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*Edited by Marian Duczmal*

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## **10. The formation of health-preserving competence as a task of the professional training of social pedagogues and workers in higher educational institutions Ukraine**

*Introduction.* At the present stage of reforming of higher education, in Ukraine great attention is paid to the level of competence of specialists, especially specialists of the social sphere, the growing importance of preserving and enhancing of the health of both in the process of future specialists training and in a period of their professional activity. The tendency to promote health of the future professionals was formed as a result of the influence of social and educational factors, where a special place is occupied by the activity of specialists of the social sphere, namely: ability to take adequate and appropriate solutions in problem situations, to plan and achieve their goals.

Therefore, national legislation, including the Law of Ukraine “On education”, puts the preservation and strengthening of health of individual as priority activities of educator of various categories (Teaching health, 2010).

At training of social pedagogues and workers in higher educations Ukraine, one focuses on the formation of key competencies: professional, communicative, self-developing, management-organizational, socio-psychological, prognosis, however, the health-preserving competence remains neglected (Veretenko, & Sheremeta, 2013), although one of the professional objectives of the social pedagogues and workers is to promote the improvement of the children and young people health. This task is possible in the first place, by our own example, that is, health-preserving competence.

Therefore, at the professional training of future social pedagogues and workers in institutions of higher education it is necessary to focus on the formation of health-preserving competence.

*The goal:* determine the main priorities concerning the formation of a health-preserving competence of future social pedagogues and workers during the training in higher educational institutions Ukraine.

*The objectives:*

1. Examine different approaches of researchers regarding the interpretation of the concept “health-preserving competence” and certain aspects of the features of the training of future social pedagogues and workers.

2. Analysis of the nature of trends of students' life and their attitude to their own health, through questionnaires.

3. Received results use for determining of the main priorities concerning the formation of a health-preserving competence of future social pedagogues and workers during the professional training.

*Research Methodology.* The study used: theoretical methods (description, analysis, generalization of scientific literature on the research problem); Empirical methods (questioning of future social pedagogues and workers); statistical methods (statistical processing of obtained empirical data).

Experimental work on the investigated problem was conducted on the basis of higher educational institutions of Ukraine, namely: Borys Grinchenko Kyiv University; Cherkasy National University named after Bohdan Khmelnytsky, SHEE “Perejaslav-Khmelnytsky State Pedagogical University”.

The research group included 280 of future social pedagogues and workers of I-II courses.

*The theoretical part.* In studies of many scientists and practitioners who work in higher education are pointed the aspects of a healthy lifestyle, health care and health-preserving competence of teaching specialists (e.g. Tykhomyrova, 2004; Kovaliova, 2004 et al.). At that the emphasis on the promotion of healthy lifestyles and responsible attitude of the man to his health (Bondarenko, 2015; Sviridenko, 2006), medical and psychological prevention and correction of adverse physiological, psychological and personal conditions (Naumenko, 2005) and on the specifics of training of social pedagogues and workers in activities to promote the health of children and youth (Petrovych, 2012).

Formation of health-preserving competence in higher education has its own characteristics associated with the content and characteristics of the concept “health-

preserving competence” (work Veretenko, & Denysiuk, 2011; Voronin, 2006; Antonova, & Polishchuk, 2011; Rybin, 2011 et al.).

In domestic science the formation health-preserving competence as one of the key competences in the training of future social pedagogues and workers studied is not enough.

One of the objectives of the study are examine different approaches of researchers regarding the interpretation of the concept “health-preserving competence”.

Under the term health-preserving competence are understood the characteristics inherent to man aimed at preserving the physical, social, mental and spiritual health.

Among scholars there are different points of view regarding the essence of the health-preserving competence. For example, the health-preserving competence is understood as: “as a dynamic personality trait that manifests the ability to organize and regulate healthcare activities; adequately assess their behavior and actions and attitudes of people around; maintain and implement their own healthcare position, based on the conscious and personally acquired moral standards and principles, not by external forces; resist pressure to counteract the influences that are contrary to the internal settings, views and beliefs, to make their own moral decisions” (Voronin, 2006); “as the ability to operate successfully in the system of interpersonal relations sphere “man – man” defined by emotional stability, high efficiency, absence of anxiety, the ability to withstand heavy loads in specific socio-pedagogical processes, carry out psychological stress and resist emotional development overload in work with children and clients” (Veretenko, & Denysiuk, 2011); “the quality of the individual, what shows the total capacity and preparedness of health-preserving activity based on the integration of knowledge, skills, values, individual attitudes aimed at preserving the physical, social, mental and spiritual health – and his environment” (Antonov, & Polishchuk, 2011); “is an integrative personal characteristic, which is a set of values, health care knowledge, skills, readiness and abilities that contribute to the formation of health-preserving experience effective in situations of reality” (Rybina, 2011).

