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Interaction with the adults as the space for developing psychological health of senior preschool children

This article represents the results of the empirical research of the indices of the psychological health of the senior preschool children within the interaction with the adults, under conditions of the educational institution. The author describes the changes in children's psychological health, and their mothers after the introduction of the author's complex program of the development of the children's psychological health «Rostoček».

Keywords: *psychological health, psychological professional health, system of the parameters of the psychological health of the senior pre-school children, up-brining adults, author's complex program.*

At present the psychological health is one of the critical problems. The notion psychological health is defined as the state of the balance between people and external world, adequacy of his reaction towards the social environment, as well as the physical, biological and mental impact, as the state of the harmony between the person and surrounding people, co-ordination of the representations about the objective reality of the subject with the reality of the other people, as the ability of the people to realize and use adequate ways of self-realization, trust to himself, to the others and the world [4].

The children's age, first of all, is characterized by the great dependence upon the environment. The great influence is made by the up-brining adults – parents and teachers of the educational institutions.

In order to study the influence of the developmental author's program upon the indices of the psychological health of the children senior preschool age and up-brining adults in the conditions of the educational process in PEI we carries out the experimental research in PEI # 273, # 291, # 24, # 34 of Rostov-on-Don in 2000–2007, and also in PEI «Svetlachok», PEI «Malish», MEI «Garmonia» in Volgodonsk in 2007–2010. The research was conducted along three stages.

The aim of the first stage consisted in studying the level of the psychological health of the senior preschool children, discovering the tendencies of the influence of the mothers' personality features upon children's personality, studying the indices of the psychological health of the uprearing adults.

At the next stage we implemented the author's complex program of the development of the psychological health of the senior preschool children under the conditions of the educational process of PEI.

We formed: control group (110 children) together with uprearing adults (50 people) and parents (110 people) and the experimental group – taking part in one module (113 children) together with uprearing adults and (57 people) and mothers



(113 people), taking part in three modules – 113 children together with uprearing adults – 57 people and mothers 113 people.

In conclusion, at the last control-diagnostic stage, the purpose of which was the control diagnostics, analysis and generalization of the received data and indices of the efficiency of the author's complex program of the development children's psychological health.

Experimental study grasped the system of the parameters of the psychological health of the senior preschool children: level of the anxiety and aggressiveness; level of the personal child's self-concept; the degree of the development of the social competence; studies of the interpersonal relations with the children of the same age; level of the non-verbal intellect; development of the child's ability for the emotional deceleration; level of the development of the self-regulation and self-control, and also the level of the child's emotional self-sentiment in the family and adequate recognition of the emotions and the feelings of the others; the child's desire to learn the surrounding environment and to act independently; the skill of coordinating his actions with the actions with other people in the plays and real life, making arrangements, observing the rules of priority, establishing new contacts.

Correspondingly in order to study the parents' psychological health we examined the following parameters: the degree of the social and personal adaptation; social and personality profile of the personality; level of the reactive and personal anxiety, and also the level of the social frustration; integrative parents' emotional attitude towards the child; particularities of the parents' attitudes. As a result of the experiment we have found the following children's subgroups: groups with high psychological health are 21 % of the children; groups with low level of the psychological health are 39 % of the children; groups with the average level of the psychological health are 40 % children.

The results of the research in the experimental and control groups of the parents showed that the parents as well as the children, have the following sub-groups: group with the high level of the psychological health is 22 %; group with the low level of the psychological health is 40 %; group with the average level of the psychological health is 38 %.

The research indices of the psychological professional health of uprearing adults (teachers, specialists, junior teachers) showed that the teachers with high level of the professional health are 34 %; with the low level of the psychological professional health are 23 %; with the average level of the psychological professional health are 43 %.

The comparison of the received results let us establish the stable tendency of the correlation between particularities of the psychological characteristics of the mothers and their children. 68 % of the children of the list of the respondents had an inadequate self-assessment and high level of the anxiety, which correlates with the same particularities of their mothers. The data received during the research gave us correlation coefficient of Spearman, which shows the tightness of the interrelation between two data files of the variables in this sample, with the following meaning:



–«inadequate self-assessment of mothers - inadequate self-assessment of children» – 0,64;

–«mothers' level anxiety– children's level of anxiety» – 0,76 (with correlation coefficient of $r^2 = 0,45$ for the sample of 51 people with the level of statistic significance 0,001).

