

## Student Readiness Formation for Activities Oriented to Health Saving

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### ABSTRACT

The relevance of the studied problem is caused by the need of formation and development among students of educational organizations of the personal qualities directed to updating of their potential concerning preservation and promotion of health, organization of own style of a healthy lifestyle, i.e. formation of readiness for health-oriented activity - HOA. The purpose of the article consists in the development of conceptual aspects of readiness formation of students for HOA. The leading methodological approach to the research of this problem is a personal and activity approaches, allowing us to disclose the features of organization of an educational process directed to readiness formation of students for HOA. Conceptual aspects of students' readiness formation for HOA conclude in the fact that health is considered as a target resource of a person which can be operated; the basis of this resource is the health saving potential of the person, its components and phases of development are presented; the model of student readiness for HOA is developed. Materials of the article can be useful to pedagogical workers regarding the organization of activities for preservation and promotion of student health in educational organizations, by means of change of intrinsic and substantial components of this activity.

### KEYWORDS

Health-oriented activity (HOA), health saving activity, health saving potential of a person, readiness of students for an activity focused on preservation of health

### ARTICLE HISTORY

Received 17 February 2016  
Revised 28 April 2016  
Accepted 22 May 2016

## Introduction

### *The problem description*

Health is an integral condition and fundamental base of successful adaptation and integration of a child into society. In this regard, education as a

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complete structure providing socialization of a person solves a problem of preserving health of younger generation today.

Traditionally, the activities connected with preserving health of students are based on the medico-biological approach oriented to maintenance of sanitary and hygienic requirements to conditions of staying of a child in them by educational organizations, i.e. security strategy. Steady growth of children disease incidence and high influence of the studying external factors of the environment on health, form the basis to application of this approach, connected with an educational process (Tretyakova & Le-van, 2015; Khuziakhmetov, 2016).

In compliance with the theory on risk factors (Lisicyn, 1998), health level (more than 50-60%) depends on a manner of life of a person (healthy or unhealthy). In this regard, the researchers (Lisicyn, 1998; Leventhal, 2003; Malyarchuk, 2014) place emphasis on importance of decrease in actions of the risk factors connected with behavior of a person (such as hypodynamia, irrational food, addictions, and others). These factors make the destroying impact on the state of health of a growing organism, its forming and its level in the future. The exception of influence of the risk factors connected with behavior of the person is possible only by efforts of the person that has direct link with the level of his/her sensibleness and responsibility in the acts. In this connection, the pedagogical community is faced by the task of forming among students of social competences connected with preservation and promotion of health (Kislyakov, 2014; Kolbanov, 2015; Tretyakova & Le-van, 2015; Akhmetzyanova & Saitgaleeva, 2016). At the same time the sufficient level of competence can not always become an inducing factor to change of a manner of life of the person, so, it is important to develop their personal qualities in parallel with implementation of a security strategy and formation among students of corresponding social competences. These qualities shall be directed to updating of potential of a child in activities for preserving the health, the organization of own style of a healthy and safe manner of life. In this case, it is about readiness formation of students for the activities oriented to health preserving – HOA (subjective condition that means desire and capability to keep and strengthen health). It is necessary to determine special essence and content of activities of educational organizations for preservation and promotion of health while forming this readiness (Tretyakova & Fedrov, 2013).

Meanwhile, the problem of readiness formation of students for HOA, oriented to preserving health, still remains unresolved (Tretyakova, 2014; Tretyakova & Andryukhina, 2012). The main contradictions act as: 1) at social and pedagogical level – discrepancy between the need of preserving children health and their insufficient readiness for the activities directed to preserving health; 2) at the scientific-theoretical level – a contradiction between the need of readiness formation for the activities oriented to preserving health and lack of theoretical ideas of its essence, structure, criteria and levels of formation; 3) at the scientific and methodical level – a contradiction between the existing requirements to implementation of activities of educational organizations in the field of the health protection of students aimed at formation, oriented to preserving health of a personal line item of students and lack of model of its formation, and also non-readiness of the pedagogical conditions that should promote effective implementation of this model.

In this regard, the development of conceptual provisions of student readiness formation for HOA is becoming urgent. It is necessary to solve the following problems for achievement of an effective objective: 1) to carry out the analysis of initial concepts of a problem of student readiness formation for HOA; to reveal a structure of this readiness, its criteria, levels of formation and means of forming; 2) to prove and develop a model of student readiness formation for HOA.

