

## EDUCATION OF CHILDREN IN POLISH FAMILY IN A CONTEXT OF FORMING HEALTH CULTURE

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**Annotation.** *Purpose* - analysis of the approaches of family education in a Polish family in the direction of forming a culture of children's health. *Material:* The analysis of the publications of post-communist countries and Poland scientists. Used the results of a questionnaire on health culture. *Results:* It was found that healthsaving aspect of family education in Polish family plays a significant role in forming health culture. Highlighted in national traditions of family upbringing of a healthy child. It is noted that social support, as a result of active participation in the religious life, helps to better cope with the challenges of everyday life, reduces anxiety and excessive sadness, increases the feeling of well-being. There is a possibility in the Ukrainian family and the school to ensure the spiritual education of children, the right of parents to ensure the education and upbringing of their children in conformity with their own philosophical convictions. Considered necessary to strengthen the role of the family and school education of students in the context of building a culture of health. The main factors of a healthy lifestyle today's young people are: quality of food, measures to prevent stress, problems of environmental protection, sports, leisure. *Conclusions:* It is recommended to involve parents in various activities of the societies and volunteers of various organizations. Considered necessary to strengthen the role of the family and school education of students in the context of building a culture of health.

**Keywords:** religion, family, health, culture, school, youth.

### Introduction

Formation of future teacher's culture of health during all period of studying is an important component of educational system in schools. This period of studying requires special students' (future teachers) attitude to the whole number of academic subjects, starting from first year of study. Success in solution of educational tasks also depends on quality of teaching of disciplines, availability of appropriate physical culture-sport base and technical maintenance of practical trainings as well as sites for pedagogic practice. It can be supplemented by opportunities for increasing of quality of students' teaching, which can be provided by practice in winter and summer camps.

All these, taken together, create favorable conditions for formation of future teachers' culture of health, independent on their specialization. Of course, the greatest attention should be paid to training of students – future teachers of physical culture, coaches, i.e. those, who, after graduation, will work at schools. Alongside with it, it would be quite logic to analyze experience and system of preparation of future school teachers in Poland at the end of last century. This analysis, would, probably, show direction for development of Ukrainian system of teachers' preparation in HEEs in new conditions of formation of our state.

It should be noted that formation of health culture of schoolchildren, students and society was studied not only by known domestic classics – pedagogues (G. Skovoroda, V. Sukhomlinskiy, K. Ushinskiy et al.) but also by many modern scientists (V. Goraschuk, Ye. Ionova, S. Kirilenko, V. Klimova, G. Krivosheyeva, V. Skumin, L. Suschenko et al.) and they noted that formation of student's health culture starts from first year of higher educational establishment if there exists inner motivation for strengthening of own health, acquiring of special skills and knowledge and with presence of educational-material base at HEE for health related measures.

Researches of Polish pedagogues showed in field of health preservation of a person the works by such outstanding pedagogues, doctors and hygiene specialists as A. Barots, B. Vonarovskaya, M. Demel, G. Matushevskiy, A. Modzhevskiy, K. Olekhniyskiy, K. Pukhalskiy, Z. Yavorskiy and other, who regarded health culture as ability to evaluate individual and social health related demands and ability to apply hygienic and health related requirements in everyday life, elucidated greatly tis problem.

Thus, there is no single opinion about quality of system and structure of students' (future school teachers) teaching. There are regional researches of specificity of students' training, which cannot always be used in other regions. All these, taken together, witness, that it is necessary to fulfill research in this direction.

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### Purpose, tasks of the work, material and methods

*The purpose of the work* is analysis of experience, structure and system of future school teachers' training at Polish educational establishments.

35 students of physical education faculty (group 1) and 30 students – future teachers of primary school (group 2) of Kharkov national pedagogic university, named after G.S. Skovoroda, took part in questioning. For comparison we used questioning results of students of Polish educational establishments, which were received by other authors. Besides, we used questioning results, presented in Polish service ANKIETKA.

### Results of the researches

Formation of personality's health culture is closely connected with such concepts as sound education and health related education.

However, one of important mechanism of modern person's socialization is education, which presents hierarchy of targets, tasks, priorities of teaching and education of rising generation. In modern psychological pedagogical literature education is regarded in several aspects: as educational system, as educational process, as educational functioning, as individual or combined result of process and educational medium [14].

