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FEATURES OF FORMATION OF THE VALUABLE RELATIONSHIPS OF OLDER ADOLESCENTS TO THEIR OWN HEALTH

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Features of Formation of the Valuable Relationships of Older Adolescents to Their Own Health

On the basis of the theoretical analysis, generalization and systematization of the literature revealed the question of formation features valuable relation to their own health of older adolescents in teacher education and self. It is shown that the formation of the valuable relation to their own health in older adolescents should be equivalent to combine the development of the value system of adolescent self, and their attitude to their own health, as well as to deepen the knowledge of their own health and the health of the people around me. Thanks to systematize the knowledge about physical health (body structure, function of body organs, means of maintaining health, etc.), mental health field (feelings and emotions) and social sphere of health (health dependence on the conditions of life; negative impact on the health of bad habits), we solve the problem contributing to the formation of a harmonious, fully developed, healthy and purposeful person, is aimed at value attitude to their own health, compliance with a healthy lifestyle and self-education.

Key words: health, older teens, valuable attitude.

Present puts before us, the disclosure process and content form the values of human health, particularly older adolescents, since their teenage years actively developing and emerging personal values, the foundation for a healthy individual. With this in mind the requirements of today require reorienting the content of education of the younger generation, namely shift to create the conditions for a full, comprehensive and harmonious development of the individual in the process of teacher education.

Modern educators and psychologists studied the conditions most conducive to the holistic development and formation of personality as a teenager, his mental and physical health (V. Vishnevsky, N. Smirnov, A. Taltyhina), and others. Considerable

attention is given to health promotion and observance of the younger generation a healthy lifestyle. And in spite of active researchers in this area, not all aspects studied and worked. So the question remains relevant and not researched the process of forming valuable attitude to their own health older teens.

The aim – to make a theoretical analysis and summarize the experience of scientists regarding disclosure of the contents of the process of formation value attitude to their own health in older adolescents during teacher training.

Tasks:

1. To analyze the features of the formation of value attitude to their own health in older adolescents.

2. Identify the relationship of the value and scope of knowledge about health.

Teaching the process of formation value attitude to their own health in older adolescents involves the disclosure of significant relationships and dependencies that exist between the health of man and his way of life, level of knowledge about health, mood, relations with other people. Priorities in the overall system work with adolescents should be given training and education activities. Its main problem – the development of adolescent health awareness of the value and necessity of healthy lifestyles that promote the formation of active individual. We believe that the teenager, who is formed valuable attitude to their own health, try to consciously adjust their behavior for a healthy existence. That will care about their health and the health of others, strive for adequate perception skills to his health that will promote the health of their own culture, which is very important in shaping attitudes to value their health.

Culture of health, according to the works of N. Smirnov regarded as a necessary part of the general culture that allows a person to properly care for their own health and wellbeing and people around them. Culture is a measure of health and way of human development, it is a qualitative description of the result of his recreational activities aimed not only at improving himself, his attitude towards spiritual and physical development, but also to the development of the people around them [4, p. 219].

Following the point of view of M. Vilna, we note that the assimilation of cultural health of the students - a process of learning and mastering a result of special systematic knowledge about healthy lifestyles and ways of self-study and use of life [2, p. 54].

To achieve the fullness of knowledge and a culture of health should target educational process for the following purposes:

1. Systematize knowledge about adolescents:

- Physical health field (body composition, functions of the body, means the preservation of health, etc.);

- Mental health care (feelings and emotions that guide them);

- Social services care (dependent on the health of the living conditions, the negative impact of bad habits for health, etc.).

2. Develop skills (skills):

- In the area of physical health: self-care for their own health, to focus in terms of their physical condition, use knowledge about the functions of the body in various activities;

- In the field of mental health: focus on pleasant memories, use them to improve mood, control negative emotions;

- In the field of social care: assess life situations, predict performance, consequences of behavior, conflict-free chat, take care of patients with respect to healthy.

3. Develop settings to:

- Self-fulfillment sanitation procedures;

- The manifestation of positive emotions in the health creative activity;

- A healthy lifestyle.

Thus the task posed above may only perform well under conditions of self-healing and so on. That teens need to understand and assess the significance of their own health, to further its successful shape and strengthen.