## **Materials, Methods and Methodological Framework**

### ***Research methodology***

Personal and activity approach acted as the leading methodological basis of our research (Ananyev, 2001; Leontyev, 1977), provided disclosure of features of the organization of an educational process directed to student readiness formation for HOA. In case of this approach, activities are considered as the main condition of student readiness formation for HOA; being involved in these activities a student gains experience which causes expansion of internal structures of a person and HOA receives a personal sense.

The methodology of the research is enriched by ontogenetic and axiological approaches. The strategy of person attitudes towards the health during various periods of its development is considered in aspect of ontogenetic approach; these features are considered in case of development of the substantial and procedural bases of students' readiness formation to HOA (Ayzman & Turner, 2001; Kolbanov, 2015). Axiological approach allows us to consider health as the priority value that takes the highest grade in hierarchy of needs of a person, to target educational process to forming among students of real ideas of true and imaginary values of life, to choose a positively oriented vital strategy for preserving health (Malyarchuk, 2013; Ivanyushkin, 1982).

### ***Research methods***

For the solution of the research tasks the complex of methods is used: 1) theoretical: analysis of methodological, psychological and pedagogical literature; studying of directive, regulating and program-methodical documents in education; system-based analysis; generalization; modeling; 2) empirical: studying and generalization of pedagogical experience; experimental and research work.

### ***Experimental and research base of the study***

Experimental and research base of the study is presented by the general educational organizations of 6 cities of Sverdlovsk region of the Russian Federation.

## **Results**

Considering student readiness for HOA as a target reference point and result of activities of educational organizations for preserving health of students, we revealed the essence of this readiness through the definitions - "health", "activity", and "orienting point". Firstly, this activity is characterized as structural (including components: a subject, means, purpose and result), and operational-organized activity of a person on a goal achievement in preservation and promotion of health; secondly, as active behavior of the person, wherein

health acts as motivator (as universal value). Health appears here as its result (a target reference point) and as value.

According to the existing researches, HOA is based on the continuous process of interaction between the person (in compliance with a force of action cognitive, semantic and motivation factors) and those situations which a person is involved in, and which a person reacts to. Consequently, the leading indicator directing at ability and readiness of the person to operate own activities for preservation and promotion of health is the level of formation of categories of adjusting system on HOA. In this case, HOA appears as the conscious informative, activity-based, behavioural, and another activity of the person directed to preservation and promotion of health. The specified activity has to be provided with appropriate strategy, technologies, means and methods.

Readiness is considered as a state, property and/or quality of the personality which serves as a supposition to productive activity in all cases. Proceeding from these positions, discussing the essence and maintenance of student readiness for HOA, it is necessary to take into account that readiness is caused by consistent patterns of human life activities and will be defined by the purposes and character of the tasks connected with protection of personality health that are solved during human life.

In general, readiness of students for HOA should be determined as the condition of mobilization of psycho-physiological systems of a person allowing to provide effective implementation of certain actions for preservation and promotion of health in case of supporting the person with the corresponding knowledge, abilities, skills, program of activities and availability of determination to perform them. Therefore, formation of this readiness in the conditions of an educational process should be connected with the development of capabilities, interests and aptitudes of a personality, person's direct vital plans and valuable orientations concerning health.

The process of creation by the person of values acts as the basis of student readiness for HOA, as health is considered as value with all elements of structure forming it – valuable orientations (determined through the relations), requirements, attitudes, motives and interests. Development of the designated structures in many respects depends on degree of an involvement of the person into different types of activities for preservation and promotion of health. Subsequently, activities of educational organizations for preservation and promotion of health should be organized in such a way to arouse internal activities of a student, by means of forming of sufficient amount of knowledge, its conceptualization and the following reinforcement of learning in different types of HOA.

Health is presented by us as a target resource of the personality which can be operated and operated in the conditions of an educational process. Health saving potential is the basis of this resource. Health saving potential is a dynamic system of the resources of a member (cognitive, emotional-volitional, physical, spiritual, moral, and other) used by the member for achievement of the objectives of HOA.

We have developed a vector model of health saving potential of the personality. The real model has organically united in itself a number of vectors (elements of psychological space of the personality possessing the direction and dichotomizing display):

1) health saving attitude determined by psychological state of predisposition of a person to an active position concerning deduction and building-up of amount of own health saving potential; this vector is provided by two types of attitude: primary (created on the basis of the need for preserving health and causing activity emergence in raising of a rank of health value in the system of vital values of a person) and secondary (formed on the basis of the prevailing need for capacity-building in the conditions of threat of deformation of health saving potential, which is often connected with impossibility of its implementation as a result of steady negative impact of the external environment);

2) metacognitive capabilities characterizing specific features of a person which allow to reflect, estimate and consciously operate the informative sphere during the forming and estimation of own behavior focused on preservation of health or its promotion;

3) health saving competence characterizing the level of formation, development and working knowledge of HOA skills, modeling of technologies, means and methods of these activities in various life situations.