There are many proofs that health and education are interconnected. But this connection has not been clear completely for scientists, though they consider three phenomena:

1. Education helps to obtain knowledge and required skills in taking care and perfection of health;
2. Preparation of future pupil for coming to school and studying there through formation and strengthening of health;
3. Social-economic factors, local environment, social nets, certain influence of peers on health and its formation [19].

Health related education is comprehensive educational work in respect to health as a value and health related savings of society in compliance with modern status of medical knowledge in aspect of health culture [16]. It is a process, in which children receive skills of taking care of own health and the health of society, in which they live.

Health related education is not only the process of receiving of certain knowledge; such education contains educational measures, oriented on development of attitude to health as to certain value. As result, health related education is oriented on formation of rising generation so, that it should be able to master health related social-cultural savings [12, 18]. Besides, schoolchildren shall have knowledge of health culture's formation: both of own health and the health of surrounding people. Exactly health culture contains correlation: culture of health – person – culture of health. I.e. person himself creates culture of health, is its carrier and manipulates it as a tool for achieving of healthy life [13].

Every teacher shall, in frames of his duties, teach, educate his disciples, take care of them, because he is responsible for them. It, first of all, concerns class supervisors, who spend much time with schoolchildren and communicates with their parents. That is why class supervisor shall be a leader in field of health related education of schoolchildren [15].

Leader in health related education is a personality, who demonstrates health related strategic approach, based on respect to social identification of interests. In our case – on health, regarded as the highest value [10].

Generally speaking, health related education means the following: creation of skills, which are directly or indirectly connected with protection and perfection of physical and mental health; correlation of will and certain bents of a person to using of hygienic principles and prevention from diseases; awakening of positive interest to health affairs through episodic or systemic deepening of knowledge about own organism and its development [20].

This fact requires actions, oriented on propaganda of healthy life style ideas, on training of highly qualified specialists in the field of physical culture, health related technologies, who would have not only knowledge, principles, methods and conditions of health protection but also could be able to implement all their knowledge and skills during all their professional activity.

Health protection of children by pedagogic means depends on efforts and health culture of teachers of all specialties. That is why education of health culture shall be of the first priority in individual-professional formation of pedagogic higher educational establishments' students. Health culture of pedagogic HEE's student implies presence of knowledge in field of health and healthy life style, skills in formation, preservation and strengthening of own health (considering regional specificities), ability to effectively build education of pupils' health culture and to use in health related technologies in work. Alongside with it, professional aspect of teacher's health culture is manifested in ability to achieve required pedagogical result without any harm to pupils' health.

In training of future physical culture teaches independent work is very important. For example, Wilczkowski E. [17] in his work regarded students' independent work in extra curricular time. The author determines structure and main components of students' independent work, which is oriented on formation of their cognitive motivation, receiving of scientific information, required for their professional competences.

Baj-Korpak J. et al. mark that for students the most important motives are perfection of physical form, strengthening of dignity and health improvement, especially for those, who position themselves as "very active" [9].

All above mentioned has become especially urgent for Ukrainian HEEs as well. It is proved by decision of Supreme Council of Ukraine, which was reflected in Law of Ukraine "On higher education" (№ 1556-VII, dt. 01.07.2014).

Alongside with it, it is necessary to regard works of domestic authors, devoted to problems of present article. A. Khalaytsan analyzed required conditions for formation of students' health culture, videlicet: social, pedagogic, economic, individual, medical, ecological and geographical. The author determined that at present time social, pedagogic and economic conditions are unfavorable for formation of student's health culture. Medical and ecological do not made obstacles for formation of health culture. Geographical and individual factors are favorable for formation of students' health culture [7]. V. Zemliakov marked out main factors of health culture's formation for students of higher educational establishments. The author also accentuates attention at absence of continuity, wholeness in the process of health culture's formation in future teacher [3]. R. Sirenko bases on increasing of students' motivation to physical culture functioning with implementation of technologies facilitating students' self education and self perfection, implementation in practice [6].

D. Voronin marks that research of fitness to different kinds of pedagogic functioning showed that dominating elements are: motivational, operational, orientation, will and evaluation components. Readiness of physical culture teacher for professional functioning is a systemic formation and is characterized by psychological, scientific-theoretical, practical, physical and psycho-physiological fitness [1].

M. Danilko says that in modern conditions there is a trend to complex scientific researches of training of physical culture teacher. Especially urgent is study of fitness of physical culture teacher to professional functioning as complex integrative state [2].