It should help create an individual program samoozdorovlennya older teens that will focus on the development, active manifestation of personality traits during

their involvement in healthy living. Personal activities self improvement should be to the following conditions:

- Personal hygiene: to monitor the purity of the body, hygiene, shoes, clothes, lighting, temperature and equipment of the workplace, the order of the desktop, every day do wet cleaning house procedures for hardening of the body;

- Observance of work and leisure: strictly follow the daily regimen composed; alternate time for classes with pauses outdoor activities, adhere to four-meal, to determine the duration of sleep and wakeup;

- Culture healthy meals for the student means to maintain timing of meals and good quality cooked food, participation of the student in the preparation of daily food intake, self cooking some meals for the whole family;

- Self-monitoring for your health – it is, above all, by introspection -being, appetite, mood, sleep;

- Prevention and rejection of bad habits have a close relationship with adolescent physical activity during the day of the week – daily morning exercises, and fizkultminutki fizkultpauzy during office hours, visiting physical education classes at school, participation in family, sports competitions Municipal and regional level nature walks, hikes and days of care, chore time and help around the house;

Since the self – a process focused, deliberate, systematic work on older adolescents themselves, focused on creating a culture of health. It includes a set of techniques and activities aimed at samoozdorovlennya that define and regulate emotive, effective position of the individual student on their physical mental and social health. The gist of it is that he built a teenager, correlate and assess the socio-cultural sample of own health and lifestyle and the proposed teacher.

Self, by M. J. Vilna, includes the following stages of the individual:

- 1) self-knowledge of themselves as individuals with the release of positive mental and physical skills, as well as negative effects that need to be overcome through self-observation, self-reflection, self-esteem and willpower;

- 2) based on samoharakterystyky of goal and program phases samoozdorovlennya;

man. It occurs as a result of discrepancies between the ideal, the ideal norm and their specific behavior.

Self-control – a program of self-determination of deviations from the tasks of the next correction application or individual behavior. Self submission provides various activities motive of self-improvement.

Self-report – a report of a man in front of the process and results of their own activities and actions. Self-reports are closely linked to introspection. It is divided into current and complete. Self-report may be in the form of oral speech, special journals and so on [5, p. 105].

Self-establishes, promotes and develops practical skills acquired during training and helps to solve the following problems: the formation of an ability to manage and control their behavior in different situations, personal motivation to enhance the knowledge of themselves, their bodies, their needs, incentives intrinsic activity, strengthen the emotional and volitional based enrichment of the spiritual potential of the individual, to form a conscious attitude towards a healthy lifestyle, observe hygiene and health skills of healthy lifestyle on age stages, creative approach to the choice of methods samoozdorovlennyya, generate a need for recreational activities, strengthen habits of healthy living, self-exercise and selected sports; strengthen health adjusted figure, enhance the functionality of the body, develop movement as a result of self-education and self-development, to provide assistance and support to younger self in the implementation of the program of recovery.

Based on the above said, we can conclude that the process of teacher education the individual young person can give incredible results. As knowledge about health got teenagers in learning give rise to self- decision making and awareness of the value of their health.

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Галенко Т. П.

Особливості формування ціннісного ставлення старших підлітків до власного здоров'я

У статті на основі здійснення теоретичного аналізу, узагальнення та систематизації літературних джерел розкривається питання щодо особливостей формування ціннісного ставлення до власного здоров'я старших підлітків в процесі педагогічного виховання та самовиховання. Показано, що для формування ціннісного ставлення до власного здоров'я у старших підлітків необхідно рівноцінно поєднувати, розвиток ціннісної системи підлітків, самовиховання, та їх відношення до власного здоров'я, а також поглиблювати знання як про власне здоров'я так і про здоров'я оточуючих людей. Завдяки систематизації знань про фізичне здоров'я (будову тіла, функції органів тіла, засоби збереження здоров'я тощо), психічну сферу здоров'я (почуття та емоції) та соціальну сферу здоров'я (залежність стану здоров'я від умов життя; негативний вплив шкідливих звичок на здоров'я), ми вирішуємо завдання що сприяють формуванню гармонійної, всебічно розвиненої, здорової і цілеспрямованої особистості, що є направленою на ціннісне відношення до власного здоров'я, дотримання здорового способу життя та самовихованню.

Ключові слова: здоров'я; старші підлітки; ціннісне ставлення.

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Особенности формирования ценностного отношения старших подростков к собственному здоровью

В статье на основе осуществления теоретического анализа, обобщения и систематизации литературных источников раскрывается вопрос об особенностях формирования ценностного отношения к собственному здоровью старших подростков в процессе педагогического воспитания и самовоспитания. Показано, что для формирования ценностного отношения к собственному здоровью у старших подростков необходимо равноценно сочетать, развитие ценностной системы подростков, самовоспитания, и их отношение к

собственному здоровью, а также углублять знания как о собственном здоровье, так и о здоровье окружающих людей. Благодаря систематизации знаний о физическом здоровье (строение тела, функции органов тела, средства сохранения здоровья и т. д.), психическую сферу здоровья (чувства и эмоции) и социальную сферу здоровья (зависимость состояния здоровья от условий жизни; негативное влияние вредных привычек на здоровье), мы решаем задачи способствующие формированию гармоничной, всесторонне развитой, здоровой и целеустремленной личности, является направленной на ценностное отношение к собственному здоровью, соблюдение здорового образа жизни и самовоспитанию.

Ключевые слова: здоровье, старшие подростки; ценностное отношение.

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