



The young scholars The Psychology

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Particularities of correction of psychological health using complex two-stage programme.

The important indicators of changes at health level are: the growth of the anxiety and aggression, depressions, lowering of self-esteem, loss of the necessary level of activity. All these factors are relative to youths.

The main goal of our research was to find indicators of psychological health at juvenile age, and to study the efficiency of complex program, directed to conservation, maintenance and correction of psychological health at juvenile age.

We were supposed to study features of psychological health disorders at juvenile age and create complex two-stage technology dedicated to conservation, maintenance and correction of psychological health. General and age particularities of psychological health, typical for youths were the subjects for our study.

The object of our study is the girls and boys, studying at secondary vocational institution (medical college in Essentouky).

At the preliminary stage of the diagnostic study, we have found out that the majority of students have high level of aggression and anxiety, such indexes of psychological health as their general condition, activity, mood are reduced.

The validity and reliability of the received data are provided by thorough methodological study of conceptions "psychological personal health", "typical age indexes of psychological health", detailed analysis of this problem; the employment of a whole complex of reliable and valid methods, adequate to goals and tasks of our research, observance of norms and standards of the method employment, the correct employment of methods of statistics.

The indexes of psychological health disorders discovered within our research and typical for early juvenile age, let organize psychological and pedagogical health aid on an adequate and individual base, support youths with high level of anxiety and aggression.

The elaborated two-stage technology was made as a result of the analysis of a big quantity of researches, concentrated on correction of physical and psychological health. The proposed technology consists of the main four units: diagnostic, adjusting, correctional and assessing the efficiency of correctional impact.

We describe the succession of group development (acquaintance, norm building by the group, contract conclusion about their observance, problem introduction, working stage) and organization of different stages.



We have chosen hydro aerobics for sport unit of our complex correctional programme. The choice of hydro aerobics is substantiated accordingly, including scientific researches, dedicated to comparative analysis of efficiency of hydro aerobics and health –improvement swimming (O.B. Galeeva. O.B. Zviaguina).

The goal of health-improvement exercises, their forms, frequency and duration were covered in details.

200 participants took part in the experiment destined to maintenance and correction of psychological health. Diagnostics of all participants was made several times.

This specific included three groups: a control group (100 people) and two experimental groups (about 50 people each). The control group consisted of people who weren't involved into hydro aerobics. The first experimental group was formed from the students who took part only in psycho-correctional programme during 9 months (from September 2004 to May 2005), the second experimental group was made of respondents who followed the complete course of experimental work, according to our complex two-stage technology. All these groups were homogenous by sex and social status.

The groups were made up based on the following principles: voluntary participation in the programme; differentiated approach to participants, confidentiality of the study, stage-by-stage process of program realization; integrity and relevant independence of the programme; presentation of the information to participants. At the stage of preliminary meetings with students we had to face with serious resistance, unwillingness of changes, fear of work with a psychologist.

At the first stage we have compared the results of the first and second tests, at the second we have compared the results of the second and third test. It was found out that the comparison of results of both stages revealed statistically significant shift. It let us assume that correctional impact had important influence when the participants were involved in the experiment based on two-stage programme of correction.

The results of our study showed that, in the conditions of absence of psychological help for an appreciable length of time, the indexes of aggressiveness and alienation grow at a statistically significant level. Thus, if we do not undertake correctional measures, in the conditions of non-interference, the changes in psychological health have random, consequently, uncontrolled character.

The comparison of the data, received in the first experimental group during the second and the third tests, reflecting changes in the measured factors, showing impact on respondents of complex technology, revealed the statistically significant shift to improvement of general condition, activity, mood, adequate self-esteem and decrease of aggressiveness and anxiety. So the complex two-stage programme including sport and psychological components has a considerable influence on correction of indexes of psychological health among youths. The comparison of data received in the second experimental group during the second and the third test, reflecting changes in studied factors showed that the impact of only psychological correctional measures, had no relevant shifts to improvement of general condition, activity, mood, adequate self-esteem and decrease of aggressiveness and anxiety.



Therefore the use of only psychological correctional measures isn't enough for correction of psychological health, when it concerns age-typical features.

In terms of application of the created complex two-stage technology, the dynamics of indexes, testifying the existence of disorders of psychological health: aggressiveness, alienation, anxiety, self-esteem, general state, mood, activity, acquired the controlled, adaptive, predictable character. The additional survey of students from medical college, who have taken part in complex two-stage technology showed that it had a considerable influence on their personality growth, the improvement of their relations with parents, friends, relatives, teachers, and subjective feeling of personal maturity.

The Literature

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