B. Shyan regards theoretical-methodic preparation of physical culture teacher on the base of interaction of different disciplines of curriculum that ensures integrative combination of professionally important knowledge, skills and is manifested in readiness to realize such professional functioning, which would meet requirements of school's humanization and ensure conditions for development of every child [8].

With choosing of profession of teacher the level of school education of student is very important. In this aspect Ye, Ionova presents results of comparative analysis of health of pupils of Waldorf and traditional schools, conducted in different countries (Austria, Netherland, Germany, Dutch, Russia, Ukraine, Finland, Switzerland and Sweden). The author established that health related orientation of Waldorf school results in significant positive effect: in comparison with other pupils, Waldorf schoolchildren have better indicators of psychic and physical health, developed cognitive abilities, personality's qualities (individual initiative, creativity, independence in taking decisions, cooperation with people, social mobility). Owing to this fact, among leavers of Waldorf schools nearly there are no unemployment (as well as persons with asocial behavior). Among leavers of Waldorf schools there is big percentage of social, education, medicine sphere workers; among them there are many of known in the West governmental officers, financial specialists, writers, art specialists and so on. [5].

It is evident that it is necessary to base on mentioned positions, when composing academic plans of future teachers' training and creating atmosphere, based on different advanced ideas, at HEE. For example, basing on anthropological ideas, described in work by Ye. Ionova [4].

Alongside with it there is an acute demand in supplementing the regarded above works with practical material. This material will permit to characterize vital positions of modern students and insert necessary corrections in approaches to formation of health culture of Ukrainian students. For this purpose we used materials of questioning of Polish students. But the main group contained results of questioning of Ukrainian students.

Questioning results of Polish students (question "How do you understand "healthy life style"?") are presented in table 1.

Table 1.

*Questioning results of Polish students (by data of <https://www.ankietka.pl>)*

<b>Answer</b>	<b>%</b>	<b>Quantity of answers</b>
Physical activity	91.67	110
Absence of harmful habits	62.50	75
Personal hygiene	41.67	50
Leisure	1833	22
Correct eating	85.83	103
Care of environment	5.83	7

As we can see in table 1 most of students incline to physical activity (91.67%) and correct eating (85.83%). Least of all students are troubled with environment (5.83%) and leisure (18.33%). Questionnaire “Healthy life style among youth” gives the following data [<https://www.ankietka.pl>]:

- 1) Harmful habits (alcohol) вредные – 82.76% take alcohol rarely, 13,79% take alcohol often and 3.45% - do not take alcohol at all.
- 2) Smoking - - 24.14% - smoke, 75.86% - do not smoke.
- 3) Leisure (point in descending order): I position – do nothing, II position – watching TV, III position – shopping.

Quality of eating is rather important for Polish students. Question “Does your meal influence on your health?” 95.74% answered affirmatively. In questionnaire “Influence of leisure on life and health of a person” there was marked the following: 44.16% of respondents think sports training to be compulsory, 48.05% - prefer rest in nature and walks.

Analysis of questioning of Ukrainian students permitted to establish the following (group 1 – future physical culture teachers, group 2 – future teachers of primary school):

- 1) Most of students (85%) think that direct participation in sport practice and ability to correctly organize physical culture, sport and educational work with schoolchildren in extra curricular time to be an important component of health culture’s formation.
- 2) There are different approaches to formation of health culture in 1<sup>st</sup> and 2<sup>nd</sup> groups. For example 2/3 of 1<sup>st</sup> group students think that the most important component of health culture’s formation is practical orientation of lessons.. 75% of 2<sup>nd</sup> group students think that it is necessary to conduct theoretical classes in combination with propaganda of healthy life style on example of outstanding personalities with including other works with pupils in curriculum.
- 3) The highest fitness to practical functioning was registered in group 1.
- 4) Concerning group 2 we registered demand in enriching it with knowledge on different subjects of humanitarian cycle.

Thus, there are insignificant differences in approaches to formation of health culture between modern Polish and Ukrainian students. It witnesses about euro-integration processes of Ukrainian higher school, availability and popularity of communications.

**Conclusions:**

Necessity of formation of students – future teachers’ health culture is determined by society’s objective demand in physically firm, mobile, competitive specialists, who would be ready to highly intensive, fruitful functioning. In its turn, if future teachers have certain knowledge and skills on formation of own health culture, on health perfection and if they have attitude to health as to certain value, it will surely raise health level of rising generation.

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