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THE PROBLEM OF HEALTH PRESERVATION IN THE HERITANCE OF THE TRANSCARPATHIAN EDUCATORS OF THE SECOND HALF OF THE 19TH – THE FIRST HALF OF THE 20TH CENTURY

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У статті розкрито внесок закарпатських педагогів та просвітителів другої половини XIX – першої половини XX століття у розв'язання проблеми здоров'язбереження та здоров'япокращення учнівської молоді. Проаналізовано різні підходи до формування здорового способу життя молодого покоління у контексті цілісного підходу до розвитку особистості. Відзначено, що розглянуті педагогічні погляди закарпатських діячів є актуальними у наш час і можуть ефективно використовуватися у розбудові сучасної системи освіти України.

Ключові слова: здоров'я, здоров'язбереження, здоров'япокращення, здоровий спосіб життя, фізичне виховання, фізичний розвиток.

В статье раскрыт вклад закарпатских педагогов и просветителей второй половины XIX – первой половины XX века в решение проблемы здоровьесбережения и здоровьеулучшения учащейся молодежи. Проанализированы различные подходы к формированию здорового образа жизни молодого поколения в контексте целостного подхода к развитию личности. Отмечено, что рассмотренные педагогические взгляды закарпатских деятелей актуальны в наше время и могут эффективно использоваться в развитии современной системы образования Украины.

Ключевые слова: здоровье, здоровьесбережение, здоровьеулучшение, здоровый образ жизни, физическое воспитание, физическое развитие.

Sheian M.O. THE PROBLEM OF HEALTH PRESERVATION IN THE HERITANCE OF THE TRANSCARPATHIAN EDUCATORS OF THE SECOND HALF OF THE 19th – THE FIRST HALF OF THE 20th CENTURY

The contribution of the Transcarpathian educators of the second half of the 19th – the first half of the 20th century in problem-solving of healthcare and improvement of health of the education of pupils is revealed in the article. Different approaches to the formation of a healthy lifestyle of the younger generation in the context of a holistic approach to the development of the individual is analyzed in the article. It is noted that the considered pedagogical views of Transcarpathian educators are actual in our time and can be effectively used in the development of the modern educational system of Ukraine.

Key words: health, healthcare, improvement of health, healthy lifestyle, physical education, physical development.

Statement of problem in general and its connection to the important scientific and practical tasks. Education and health are fundamental human values, since the state of health and education determines the quality of life not just of a separate individual, but of the society as the whole. Health-preserving education is considered to be a major priority of society. A health of children in any society and at any socio-economic and political terms has always been the top-priority issue, as it determines the future of the country, gene pool of the nation, scientific and economic potential of the society. The matter of preserving the health of the individual was and remains relevant at all periods of formation and development of education in all countries of the world. Therefore, we can state that the problem of discovering ways to preserve and improve health is relevant to all participants of the educational process. Successful res-

olution of this problem is impossible without taking into account the historical experience and analysis of the leading ideas of the pedagogues of the past.

Analysis of recent research and publications. As a result of the analysis of recent research and publications in which the solution to this problem was initiated, it has been established that the problem of healthcare is the subject of research by many scholars. Thus, the problem of the formation and development of valeological education in Ukraine is devoted to the works of such inland teachers as T.Je. Bojchenko, T.S. Jermakova, Ju.P. Lisicyn, V.M. Orzhekhovsjka, L.P. Sushhenko and others. Some aspects of the organization of health-preserving activity of the teacher is described in the writings of V.M. Jefimova, R.P. Karpjuk, N.M. Polishhuk and others. The contents and organization of health education and upbringing of pupils were examined by



M.V. Hrynjova, L.I. Ponomarjova, B.M. Shyjan and others. This problem was also indirectly referred to by modern explorers in the history of pedagogy in the context of the study of the heritage of famous pedagogues (M.M. Veghesh, V.L. Herasymchuk, O.O. Korsun, H.M. Rozlucjka, M.I. Klyap, R.Z. Potashnyuk, I.O. Stryapko).

The object of the research is the summarizing of scientific achievements and experience in solving the problem of healthcare and health improvement of Transcarpathian teachers and educators of the second half of the 19th – the first half of the 20th century.

