

Health Preserving Technologies in the Educational Process Practice and Psychological Health of Inclusion Educational Space Participants

O.V. Belous¹, V.G. Vasilenko¹, E.B. Tyutyunnikova¹, Z.A. Arushanyan¹, E.S. Varetsa¹, Y.A. Belous²

¹Armavir State Pedagogical University, R. Luxemburg St., 159, Armavir, Krasnodar Region, 352901, Russia

²Kuban State University, Stavropol St., 149, Krasnodar, Krasnodar Region, 350040, Russia

²Krasnodar Presidential Cadet School, Northern St., 267, Krasnodar, Krasnodar Region, 350000, Russia

Abstract

The article reveals specifics of organizing and main orientations of maintaining health in inclusion educational space. The authors consider diverse conditions, under which psychological health is preserved. The necessity to develop a conception of using health preserving technologies, to create special conditions for a comfortable solution of this issue is described. The authors analyze different approaches towards implementing methodological activity in preserving psychological health with the help of health preserving technologies under the inclusive education conditions. The authors suggest particular ways to establish health preserving inclusion educational space.

Keywords: health preserving technologies, inclusive education, psychological health, psychological-pedagogical support.

INTRODUCTION

The rhythm of modern life, insufficient cultural level, the lack of necessary socio-economic conditions and many other factors do not contribute to the population's formation of persistent habit for systematized health preservation and improvement. The increasing nature's destructive power, hazardous social situations, the lack of correct everyday behavior skills in different dangerous and emergency situation negatively affect health status, namely, of children who are the most vulnerable part of the population.

According to the data of the Ministry of Health of the Russian Federation, only 11-12 % of children remain absolutely healthy till the moment of entering primary school.

In this regard, the family's role that is responsible for children's training in the field of life safety and in developing healthy lifestyle habits is increasing. The education system and, in some cases, social services are also important.

As the analysis of psychology-pedagogy and special literature had shown, the problem of a person's health status is a subject of a number of sciences, primarily, natural ones such as biology, hygiene, biochemistry, medicine and others. Human's life social aspects are widely studied by social sciences (sociology, philosophy and history). Psychology-pedagogy sciences (pedagogy, psychology, theory and methods of physical training, theory and methods of ecological education) that contribute to the formation of person's valeology culture are of great scientific significance.

Consequently, in view of work with children who have development disorders the real inclusive education of disabled persons can be achieved if an educational organization has no physical, psychological or other barriers but creates appropriate methodological and technical conditions, in other words, if there is "a barrier-free environment".

The problem of person's health in the context of general human values is becoming more and more significant. The problem of children's health, without which the country has no future, gave rise to considerable agitation among the people. This problem is a priority among problems that should not be dependent on socio-political conflicts.

The modern state of society, high rates of its development, place new higher demands on a person and his health. Accordingly, the problem of the ideal healthy lifestyle formation is also raised. The healthy lifestyle problem has the bases connected with the consideration of such issues as the

attitude of a person to being, the meaning of life, the relation of the spiritual and the corporeal, pleasure and asceticism, consumption and possession, reasonable and unreasonable, rational and irrational, connection with the world and the environment, the desire for self-preservation and happiness [1].

The younger generation's health status is the most important indicator of the well-being of society and the state, not only reflecting the present situation but also giving a forecast for the future. The disadvantages in this area have been discussed for a long time but today this problem is particularly urgent. In the last decade the number of factors that previously did not pose problems for doctors, teachers and students' parents has increased. Year after year, academic loads increase, leisure time is more and more often spent watching videos and playing computer games, which leads to hypodynamia, impaired posture and vision. Consequently, it causes problems in the manifestation of the emotional-volitional, cognitive, communicative spheres, etc.

Health Preservation Conception in Terms of Inclusion Educational Space

According to the Conception of Modernizing Russian Education up to 2020, the major priorities include optimizing academic, psychological and physical loads and the creation conditions for preserving and strengthening health of students in educational establishments by means of real unloading of educational content, using effective teaching methods, increasing the share of physical training classes and organizing health monitoring. Recent years have witnessed an increase in attention to issue of health in our country; students' health is focused on as well. The notion "health preserving educational technologies" that has appeared in recent years involves consolidation of educational establishments efforts aimed at preserving, forming and strengthening health of modern schoolchildren and university students enabling them to raise and bring up their own healthy children.

