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Sanitary culture and physical culture as a key aspects of healthculture formation of schoolchildren in Poland at the 50's of XX century

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Abstract

Objective. An analysis of approaches to schoolchildren health culture formation who effectively influence the quality and level of education during the 50's of XX century.

Materials & methods. Was reviewed psychological-pedagogical literature of Polish scientists of 1950's on the problem of schoolchildren health culture formation.

Results & Discussion. The theoretical approaches were analyzed according to formation of health culture of schoolchildren. It was defined that scientists of observable period made investigations and researches in the field of preserve and save the health of future young generation of a country. In the article observed the two main directions – sanitary culture and physical culture – that tend to form health culture of schoolchildren.

Conclusions. An analysis of scientific and pedagogical literature gave an opportunity to confirm that the structure of educational process at school of 50-s had all necessary

components for organization an effective ways for development knowledge about formation of health culture of children.

Key words: healthculture, schoolchildren, physical culture, sanitary culture, formation.

Introduction

At all times and the era creating a positive attitude to own health referred to the priorities of education of the younger generation. Preservation and restoration of health is directly dependent on the level of health culture. Forming a healthculture of a person begins with the first steps of a man in the social world. One of the most effective factors that affect human development in social and biological principles is the process of forming its own culture of health.

Problems of education of young people in the context of preserving and improving the health sufficiently well represented in scientific and educational sources. Thus, the formation of culture of health of schoolchildren in physical education (Czarniecki 1957; Pietraszkiewicz 1957), formation of health culture of children in out-of-class activities (Herok 1963; Chielowski 1962; Wawrzykowska-Wierciochowa 1963; Laskiewicz 1964), the development of recommendations for teachers in the formation of health culture of children (Liedtke 1961; Grzesiak 2009; Stróżyński 2003).

Formation of health culture of schoolchildren were inextricably linked, primarily, with the partial rebuilding, upgrading and reform of school education in the postwar period. Excessive politicization of school “in the interests of workers” was the result of growing

tension in apolitical relations, development of “cold war”, deteriorating of relationship between church and state. Ideological institutions of Poland appealed to the experience of western schools, ignoring many pressing problems for Poland, which led to the emergence of many unresolved contradictions that reduce the effectiveness of training and education at school.

Vital importance for the renewal and reconstruction of school policy had the adoption of a number of legal documents, which also touched problems of formation and development of a healthy generation of the country (government decree "On improvement of teacher training for lower secondary and secondary schools", 1954, the decision of the Ministry of Education on “Cases safety children and young people on public roads”, 1951, “Enhancing labor teachers in the upbringing of pupils compliance with basic rules of their own health, hygiene workplace”, 1951, “Principles of organization medical cabinets in schools”, 1953, “The role of parents' committees in the field of school hygiene, the role of school leaders and the role of educators (teachers)”, 1953, the decision № 789/52 Bureau of commissioning in case the sanitary and medical care of Children and Youth, 1952, “The decree of universal education”, 1956, the law “On the rights and duties of teachers”, 1956). Along with accepted government documents, the essence of which was aimed mainly at restoring schooling, but slightly touched the problem of development a healthy generation in the schools of the country, the scientists, teachers, doctors were directed to the formation of ideas and concepts that facilitate the development of healthy future generation of a state in order to rebuild the country and improve scholarship of population. The result of these ideas was the emergence of State institution of sanitary education (1950, founded by the Polish hygienist S. Kopczynski) and the Department of extramural education (under the Ministry of Education of Poland), which gave a stimulus to the development of the problem of forming healthy generation. Note that in these institutions worked such known educators, hygienists and

doctors as T. Stepnywski, H. Wentlandtowa, Z. Liedtke. They carried conceptually-methodical and consulting activities for efficiency of health saving forms and methods of education, conduct a diagnosis of health needs and necessities in raising health culture of the population (Wentlandtowa 1980).

Analysis of the literature gives reason to conclude that the problem of formation a health culture of personality in Poland, for almost the entire history of the country, focused among the interests both teachers and doctors. So this suggests topical and timely to study their pedagogical inheritance. So the aim of an article is an analysis of approaches to schoolchildren health culture formation who effectively influence the quality and level of education during the 50's of XX century.

Materials & methods

Was reviewed psychological-pedagogical literature of Polish scientists of 1950's on the problem of schoolchildren health culture formation.

Work carried out by the state budget of the Ministry of Education the theme "Theoretical and methodological support a healthy lifestyle personality in terms of the institution in the context of European integration» (№ state registration 0114U001781).

The study was approved by the Human Ethics Committee at the Institute of Biomedical Problems and had been performed in accordance with the principles of the 1975 Declaration of Helsinki on the use of human subjects in experiments.

Conflict of interest. The author proved that there is no conflict of interest.

Results & Discussion

The problem of formation a health culture of schoolchildren promoted scientific and educational researches in the context of development of educational institutions of the

country. Thus, scientists study the problem of formation a health culture in the context of two topical issues early 50's – development of sanitary culture and physical culture of schoolchildren.

In the 50's scientists (Liedtke 1961; Maleszewska 1961; Reimowa 1961) has developed recommendations for a visual help in sanitary education and sanitary education of schoolchildren to form culture of health, an idea of value of life and health, to show the level of health in the hierarchy of social values. In particular, T. Maleszewska defined the standards of school posters, which will not harm the health of pupils when viewing and at the same time attract attention. First, poster size must match the size of the room in which it is exposed (to be on the scale). Second, the content of the poster should be well processed graphically and does not contain unnecessary information. Poster topics should match the event and include educational slogan or name. The text should be meaningful and briefly simultaneously. In turn, school poster should be different from the bill. A significant role in the visual help plays cards and leaflets, each of which has its concept, according to the specific task. On the cards and leaflets should prevail pictures, but not a text (Maleszewska 1961).