Based on the analysis of scientific literature, we believe that health-preserving competence is an important component of professional competence of the social pedagogues and workers who:

- 1) shows the ability to save and implement the knowledge, skills, knowledge aimed at health care activities;
- 2) defined by emotional stability, high efficiency, absence of anxiety, the ability to withstand heavy loads, move psychological stress and emotional overload withstand of the work;
- 3) allows to improve resistance to stress factors, to develop skills in formal and informal communication that promote professional development of social pedagogues and workers.

Among the peculiarities of the preparation of future social pedagogues and workers is the availability of personal traits in students to ensure success in professional activities. One should have the following personality traits: the ability to perceive another person, commitment to emotional empathy of mental state of another person, communication, availability of communicative culture; man's ability to provide expert help, a low degree of suggestion, the ability to take adequate and appropriate decisions in problem situations; positive attitude to himself, waiting for a positive attitude on the part of the client.

Exploring the problem of personal development of the future social pedagogues and workers during training, R. Vaynola (2008) distinguishes the following components:

- 1) professional knowledge (psychological and age features of the clients, tasks and communication means, adherence to norm of the professional ethics, pedagogical empathy, and ability of communicative presentation);
- 2) professional skills (to select, group and improve methodical materials, to perform pedagogical diagnostics, forecasting, to choose the methods and way of formation of social and teaching influence, which is adequate as per the problems is demands of the clients, and to select the problem and research it);
- 3) professional positions (self-diagnostics, pedagogical thinking);

4) professional traits of personality (pedagogical erudition and education, intuition, improvisation, observance and pedagogical optimism) (Vainola, 2008, p. 367).

Work with the formation of health-preserving competence of social pedagogues and workers in terms educational institution Ukraine, it:

1) mastering by the students of knowledge of key concepts of health care, namely: health, healthy lifestyle, quality of life; and mechanisms to preserve and strengthen health;

2) shaping of valeological world view – the formation of the respective individual beliefs and sense of duty and responsibility for their health and lifestyle, aimed at healing the body, opening its reserve capacity;

3) formation of knowledge and skills to prevent diseases, functional changes, bad habits; prevention of emotional breakdowns, stress and depression;

4) carrying out of active work and organization of various forms and methods of teaching students of healthy lifestyle (Zaveryko, 2011).

Execution of these tasks involves availability of health-preserving competence of social pedagogues and workers as one of the conditions of his successful professional and ensures its clients the necessary assistance through: individual approach, forming in them a culture of health, awareness of their own health care because a personal example is necessary for this.

Therefore, it is necessary to focus students on the importance of public profession of social pedagogues and workers; development in his personal interest motivated the formation of professional guidance on future activities and the importance of their own health care; difficulties of the profession, the need for more effort to digest, develop the necessary skills and overcome the negative traits (Liashenko, 1994).

In most institutions of higher education Ukraine, the curriculum training of specialists did not provide specific training courses which would prepare to better health and health care, reveal to the students the purpose and formation technology of the youth responsible attitude to it (Bondarenko, 2015). V. Petrovych (2012) said



that the task of departments of social pedagogy and social work, they can and should implement are: through formal education in the context of teaching humanities, natural and science field, special professional and practical cycle, free choice of subjects through lectures, seminars, workshops; during the various practices and performance of individual students research tasks – term papers, dissertations etc. (Petrovych, 2012).

Today Ukraine, in active search model, that integrates all forms of health-preserving of students in of higher education. One of the most important roles in the creation of health-preserving space, a culture of health care, the value of health in the personality structure of future social pedagogues and workers through teacher performs spectrum of social and humanity sciences: pedagogy, social pedagogy, psychology, anatomy and physiology, medical and social aspects of health, life safety, occupational safety basics, basics of medical knowledge.

Therefore, the task of the teacher at every lesson is to help to preserve the health of students, to reveal his pedagogical abilities in terms of health-preserving; to use different methods of teaching aimed at developing of students' own health care position: interviews, lectures, debates, group discussions, role playing, discussions, workshops, outdoors classes; to organize educational work on the prevention of addictions, formation of a stable motivation of the students to health-preserving; to organize independent health care work of students. The main directions of educational work, providing influence in shaping of the health care culture of the students are: effect on consciousness of students; the formation of emotional and sensual sphere; accumulation of healthy behavior experience of students (Semchenko, 2010).