As we believe, already during the first year of studies it is necessary to clearly motivate students for healthy lifestyle. This motivation based on the consistency principle will enable to form a system of views, attitudes and practical actions aimed at preserving and strengthening students' health throughout the whole study period [2].

The concept of healthy technology provides a complex of directions on the formation, preservation and promotion of health of students:

- forming perceptions of health as a value, and the motivation for a healthy lifestyle;
- favorable learning conditions;
- optimal organization of the educational process;
- sufficiently and efficiently organized action mode.

From the standpoint of health preservation, it is necessary to teach so that the educational process subjects' health is not harmed.

Risks and Positive Moments in Organizing Health Preservation in View of Preserving Psychological Health

Dubrovina I.V. differentiated between the categories "mental health" and "psychological health". Mental health is related to particular mental processes and mechanisms, whereas psychological health characterizes a person in general, it is associated with direct relation to human spirit's manifestation and enables to single out a properly psychological aspect of mental health. The given theoretical approach was developed in the traditions of Russian psychology. For instance, Leontyev A.N. identified the necessity to distinguish between perception of personality and "mental", speaking of "personal" as a special "dimension".

Person's psychological health is connected with personality features that integrate all aspects of person's inner world and its manifestations means into a single unity. Psychological health is an important constituent of human's social well-being, on the one hand, and vital forces, on the other hand. Many personal issues can be solved by non-medical means (memory, focus and intellection improvement; necessary communication level formation; solving intrapersonal and interpersonal conflicts; anxiety, stress, frustration and other different mental addictions release, etc.).

In this regard, it is possible to develop a certain technology of "teaching psychological health", which should be implemented without "strict" educational programs and through establishing personal development programs taking into account personal health improvement, teaching independence and self-control, children's psychological opportunities, value system changes, the use of psycho training techniques in the course of mutually arranged activity and cognitive creativity.

We consider health preserving educational environment as the most important element of children's psychological health preservation and strengthening (including other health manifestations in general) [3].

The term "health preserving educational technologies" can be considered both as qualitative characteristics of any educational technology, as its "health safety certificate" and as a combination of principles, tools and methods of educational work, which, complementing traditional educational technologies, assign them health preservation feature specifics (N.K. Smirnov).

A quality of "health preserving" is related to the characteristics of any educational technology that shows how the objective to preserve health of educational process subjects is achieved. In fact, these technologies, in which health preservation and strengthening of educational process subjects, are defined as one of the most significant aims.

The strategy of health preserving educational technologies implementation is such a type of educational process organization at all the levels, which enables to realize quality education and up-bringing of all subjects without harming their health.

Health-saving technologies in education are designed to educate students about the culture of health, as well as personal qualities that contribute to its preservation and strengthening. Also the aim of these methods is to motivate children to lead a correct

lifestyle. These technologies include the creation of such conditions for the child's schooling, in which stressful situations are absent (or minimized), as well as adequate ways of teaching and upbringing.

Psychological-pedagogical approach towards health preservation consists in mobilizing a sense of responsibility of a human for his health, developing constant need to take care of it (and other people's health). Students' responsibility formation including responsibility for their own health is an educational process that should be considered as one of the most important goals of an educational establishment.

The problem of health preservation in the educational process can be considered in two versions – as the minimum objective and the optimum objective. The minimum objective is consistent with the fundamental principle of medicine and pedagogy: "No nocere!" ("Do no harm!"). The implementation of its work program includes the identification and cataloging of factors that affect or are potentially capable of harmfully (pathogenically) affecting a student's organism, his physical, mental (psychological), reproductive, spiritual and moral health. In the future it leads to the elimination of these factors or mitigation of their impact on students and teachers.

Thus, the minimum objective achievement with the use of health preserving educational technologies involves the provision of such education, up-bringing and development conditions that do not affect negatively all educational process subjects' health.

Health preservation educational technologies are primarily concerned with psychological-pedagogical factors of health risks that brings to the fore the task to form correspondent competence of all staff of educational establishments.

Methodological Activity in Inclusive Education and In Psychological Health Preservation

Health preserving technologies are implemented on the basis of a person-oriented approach. These technologies imply active participation of a student in mastering human relations culture and health preservation experience obtaining, which is acquired by means of gradual expansion of communicative sphere and student's activity, his self-regulation development (from external control to internal self-control). They also involve the formation of self-consciousness and active life position on the basis of up-bringing and self-development, the formation of responsibility for own and other people's health.

