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CURATIVE POTENTIAL OF CREATIVE ACTIVITY

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Abstract

One of the major long-term goals of the modern education system as a state structure is the change of relation to health in society, and the nearest goal is the creation of health-saving conditions in educational institutions, which are not limited to traditional medical accompaniment of the learning process, but are developed on the basis of modern approaches to the use of advanced health technologies, and on the development of health culture and a healthy life-style among students.

The article discusses a possible aimed use of different pedagogical tools of psychophysical effects for the rehabilitation of students with the deviations in health status during their studies by different kinds of creative activity. The health potential of various programs of additional education for children is detailed - sport, leisure and tourism, art and crafts, choreography and musical education programs. The attention is focused on the priorities and the basis of conditions development concerning the recovery and timely correction of pupil health at educational institutions. The work with teachers shall be performed, not only in the aspect of their valeological competence increase, but also in self-improvement experience acquisition. The technology of joint operation among pediatricians and educators is revealed for the rehabilitation of children in the process of their learning and creative development.

Keywords: rehabilitation of children, creativity potential improvement, non-formal education.

Introduction

The need to develop health-saving environment at educational institutions does not require a serious argument today. The prevention of child morbidity and injury is an integral part of educational activity [1, 2, 3], and a profitable national investment for the country, more cost effective than an expensive treatment.

As an experimental platform of innovative pedagogical technologies, the City palace of creation for children and youth in Naberezhnye Chelny (CPCCaY) was among the first Russian educational institutions involved in the im-

plementation of the target federal program "Education and health". Today, the activity of teaching staff at this institution is structured in such a way that the implementation of general pedagogical tasks was carried out in the aspect of health issue solutions.

The professionalism of CPCCaY teachers, the variation of informal education trends at the institution, its versatile and modern material and technical base create all conditions for the implementation of creative skills among pupils, the meeting of their most varied needs in non-formal education, the achievement of personally meaningful goals, among which health is one of the primary ones.

Methods

The following research methods were used in the study: the analysis of scientific and methodical literature, pedagogical observation and testing, pedagogical experiment, biomedical techniques and the methods of physical health status evaluation, the statistical methods of experimental data processing.

The aim of our practical study was the need of development and experimental verification of the program effectiveness concerning the promotion of deviated pupil rehabilitation who have health status deviations in the process of their learning and creative development at a non-formal education establishment.

The initial stage of health saving conditions development concerning the educational activities at CPCCaY was the development and a phased implementation of a health improving comprehensive program for teachers. Its goal is the communion of the teachers to the active development of their own health, their mastering of healthy lifestyle abilities and skills in order to prepare teachers to the implementation of health preserving functions in respect of pupils through the acquisition of self-healing personal experience, the awareness of the need and the effectiveness of these activities by raising the level of competence in health promotion issues.

A number of corrective and preventive measures was organized as the part of this work for the employees of this institution. The measures were organized to create the conditions for small and large forms of sports and recreational activities (ranging from various kinds of industrial gymnastics and "Health" groups and to various sectional sports - volleyball, badminton, swimming, table tennis, rhythmic and power gymnastics, etc.). Dynamic breaks became regular ones within teacher working day mode became regular dynamic breaks and sports events and competitions in various sports, collective visits to nature with the elements of active rest, "Health Days" and hiking during leisure time. The availability of some relaxation and recovery means is provided: music-, aroma-, phyto-, physiotherapy and reflexotherapy.

To increase the level of valeological competence and the creative potential health among teachers the "Health seminar" activity was organized with the involvement of various specialists - doctors, psychologists, teachers. The library fund was supplemented with scientific and methodical literature on relevant topics. According to current trends the level of technical equipment for the information field of the institution was increased. It provides the access of teachers to scientific information and allows to reach a decent level of professional competence, including the issues of pupils' health promotion.

The result of this work is a significant reduction of morbidity rate among teachers (by 28%) and the improvement of physical and mental health indicators: the increase of physical health really occurred ($p < 0.05$) among 37.8% of teachers; 35.7% of employees managed to improve it according to a number of signs; 14.3% of employees managed to save the current level of morpho-functional state without reduction and this also may be considered as a positive result, reflected in the compensation of age-related degenerative body changes of these teachers, who are in the 2nd adulthood almost all. The work on the introduction into educational and recreational CPCCaY programs of modern innovative technologies of improvement pedagogy was intensified [4].

It should be noted that the system of supplementary education has great opportunities to integrate health saving technologies in teaching and educational space without significant economic costs and carry out the rehabilitation of students through existing pedagogical tools and methods [5, 6]. This is determined by the multidisciplinary nature of this educational sphere, realizing sports and tourist destinations, art and applied art, cultural leisure activities, dance and music education, i.e. the types of activities, which have inherently psychotherapeutic and health-improving potential. Today CPCCaY developed and implemented educational programs that integrate the elements of health-saving pedagogy: kinesitherapy is implemented at choreography and sports classes (correction by physical exercises and various dance movements), other classes use imagotherapy (the correction by gaming activity), art therapy and nature psychological therapy (correction of mental development of pupils by means of the fine arts and natural factors).

