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CONTENTS OF THE STUDY OF FORMATION OF VALUE ATTITUDE TOWARDS HEALTH OF CHILDREN 6-7 YEARS OF LIFE

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Abstract. *The problem of forming the values of the younger generation in the educational process is one of the most pressing in the context of the development and integration of Ukraine into the European space. The study provides a theoretical generalization and proposes a new approach to solving the problem of forming the foundations of values for their own health of 6-7-year-old children in the interaction of preschool and primary school. Educational interaction takes into account the optimal use of age and psychological capabilities of children, such as well as amplification, self-worth of each age period. The formation of the foundations of the value attitude to their own health of children 6-7 years of age will be effective provided that all the semantic structures of the components are balanced: cognitive, emotional-value, behavioral-activity; implementation of stages of work; providing pedagogical conditions: organization of the corresponding subject-spatial educational environment for formation at children of bases of the value relation to own health; involvement of children 6-7 years of age in active health activities; work with educators, teachers on the formation of children 6-7 years of age the basics of values to their own health; working with parents to form in children the foundations of values for their own health. The most effective methods of forming the foundations of values for their own health of children 6-7 years of age are: creative; games; conversations; composing fairy tales, stories; problem solving; training elements; practical music therapy sessions; search activity; conducting experiments. Among the effective forms of the developed methodology are: elective “From a fairy tale – to deeds”; circles: local history and tourism “Step to health”, theatrical “Carnival of fairy tales”; project “Children – for children”; action “Mercy”, etc.*

The results of the study showed the achievement of the goal, the solution of the tasks. Experimentally tested the effectiveness of the method of forming the foundations of values for their own health of children 6-7 years of age in the interaction of preschool educational establishment (PsEE) and primary school.

Key words: *system of work, interaction, health-preserving activity, preschool institution, primary school.*

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ЗМІСТ ДОСЛІДЖЕННЯ ФОРМУВАННЯ ЦІННІСНОГО СТАВЛЕННЯ ДО ЗДОРОВ'Я ДІТЕЙ 6-7 РОКУ ЖИТТЯ

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Анотація. Проблема формування цінностей підростаючого покоління в освітньому процесі є однією з найактуальніших в умовах розбудови та інтеграції України до європейського простору. У дослідженні здійснено теоретичне узагальнення і запропоновано новий підхід до розв'язання проблеми формування основ ціннісного ставлення до власного здоров'я дітей 6-7 року життя у взаємодії закладу дошкільної освіти і початкової школи. Освітня взаємодія передбачає врахування й оптимальне використання вікових та психологічних можливостей дітей, а також ампліфікації, самоцінності кожного вікового періоду. Формування основ ціннісного ставлення до власного здоров'я дітей 6-7 року життя буде ефективним за умови збалансованості всіх змістових структур компонентів: когнітивного, емоційно-ціннісного, поведінково-діяльнісного; реалізації етапів роботи; забезпечення педагогічних умов: організацію відповідного предметно-просторового виховного середовища для формування у дітей основ ціннісного ставлення до власного здоров'я; залучення дітей 6-7 року життя до активної здоров'язберезувальної діяльності; робота з вихователями, вчителями з формування у дітей 6-7 року життя основ ціннісного ставлення до власного здоров'я; робота з батьками щодо формування у дітей основ ціннісного ставлення до власного здоров'я. Найбільш ефективні методи формування основ ціннісного ставлення до власного здоров'я дітей 6-7 року життя – творчі; ігрові; бесіди; складання казок, оповідань; розв'язання проблемних ситуацій; елементи тренінгу; сеанси практичної музикотерапії; пошукова діяльність; проведення дослідів. Серед ефективних форм розробленої методики виокремлено: факультатив «Від казки – до вчинків»; гуртки: краєзнавчо-туристичний «Крок до здоров'я», театральний «Карнавал казок»; проект «Діти – дітям»; акція «Милосердя» тощо.

Результати проведеного дослідження засвідчили досягнення мети, вирішення поставлених завдань. Дослідно-експериментальним шляхом перевірено ефективність методики формування основ ціннісного ставлення до власного здоров'я дітей 6-7 року життя у взаємодії ЗДО і початкової школи.

Ключові слова: система роботи, взаємодія, здоров'язберезувальна діяльність, заклад дошкільної освіти, початкова школа.

Introduction and current state of the researched problem. The affirmation of universal values, the preservation of the health of the younger generation in the process of educational activities is extremely important. The current state of education involves active changes in content, methods, teaching aids that will contribute to the formation of a healthy child. An important component of a healthy lifestyle is the formation of the foundations of values for their own health of children 6-7 years of age. A child who develops a perception of their own health as a personal value will try to consciously adjust their behavior to a healthy existence. Studies of philosophers, sociologists, psychologists, educators, which are devoted to the study of various components of personal health, information approach to this category, contribute to a holistic, conceptual understanding of the valuable attitude to health.

