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TEACHER'S HEALTH AS AN ACTUAL PROBLEM OF MODERN SOCIETY

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The problem of teacher's health as an essential part of human life is analyzed in the article. Health is the greatest wealth for everybody in general and for every teacher as he's a carrier of national culture. The teacher as the elite of nation must constantly take care of his physical, mental and spiritual health. It will create favorable conditions for training and development of his students.

Key words: professional teacher's health, prevention, hygiene, healthy lifestyle.

Human health is the most valuable thing. This is one of the most important indicators of economic, social and moral welfare of society. However, the current socio-economic and environmental crisis in Ukraine leads to a significant deterioration in health, including teacher's health. It determines the relevance of this article.

We can see the problem of preserving, strengthening and reproduction of person's health with different scientific positions in the writings of philosophers, doctors, psychologists, sociologists, teachers (M. Amosov, H. Apanasenko, H. Borysov, V. Vilenskyi, O. Hazman, M. Honcharenko, H. Zaitsev, D. Izutkin, V. Kaznacheiev, Y. Lysytsyn, S. Popov, V. Petlenko, A. Stepanov, T. Sushchenko, H. Tsarehorodtsev, A. Schedrina etc.). Conceptual base of pedagogy about the essence and principles of valeological education and a healthy lifestyle of every personality (M. Amosov, I. Brekhman, Y. Lysytsyn, H. Tsaregorodtsev etc.), unity of motivation and behavior (I. Bekh, L. Bozhovych, O. Leontiev, S. Rubinshtein), valeological humanization of education at school (L. Tatarnikova, M. Kartashov, V. Petlenko), the introduction of health technologies in the educational process (O. Bohinich, N. Denysenko) are well represented too.

We know that health is a natural dynamic state of the body, which represents harmony with itself and environment in the spiritual, physical and social terms and effectively prevents the disease.

The Charter of the World Health Organization stated that «Health is a state of complete physical, mental and social well-being, not just absence of some disease and disability».

Human nature in general and teacher's in particular gave the perfect functional body with universal protection against all kinds of internal and external negative influences. However, every care should be seen not as something acquired and permanent as well as state of the body, which is constantly changing. Therefore, teachers should always monitor their health and maintain a harmonious balance with the environment and everybody should lead a healthy lifestyle.

Equilibrium of a man with the world is primarily its comfort being in it. This situation provides favorable gathering both natural (temperature, pressure and other physical parameters) and social (culture and social relations) conditions of teacher's lifestyle.

The internal equilibrium of the body of teachers is a balanced work of all his functional systems: cardiovascular, respiratory, nervous, humoral and so on. Inner harmony means the state of mental and spiritual integrity of the teacher.

The spiritual aspect of health determines the meaning of human life, his harmony as an individual to communicate with other people. An integral part of spiritual health shows his capacity for empathy and compassion, integrity, kindness, honesty and tolerance.

The psychological aspect of health is a balance of mental processes and their manifestations, i. e. the ability of individuals to govern themselves under conditions of high stress and their life bases on mutual understanding and comfort of emotional comfort in society and personal inner comfort.

The physical aspect involves functioning without great deviations of all systems of the teacher (cardiovascular, respiratory, muscular, etc.). Some researchers associated this notion about «physical health» with the ability to use your own body, physical endurance, high efficiency. Understanding of health as a multifaceted system can improve its importance in human life and society. Every person aspires to live a long productive life. Also society is interested in the health of citizens, as only healthy citizens can bring great benefit for its development [3].

Today one can identify four fundamental processes that determine the health of teachers: reproduction of health, its formation, consumption and recovery. Person's lifestyle combines such concepts as eating, habits, physical activity, interpersonal relationships and presence of bad habits, especially in adults.

Changing the conditions of modern people and significantly changed the structure of their illness, when the chronic physical illness began to dominate. Increasingly scientists, biologists and medical professionals talk about the relevance of studying mechanisms for maintaining of physical health and disease prevention instead of treatment. For example, somatic S. Popov defines health as the current state of organs and body systems, which is based on biological program of individual development. According to his opinion teacher's physical health is a level of growth and development of organs and body systems, which is based on morphological and functional reserves, providing adaptive response.

V. Bobrytska observes that absolute physical health is determined nice figure, healthy hair and skin, harmonious development of all the physical qualities (speed, strength, endurance, flexibility) and high ability to maintain the constancy of the internal environment (homeostasis) whereby achieving high viability of major organs and systems. It is proved that the main indicator of man's life has the potential of bioenergy, which can be used to implement the «physiological action» to counteract the harmful factors to adapt to changing environmental conditions [1].

Psychological and pedagogical science defines health as the professional body's ability to maintain and intensify compensation, safety, regulatory mechanisms to ensure efficiency, effectiveness and personal development of teachers during the educational activities.

Magisterium as a professional group noted very low levels of physical and mental health. This is because of the complex, stressful work of the teacher that requires large reserves of human endurance and self-control.

In Ukraine and abroad a lot of research devoted to the study of the essential aspects, factors of occupational stress, syndrome of «emotional combustion» and ways to eliminate it (M. Berebin, V. Bobrytska, H. Zaitsev, H. Zaichykova, L. Karamushka, S. Maksymenko, S. Maslach, M. Leiter, L. Mitina, E. Rutman, L. Smyk, N. Samoukina, T. Formaniuk, V. Shepel, Y. Shcherbatykh etc.). Much more attention need for researching of the development of preventive measures and ways of preserving and strengthening of occupational health of every teacher, formation of the future professional stress, ways and methods of harmonization of his inner world.

