

FORMS AND METHODS OF PRESERVING AND STRENGTHENING CHILDREN'S HEALTH IN THE CONDITIONS OF TODAY'S MILITARY CHALLENGES

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The study highlights the main aspects of the process of preserving and strengthening children's health in the conditions of today's military challenges.

It is emphasized that the preservation and strengthening of children's health in the conditions of today's military challenges is made possible by the introduction of traditional and innovative forms and methods into the process of children's education and upbringing (forum theaters, game libraries, discos, graffiti contests, dance contests, flash mobs, contests of theatrical productions, quizzes, station quests, dance contests, sports competitions, trainings, web quests, webinars, video conferences and others). Such forms and methods should be used offline (in regions where there are no active hostilities) and in a remote format (in regions where active hostilities are taking place), which will increase the level of children's education about the importance of health promotion in conditions of martial law. The advantages of using new forms and methods have been clarified, including: minimal expenditure of time and tools for organization and implementation; maximum accessibility for understanding and implementation; easy perception of information; interactivity.

The study was based on data obtained during online testing, questionnaires, surveys, interviews to determine the level of knowledge about health and all its components, motivation to maintain health, and adherence to health-saving behaviour of 9th grade children in January - March 2024. The statistical significance of the results of the experimental work was confirmed by the Spearman's rank correlation method.

The authors experimentally proved the effectiveness of the represented forms and methods. The highlighted results of a comparative analysis of children's readiness to preserve and strengthen their health before and after the experiment allow to assert the effectiveness of well-founded forms and methods.

Keywords: health, children, preservation and strengthening of health, forms and methods

DOI: 10.24263/EDSD-2024-6-26

Received 25.04.2024

Received in revised form 15.10.2024

Accepted 12.11.2024

Introduction

Currently, living in the realities of war, uncertainty, socio-economic and political upheavals, individuals of various groups and categories experience health disorders. The negative consequences of war events in Ukraine were particularly acutely reflected in the level of children's health.

In the annual report on the health state of the population of Ukraine and the epidemic situation for 2022, it is noted that «the large-scale armed aggression of the Russian Federation has led to a serious increase in the risks of severe epidemic complications and the burden on the public health

system (especially in the occupied and front-line zones)» (Annual report on the health state of the population of Ukraine and the epidemic situation for 2022, 2023). At the same time, it is stated that on behalf of creating conditions for the preservation of children's health, it is necessary to form a unified state policy in the field of children's health care in accordance with internationally recognized practice and the evidence base, to provide sufficient funding for its state guarantees, and to increase the responsibility of all government structures for their implementation.

The legislative basis for preserving and strengthening the children's health in Ukraine, in particular in the conditions of martial law, is provided by the Constitution of Ukraine, the UN Convention on the Rights of the Child and a number of normative legal acts and sanitary norms, in particular: the Law of Ukraine «Basics of Ukrainian legislation on health care», the Law of Ukraine «On the Protection of the Population from Infectious Diseases», the Law of Ukraine «On the Prevention of Acquired Immunodeficiency Syndrome (AIDS) and Social Protection of the Population», the Law of Ukraine «On the Public Health System» and others aimed at promoting strengthening the health of the population, in particular children of various ages.

The theoretical and methodological basis of the study of the issue of preserving and strengthening children's health is the scientific work of scientists in various scientific fields: medicine, psychology, pedagogy, social pedagogy, etc. In particular, the works of medical researchers (V. Bilak-Lukyanchuk (2022), O. Zhdanova (2020), V. Kiy-Kokareva (2023), I. Myroniuk (2022), G. Slabkyi (2020) and others) pay attention to the physical component of health care; psychological scientists (O. Tkachyshina (2023) and others) theoretically substantiated effective methods of preserving and strengthening mental component of health; in the pedagogical aspect (T. Andriuchenko, O. Vakulenko, V. Volkov, N. Dzyuba, V. Kolyada, N. Komarova, I. Pesha, N. Tilikina (2019) and others) received a theoretical justification for the issue of creating a favorable educational environment for preserving all components of children's health; the focus of researchers' attention in the socio-pedagogical field (Yu. Zamazii (2021, 2024), O. Kravchenko (2022) and others) remains the problem of optimizing the ways of preserving and strengthening the social and spiritual components of health, prevention of social diseases, formation of a healthy lifestyle for children and youth. However, at the same time, the problem of finding appropriate forms and methods of preserving and strengthening the health of children in the conditions of war events in Ukraine has not been sufficiently developed.

Therefore, the purpose of our research is to analyze, reveal the essence and present the effectiveness of the main forms and methods of preserving and strengthening the children's health in the conditions of today's military challenges.