Presentation of the main material of the research with full justification of the received scientific results. Modern principles of preserving, strengthening and improving the health of student youth originate from the pedagogical heritage of the ancient philosophers (Aristotle, Democritus, Socrates, Platon), outstanding thinkers and figures of the Renaissance (Th. Campanella, H. Mercurialis, M. Montaigne, T. Mor, F. Rable, E. Roterodamus, V. da Feltre), prominent philosophers and teachers of the New and Newest Times (A. Disterverg, J.A. Comenius, J. Locke, M. Montessori, J.-H. Russo, J. G. Pestalozzi).

Significant contributions to the study of the problem of healthcare were made by G.S. Skovoroda, K.D. Ushynsky, V.O. Sukhomlynsky. They have substantiated and embodied in educational practice the different approaches to the formation of a healthy lifestyle of the younger generation [8].

In the context of our study, we consider it expedient to analyze the works of Transcarpathian teachers I.A. Stavrovskiy, O.V. Dukhnovych, A.I. Voloshyn on the issues of formation of a healthy lifestyle of students. It should be noted that the overwhelming majority of Transcarpathian teachers were religious and cultural leaders, which allowed disseminating the idea of healthcare and health improvement even among the masses of the population who were not covered by the educational process [3].

O.V. Dukhnovych was one of the first in the history of native education to substantiate the importance of forming a healthy lifestyle in the younger generation. He was the author of not only textbooks for folk schools and manuals for teachers, but also works of journalistic and literary nature.

Therefore, in the article «Nakaz vrachebnyj» [4], he identified eight main rules that should be observed to preserve health to old age: 1. To avoid places where the air is moist, damp, and also drafts; keep your head and legs warm; 2. To not eat or drink excessively; always to adhere to moderation in the diet;

not to eat much in the evening; 3. To go to bed not late, but to get up early in the morning; most physical exercise should be done before noon, and after dinner to pay attention to spiritual development; 4. Movement – the most important component of maintaining health, but one should not overload the body, so as not to cause excessive fatigue; 5. One needs to give his body a rest and enjoy oneself, but do that in moderation in order to not get used to laziness; 6. One should not fall into depression, as it provokes nervous disorders that have a negative impact on health; 7. To constantly engage in various affairs, because idleness hurts people; 8. Always to keep spiritual and bodily purity, wash, brush ones hair, change dirty clothes and protect oneself from a cold.

The foregoing gives grounds to assert that Oleksandr Dukhnovych gave advice that not only preserves health, but also improves it. Particular importance the teacher paid to the alternation of rest and labor as elements of valeological education. It should be noted that the teacher considered physical education in inextricably linked with the mental and moral development of a child, regarding it as a guarantee of the successful strengthening of the intellectual forces of the child as a necessary condition for the harmonious development of the individual.

O.V. Dukhnovych emphasized the importance of conducting active games, because they contribute not only to physical improvement, but also to the development of mental abilities, the formation of positive features of character, volitional personality. In his opinion, the decisive role in the forming of health-preserving skills of the student belongs to the teacher, who must take into account age peculiarities of children and an individual approach to them, the correct dosage of physical activity for different age groups [6; 8].

Famous Transcarpathian educator I.A. Stavrovskiy in his work «Pedahohijji» emphasizes the need for sanitary-hygienic education of children and youth and valeological education of adults as a key link to the development of a healthy child.

It should be noted that I. A. Stavrovskiy was one of the first to raise the issue of sanitation in the house. He devoted a whole chapter to the rules of hygiene and sanitary norms, which affects the health of the child. In his opinion, the house should be dry, with large windows and high ceilings. Adherence to the order and cleanliness in the home promotes the strengthening of health. Dishes, bedding, floors, clothing should always be clean in the household [5, p. 19]. The author pointed out the need to let the fresh air into the room, elim-



inate various strange odors (aromatic herbs, combustion lamps), not to over dry the air in winter, and to avoid dampness in the fall and spring. The teacher attaches particular importance to hydrotherapeutic procedures as an integral part of a healthy lifestyle: bathing «protects the infant from many illnesses, as well as contributes to the cleansing of the body, its preservation and strengthening» [5, p. 19].

I.A. Stavrovskiy emphasized the importance of physical development of children as an integral part of hygienic education. Here he includes the cold training, healthy eating, and working schedule and conditions. In his work «Pedahohija», the author observes that «for the children most suitable are the naturally cooked dishes that are easy to digest, without any spicy flavor, lightly salted, not too sweet ... As for the amount, the child should eat as much as he wants, without overeating» [5, p. 18].