The State Standard of Primary Education [4], the Law of Ukraine “On Preschool Education” [5] defines one of the main tasks – maintaining and strengthening the physical, mental and spiritual health of the child. In this regard, the conditions for the holistic development of the child are the use in educational institutions of health-preserving and health-forming technologies, which are implemented comprehensively through the creation of a safe development environment, environmentally friendly living space, full medical care, nutrition, motor optimization approach to the formation of children’s values of their own health and motivation for a healthy lifestyle, the observance of harmonious, friendly relationships between teachers and students, the children themselves. Ensuring the continuity of human education is possible subject to the implementation of the principles of perspective and continuity between related levels of education, including preschool and primary. With the transition of general secondary education to new terms, structure and content of education, the question of finding ways to ensure the holistic development of the individual at different levels of education is relevant. The formation of a valuable attitude to the own health of children in preschool and primary school is an important part of the system of education and upbringing of the individual. The development of health competence of children 6-7 years of age is realized in health care activities, through the acquisition by children of skills of preservation, strengthening, health and caring for it. This will allow a gradual transition to learning as a new leading activity in the first (adaptive-game) period of primary education.

The purpose of the article is a theoretical analysis of research on the current state of formation in children 6-7 years of age of values to their own health, justification of the need to implement a system of forming values to their own health of children 6-7 years of age in the interaction of PsEE and primary school.

According to the purpose the tasks are defined: 1. On the basis of the analysis of philosophical and psychological and pedagogical sources on a research problem to specify essence of concept “valuable attitude to own health of children of 6-7 years of life” 2. To define and characterize semantic components, criteria, indicators, levels of formation of bases of the valuable attitude to own health of children of 6-7 years of life. 3. Theoretically substantiate the method of forming the foundations of values to the own health of children 6-7 years of age in the interaction of PsEE and primary school and the pedagogical conditions of its effective implementation.

Research methods. In the study of the current state of formation in children 6-7 years of age of the basics of values to their own health, used theoretical and methodological analysis of the scientific literature; empirical, statistical methods; to achieve this goal – descriptive, comparative methods, method of generalization, analogies.

Presentation of the main research material. In line with the development of modern science, much research has been devoted to the phenomenon of “health”. In their work, scientists have revealed the essence of this term. Psychological and pedagogical scientific works suggest that children’s health is characterized as a state of their life that corresponds to biological age, the unity of development of physical and intellectual characteristics, as well as the adequate formation of adaptive and compensatory capabilities of the child’s body during its growth.

In the research of I. Blumberg we find the following definition of “health” – it is not only the absence of disease, but also the sum of circumstances that are in balance [9, p. 229-239]. According to V. Kanep, B. Olshansky: “Health is one of the necessary prerequisites for human happiness, its comprehensive, harmonious development”. [8, 424-431].

The defining criteria for the quality of the educational part of the primary school is the focus on the formation of a personal attitude to health. T. Ovchinnikova, O. Shvetsov investigated the peculiarities of the organization of health-preserving activity in PsEE. Works by O. Aksonova, M. Bezrukykh, M. Runova and others are dedicated to finding ways to improve the physical health of the younger generation.

O. Kyrychenko explains that mental health involves the ability to adapt to different social structures, the conformity of emotional, volitional and cognitive spheres to the calendar age of the individual, the ability to control their feelings; the ability to build their behavior in accordance with environmental conditions.

A person’s self-awareness, interaction and communication with other people implies social health, which is characterized by the level of socialization of the individual, the attitude to the norms and rules accepted in society.

The concept of “health” is connected with the concept of “healthy lifestyle” by scientists S. Kovalenko, Y. Naumenko, O. Savchenko, O. Skripchenko. According to T. Boychenko, N. Kolotiy, “a healthy lifestyle is a set of forms of human life that ensures its health and successful life” [2, p. 8].

T. Vasilieva identified the conditions under which the education of a healthy lifestyle of primary school children will be much more successful, “The formation of an optimistic” self-concept “using methods that affect the intellectual, emotional and volitional, practical and effective spheres of personality, awareness and joint implementation of the idea of educating a healthy lifestyle by teachers and parents” [3, p. 420-429].

The role of the teacher is important in shaping a healthy lifestyle for children. Teacher’s own example will encourage parents to become more active in solving children’s health problems. Based on this, it is necessary to arouse in children the desire to maintain and strengthen their health, to convince that health largely depends on lifestyle, to form the notion that health is a basic human value.

Determining the role of individual factors influencing the formation of health, N. Aghajanyan, O. Omelchenko, N. Stefanov, R. Giere, J. Kertzner, D. Champion, B. Peters emphasize the paramount role of positive motivation and knowledge of health to preserve and strengthen it. Coverage of general issues of implementation of the valeological approach, substantiation of its systemic role for pedagogical theory and practice can be traced in the works of G. Nagornaya, T. Gruzev, T. Kulchytska, S. Gorchak.

The conceptual understanding of the valuable attitude to health is promoted by the researches devoted to studying of various components of health of the person, and also defining components of the maintenance of education – values. According to I. Bech’s definition, “personal value is a psychological neoplasm that expresses the most direct-

ly relevant for the subject generalized sphere of the surrounding reality, through the attitude to which he identifies, realizes and affirms himself, his “I”, and as a result this sphere becomes the space of his life”[1].