So, the interrelation of the distinguished characteristics is really significant and correlates directly.

At the next stage we started to implement the complex program of the development of the psychological health senior preschool children «Rostoček», which let us see the dynamics of the development of the psychological health.

Author's program consists of the three modules.

THE FIRST MODULE (FOR CHILDREN)

I Part «Self-concept»

It gives the possibility to help the child to realize his particularities and preferences, понять, что он, как and every person is unique and inimitable. Teachers and parents help the child to check his forces.

II Part «Feelings and emotions»

It is called to teach children consciously perceive their own emotions – feelings and sufferings, as well as the emotional states of the others. The teacher makes the children acquainted with the emotions, the expressive meanings of which are postures, facial expressions, gestures, instructs them how to use their own feelings or emotions, and understanding of the emotional states of the others. The teacher facilitates the gradual awareness of the children of the fact that the same objects and actions, events can be the reason of the different emotions, evoke different moods; the internal difference with the other people and their similarities we discover, comparing the strangers' and their own feelings and emotions.

III Part «Social skills»

It suggests the children's training ethically valuable forms and ways of behavior in relation to other people. This helps to create the communicative skills: the skills of establishing contacts and keeping in touch, to cooperate and collaborate. Teachers instruct the children, showing them norms and behavior regulations, using which as the basis the child later builds the valuable forms of the communication.

The second module (for parents and children)

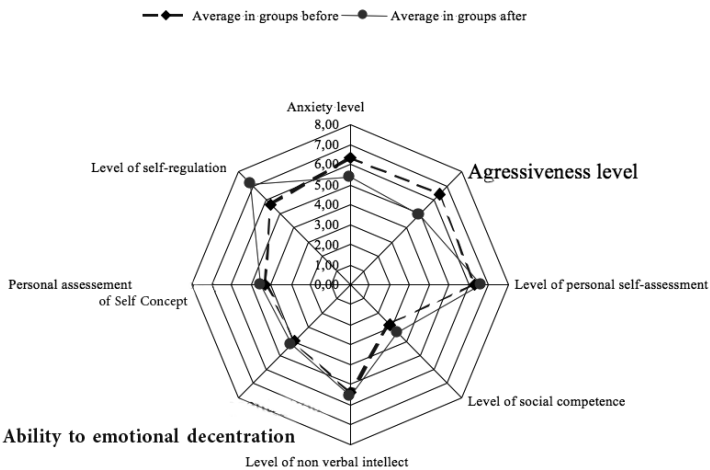
The important condition of the program realization is providing parents of children senior preschool age (legal representatives) the development of their psychological health, in this purpose the teachers give children home tasks for their collaboration with parents, the psychologist also organizes special classes with the parents, dedicated to the development of the psychological health.



The third module (for uprearing adults)

The important condition of carrying out this module is revealing the level of the psychological professional teacher's health, and their participation in special groups, dedicated to the development of the psychological health.

As follows you can find the diagram which illustrates the dynamics of the levels of the studied characteristics in the experimental (one-moduled) group before and after the program application. (For illustration purposes the index of «Level of the nonverbal intellect» in the diagram was increased in ten times) «Dynamics of the levels of the studied parameters in the experimental one-moduled group»



The further validation of the author's program suggested the selection in the sample of the preschool children of the control and experimental groups and finding out the efficiency of the author's program of the psychological support.

So, in the course of the validation of the author's complex program we found the following indices of the efficiency: among the mothers of the experimental group we managed to achieve the positive changes, corresponding to psychological health (adaptation, acceptance of self and others, cooperation position in the relations with the child, optimal emotional contact), and reducing the indices of the psychological problems (pressure upon the child, disdain of his interests, disadaptation, non-acceptance of Self and the others, contact failure with the child). In the control group the changes in the group of the mothers are inconsiderable, or even negative.

Thus we managed to show the possibility of harmonizing the relations of «child-adult» and increasing the status of the psychological health of the children as well as their parents through the specially created developing program.



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