preschool children etc., in modern preschool pedagogy is called pedagogical techniques that optimize the process of the establishing the position of the individual of a preschooler about health.

Educational process of forming a responsible attitude to preschool children's own health involves the disclosure of significant relationships and dependencies that exist between the state of health and the way of life, level of knowledge about health, mood, relationships with other people. Priorities in the overall work must be brought to the educational activity. Its main task is to develop children's awareness of the value of health and healthy lifestyle that promote the formation of active personality. We believe that the child who will understand the idea of its own health as personal value, will try to consciously adjust its behavior as a healthy existence. Such child will care about its health and the health of others, seek adequate perception of knowledge and skills for its protection and implementation in everyday life. To achieve this goal educational process in preschool educational institution should be directed to the following purposes:

Organize children's knowledge of:

- physical health care (body composition, functions of the body, the health facilities, etc.);
- mental health care (feelings and emotions that guide them);
- social health care (dependence of health on living conditions, rules of conduct in society, the negative impact of bad habits on health etc.)

Develop skills (skills):

- in the sphere of physical health: self-care for their own health, understand indicators of one's physical condition, use knowledge about the functions of the body in various activities;
- in the sphere of mental health: focus on pleasant memories, use them to improve mood, control negative emotions;
- in the sphere of social health: evaluate life situations, predict results, consequences of behavior, communicate without conflicts, take care of the sick, treat healthy people with respect.

Develop settings to:

- independent treatments exercises;
- display of positive emotions during health care activities;

- promote healthy lifestyle.

We recommend to build educational process in terms of the formation of the senior preschool children respect for their own health on the following principles:

- scientific approach (all information offered to preschool children should be based on scientific data);
- accessibility (scientific information must be adapted to the perception of preschool children, logically structured);
- visualization (information provided to children should be accompanied by a demonstration of visual aids, conducting experiments, examples from the lives of children, literature, using artistic imagery words etc.);
- systematic approach (new knowledge must be based on common knowledge that already children have, foster preschooler's ideas and concepts of the physical, mental and social sectors of health);
- taking into account the individual characteristics of children (individual possibilities of personality should be considered);
- activity (theoretical knowledge should be fixed in practice of creating conditions for self-search by children of factual material to form components of health).

In domestic psychology and pedagogy is convincingly proved that knowledge is the basis of conscious attitude towards any phenomenon or process. Apart from these it is stated that not any knowledge can be actively used by a child in cognitive and practical activities. This is why high attention should be given to the selection of knowledge acquired by children. Children should possess necessary knowledge to form a responsible attitude to health which will help them maintain their health, care of the body, focus on physiological changes in the body. Such knowledge should be structured, lead children to the general ideas of ideological nature.

Based on the foregoing, we defined the criteria by which you can test your children's knowledge:

1. Children's knowledge of their body (organs available for their perception: external - eyes, nose, mouth, ears, skin; internal - heart, kidneys, stomach, liver).
2. Formation of knowledge and skills of respect for their own health.
3. Compliance by preschool children the rules of preservation and health improvement.

In determining the level of children's knowledge about health as a basis we recommend consider indexes according to the knowledge of senior preschool program development, training and education "child in the preschool years"². Accordingly we can provide indicators of competence of a preschooler about its health:

- control the hygienic condition of the body and compliance with the rules of hygiene;
- performance of an exercise program to prevent deviation of posture and flat feet;
- awareness of the detrimental health effects of alcohol, tobacco,
- knowledge of the main parts of the body, functions of certain organs;
- knowledge of functions of the skin and care for it;
- some practical skills in nutrition and culture of food consumption;
- skills to care for the face, hands, feet;
- performance of basic hygiene procedures during washing;
- some knowledge about the disease, the patient care.

Based on the given above data, we determined the approximate levels of distribution of children into groups of valeological assimilation of knowledge which affects the formation of a responsible attitude to health:

Group I - children know about the structure and functions of vital organs of the body, the rules of caring attitude to their own health and show a strong desire to gain knowledge and understand their organism better. They consciously follow the rules of respect for their own health in their behavior (high level).

Group II - children have a basic understanding of the structure of outer organs and their functions, know certain rules of care for their health and are interested to know their body. In their behavior

children have certain rules of respect to their health, mainly in the case of a reminder from adults' side (average level).

Group III - children with poor understanding of the human body. They are not familiar with the rules of care for health. They have desire to acquire knowledge about their body but they cannot specify it. In their behavior we can observed certain rules of hygiene but at the insistence of adults (low level).

Considering the above said, it should be noted that creating a responsible attitude to health of pre-school children on the basis of theoretical knowledge it is necessary to form practical skills of:

- hygienic care of the body, its parts, organs;
- hardening, performing gymnastic exercises, assimilation of cultural hygiene experience in food;
- correct nutrition;
- preparing decoctions of herbs, fruit drinks, healthy teas using plants and berries of the area;
- communicating with adults and friends;
- manifestations of kindness, consideration, compassion, sensitivity to other people and children;
- self-regulation of excited or bad behavior;
- use of personal safety rules, road traffic, providing first aid to oneself and others for injuries and poisoning, fever, headache;
- use of music, dance, word art, art pictures, colors, moving and finger games, pantomime and facial exercises, dance studies, mountain scenery, folk songs for personal recovery;
- dealing with plants, animals, using their natural strength, caring about them;
- organization of living conditions at home without adults.

The study showed that there is no part of the educational process in which it would be impossible to include work on the formation of a responsible attitude to health: walking, hygiene procedures, training with speech, physical education, drawing and more. We have seen it is necessary for pre-school teachers to take care of the child's gaining personal experience (sensory, mental, active). It is extremely important that it would be mostly positive experience from parents' life and communication in pre-school group in order children should learn and know how to live in harmony with themselves and the world, particularly in mountainous areas with unique landscapes, crystal pure water and air which serve essential tools for national recovery. When working with children within valeology course teachers should use the wealth of national pedagogy, traditional medicine to provide children with knowledge about the traditions and customs of their land (O. Budnyk)¹.

Programs in education and training of preschoolers which teachers use, practically contain no questions about the human body, the need to care about their own health, the health of family and the environment. It is proposed to give children general knowledge about the structure of the body, the rules of personal hygiene, the concept of safety, mood, health condition.

There is also no clear system of teaching children valeology, existing forms and methods of work with children, parents and educators are not used properly, that is why the level of knowledge of preschoolers, and the level of teachers' training, and the level of awareness among parents in terms of the formation of a responsible attitude to health are currently on average³. This is due primarily to the fact that the plans for educational work practically don't have events on valeological nature, subjects are curriculum content of the tasks are not disclosed, there is no logical connection between the subject of the valeology lesson and its consolidation in various activities and daily living.

We believe that children's understanding of knowledge about their own body, care about it, affects the awareness of the conditions necessary for normal life and, therefore, the conscious expression of concern for their lives. This gives us a reason to make conclusions about necessity to give children, parents and educators relevant knowledge about the methods and ways of using of nature of mountainous region for strengthening physical, spiritual and social health of preschool children through their purposeful learning.

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Address: Natalia Semenova, Oleksandr Semenov, Lesya Ukrainka East European National University, Prosp. Voli 13, Lutsk, 43025, Ukraine.

E-mail: o_semen@yahoo.com.

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