S. Reimowa and Z. Liedtke systematize scientific films on health saving orientation and tested technique for views to verify the quality of the films, and equipment for ease of use and quality of representation (Reimowa 1961; Liedtke 1961). Z. Liedtke determined that the employee of sanitary education should have a good card index of documents on health, sanitary education, books, newspapers and magazines of health perspective, music library, posters and photographs. In addition, most importantly, always be aware and raise the level of knowledge (Maleszewska 1961).

An important condition for the harmonious development of the child, strengthening its health, maintaining a high level of physical and mental capacity is properly organized daily routine. Analysis of educational sources (Czarniecki 1957; Wujek 1960; Sokal 1962) shows

that scientists researched a wide range of issues related to the formation of culture of health of schoolchildren in free time. Thus, during the 1955-1960 were conducted mass comprehensive studies in different regions of Poland on the impact of free time of schoolchildren at formation health culture. The first study of the effect of free time on health and a culture of health of schoolchildren and young people was carried by T. Wujek in Katowice, Lodz and Warsaw during the years 1957-1959. The scientist determined that child's time consist the time appointed for a school science, the life of his family, to overcome the way to school and from school, meet the intellectual, cultural and social needs (Wujek 1960). In such aspect of the study the research on the impact of minimum hygiene free time on the formation of pupils health culture (1955) was made by the famous Polish scientist Dr. K. Sokal, whose concept was studied by many scientists (A. Slupik, T. Pilch). Under the "minimum sanitary free time" of schoolchildren K. Sokal understand all the free from education and learning activity time aims to improve health to the normal and proper psychophysical state (Sokal 1962).

T. Pilch found out that with proper and healthy organization of free time children of school age must pay attention to the purposeful creation of positive conditions in the school, family (atmospheric environment): development of traditions of cooperation, community youth, teachers, parents; creating recreational environment; inclusion of parents in active support extracurricular activities of young people during the school holidays, public holidays, parental involvement for the tourist trips, excursions etc. joint search for young people and adults of values, norms and rules of life, a common variety of recreational activities, incentive activity of the youth in the area of free time (Pilch 1995).

Note that under sanitary direction was issued first methodological recommendations focused on creating concepts medical and hygienic care of the students, the relationship teacher, pupil and school in raising the issue of school hygiene education and personal hygiene student (Mitkiewicz 1959; Szarejko 1951; Sokołow 1953; Tołwińska 1954).

Despite the fact that school sanitary rapidly revived and developed, the idea to link the process of sanitary education to the formation of health culture of schoolchildren and health in particular gradually losing its meaning.

The main objective of secondary school is formation of the personality of each child. The basis and content of cultural-historical process forms physical and intellectual abilities of a man, his moral and aesthetic quality. Therefore, an essential part of general culture is a physical culture that arises and develops along with the material and spiritual culture of society. Physical culture is a part of human culture and makes the development of creative activity of previous and new values mainly in physical development, rehabilitation and education. Thus, W. Czarniecki have drawn attention to the fact that in most school gyms and sports was not always free access of fresh air (Czarniecki 1957).

W. Pietraszkiewicz done research on the role of physical education of teachers in formation of health culture of schoolchildren and their physical development (Pietraszkiewicz 1957). The author notices that the teacher of physical education has provided opportunities and educational influence on schoolchildren and his commitment to the formation of healthy personality is one of the indicators of formation of health culture, which involves the ability of the teacher to include all partners of a recreational activity.

In scientific researches in the field of physical education of schoolchildren is paid attention on such important component of physical education as a motor and fun game. The organization and implementation of motor and fun games that do not harm the lives and health were considered by G. Reinholz. The scientist says that motor play and fun is a universal means of schoolchildren health culture and healthy lifestyle, because it promotes physiological, psychological and physical development of the individuality of a person, develops agility, strength, endurance, covering all the muscle groups of the body. In turn,

there are certain criteria for selecting teacher who holds the motor game or fun (Reinholz 1957).

Thus, the role of physical education in school in this historical period has been defined as “a necessary factor of comprehensive development of schoolchildren that can successfully carry out its social and moral education, the formation of such traits as discipline, activity and stability, the ability to coexist in the team, and a sense of personal responsibility” (Lubowicz 1973).

However, analysis of studies found, physical education, in terms of sanitary, lost healthy content, but in terms of strengthening the health of children in the postwar period, began massively develop (Demel 1992). In addition, the school system itself is not developed further purely sanitary aspects of health and motor training of schoolchildren in solving their health problems, unresolved issues remain and significant understanding of the culture of health.

A significant breach in the way of solving the above problems were a series of conferences on the physical education of children of school age, peculiarities of pupils’ free time and its impact on the formation of their health culture and health in particular. Thus, in 1957 took place I Provincial Conference on sanitary, medical care and physical education in schools and pre-school educational establishments (Katowice), in 1957 was held the International Symposium of Physical Culture (Warsaw) and IV International Congress sociologists (Strassen, Germany).

Conclusions

An analysis of scientific and pedagogical literature gave an opportunity to confirm that the structure of educational process at school of 50-s had all necessary components for organization an effective ways for development knowledge about formation of health culture

of children. Future research may investigate the formation of healthculture of schoolchildren in out-of-school activity.

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