*The practical part and research result.* Analyzing character of trends of students, life as to their attitude to their own health, determining of the level of health of future social pedagogues and workers and key priorities in educational work with them, conducted a survey.

Defining the key elements the problem, proceeded from the fact that students, especially in the first year, the most pronounced functional changes in the body,

accompanied by mental stress due to the new learning environment, accommodation, pace of life, the organization of work and rest are observed. Therefore, the subject of study was to determine the attitude of students to their health.

For ease of processing and data analysis used a questionnaire survey form for future social pedagogues and workers.

To identify the priority of their health in everyday values of future social pedagogues and workers, they were asked to put their most essential from the least significant, in their opinion, the value of life and successful professional activity in the future. The analysis of the results is given in Table 1.

*Table 1. Own health in life values for future social educators and workers*

A place health in future professional activities	Respondents' answers	
	number of people	%
Health on 1-2 place	56	20
Health on 3-4 place	196	70
Health, as the least significant value in professional activity	28	10

Processing of the questionnaires of the respondents the general trends on the assessment of their health were found. Thus, it appeared that the vast majority of students surveyed considered themselves to be healthy category, but admit that they have bad habits; almost all feel fatigue at the end of the school day.

When analyzing the personal data it appeared that most students do not pay enough attention to their health, making little effort to comply with the rules of preservation and promotion of health, they are often: ignore symptoms of fatigue, ignore the deteriorating physical condition of the body continuing active life 75% (210 people) have bad habits 80% (224 people) do not follow the rules of food 60% (168 people); chose more often the “nightlife” than the sleep 65% (182 people); do not pass the required medical examination 35% (98 people).

Among the most common adverse factors to human health are drinking, smoking and eating fast foods. So it was important for our study to determine the role of these factors in the lives of students.

Analysis of survey data showed that 80% (224 people) students smoke regularly, 20% (56 people) of the respondents do not have this habit. Regarding the use of alcohol, 30% (84 people) of students surveyed admitted consuming alcohol, including: 25% (70 people) – two times a week, and 5% (14 people) – two or three times a month.

Despite the knowledge of the students about the threat to health they neglect a balanced diet and impact on the body of the eating of fast food, 60% (168 people) of respondents believe that students eat properly, including: 30% (84 people) indicated that often consume fast food meals, 10% (28 people) – rarely, 20% (56 people) said they did not use, but believe that their daily diet is far from correct. The reasons for this trend students named: lack of time for preparation of quality food; eating fast food is fast and saves time and efforts; lack of funds for quality products, and the fast food is relatively inexpensive.

Despite these disappointing results and a survey on the attitude of students to their health, in their opinion, health is mostly promoted by the following factors: physical exercise; the role of full and high-quality food; compliance with the best regime of the day, fresh air, a good sleep.

During study, it was found as students link their health with level of profession success of social pedagogues and workers in future. Thus, 30% (84 people) of students are aware of the negative impact of their health on the efficiency of future profession, and 70% (196 people) of respondents consider timely medical care as the sufficient to strengthen and support the health, as the primary qualities of social pedagogue and worker communication, adequate training, activity were chosen and they did not link the need of good health and stress resistance with future profession.

Despite the different level of health-preserving knowledge of respondents all students were interested in different forms of work on forming of their health-preserving competence. Table 2 shows the on the most appropriate forms of work on the formation of health-preserving competence, which interested students.

Among the organizational forms of professional improvement and increasing of health-preserving competence of future social pedagogues and workers the most

effective are: training sessions; coeducation interdisciplinary teams of professionals (teachers, health workers, social service professionals); workshops and round tables with the departure of trained specialists, trainers in place, which contains teaching staff implementing specific education and prevention projects and programs; training sessions with working skills documenting the experience of forming of a responsible attitude to health (Hrytsiuk, & Lyakisheva, 2010).

*Table 2. Forms of work on the formation of health-preserving competence*

Forms of work	Respondents' answers	
	number of people	%
Elective Disciplines	168	60
Practical lessons		
Trainings	84	30
Individual counseling	28	10
Extracurricular activities		

After investigation, have found that the most respondents: no competent in matters of health; not enough time is paid to their own health; they do not know the rules, that contribute to the preservation and strengthening of health and do not bind future profession with the necessity of having good health and stress resistance. Thus, social pedagogues and workers must in the process of training to form the health-preserving competence as a prerequisite of successful professional activity.

