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Parameters' dynamics of psychological health of children of senior preschool age in conditions of PEE educational process

The author analyses the notion of psychological health, provides results of empirical research of psychological health of senior preschool children, criteria of psychological health of children and parents are discovered. The changes of psychological health of children and parents appeared after author's complex program are described in the article.

Key words: *psychological health, psychological state, interrelation of changes in health of children and adults.*

Now psychological health is considered more integrated in comparison with mental health as the characteristic of a person. The concept "psychological health" is defined as a status of balance between person and external world, adequacy of his reactions on social environment, and also on physical, biological and mental influences, as a status of harmony between him and surrounding people, coordination of subject's ideas about objective reality with ideas of other people, as person's ability for realize and use adequate ways of self-realization, self-trust, confidence in another and the world [4].

Comparing with other age periods, in the childhood problems of psychological health are expressed in their dependence on surrounding conditions. The children's age is characterized by high vulnerability on environmental influences and bringing up adults [2].

Stresses of adults' lives, their employment mainly with work, fragmentariness of parental role performance leads to growth of disturbances of psychological health among children. Health of a child is also negatively influenced by loadings of early training of preschool children that is quite often accompanied with aspiration of adults to give them knowledge as much as possible [1].

During 2003-2007 years in PEE №273, №291, №24, №34 of Rostov-on-Don and №1 of Volgodonsk, there were made experimental researches directed on development of psychological health of children of the senior preschool age in conditions of educational process on the basis of the complex author's program.

Data of the experimental research have allowed to reveal criteria of psychological health of children of senior preschool age, namely: a positive self-estimation; fullness of mental images; high parameters of cogitative activity and developed imagination; emotional stability (normative anxiety, ability for emotional decentration); ability for self-regulation and self-control; activity; positively painted "I" image of the child, satisfaction in the social status; integrity in a social context, satisfaction in communication, skill of coming into contacts to with contemporaries and environment.



Results of experimental research also show, that parameters' dynamics of psychological health of senior preschool children in certain measure is determined by influence of subjective characteristics of parents and bringing up adults.

A level of psychological health of parents and bringing up adults influences on parameters' dynamics of psychological health of children of senior preschool age during their interactions.

Now it is admitted the necessity of focus moving of scientific researches to studying of those factors which protect children the stress connected with destructive measures of adults' influence for prevention of psychological disturbances. It has served as a premise for creation of a complex author's program of psychological health development of the senior preschool children in conditions of PEE educational process [3].

The program is presented by a system of interconnected modules "Children", "Parents", "Bringing up adults" what provides positive dynamics of strengthening of children's psychological health.

For carrying out the forming experiment there were formed control group (110 children) in total with bringing up adults (50 person) and parents (110 mothers), and experimental group (113 children) in total with bringing up adults (57 person) and parents (113 mothers).

Diagnostics of children was spent in following directions: research of a level of anxiety and self-estimation, manifestation of aggressive tendencies, a level of non-verbal intelligence, measurement of social competence, a positive "I" image, a level of self-control, diagnostics of parents and bringing up adults – research of interpersonal relations, measurement of social competence, diagnostics of socio-psychological adaptation, analysis of socio-psychological structure of personality of teachers and bringing up adults, a level of subjective control, diagnostics of socio-psychological adaptation, diagnostics of pedagogical communication style, a level of anxiety and self-estimation.

After carrying out of approbation of the complex author's program there was repeated the research of significant characteristics of psychological health of pupils and personal features of bringing up adults with the purpose of definition of a degree of occurred changes in researched characteristics and there has been undertaken a definitions of efficiency degree of the offered program.

After carrying out of experiment the analysis of a psychological status of defined groups shows, that in experimental group of children there were following changes: the level of anxiety has decreased (18 %), the level of aggression has decreased (21 %), the level of nonverbal intelligence (23 %), the level of self-estimation (24 %), the level of social competence (18 %), the positive image "I" (27 %), the level of self-control (18 %) have increased. In experimental group of bringing up adults there were following changes of researched characteristics: the level of socio-psychological adaptation of bringing up adult's personality has increased (21 %), the group of emotionally safe adults in experimental group has increased (19 %), it is observed growth of internality, especially in sphere of industrial mutual relations (17 %). There have increased such



socio-psychological characteristics as: the orientation (11 %) and stability of value orientations (9 %), values of self-confidence (21 %), independence (19 %).

Results of approbation prove efficiency of application of the complex author's program covering children, their parents and bringing up adults as subjects of support and development, what is shown in significant and authentic positive dynamics of results in experimental group.

Results of research have shown the necessity of use of the complex program in conditions of PEE educational process as the factor of providing of psychological health of the senior preschool children which is constructed on special algorithm of stage conformity and specificity of children's development at the given age stage.

Thus, there is a coherence and interdependence of changes in characteristics of psychological health of bringing up adults and children of the senior preschool age that is explained by age psychological features of children and subjective characteristics of bringing up adults.

The Literature

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