The arsenal of teachers was added by various methods of psychological and physical training, the skills of physical breaks and outdoor games, breathing exercises, self-massage, articulation and finger-gymnastics, the gymnastics for eyes performance during classes; Innovative health technologies, M.S. Norbekov, D. Ogorodny, M.L. Lazarev, Montessori and other author systems are used. The institution introduced a drinking regime, the devices for air ionization and purification are installed.

The results of the work performed during the preparatory stage of the experiment, and the experiment acquired in its

course allowed CPCCaY pedagogical staff to launch a new project "Emotional pills" in conjunction with Naberezhnye Chelny health department. Its goal is such an organization of the educational process, which would promote the health rehabilitation of pupils with deviations in the process of their learning and creative development at a non-formal education establishment.

Results

The originality of the pilot project is that a unique version of social partnership is found among the institutions of non-formal education and children health services of the city. The continuity technology is developed concerning the activity of pediatricians and educators, educational programs and creative communities are determined, the learning in which promotes a directional health improvement of children [7].

For example, choreography classes contribute to the development of flexibility, coordination, improve muscle, respiratory and cardiovascular system. Pedagogical technologies implemented at dancing classes, are aimed at efficient breathing technique training, develop posture and proper gait, contribute to the comprehensive development of the musculoskeletal system [8, 9].

Singing improves respiratory muscles, contributes to the rhythm and breathing depth development, keeps voice, which in its turn helps to reduce the incidence threshold of acute respiratory diseases, strengthens the immune system. Folk instrument studio classes improve musical and sensory abilities of students; respiratory muscles are developed among students when they play music by wind instruments.

In the process of drawing, the basics of architecture and design learning produced complex coordination types of movements developed which develop large and small muscles of a hand and a good eye. Students are taught to differentiate spatial relationships. Besides, it develops sensory-motor functions, makes a positive effect on the mental health of pupils by means of art.

The classes in sports clubs that are based on key provisions and the methodology of physical education have a fortifying and developing nature, and therefore the revitalizing character, which contributes to the improvement of a number of physical qualities and the functional capacity of pupil organisms [10, 11].

The programs implemented in the tourist club, also include general physical training, use psychotherapy by nature, include first aid training. Special programs - "Family doctor" and "Ecological path" give children the knowledge in the matters of environmental ecology and herb pharmacy. Some training programs of the Tourist Club are adapted to work with disabled children. "Order of Mercy" volunteers are involved as the assistants for teachers.

Other educational programs are also implemented. The programs are developed taking into account the valeological aspect of learning activity: the lessons with the children of preschool age are developed in a playful way with a high level of physical activity; Physical exercises of aimed corrective effect are used in the work with children who have delayed development or developmental disorders [12]. The following programs are widely used in the work with disabled children: "Music Therapy", "Color Therapy", "Tree Therapy".

The succession technology among the pediatricians and educators of non-formal education is the following one. A children's doctor advises a child the classes in a particular creative association along with the designated disease drugs and medical procedures (sometimes temporarily and instead of them) based on the fact that the recommended teaching and creative activity has a directed therapeutic effect. For this purpose, a recommendatory basis for some types of pathologies is developed (for the children with diabetes, infantile paralysis, vascular dystonia, neurological diseases, hypotrophy and hypertrophy of muscle tissues, respiratory system, kidney diseases, posture violations and so on.). The choice of creative activity type is also determined, depending on the personally significant goals, motives and interests of a child.

Children with health deviations are engaged in common groups with other students of creative associations according to adapted training programs, and a comfortable environment and psychophysiological effect of used pedagogical tools created at the institution, contribute to their rehabilitation.

Such a structure of educational process requires the realization of individualization principle concerning educational activity which involves a differentiated use of tools and techniques based on the accounting of typological features of each engaged individual.

In order to facilitate the process of children rehabilitation for parents they are consulted on various issues (recovery methods, forms and means). They are also involved in sports and recreational activities.

The learning process and the monitoring of organism functional state among such children is under the constant patronage of the city pediatricians, psychologists and the medical staff of the educational institution.

The pediatricians and the parents of children note the unique examples of getting rid of diseases - neuroses, stuttering, bronchial asthma. The reduced frequency of acute diseases, the correction of scoliosis, the reduction of insulin dose are observed [13].

These results are consistent with the "Doctrine of health" [14], which states that a person has a flawless recovery system from birth without resorting to any of drugs. He may get rid of many disorders.

Discussion

The introduced experience of experimental work proves once again that the joint actions of parents, pediatricians and educators may achieve significant results in the preservation and strengthening of health among children, successfully using the classes in additional education institutions not only for the creative development of a child, his social adaptation and the acquisition of professional work skills but also for his recovery.

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