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## **HEALTH STRENGTHENING FACTORS IN THE CONTEXT OF CADETS' READINESS FORMATION FOR SELF-PRESERVATION IN THE TRAINING COURSE**

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### **ЧИННИКИ ЗМІЦНЕННЯ ЗДОРОВ'Я У КОНТЕКСТІ ФОРМУВАННЯ ГОТОВНОСТІ КУРСАНТІВ ДО САМОЗБЕРЕЖЕННЯ В ПРОЦЕСІ НАВЧАННЯ**

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In the article factors of cadets' health strengthening are considered during training in profile higher educational institutions. The analysis of scientific works on "readiness" is carried out to the planes of studying of psychological, pedagogical features in the directions: readiness for activity in extreme conditions, to work, study, pedagogical activity, readiness of the military personnel, athletes; professional and administrative readiness. The author's interpretation of the concept of "readiness for self-preservation" is the state of the individual, which has a complex dynamic component structure, contributes to meeting his need to preserve his own life and health, and is realized in the appropriate way of interacting with the environment (self-evolving behavior).

The component structure of cadets' readiness formation for self-preservation is given and the analysis of biographical particulars and survey which has shown a number of problems which accompany this process; its factors are as follows: physical (existence of addictions, observance of a day regimen, stay outdoors, physical activity); intellectual (knowledge of health and factors, on it influencing) family and household (age and parents' lifestyle, structure and the relations in family, the place and social conditions of accommodation) emotional and motivational (resistance to stress, the health place in the system of values).

Factors which having negative effect on this process are given, respectively exert negative impact on cadets' health, and fight against them is the perspective direction of future scientific research.

*Keywords:* cadet, profile higher education institution, readiness, self-preservation, health.

У статті розглядаються фактори зміцнення здоров'я курсантів під час навчання у профільних вищих навчальних закладах. Проведено аналіз наукових праць щодо «готовності» у площині вивчення психологічних, педагогічних особливостей у напрямках: готовність до діяльності в екстремальних умовах, до праці, навчання, педагогічної діяльності, готовність військовослужбовців, спортсменів; професійна та управлінська готовність. Наведено авторське тлумачення поняття, «готовності до самозбереження» є стан особистості, який має складну динамічну компонентну

структуру, сприяє задоволенню її потреби у збереженні власного життя та здоров'я та реалізується у відповідному способі взаємодії з навколишнім середовищем (самозберігаючою поведінкою). Наведено компонентну структуру формування готовності курсантів до самозбереження та проведено аналіз анкетних даних та опитування, що показало низку проблем, які супроводжують цей процес; його факторами, є наступні: фізичні (наявність шкідливих звичок, дотримання режиму дня, перебування на свіжому повітрі, фізична активність); інтелектуальні (знання про здоров'я та чинники, що на нього впливають); сімейно-побутові (вік та спосіб життя батьків, склад та стосунки у сім'ї, місце та соціально-побутові умови проживання); емоційно-мотиваційні (стресостійкість, місце здоров'я у системі цінностей). Наведено чинники, що негативно впливаючи на зазначений процес, відповідно чинять негативний вплив і на здоров'я курсантів, а боротьба з ним є перспективним напрямком майбутніх наукових досліджень.

*Ключові слова:* курсант, профільний вищий навчальний заклад, готовність, самозбереження, здоров'я.

**Introduction.** Expansion of range problems connected with professional activity of future military personnel puts new requirements to vocational training, including its social, pedagogical, psychological, educational aspects. Readiness formation of future military personnel for self-preservation has to become one of factors of this process, which will reduce the probability of receiving them injuries and will positively influence the fulfillment of the duties assigned to them to protect our state. Updating of readiness category in psychology and pedagogic has taken place in the 70–80th years of the last century, has revealed certain problems connected with expansion of types of professional activity and the system of preparation for them and near course of process of conceptualization has led to emergence of considerable interest in itself, doesn't die away and until now (Жукова, 2012, p. 117).