The current state of studying the problem of forming in children the basics of values to their own health (T. Andryushchenko, T. Babyuk, N. Bibik, S. Dudko, N. Koval and others) shows that the period of 6-7 years is considered sensitive to the formation healthy lifestyle and health activities. Theoretical analysis clarifies the essence of the concept of “valuable attitude to their own health of children 6-7 years of age” as an integrative personal education aimed at themselves and others, determined by awareness of personal and social significance of a healthy lifestyle in everyday life, the formation of basic skills, skills of preservation, strengthening and restoration of health, orientation of the child on such models of behavior at the heart of which awareness of health as the highest value.

In the context of our study, the idea of interaction, cooperation, dialogue, partnership in the relationship of the subjects of the educational process is significant. The implementation of the principle of continuity in the upbringing of children is facilitated by the following organizational features of interaction: combining the educational process of PsEE and primary school with a common material and technical base; joint organizational and methodological work of the teaching staff; conducting various activities of children during the day. At the same time, it was found that there is currently no system of education that would ensure the integrity of the process of forming the foundations of values for their own health during the transition from preschool to school education. We have identified the main components of the valuable attitude to the own health of children 6-7 years of age: cognitive (self-image, body, health traditions, hardening procedures, the ability to predict performance), emotional and valuable (positive attitude to the image “I – healthy”, health activities), behavioral activity (the ability of the individual to self-esteem, arbitrary regulation of their own behavior, the use of existing knowledge during safe living). In accordance with the identified components, the criteria and indicators of the formation of the basics of values for their own health of children 6-7 years of age, namely: intellectual; value; behavioral. Systematized criteria and indicators provided an opportunity to determine the appropriate levels of formation of the foundations of values for their own health of children 6-7 years of age: high, medium, low.

According to the results of the analysis of organizational features of formation of bases of the value relation to own health of children of 6-7 years of life in experimental educational institutions favorable data are established. However, the potential of the educational process of PsEE and primary school to form the foundations of values for their own health of children 6-7 years of age is not fully actualized due to the lack of common methodological principles and continuity in the preschool and primary school, lack of methodological support of the educational process, low level of preparation of teachers and parents to solve health problems. The identified state of the problem in educational practice confirmed the need to develop a methodology for forming the foundations of values for their own health of children 6-7 years of age in the interaction of PsEE and primary school and the pedagogical conditions for its effective implementation.

By generalizing expert assessments analyzed and determined the pedagogical conditions for the formation of the foundations of values for their own health of children 6-7 years of age, which formed the basis of the methodology: -7 years of age; involvement of children 6-7 years of age in active health activities; work with educators, teach-

ers on the formation of children 6-7 years of age the basics of values to their own health; working with parents to form in children the foundations of values for their own health.

The scientific work theoretically substantiates the method of forming the foundations of the value attitude to their own health of children 6-7 years of age in the interaction of PsEE and primary school, which is a set of interrelated components: conceptual-target; semantic; technological; effective. The process of forming the foundations of values for the own health of children 6-7 years of age is based on a person-centered approach. The implementation of the method involves three stages, each of which is aimed at solving certain tasks: the first stage – deepening and expanding children’s knowledge about health, structure and functioning of the human body, the rules of strengthening and maintaining health; the second stage – the development of emotional and valuable sphere, motivation for a healthy lifestyle; The third stage is the acquisition by children of the skills of forming the foundations of a valuable attitude to health, responsible behavior in all spheres of life in relation to maintaining and strengthening their own health and the health of others. The content of the method of forming the foundations of values to the own health of children 6-7 years of age covers a system of special classes, the use of methods: creative; gaming; conversations; composing fairy tales, stories; problem solving; elements of training; search activity; conducting experiments. Effective forms of forming the foundations of values for their own health of children 6-7 years of age are defined – the elective “From a fairy tale to deeds”, the purpose of which is to acquaint children with the basic rules, rules of a healthy lifestyle. The introduced steps “Step to health”, theatrical “Carnival of fairy tales” provide purposeful acquaintance of children with traditional and non-traditional methods of improvement. Their main direction is health activities. The formation of the foundations of values for the health of others was ensured through the participation of children in the project “Children for Children” and in the action “Mercy”. At the initiative of adults and on their own initiative, participants were involved in various types of work: fairs, competitions for the delivery of waste paper, making a variety of gifts themselves.

To improve the psychological and pedagogical knowledge and practical educational skills of parents, we also used non-standard forms of work: round tables, trainings, family “Healthy Family Club”, sports and health clubs; information and communication technologies were used, etc.

The results of the control section of the experimental study showed a positive dynamics of the levels of formation of the foundations of values to the own health in children 6-7 years of age of the experimental group (in the control group the changes were insignificant).

Thus, the differences in the levels of formation of the basics of values to the own health of children 6-7 years of age are not accidental, but are a consequence of the introduction of methods of forming the basics of values to the own health of children 6-7 years of age in the interaction of PsEE and primary school.

Prospects for further development. The study does not cover all aspects of this issue. We consider promising the study of gender differences in the process of forming the foundations of values for children’s own health, the problem of retraining of teachers, taking into account the specifics of educational institutions.

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