*Generalisation.* Based on analysis made an overview of different approaches on interpretations of scholars of the term “health-preserving competence”. It is determined that the health-preserving competence of future social pedagogues and workers is an important part of their professional competence which:

1) shows the ability to save and implement the knowledge, skills, knowledge aimed at health care activities;

2) defined by emotional stability, high efficiency, absence of anxiety, the ability to withstand heavy loads, move psychological stress and emotional overload withstand of the work;

3) allows to improve resistance to stress factors, to develop skills in formal and informal communication that promote professional development of social pedagogues and workers.

Given the major health risks that exist in the profession of social pedagogues and workers ideas about health and disease, skillful use of the whole range of factors that influence the various components of health (physical, mental, social and spiritual), possession of wellness and general strengthening methods and technologies that facilitate the formation of the students health-preserving competence must expanded.

Thus, the training of future social pedagogues and workers includes: students' mastering knowledge about health and healthy living, quality of life and preservation mechanisms and health promotion; formation and skills to prevent diseases, functional changes, bad habits; prevention of emotional breakdowns, stress and depression; implementation of active work and various forms of teaching of students on healthy lifestyle.

Analysis of data survey for future social pedagogues and workers in higher education institutions Ukraine, showed the need to expand information on the content of compulsory subjects concerning materials of health-preserving activity of the future social pedagogues and workers. The choice of courses focused on the task of forming of health-preserving competence of future social pedagogues and workers, and implementation and use of health care technologies will enable scientific justification of health care problem in higher education institutions Ukraine, in the preparation of future social pedagogues and workers.

Require further study of health-preserving technology, in the preparation of future social pedagogues and workers. In a subsequent study, will analyze and classify existing health-preserving technologies and their value in the training of future social pedagogues and workers in higher education institutions Ukraine.

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## Annotation

1. ***Maria Antalova, Viera Labudova. Labor market in the social quality – inspirational suggestions.*** The social quality, by its nature, represents hopeful but also a long way to a new society to which we just started walking, so far only in the form of a vision that we try to develop in the theoretical, methodological as well as in empirical areas. We determined to continue in this trend and detect bonds and principles between its several factors and components. Of all its conditional factors we consider the social competence as the most important and after it the social inclusion with the labor market, which connects the different levels of the human capital and its ability for activation in the social environment. The connections have not yet been clearly identified. Therefore, we set up for goal of our paper to develop theory, or submit some inspirational ideas, to investigate the relationship of these both conditional factors from the specific aspect of forming the labor market in future.

*JEL Classification:* A14, B49, Z1

2. ***Volodymyr Chumak. Organization of training of police personnel in Georgia.*** The article deals with the peculiarities of the training of police personnel in Georgia. The basic legal principles of service of police officers in practical units are investigated and the necessity of borrowing the mentioned foreign experience in Ukraine is emphasized. It is noted that the service in the Georgian police involves the passage of certain stages, which begin with the entry into service and end with dismissal from the service. The author rightly notes that during the service of the police, the workers undergo additional training – improving their qualifications. It is noted that an important element of the police service is motivation and the creation of incentives for successful

police activities. It is noted that such a stimulus is the salary of a policeman and his social package. The author notes that in order to stimulate the work of a policeman, he can be allocated for use a service apartment, house, auxiliary structures, land plots standing on the balance of the Ministry of Internal Affairs of Georgia. The article states that the conditions of service and police are somewhat similar, which is currently in the Ukrainian police, which is the basis for the implementation of Georgian experience in Ukraine.

3. ***Jarosław Czepczarz, Sabina Wiatkowska. Innovation development and successful aging.*** Telemedicine, especially for the elderly and lonely, creates many benefits. The patients who use e-health services can stay in an environment they all know well and in which they feel comfortable. The awareness of being under constant supervision positively influences their sense of security and increases life-quality. With their health deterioration, it becomes essential to quickly and easily contact health care institutions or a specialist. This allows to save time on commuting and speeds the diagnosis up.
4. ***Lukasz Dziarmaga. The priorities of the organ leading the non-public educational institution different from JST according to law.*** Non-public education is facing the challenge of adopting its educational services to the reforms of education. The leaders of non-public schools are the one who are to meet those expectations. The author shows which units are allowed to establish and lead those institutions and what competences are put on them.
5. ***Oksana Hetman, Nataliia Volkova, Kseniia Bondarevska. Modern educational technologies in the training of future HR managers.*** The relevant issues of training high professional specialists in the sphere of HR management have been discovered in our article. Different modern educational technologies have been described and characterized. Authors offer to classify