Materials and Methods

The following methods were used in the study: theoretical (analysis of medical, psychological, pedagogical, socio-pedagogical literature, periodicals; method of theoretical generalization and systematization, generalization of research results); empirical (online testing, questionnaires, surveys, interviews to assess the lifestyle of children of the control and experimental groups; their attitude to health and adherence to health-preserving principles); statistical (mathematical methods of statistical processing of experimental data). The material of the study is data collected during January - March 2024 on the level of knowledge about health and all its components, motivation to preserve health, and compliance with health-preserving behavior of children-students of the nine-grades of the Municipal Establishment «Kharkiv Lyceum №140 of Kharkiv City Council».

Results and Discussion

The health-preserving component is important in the implementation of sustainable development in the country, because it «reflects the preservation of the psycho-emotional and physical state of the participants in the educational process» (Shchapovalov et al., 2022, p.180).

In the process of generalizing analysis of regulatory documents and scientific works (Law of Ukraine «On the Public Health System» (2023), Annual report on the state of health of the population of Ukraine and the epidemic situation for 2022, 2023; Preamble to the Constitution of the World Health Organization, approved at the International Conference on Health Care, 1946; On the approval The concepts of mental health care in Ukraine for the period until 2030, 2017; Kharkivska & Lunyachek, 2022; Kushnirenko & Kyshnirenko, 2022), were substantiated by the following scientific facts:

- «health», as a scientific concept, has a wide range of interpretations. Thus, according to the definition of the WHO, «health» is «a state of complete physical, mental and social well-being, and not only as the absence of disease and physical defects» (Preamble to the Constitution of the World Health Organization, approved at the International Conference on Health I, 1946);

- the main components of health include physical, mental, social and spiritual (spiritual) components. Physical health (the state of well-being and optimal functional activity of the human body, which is determined by the absence of diseases and physical disorders, as well as the presence of a sufficient level of physical activity, healthy nutrition and the appropriate level of physical development); mental health (a state of well-being in which each person can realize his own potential, cope with life's stresses, work productively and fruitfully, as well as contribute to the life of his community (On the approval of the Concept of the development of mental health care in Ukraine for the period until 2030, 2017)); social health (a person's readiness to interact with the social environment, his full realization of himself in society, focus on revealing his own potential in all spheres of social life); spiritual (mental) health – (a dynamic state of a person, which is characterized by stability of the spirit, a sense of inner harmony and peace, which allows you to face the challenges and difficulties of life).

- indicators of readiness to preserve and strengthen children's health are cognitive (theoretical awareness of issues of health preservation and disease prevention), motivational (desire to adhere to the principles of preserving physical, mental, social and spiritual health) and behavioral (practical orientation on compliance with health-preserving behavior) criteria.

Note that in the conditions of martial law, the need to rethink «many procedural aspects of the organization of the educational process, strengthening the role of distance learning, etc.», «to use educational web courses, online seminars and other forms», which are based on information and digital technologies (Kharkivska & Lunyachek, 2022). Thus, digital technologies, according to O. Kushnirenko and E. Kyshnirenko, «help economic and social development, making public services, as well as public goods (education, health care system) more accessible to the population» (Kushnirenko & Kyshnirenko, 2022, p. 79).

In the course of scientific research, it was confirmed that to achieve a reliable result in the process of implementing professional activities to preserve and strengthen all components of children's health in the conditions of today's military challenges is possible during implementation appropriate forms and methods in working with children, in an offline or remote format. So, in those regions of Ukraine where it is possible to organize offline learning and visiting extracurricular groups and sections by children appropriate forms for implementation are: forum theaters, game libraries,

discos, graffiti contests, dance contests, flash mobs, contests of theatrical productions, art exhibitions, quizzes, station quests, dance competitions, sports competitions, etc. In regions where hostilities are active, forms and methods that have proven their effectiveness include those based on the use of ICT technologies: web quests, webinars, video conferences on the free Zoom platforms, Microsoft Teams, and others.

We will present the essence and specificity of the specified forms and methods of preserving and strengthening children's health in the conditions of today's military challenges, as well as reveal their practical meaning using the example of forum-theatre, flash mob, station quest, webinar and web quest.

Thus, such method as forum-theatre involves the discussion of urgent social problems and the search for effective ways to solve them. Forum-theatre, as a method of preserving and strengthening children's health in the conditions of today's military challenges, creates an opportunity for deepening the understanding of the topic of health preservation, emotional immersion in the topic of health, and practical approbation of various ways of behavior in a safe environment, which allows experimentation and improving your skills without real health consequences. To achieve the effective results of the forum theater, its script should be realistic, understandable, the images of the protagonist and antagonist should be clearly expressed, the duration of the performance should not exceed half an hour.