Health saving potential of the personality through set of external (physical, psychological and mental-ethical) and internal (social and social-political) conditions providing preservation and promotion of health is disclosed:

– physical – heredity, a level of physical development (somatometric, somatoscopic and physiometric indicators), a level of health condition (existence or absence of chronic diseases), a level of nonspecific resistance (resilience) of an organism, a level of physical fitness (indicators of standard physical qualities);

– psychological – a level of development of the main psychological processes (perception, thinking, memory, imagination, etc.) and its compliance to the set age norms;

– mental-ethical – a level of development of the emotional and motivational sphere, valuable orientations and attitudes; a level of cross-situational competence based on the requirements of the social environment;

– social – existence and accessibility of services of health and fitness, correctional and psychological, medico-rehabilitation and other centers and services of health promotion;

– public-ideological – existence of resistant ideological positions concerning the priority of health, healthy lifestyle supported at all levels of the government (federal, regional, municipal and facility).

The structural model of student readiness for this type of activity simplifies a purpose determination, choice of means, methods and criteria of formation of personally significant qualities necessary for HOA implementation. According to the model, the main interconnected components of student readiness for HOA are:

1) motivational-valuable (priority of value of health in the system of vital values; availability of human needs, desire, dominating intrinsic motivation to preservation and promotion of health);

2) cognitive (system of knowledge about health, a healthy lifestyle, methods of protection and increase in recourses of health; an idea about features and conditions of HOA);

3) emotional-volitional (responsible attitude to own health and health of people around; commitment in preservation and promotion of health; aspiration to self-knowledge, self-development, self-education reflected in individual experience of HOA; self-control providing systematicity of implementation of these activities);

4) operational-procedural (possessing the methods of implementation of HOA; transfer of individual experiment on preservation and promotion of health in daily practice);

5) estimative-reflexive (self-assessment of the readiness and compliance of process of the decision health-oriented tasks with appropriate samples).

Content of components is considered as a system of health saving capabilities of a student (specific qualities of a person – physical, mental, mental and ethical, necessary and sufficient for effective implementation of the activities connected with health protection), limits of integrity are determined by requirements of HOA of a person, and a possibility of its implementation depends on the level of health saving potential of a personality.

All components of readiness are interconnected and interdependent. In particular, the valuable attitude towards health stimulates the motivation providing implementation of HOA, and influences the formation of a cognitive component. The created motivation makes an impact on development of the emotional attitude to the HOA process, and promotes demonstration of volitional efforts. The positive emotions accompanying success situations are fixed in consciousness and stimulate development of cognitive and reflexive components. The developed reflexive capabilities allow a person to estimate adequately his/her activity, to correct emotional and volitional display, influence on need formation for deepening and systematization of knowledge in the direction of preservation and promotion of health.

Development of these components builds up one of the key substantial parties of educational process in the context of health saving activity, and it is connected with a start of such mechanisms as reflexion (self-consciousness), self-goal-setting, self-programming and self-realization.

In general, the result of student readiness formation for HOA is the "composition" of corresponding motives, attitudes and experience, involvement of psychological processes and person traits that will provide students with an opportunity to lead a healthy and safe lifestyle regardless the conditions or dynamics of change of a life situation. This forming is estimated through motivational-valuable, cognitive, emotional-volitional, operational-procedural and estimative-reflexive levels of expressiveness (Tretyakova, 2014).

The dynamic nature of health saving potential of a personality is reflected in abilities to its building (increase in volume of potential), deduction (preservation of borders of volume of potential) and consumption (decrease in volume of potential) (Tretyakova & Fedorov, 2014). The uneconomical consumption can lead to irreplaceable loss of ability to its building. Disclosure of internal mechanisms of building of health saving potential of a personality, understanding of determinants of this process makes it possible to come to a new level of resource management of health.

Temporary and spatial characteristics of health saving potential can correspond to the periods of age development of a person. The trajectory of

development has the parabolic form: there is a building-up of health saving potential at the initial phase of ontogenetic development; there is a need for the created abilities to hold (to keep) and rationally use this type of potential at peak phase of ontogenesis; intensive expenditure of potential for preserving quality of human life is supposed at the phase of aging. Thus, the more favorable conditions for building-up of health saving potential were created at children's, teenage and youthful age the more easily it will be to hold, keep such potential and to use rationally it in the mature and elderly period of ontogenesis. This vision allows us to determine orienting points for development and approbation of the special creating impacts on health during various periods of a person development.