**Analysis of scientific sources.** At the present stage of the development of scientific thought, the phenomenon of readiness has its development mainly in the area of studying psychological, pedagogical and acmeological features in the directions: readiness for activity in extreme conditions (A. Bykova, N. Vovchasta, L. Ishichkin, M. Kozyar, A. Ostroverkh, A. Paren, T. Tkachenko, A. Hripunova and others), to work (A. Beletskaya, V. Molyako), to training (N. Kusakina, Yu. Samarin), to pedagogical activity (L. Kondrashova, A. Linenko, V. Slastenin), readiness of the military personnel (A. Zub, E. Yakovenko, V. Yakovlev), athletes (A. Turchynov) professional (V. Krutetsky, I. Okulenko) and administrative readiness (L. Orban-Lembric).

V. Dal in his explanatory dictionary described readiness as a state or property of ready. In turn, the scientist carries this adjective to the person and a

subject, calling the ready man such that “I have prepared, has completely gathered, has adapted to something; maybe wishes to execute something” (Даль, 2004, p. 160–161). We also find similar treatment in the explanatory dictionary of modern Ukrainian language according to which readiness is a state ready or desire to make something; a concept “ready” has several definitions, the most interesting to us is “someone who has made necessary preparations, was prepared for something” (Бусел, 2007, p. 257).

However a colloquial form of interpretation of this term is worth remembering: “the one who has already been formed, gained experience, achieved high skill” according to us, such definition to some extent can be considered higher level of readiness, the fact that it borders on the concept “expert”. Apparently from the aforesaid, readiness is called a state which contacts an opportunity to execute a certain business, and we will notice that this is not about performance at random; preparation for the specified work accurately is defined. We also note the mention of the presence and probable importance of the desire in this process.

S. Rubinstein wrote that each strong-willed action has to begin with a certain “starting point”, that is, from a state that is formed as a result of the previous rather complex and long internal work and can be defined as a ready state, an internal mobilization. The psychologist added that transition of the person to actions on the basis of readiness can be carried out with internal need of natural process and to be prompt or, despite already made decision, it should gather to pass to the embodiment of the decision into life (Рубинштейн, 2002, p. 574].

According to M. Diachenko and L. Kandybovich, readiness is selective, predicted activity of the personality at a stage of his preparation for activity (Дьяченко & Кандыбович, 1976). Researchers also note twosideness of readiness and its distinction as: a) difficult personal education (the general or long-term) – a complex of steady qualities and characteristics of the personality (knowledge, abilities, motives of activity) and also tasks, contents and conditions of activity; such set of results gives to the subject the chance to carry out activity; b) a mental condition of the personality (temporary or situational) – updating of all mental forces which creates opportunities for implementation of activity in concrete time point (Дьяченко, Кандыбович & Пономаренко, 1985, p. 37]. We consider works of these scientists first of all as attempt to estimate readiness from a position of providing systemacity and the sequence of process of its formation. In particular, they note that in a general view it consists of

ideological moral, business, physical and psychological readiness, and draw a conclusion that the last state priority character and has complex dynamic structure, expressing set of intellectual, emotional and strong-willed and motivational components of mentality in their ratio with conditions, arising and future tasks.

**Presentation of the main material.** For understanding the essence of readiness for self-preservation, it is necessary to analyze both the state of readiness and the phenomenon of self-preservation. In our opinion, in the analysis of self-preservation it is necessary to pay attention to its “lexical basis”, that is, to understand what the term, which directly explains this phenomenon. The research of references in this direction has shown that this concept has no accurate definition: so, according to the Oxford explanatory dictionary of psychology, it is the general term which designates the behavior models directed to increase in chances of survival of an organism (Ребер, 2003) a number of sources calls it the aspiration to keep the life or the reached standard of living and activity, “to be fixed” at taken “heights” (Бусел, 2007, p. 1289), some scientists connect it with health of the individual (Зайцева, 2008), others, concerning this perspective, in general avoid concrete definition of self-preservation.

Thus, according to us, readiness for self-preservation is the condition of the personality, which has complex dynamic component structure, promotes satisfaction of his need for preservation of own life and health and is implemented in the corresponding way of interaction with the environment (self-preserving behavior). We will notice that within this article, we, first of all, are interested in a problem of maintaining health of the military personnel which is certainly relevant at a stage of their training in the profile higher educational institution (HEI) and can be solved by means of cadets’ readiness for self-preservation.