An equally important method of preserving and strengthening children's health in the conditions of today's military challenges, which is relevant to be implemented in the format of offline education and upbringing, is a station quest. A station quest is an interactive event format where participants pass through different stations or points where they complete tasks, solve puzzles and gain information. The organization of the station quest, in the context of teaching children health-preserving principles, involves setting up thematic stations that will highlight various aspects of health preservation and promotion. A mandatory condition for the implementation of the station quest is that the participants go through all the stations in a certain order (from simple to complex), following the instructions and solving the tasks at each of them.

When presenting such methods as flash mob (artistic and entertaining) and social mob (social and entertaining) it is necessary to emphasize that they are characterized by a pre-planned mass action. In the context of the application of the methods, children's health is preserved and strengthened in the conditions of military events, because they contribute to the physical, emotional and mental relief of children, the prevention of social isolation and the establishment of social interaction.

A webinar can be considered a fundamentally new and effective method of preserving and strengthening children's health in the conditions of today's military challenges. A webinar is an interactive video or audio presentation broadcast in real time via the Internet. During a webinar which aim is to preserve and improve children's health, the speaker can present theoretical information related to the topic of health, demonstrate presentations or offer practical tasks, and participants have the opportunity to listen, observe and interact, ask questions and receive answers in real time. We emphasize that the webinar requires the mandatory use of information and communication technologies. In our opinion, such method as a webinar can contribute to the solution of the need for informative and motivating tasks regarding the preservation and strengthening children's health, will encourage the development of one's own life algorithm, the formation of behavior that would help to preserve physical and mental health during the war.

Outlining the essence of the web quest, as a method of preserving and strengthening children's health in the conditions of today's military challenges, we state that it is an interactive online game, mission, puzzle, intellectual task, performing the tasks of which participants receive and learn information about ways of preserving and strengthening all components of health. According to the logic of web quests implementation, participants work in a team or individually, moving from one task to another, revealing the story or concept underlying the quest and receiving all the information necessary for completing the mission from web resources. The main stages of the web quest are: initial, main, final. At the initial stage, teenagers get acquainted with tasks and basic information on the topic of health, assign roles in the team. During the implementation of the main stage of the work, the participants perform tasks in accordance with the chosen roles: they conduct an independent search for information about health, its components, a healthy lifestyle, the influence of various factors on human health, etc. At the final stage, teenagers work under the guidance of the organizer, form conclusions about the need to preserve and strengthen their own health and the health of others, observe the norms of a healthy lifestyle, determine the negative impact of bad habits on the human body.

In conclusion, we emphasize that all the presented forms and methods have a number of advantages: minimal expenditure of time and tools for organization and implementation; maximum accessibility for understanding and implementation; easy perception of information; interactivity

In the course of research-experimental work on finding out the level of knowledge about health and all its components, motivation to preserve health, and compliance with health-preserving behavior of children of the 9th grade, as well as the effectiveness of the developed forms and methods of referral online testing, questionnaires, surveys, and interviews of 9th grade children were conducted to preserve and strengthen children's health.

In the course of an experimental study of the effectiveness of the proposed forms and methods according to the determined criteria (motivational, cognitive, behavioral and activity) and levels (high, medium, low), their positive influence on the process of children's readiness to preserve and strengthen health in all its components, at the levels of: physical, mental, spiritual (mental) and social health was proven.

The analysis of the results of research and experimental work is illustrated in Table 1, which presents quantitative indicators before and after the pedagogical experiment. Where H is a high level, A is an average level, L is a low level.

Table 1. Comparison of the levels of children's readiness to preserve and strengthen health before and after the experiment (in %)

Levels	Criteria					
	Motivational		Behavioral		Cognitive and activity	
	before	after	before	after	before	after
H	5.3	25.5	5.8	27.6	6.5	26.5
A	45.7	54.5	36.0	40.4	43.7	53.0
L	49.0	20.0	58.2	32.0	49.8	20.5

The statistical significance of the results of the research and experimental work was confirmed by the Spearman rank correlation method - a positive correlation was found between the level of

children's readiness to preserve and strengthen health in general and motivational, cognitive, behavioral and activity criteria in particular ($R = 0.72$).

Conclusions

So, the results of the experiment indicate positive changes, which is confirmed by the qualitative dynamics in the levels of children's readiness to preserve and strengthen their health, and the analysis of these results provides grounds for asserting the effectiveness of well-founded forms and methods.

The conducted research does not pretend to be a comprehensive solution to the problem of preserving and strengthening children's health in the conditions of military challenges of today and requires a further search for appropriate means and tools for protecting children's health in the conditions of military events in Ukraine.

Conflict of interest

The authors state no conflict of interest.

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