According to A.A. Ukhtomsky's (1966) studies "on a dominant" and theories of attitudes by D.N. Uznadze (1961), formation of personal health saving potential is possible through health saving attitude as an orientation on a certain activity. In this case it is possible to highlight the following types of the attitude of a person toward the health:

- passive attitude is characterized by a passive position in the attitudes towards health and to implementation of activities for its preservation and promotion; lack of own means, receptions and technologies of preservation and promotion of health;

- active attitude (externally active) is characterized by an active position of a person in implementation of activities for preservation and promotion of health; a reliance on HOA; reproductive use of external (external environment) means, receptions and technologies of preservation and promotion of health;

- creative attitude (internally active) is characterized by an active position of a person in implementation of HOA; a reliance on oneself; creative use of external and internal (psychological) means, receptions and technologies of preservation and promotion of health.

According to these types we have highlighted the following types of the personality attitude towards health and HOA:

- passive type, characterized by the fact that a person completely confers responsibility for health on external factors, showing passivity in its preserving and promotion;

- responsible-passive type, characterized by a high level of responsibility of a person for health condition, but a low level of own activity in its support;

- responsible-active type, characterized by a high level of responsibility of a person for the health, however, there is some insufficient behavioural activity (mainly only on condition of availability of violations in health condition);

- creative-active type, characterized by a high level of responsibility and a high level of activity of a person towards the health, its preserving and promotion.

Development of health saving potential of students assumes consecutive passing of the presented hierarchy of types.

The purpose of health saving educational process organization is the provision of the maximum development of opportunities of students in respect of preservation and promotion of health that assumes formation of internal motivation (determination) of behavior, mechanisms of self-control and self-



direction. According to age peculiarities, the result of activeness of a student should be correlated to his/her attitude towards the health. So, the age 6-11 – building of health; the age 11-14 – creation of health; the age 14-18 – preservation of health; the age 18-25 – development of health. These or those components prevail in each presented student health strategy: at younger school age – volitional attitude towards health proved by acts; in teenage – motivational-valuable; at senior school age – need-motivational; during the youthful period – emotional-valuable. Each phase has to involve HOA components with a certain level of correlation: a number of components depend on age of a person, and this components' amount increases with coming-of-age. So, strategies of an individual towards the health need to be built during various age periods differently.

### Discussions

The analysis of psychological and pedagogical literature allows us to state the lack of special researches devoted to the problems of student readiness for ZOD and its formation.

Today the following activities of educational organizations in the field of student health protection are well studied: 1) sanitary-hygienic – compliance with sanitary-hygienic requirements for the conditions of the organization of an educational process concerning designing and building of educational organizations, ensuring good nutrition, compliance with hygienic bases of physical training, availability of full-fledged sanitary equipment, rational regulation of an academic load and a day regimen, etc. (Bazarnyj, 2004; Kuchma, 2005); 2) medical and preventive – use in the conditions by an educational organization of a complex of physio-, aroma-, phyto-treatment, medical physical culture, massage, etc.; implementation of this direction provides forming of the corresponding infrastructure of an organization of diagnostics including medical (physiological) technologies, maintenance and strengthening of health (Matkivskij, 2009; Usanova, 1997); 3) health and fitness – broad application of means of physical culture in the conditions of an educational organization: increase in number of physical culture occupations and increase in their content-richness, use of "small forms" of physical activity, holding sports occupations with pupils of special medical groups, provision of an opportunity to be engaged in the gym, the pool, on sports grounds of an educational organization in extracurricular time, etc. (Balsevich, 2006; Manzheley, 2014); 4) ecological-valeological – knowledge transfer to students of regularities of formation, preserving and development of health of a person under the influence of abiogenous and biogenous factors of the environment, forming of ecological consciousness, ecological and valeological cultures in a foreshortening of ecological-valeological problems of the environment, etc. (Deryabo & Yasvin, 1996; Tyumaseva, 2006); 5) organizational- pedagogical – forming of health saving educational space wherein unhealthy impacts of educational process are excluded or minimized. The technological basis of this direction arranges the health saving educational technologies (Kolbanov, 2015; Orekhova, 2004).