A Ukrainian educator points out that physical activity helps to strengthen the health and improves the mood of the child. Among the physical exercises, I.A. Stavrovskiy prefers games that allow easy and unconstrainedly to form a child's desire for exercising physical culture. Movement along with food and sleep is the basic vital need of everyone, because it provides growth and development of organs, positively affects blood circulation and respiration [7]. He emphasizes the need for physical development of the child, because between physical and mental education there is a close relationship, on which the formation of a harmoniously developed personality depends [5]. However, physical activity needs to be alternated with rest.

Among the main causes that impede the physical development of the child and adversely affect the formation of a healthy lifestyle. I. A. Stavrovskiy distinguishes the behavior of the educator himself, that is, the use of physical punishment, which badly affects the student's health, as well as the application of psychological pressure on the child, which in turn negatively affects his or her mental development.

I.A. Stavrovskiy gives a significant role in his pedagogical work to the problem of self-education in the formation of hygienic and health-saving personality skills and self-healing. The teacher believes that the important factor in self-education is the reading of books on medicine, through which the child will learn how to manage his or her health, which will promote full-fledged life [5]. Human health is largely dependent on his or her lifestyle. Therefore, in order to be healthy, every young person must know the particular features of his body, the main means of a healthy

lifestyle and the prevention of various diseases, harmful habits [7].

The problem of health preservation of children and young people was also relevant for the outstanding Transcarpathian educator, public, political, church and religious activist, and the President of Carpathian Ukraine Augustyn Voloshyn. In his published works, he steadfastly adhered to the idea that all social institutions, including the school and the family, should take care of children's health [1, p.41]. In his works the teacher pays particular attention to the role of parents in the formation of a healthy child, preventive measures for various diseases among students, conducting educational discussions about the harmful effects of alcohol and smoking on the child's body, etc.

On the pages of his educational works «Vid palenky pomer», «Pjanstvo», «Icko i Jacko», «Nash strashnyj vorogh», «Palenka-zhuba. Z zhyttja narodnoho na Podkarpatskij Rusy» and «Marusja verkhovynka» [2] A.I. Voloshyn popularized the idea of combating alcoholism. He ridiculed drunkenness and wrote about the disastrous effects of alcohol on the human body. Illustrating all the negative effects of using alcohol with examples from the life of a simple Transcarpathian population, the teacher tried to influence the child's consciousness and prevent a formation of the harmful habit even in their young age. He believed that it was the school with the support of parents to take an initiative in anti-alcoholic propaganda, and conducting explanatory talks would promote healthy lifestyle advocacy.

In his primer «Rutén ABC. Ésolvasóköny» Augustyn Voloshyn presents texts on the importance of eyesight and advice on the prevention of sight impairment (one should not be reading in bright light, one should not raise the book very close to the eyes) [10, p. 45]; describes the benefits of clean air for the health of the child; gives advice on how to ventilate the room; what needs to be done to maintain cleanliness in the home [10, p. 46]. The teacher emphasizes the importance of family education in the process of forming the hygienic skills of children [10, p. 54]. Among the main rules for the preservation of health, A. I. Voloshyn defines the purity, order and moderation in eating.

According to A.I. Voloshyn's educational process should be organized in such a way that the child can develop freely and perceive himself and others [2, p. 121]. Among the main forms of organization of physical education, he distinguished gymnastics, games and physical work as such that harmoniously affect the formation of physical, psychological and mental health of students [1, p. 45].



Today the question of introducing physical culture into the school curriculum as a compulsory discipline is still relevant.

A.I. Voloshyn paid much attention to the conditions in the educational institutions in his works. He believed that schools should be clean and orderly, school rooms should be ventilated, well lit, and school supplies should have their proper place [1, p. 44].

Conclusions. The result of the work are the summarized scientific achievements and experience of solving the problem of health-care and health-improvement of the Transcarpathian teachers and educators of the second half of the 19th – the first half of the 20th century. Thus, having analyzed the literature on this problem, it can be noted that the first promoters of the ideas of health preservation were progressive teachers I. A. Stavrovskiy, O. V. Dukhnovych, A. I. Voloshyn, whose views were based on the traditions of ethno-pedagogy. Due to their active educational work, the promotion of a healthy lifestyle and the fight against harmful habits took place. Many ideas and opinions of teachers and educators of the second half of the 19th – the first half of the 20th century are relevant for today's pedagogy.

The study does not conclude all aspects of the problem. Prospective are the further studies aimed at the formation and development of health education in Ukraine at various historical stages.

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