According to N.K. Smirnov, "Health preserving educational technologies" include all those psychological-pedagogical technologies, programs and methods that are aimed at the formation of students' health culture and personal qualities contributing to health preservation and strengthening, the formation of ideas about health as a value, motivation for a healthy lifestyle.

According to V.D. Son'kin, a health preserving technology includes:

- educational environment (lack of stress, relevance of requirements, appropriateness of teaching and up-bringing methods);
- rational organization of educational process (in accordance with age, sex, individual features and hygiene requirements);
- the correspondence between academic, physical loads and age opportunities;
- necessary, sufficient and rationally organized movement regime.

Petrov O.V. considers a health preserving technology as a system that creates the greatest possible conditions for preserving, strengthening and developing spiritual, emotional,

intellectual, personal and physical health of education participants (schoolchildren, teachers, etc.). This system includes:

1. Using data about people's health status monitoring conducted by medical workers as well as own observations in the process of realizing and correcting an educational technology in accordance with the present data.
2. Taking into account subjects' age development and establishing an educational strategy corresponding to memory and intellection features, working efficiency, activity, etc.
3. Creating favorable emotional-psychological climate in the process technology implementation.
4. Using various types of subjects' health preservation activity aimed at saving and increasing health reserves and working efficiency (O.V. Petrov).

Realization of Health Preservation Approach in Saving Psychological Health Within Inclusive Education

Psychological-pedagogical health preserving technologies can include the following ones.

Emotional tension release. The use of gaming technologies, gaming educational programs, original tasks, various breaks and warm-ups enable to relieve emotional tension. This method allows solving several different tasks simultaneously: ensuring psychological relief, providing data about education and up-bringing specifics, showing practical relevance of a topic under study, motivating for self-cognitive activity, etc. Interactive educational programs provoke constant interest and provide positive effect relieving stress and tension at the same time. The use of literature works illustrating this or that phenomena or law can be noted as well.

Favorable psychological climate creation. In such a way, on the one hand, the task of preventing fatigue is solved, and, on the other hand, an additional impetus for releasing creative potential of each subject of educational process. It is proved that in a psychological comfort and elation environment work efficiency increases greatly, which leads to a more quality knowledge mastering and better results.

The complex use of person-oriented technologies. They include project activity technologies, ability-based teaching, teaching in cooperation, various gaming technologies, etc.

Health preservation oriented educational technologies. Person-oriented (anthropocentric) technologies would put at the educational system center a child's personality, provision of safe and comfortable conditions for development and natural capacities realization. A child's personality turns into a priority subject and an educational system objective.

The technologies of psychological assistance for an academic group developed by M.Yu. Gromov and N.K. Smirnov are of great importance. It is a model of introducing the principles of health psychology and pedagogical psychotherapy into an educational establishment. It is based on psychologists' active participation in educational process, on turning a psychologist into one of the key figures of education and up-bringing process following health preservation principles. Psychogenic health impairments are most common in children and further serve as a basis for the development of a great number of various diseases [4].

SUMMARY

The observations show that the use of health preserving technologies in academic process enable educational process subjects to adapt more successfully to educational and social space and to reveal their creative potential.

It was determined that educational technologies can be considered health preserving when they cause positive change both in the system itself (educational environment) and in its particular subjects (educational process participants). Such technologies enable to strengthen physical, mental, social and spiritual health; are aimed at enriching person's opportunities and achieving positive socio-psychological personal changes by means of implementing theoretical and practical educational resources. They are oriented towards joint work and include three main interrelated directions: pedagogical, psychological and physiological activities.

CONCLUSION

Health is a sign of culture. It gives a healthy person better opportunities to realize oneself in all life spheres. Thus, the formation of health preserving technologies of educational activity subjects is closely related to the development of a full-fledged, purposeful and diverse personality.

REFERENCES

- [1] Antonova, A.N., *Psychological foundations of realizing health preserving technologies in educational establishments*, Publishing House of MRSU, Moscow 2004.
- [2] Dohoyan, A.M., Reutova, L.P., Artsimovich, I.V., Belous, O.V., Sokolova, O.V., Goverdovskaya, E.V., A Diagnostic Toolkit in the Work with Children and Adolescents Showing Signs of Sociopathic Personality Disorder (article Science Scopus), *J. Pharm. Sci. & Res.* 2018, 10(3), 685-688.
- [3] Naumenko, Yu.V., Modern practice of health preserving education, *Valeology* 2006, 3, 44-51.
- [4] Nikiforov, G.S., *Health psychology*, Rech, Saint Petersburg 2002.