The study of literary sources and the direct experience of studying in the specialized higher education institution made it possible to conclude on the component structure of the cadets’ readiness for self-preservation, and an analysis of their questionnaires and surveys (Черненко & Покалюк, 2008) showed a number of problems that accompany this process; its factors, according to the mentioned conclusions, are as follows:

**1. Physical** (existence of addictions, observance of a day regimen, staying outdoors, physical activity).

Existence of addictions. Features of accommodation of cadets practically exclude an opportunity to take alcoholic drinks, however among them smoking is quite widespread. Level of prevalence of smoking depends on age and a gender, and fluctuates from 3.2% to 11.3% among female cadets and from 25% to 52% among male cadets. At the same time the specific weight of both categories of cadets of smokers grows in the senior age groups, especially after 20 years, that is to older years. The intensity of smoking of cadets also significantly increases with age. So, after 19 years the specific weight of cadets with intensive smoking (more than 10 cigarettes a day) increases depending on age by 11.2–20.0%.

Observance of a day regimen. It is difficult to overestimate value of the rational daily mode of activity for the person health. The day regimen in activity of cadet youth among which adhere to hygienically rational day regimen only of 8.5% is of particular importance, and completely aren't observed – 66.1%. However a part of cadets adheres to separate regime factors during the day (25.4%).

Various sleep disorders are characteristic of a large number of cadets. So, 12% of cadets systematically have a sleep, extremely insufficient on duration (5–6 hours), and in 52.5% it makes only 6–7 hours whereas the age norm is equal to 8–9 hours.

In other words, only 35.5% of cadets have a sleep time at the level of the age-old hygiene norm

Especially strongly dream duration in 18-year-old cadets suffers. Among this age group of 77% of persons have dream duration below hygienic norm. The dream in 19, 20 and 22-year-old cadets (69–71%) is also significantly reduced, the situation in 21-year-old is slightly better. In 37.4% of cadets different types of insomnia are noted. Especially such violations are characteristic of the senior age groups (21 years and are more senior) and also for 19 and 20-year-old where the specific weight of the persons having insomnia is 39.4–44.7%.

Despite the established daily routine, also suffers cadets' diet also suffers. So, only 62.6% of cadets have normal frequency rate of meals (3–4 times), for more than 34.2% extremely insufficient frequency rate of meals (1–2 times), and is characteristic of 3.2%, on the contrary, superfluous (5 and more times). All obligatory making diet elements (a breakfast, a lunch, an afternoon snack and a dinner) have to constantly only about 65% of cadets.

Staying outdoors. Big specific weight of cadets who don't keep within limits of hygienically rational day regimen, is defined by the expressed features in structure of the developed way of cadets' life, especially on separate its factors. So, more than 62% of cadets are staying outdoors more than two hours, and 8.7% are staying outdoors less than one hour. And only 29.3% of cadets are staying outdoors during the day 3 and more hours.

Physical activity. The actual way of cadets' life is characterized by low physical activity. Systematically prefer to physically active form of rest only 10.5% of cadets, do daily gymnastics of 16.8%, and sport – 22.5% of people. And the greatest specific the number of those who play sports is observed among cadets aged from 17 up to 19 years, and essential decrease in quantity of those who play sports happens in the senior age groups of cadets, since 20 years. Among cadets of various age groups there is very small number of those who systematically give preference daily physically active recreation (5.6%). At the same time, among all age groups of cadets the mixed nature of rest - physically active and passive sharply prevails.

## **2. Intellectual** (knowledge about health and factors influencing it).

In the plane of the intellectual factors, exerting impact on cadets' readiness for self-preservation is created exclusively favorable conditions. The corresponding knowledge can be gained on subject matters "Medicine preparation" (in particular, sections of this course which consider the general anatomic regularities of life-supporting systems development of an organism and their hygiene), "Physical training", "Ecology", "Health and safety". The subject of health, its preservation and improvement is systematically updated on weekly lecture halls, the courses conducted by the management within the social and humanitarian, educational and pedagogical actions. Those, who wishing to learn even more, can visit the libraries, where they can get acquainted with the profile literature.

**3. Family and household** (age and parents' lifestyle, structure and the relations in family, the place and social conditions of accommodation).