In general, the analysis of theoretical resources and empirical data allowed us to come to a conclusion that the processes of student readiness formation for HOA weren't purposefully considered.



While analyzing the concept "readiness to HOA", the provisions of personal and active approach and B.G. Ananyev's (2001) studies made it possible to show own readiness of a person as his/her important personal quality wherein the person appears as the member of social relations, conscious activities, freely and responsibly determining the attitude among others.

On the basis of researches of a number of concepts (Ayzman & Turner, 2001; Kolbanov, 2015; Malyarchuk, 2013; Ivanyushkin, 1982) disclosing a subject-matter of the ontogenetic and axiological approaches to the studied problem, health is considered and defined by us as a target resource of a personality which can be operated in the conditions of an educational process and which is the basis for health saving potential.

Studying a number of theories of behavior of a person concerning preservation of health – the theory of beliefs about health (Rosenstock, Strecher & Becker, 1988), the theory of common sense and self-control (Leventhal, 2003), the theory of causal action (Ajzen, 1991), the theory of social learning (Bandura, 1997), the theory of self-efficiency (Bandura, 2001), the theory of search for feelings (Zuckerman, 1979), the theory of stages of change of behavior (Prochaska & Velicer, 1997), the concept of the attitude towards health (Berezovskaya & Nikiforov, 2003) have allowed us to carry out determination of behavior of a person concerning preservation and promotion of health at the level of an individual and to create a vector model of health saving potential of a personality.

Formation of the model of student readiness for HOA is based on the thesis on integrity of a human person, structure, relevant structure of a personality: orientations, experience, individual characteristics and biopsychic properties. In this regard, the studies by L.S. Vygotsky (2001), S.L. Rubinshtejn (1999), A.A. Ukhtomsky (1966), K.K. Platonov (1986) are of special interest. The researches considered a human being as an individual, personality and member of activity. The theses of the holistic approach to individual development of a person meaning a research of formation of mental processes during his/her life were considered too. The model developed by us is based on recognition of development of the major methodological principle.

At the same time, the results of the presented research on development of conceptual provisions of student readiness formation for HOA and its experimental and research approbation showed that there is a strong need in ensuring of interdepartmental coordination and centering of the directions of actions of the employees participating in activities for preservation and promotion of student health (Fedorov & Tretyakova, 2015; Tretyakova et al., 2016). Only in this case, it is possible to provide the greatest effectiveness and efficiency of this type of activity.

## Conclusion

The developed wrong situation connected with the children health condition requires the directed solution of tasks on improvement of quality of life of this category of the population: creating optimum conditions for preserving and promotion of children health, forming of steady stereotypes of a healthy and safe lifestyle, an increase of social adaptiveness. The discrete role in the solution of these tasks is assigned to the system of education.

The pedagogical experience of health saving activities accumulated by educational organizations involves the development of a personality through forming of valuable attitude towards health and allows students to provide maintaining a healthy and safe lifestyle, which means successful socialization in the society. In this case, we are talking about student readiness formation for HOA.

Conceptual theses of student readiness formation for HOA consist in the following: 1) health is considered as a target resource of the personality which can be managed; 2) health saving potential of a personality is the basis of this resource, which includes health saving attitude, metacognitive capabilities and health saving competence; 3) types of the attitude of a person towards health and activities for its preserving and promotion correspond with phases of development of health saving potential of a personality (formation, creation, preservation and development): passive, responsible-passive, responsible-active and creative-active; 4) the model of student readiness for HOA includes some substantial and estimative characteristic of the interconnected structural components (motivational-valuable, cognitive, emotional-volitional, operational-procedural, and estimative-reflexive), development of these components is connected with the start of mechanisms of reflexion, self-goal-setting, self-programming and self-realization.

Practical approbation of theoretical-methodological thesis of the research was carried out on the basis of the educational organizations of the Ural and Siberian regions of the Russian Federation.

### Recommendations

The proposed conceptual thesis on student readiness formation for HOA can be used in the specific educational organizations:

- 1) for a research of a condition of the existing level of student readiness for HOA, and the following projecting of its development;
- 2) for an efficiency evaluation of work of an educational organization in the field of health care maintaining of students;
- 4) for determination of the direction of a further scientific search and researches of development of the personal qualities directed to updating of child potential concerning preservation and promotion of health.

Results of the provided research will be useful to the scientists studying questions of health saving activities in educational organizations and assurance of its quality; to the teachers working in educational organizations of various types; to students of pedagogical higher educational institutions and other interested persons.

### Disclosure statement

No potential conflict of interest was reported by the authors.

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