educational technologies in three divisions: educational process technologies, technologies of educational process' organization and technologies of educational management. Analyzing the pros and cons each of abovementioned wide typology, authors point out the significance of their interactions and interdependence. Place of HR management in the modern business cycle system has been justified. Accent has been done on the necessity to train high-qualified HR managers by means of modern technologies of real life study, such as workshops, case studies, interactive intellectually competitive games with a real background et al. Integrative mechanism of workshop based on case study for HR managers has been developed by authors in order to organize effective training in the higher educational establishments, including Ukrainian. Authorial propositions have a practical character, proved by implementation in the real business processes and Startup ideas. Authors hope that developed methods can support the qualified training of future HR managers during their study in universities.

6. ***Nataliia Kyrnis. Conceptual principles of motivation of personnel of catering.*** The article is devoted to questions of motivation of employees of enterprises of restaurant industry on special orders (food) according to functional groups. The purpose of the article is to develop a motivational package for catering restaurant workers. The motivation proposals of enterprises and priorities of interest (motivation) of employees according to material and non-material criteria, as well as material non-monetary character are considered. On the basis of motivational proposals and interesting priorities, the matrices of the company's proposals are constructed. Components of motivational packages for different groups of employees are formed depending on their functional responsibilities. The developed motivational packages are recommended to be introduced to restaurants catering companies.

7. ***Nataliya Sirenko, Kateryna Mikulyak. Educational support for development agrarian sector in market environment.*** The necessity of educational provision for the development of the agrarian sector in the external market environment is analyzed, established a dynamic combination of studying in universities and countries after graduation, the forecast of the number of employed persons to the enterprise according to the results of dual education has been proven, it is proved that for the effective development of the agrarian sector in the external market environment, it is necessary to involve from university to the enterprise the applicants of higher education, which are able to strengthen competitive advantages in the long run.
  
8. ***Tetiana Spirina, Tetiana Liakh, Alona Popova. Social prevention of teenage bullying.*** The problem of school violence, bullying is now recognized as one of the central psychological and pedagogical problems. The phenomenon of bullying is extremely common in modern Ukrainian school. Previously, this problem has been silenced for various reasons, not reported by cases of bullying, it was not accepted to discuss it. The article analyzes the phenomenon of bullying as a socio-pedagogical, psychological problem. Essential features, main causes, forms of the manifestation of the bullying are determined, the main features of this phenomenon are determined, the main mechanisms of its development are analyzed, the role structure of the bullying is described and the consequences for all of its participants are highlighted. Authors present results of the online survey of teenagers about understanding the essence of the bullying and experience.
  
9. ***Victoria Tsytko. Preparation of specialists for the field of tourism in the conditions of Euro-integration innovations.*** The development of the tourism industry in Ukraine is one of the priority needs in the European integration environment. Positive tendencies in the development of the tourist market

contribute to changing approaches to the development of vocational education and its scientific and methodological support, which fully relates to the system of training in the field of tourism. The article analyzes the principles of improving the quality of training specialists for the tourism sector on the basis of European integration innovations and it is proved that the modern system of professional training of tourism specialists should be based on the system "educational institution-tourist firm-student".

10. ***Tetiana Veretenko, Maryna Lekholetova. The formation of health-preserving competence as a task of the professional training of social pedagogues and workers in higher educational institutions Ukraine.*** The article clarifies the value of health-preserving competence in the professional activity of social pedagogues and workers, directions and forms of work regarding its formation. The attitude of future social pedagogues and workers of the higher education institutions Ukraine to their own health was defined by questionnaires. As a result, the survey had found that most of the surveyed students, future social pedagogues and workers: not competent in matters of health; not enough time is paid to their own health; they do not know the rules, that contribute to the preservation and strengthening of health and do not bind future profession with the necessity of having good health. Analysis data testified about the need for expansion content of the compulsory disciplines of training of social pedagogues and workers, that will be focused on the tasks of forming of health-preserving competence of the future of social pedagogues and workers.
11. ***Wladyslaw Wornalkiewicz. Verification of the research when comparing in pairs.*** If we deal with a multi-criteria decision problem, we can solve it with the Expert Choice program. The professional version of this program allows to hierarchically develop a problem up to the fifth level. The article presents an educational version, which involves a main goal, criteria and alternatives. They

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