

Historical, Philosophical, Legal and Staff Problems of Physical Culture and Sports

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Upbringing of a Healthy child in Ukrainian Ethnopedagogics

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Abstract:

Topicality. In conditions of building of democratic Ukraine with market economy, the priority tasks of the educational system is upbringing of child's attitude towards own health and health of the others as the highest individual and social value with the use of national heritage in the sphere of physical education. The objective of the study is to conduct the scientific analysis and systematization of the principles of Ukrainian ethnopedagogics on physical education of children and revealing its perspective use in conditions of development of the system of national education and upbringing in modern Ukraine. Methods and methodology of the study. In the study it was applied comparative-historical and systematic-structural methods which let us completely analyze and understand the notion, forms, means of physical education and providing health to children in ethnopedagogics; prognostic methods of analysis of historical-pedagogical literature were applied for understanding and describing the perspectives of realization of ideas of treasury of Ukrainian folk education in modern national educational practice. Results of the work. It was revealed the ideas of healthy lifestyle and experience of physical education of a child in Ukrainian ethnopedagogics. It was examined the national heritage that contains centuries-old system of physical education which is based on the system of human values. It was generalized the possibilities of this treasury in formation of recreational world view, basics of health culture, active health-improving life position of the growing generation. Conclusions. In Ukraine already for many centuries it has formed a very effective system of health-improvement which is closely connected with customs, traditions, world view of our ancestors. Usage of this treasury has great meaning among the growing generation for formation of health-improving world view, basics of health culture, active health-improving life position that foresees physical improvement, mental enrichment, moral growth and rules of behavior in the society.

Key words:

ethnopedagogics, health, healthy child, healthy lifestyle.

Introduction. One of the most important areas identified by the National doctrine of development of physical culture and sports, Laws of Ukraine «Education in Ukraine», «On General Secondary Education», «On Physical Culture and Sports» Concept of social development programs of physical culture and sports for 2012–2016, is a physical education as a basis for public health. Today's priority of education – the education child's responsible attitude to their own health and the health of others as the highest individual and social values.

Among the priorities that are set by the National Doctrine of Education of Ukraine, is the dominant principle of organic communication education history, culture, national traditions, Ukrainian ethno-pedagogy that ensure the creation and use of educational system adequate to the needs of the Ukrainian state and the formation of highly rich spiritually and mentally stable individuals, citizens of their country, that can enrich modern pedagogy samples patriotic upbringing physically healthy individuals.

To the urgent tasks of physical education belongs the identity formation with a view to ensuring the required level of vital motor skills and physical qualities; instilling human values, health, physical, social and mental well-being; education interest and habit of independent physical training and sports, the acquisition of healthy lifestyles [5].

The solution to these objectives in the practice of modern national education is to encourage teachers, scientists, workers education practitioners to creative use of pedagogical heritage.

The issue of physical education in schools as an important scientific and educational component of modern research is reflected in the works of E. Vilchkovskoho, A. Dubogay, N. Zavydivskoyi, T. Krutsevych, L. A. Matveeva, B. Shiyan. Theoretical and practical aspects of the technology of a healthy personality in the teaching of national education of the younger generation are presented in scientific works of A. Vishnevsky, J. Rudenko I. Smolyuka M. Stelmahovycha [4; 7; 9; 10].

Effective implementation of the educational process of folk games is devoted to a number of modern researches: E. Vilchkovskoho A. Volchynskoho, H. Sparrow, Lutsan N., N. Lysenko, M. Melnychuk, E. Seizures, N. Khymych, A. Tsosya and others. [3; 6; 7; 13].

The theoretical justification of ethno-pedagogy health contained in the works of E. Pristupa where are described, educational, philosophical and historical aspects of the formation and development of the Ukrainian people's physical education [7]. Scientists discover structural factors of educational laws and its functioning as a system on the background of the living conditions of Ukrainian features of ancient times, using the categories of «lifestyle». Considering people's physical education as a part of physical culture and ethno-pedagogy, E. Pristupa notes that «people's physical training, functioning in the social psyche and social life, carries a certain social task: creates the kind of individual that is necessary for its successful national life» [7; 12].

The researcher notes that national specificity and originality of the content of education of national physical culture phenomenon is complex and multifaceted. He offers to consider national specificity of national physical culture is not constant, and «derivative of the people's lifestyle, adaptive variable depending on the historical circumstances, spiritual and economic needs and aesthetic preferences, features links to other cultures, etc». [7, p. 212]. Considering the educational patterns of functioning as a system of physical training, the author lists the key factors that influence the content and form of national physical culture [7, p. 214]. Based on the theoretical and methodological provisions on the nature and structure of national and physical culture this allows greater use of the idea of national health experience in the practice of physical education of children and adolescents.

Objective of the study. The purpose of research is to implement the scientific analysis and systematization of provisions of Ukrainian ethno-pedagogy about the physical education of children and discovering its promising use in the development of the national education and training in modern Ukraine.