Age and parents' lifestyle. It is known that human health is largely laid in the uterine period, and the leading importance in this belongs to the age of parents at the time of the formation of pregnancy and childbirth. It is believed that the healthiest generation is born at the age of parents from 18 to 30 years.

The vast majority of the cadets (75.5%) were born when the parents were from 20 to 30 years old. An essential part of the cadets was born when parents were over 30 years old (18.2%), and a small number (6.3%) of the cadets came

from very young parents (up to 20 years old). Such age structure of cadets' parents during the birth of children testifies to favorable biologic-age basis of cadets' health.

Family members. The great value in health formation of youth is played by family demographic factors, especially type and family member. More than a half of cadets live in full nuclear family, and 28.9% – in full complex family. However rather large number of cadets (14.8%) lives in incomplete family. It is known that optimum affects processes of health formation of younger generation of accommodation in full and, especially, in full complex family. Therefore it is possible to tell that on this factor the studied collective has rather favorable basis as 85,4% of cadets are brought up in full nuclear and complex families.

The relations in family. According to the data, bad or satisfactory relations of cadets with the parents exist in about 7% and 10% of cadets respectively. At the same time conflict family conditions are characteristic of 22.3% of families where cadets live. It is obvious that negative climate in a family is a strong risk factor for health of its members therefore quite big specific weight of families with adverse psychological climate is negative socially psychological factor of cadets' health.

Residence. In formation of the person health now a key role is played by process of urbanization, especially when it is imposed on adverse ecological environment.

About two thirds of cadets have lived in the big city center more than 10 years, and 30% – from 5 to 10 years. So, the vast majority of cadets the long period lives in usually adverse ecological environment of the big or average city, is most often characterized by development of the industrial enterprises, to considerable transport loadings, an unstable criminogenic situation, etc.

Social and living conditions. At the same time social conditions of cadets' activity are rather favorable. So, 97% of cadets of older years live in own buildings (40.4%) either the certain or communal flats which are in good (80.5%) or satisfactory (18.6%) technical condition, that is corresponding on key parameters to hygienic norms.

However the level of sanitary improvement of family housing, especially on such indicators as the centralized water supply and the sewerage, isn't high: quite well-planned housing makes only 45.7%, partially 44.6%, and 9.7% are disordered.

**4. Emotional and motivational** (resistance to stress, the health place in the system of values).

Resistance to stress. Life of future military personnel in the conditions of profile HEI considerably differs from life of their peers studying in civil HEI. Except an academic load cadets can be involved in service in the military units which are carrying out various duties in dresses and patrols take the responsibility for subordinated as heads of primary cadet divisions participating in improvement of the surrounding territory, each their day is painted constantly according to the established schedule and other. These factors significantly influence a nervous system, exhaust it and are capable to cause a condition of a stress. Therefore, the ability of the cadet to sustain such nervous loads and, as a result, to be “insensitive” to the effects of stress factors is a very important factor of his health.

The empirical research conducted among cadets has shown that only about a half of respondents (56.4%) which aren't giving into a condition of a stress, other their part takes psychological loadings hard. From our point of view, this problem is relevant not only at an angle maintaining cadets' health – especially sharply it gets up taking into account complexity and danger of the profession chosen by them.

The health place in the system of values. The theoretical analysis of literature has shown the considerable attention given by researchers to valuable and motivational qualities of the personality in the formation of a ready state to activity. Of course, there is no exception to the willingness of future military personnel to self-preservation, in the plane of which, in our opinion, is the awareness of the important role of health in life. Thus, a significant factor in the education of a healthy personality of a cadet is the health place in its system of values.

According to the survey, 78.6% of respondents consider physical and mental health leading or one of the leading values in the life. This fact means that respondents realize importance of this category as for professional and private life, and demonstrates the existence of an important motivational basis for their willingness for self-preservation.

**Conclusions.** Thus, the conducted research has shown that among the biggest problems while forming readiness for self-preservation it is possible to call the following: tendency of many cadets to addictions and violation of a day regimen, low level of physical activity, long residence in the large cities with a problem ecological state, the ability of many respondents to the impact of stress factors. These factors, having negative effect on this process, respectively exert negative impact on cadets' health, and fight against it is the perspective direction of future scientific research.



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