Back in the 20-th of XX century a group of scientists (A. Shafranov, M. Rubinshtein, V. Kashkadymov, N. Rybnikov) conducted a unique study of examining of the problems of teachers' fatigue, conditions and mechanisms of absence of professional adaptation. In particular researchers have attempted to classify the different jobs considering the necessity of constant men's action with the subject and themselves. Teacher's profession as therepresentatives of art, doctors, engineers was attributed to profession of higher type. It was identified such the most characteristic features of this group as always a new job, some quite inaccessible to our observation and analysis points that available require special psychological analysis. The complexity and diversity of causes the high participation of volitional stimulus that constant active thinking. In this regard, the necessity of scientists through special training for developing of skills to perfection employees, because otherwise violence will be done to the psychics and as a result it will be depression, irritability and fatigue [4, P. 57–59].

It is advisable to recall that an important factor that affects the health of the teacher is hygiene as the science of health. This is one of the oldest science. Hippocratic treatises «On the air, water and soil» and especially «Healthy lifestyle» show the development of hygiene in the ancient world. Modern hygienic science studies the effects of various environmental factors, educational and productive activities on human health, its performance and lifetime.

One of the major trends in medicine since the time of Hippocrates (about 460–370 B. C.), Avicenna (Abu Ali ibn Sina, about 980–1037), is the prevention of diseases. Greek word «prevention» means warning of certain diseases, health preservation and continuation of life. In other words, this is a system of collective and individual measures aimed at preventing or eliminating of the causes of some disease.

Ideas of disease prevention along with diagnosis and treatment as a part of the medical science originated in ancient times usually mean personal hygiene, healthy lifestyle. Gradually it evolved understanding of the importance of preventive measures. During antiquity in the works of Hippocrates and other prominent doctors one can find that the disease is easier to prevent than to cure. Later many doctors around the world agreed with this position.

In the XIX century, when many doctors were discovered mass causes of infectious and other diseases, there was a need in the development of public health (social medicine) and prevention has become a major public health problem.

Since 1917 preventive social policy direction of national health care was leading, in this system there was the main advantage of Ukrainian healthcare that repeatedly recognized physicians in other countries [2].

Healthy teacher's lifestyle is a way of life that aims to prevent disease and promote health. This is not just a set of health measures and state of mind of man, his philosophy of life. It is a belief system that affects all ways of life such as family, social, creative, and so on. It not only helps to ensure the harmonious development and improves health, but also increases the life itself.

The main elements of a healthy lifestyle of a teacher are the proper mode of work and rest, proper nutrition, regulated daily routine, active pastime, sport activities, rejection of bad habits, hardening, massage and so on. It seems difficult to connect all these components together at once. But it's real. Obligatory condition of a healthy lifestyle of the teacher is correct mode of work and rest. Activity of the teacher is different. It includes the mental and physical human activity and the stages of improving of mental, spiritual and physical development of every personality. However, in order to properly build its business and provide high performance while avoiding fatigue, it should be alternating of different activities and recreation, based on general patterns of physiological functioning of the body. It is essential to plane every action. Planned character will distribute the work to avoid unnecessary overload and fatigue. Free time can be carried out, depending on the interest in the world of art, literature,

technology and sports. On the one hand, it is change teacher's activities, and at one time it expands horizons and one of the ways of self-improvement. It is important that teacher do a lot of active activities in their spare time. It is necessary to go in for sport at least twice a week for 2–3 hours. Periodic alternating wakefulness and sleep is also one of the manifestations of biological rhythms. You can have a useful rest when you sleep. The duration of sleep should be at least 7–8 hours, and the best time to sleep is from 10 p. m. to 6 a. m. In the morning you should change the excitation processes with the processes of inhibition in the cortex that occur during sleeping. They can be stimulated with the help of doing of morning exercises, having breakfast and walking [2].

Consequently, teacher's health is very actual problem of modern society. When teacher has healthy professional activity his health can be saved, strengthened only through hard work, self-discipline, constant improvement and active lifestyle.

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ЗДОРОВ'Я ВИКЛАДАЧА ЯК АКТУАЛЬНА ПРОБЛЕМА СУЧАСНОГО СУСПІЛЬСТВА

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Стаття присвячена проблемі здоров'я викладача як необхідної складової життєдіяльності людини. Здоров'я – найбільше багатство кожного взагалі та педагога як носія культури нації зокрема. Викладач як представник еліти нації повинен постійно піклуватися про своє фізичне, психічне та духовне здоров'я. Це допоможе створити сприятливі умови для навчання та розвитку студентів.

Ключові слова: професійне здоров'я викладача, профілактика, гігієна, здоровий спосіб життя.

ЗДОРОВЬЕ ПРЕПОДАВАТЕЛЯ КАК АКТУАЛЬНАЯ ПРОБЛЕМА СОВРЕМЕННОГО ОБЩЕСТВА

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Статья посвящена проблеме здоровья преподавателя как необходимой составляющей жизнедеятельности человека. Здоровье – самое большое богатство каждого из нас в общем и педагога как носителя культуры нации в частности. Преподаватель как представитель элиты нации должен постоянно заботиться о своем физическом, психическом и духовном здоровье. Это поможет создать благоприятные условия для обучения и развития студентов.

Ключевые слова: профессиональное здоровье преподавателя, профилактика, гигиена, здоровый образ жизни.