Methods: comparative – historical and systemic-structural methods allowed us to analyze and find out the nature, forms, means of physical education and the health of children in ethno-pedagogy; prognostic methods of analysis of historical and pedagogical literature used for understanding and defining prospects of Ukrainian treasury ideas of public education in contemporary national education and educational practice.

Research results. Discussion. In terms of recreational opportunities the leading role of ethno-pedagogy in this structure belongs to traditional educational practice in which «family education», «parental education» is the core of the educational experience [8, p. 40]. Ideal Ukrainian education has always been «healthy, cultural, happy person with knowledge of multifaceted, high spiritual and moral and intellectual qualities, work ethic and patriotic feelings, national and human dignity» [11, p. 52]. The family, including parents, have always cared about the health and physical development of children, create proper atmosphere in the family communication. However, the community also gave an importance to the tasks of physical education and health, including health promotion in various ways, contributed to the proper development of the body adapt to the environment, hardening of the body, preparing for labor and defense of their native land, strengthening optimism and a healthy lifestyle, compliance with sanitary standards of conduct, etc. [12, p. 41].

In folk pedagogy from the treasury of popular practical philosophy – proverbs and sayings – were used most generalized examples of relationship to physical health and its assessment: «Health is the greatest wealth in the world», «Health is happiness», «Health is the head of everything». The human's welfare depends on health : «To head healthy, and then is likely to be», «To the health and life will be», «To health, and the money will be», «Wealth is nothing without health».

Apparently, Ukrainian always appreciated the health that was put up by wealth, because «everything can be bought but health – no», it is – «the most precious treasure». The people were convinced that a

healthy person can always earn for living, so optimistically suggested: «As we live, and we fed». Respecting the health not only as material well-being, but also as a source of cheerful mood, beautiful person claimed that «A sound mind in a sound body», «While health is, the man does not grieve». All people want to be healthy and happy, so they believe that «Without health there is no happiness», «Who is healthy, he is rich and who is weak, he is poor». Healthy man likes everything: «When I am healthy, I like horseradish as sugar» and «For sick – honey is bitter», and all – «the patient is dissatisfied». Sick people do not feel the full joy of life («What are we in life, if we are not healthy»), and healthy – cheerful, («Everyone knows that a sound mind in a sound body»).

In these and similar folk aphorisms as the quintessence of wisdom reflected folk customs and traditions of the physical and health education of youth. Ethno-pedagogy consider it as a powerful means of transmission and of the progressive national experience and ensure the unity, continuity and succession of generations, a reliable barrier to spirituality, an important factor in parenting. «Folk traditions solve educational problem through regulation of individual spiritual qualities needed to correct person behavior. Custom displays the behavior of each growing up personality on the life path that is inserted in the older generation, through detailed regulation of action in each situation without motivation or any religious orders, as the rules of human behavior do not need it, because performed automatically and later become a habit» [11, p. 54].

Increased interest teachers and the general public is the revitalization of local scientists to revive people's ideas education, putting into practice the principles of physical and health culture of the Ukrainian Cossacks, formation of a national system of physical education. The theoretical rationale for the use of people's ideas for education with a view to impart to students healthy lifestyle is an important task of ethnopedagogy. It focused on the formation of physical and health culture of modern students as part of their healthy lifestyle based on accumulated socio-cultural experience of people of different nature, content, complexity health impacts. The researchers of this area offer a general view of a healthy lifestyle in their connections with the essence and the basic components of physical and health culture as a constructive activity of the individual to preserve and strengthen their health. So, special attention is paid to the problems of formation of physical culture and health of pupils by means of Ukrainian ethnology.

Every nation, every people, even each social group, including family, have their traditions, customs, rituals, culture, spiritual and moral experience and their own history. National legacy includes centuries-old system of education based on national values and is able to form a national character, national habits and specific way of life inherent in a particular local community. Man is like a tree can not live without roots, so the study of national heritage, history, spiritual national culture is a fundamental principle for education mentality and spirituality in the youngest generation [1].

Folk traditions retain people experience that formed thousands of years and reflect the specific outlook Ukrainian nation, its spiritual, moral and ethical society.

Numerous studies on the spiritual heritage of the Ukrainian people – E. Pristupa, S. Marynychak, S. Mudryka, A. Tsosya, G. Macovei, A. Voropay, L. Kaluska – demonstrate care and providing the preservation of their health. Health was necessary for a person full and active work process («To work, You must have strength to work») and to fight with enemies. The need to preserve the health, its formation from an early age are described in a proverb: «Take care of health from an early age, and after – in his old age», «Take care of your clothes – until it is new, and health – when is young. In congratulations and songs people wished each other happiness and health. During painting eggs for Easter take into account the symbolic significance of colors. For children – red colors are used to be happy and healthy, for adult boys and girls added more green to have more power.

For physical health it is necessary to follow a certain lifestyle. Our ancestors had a stronger health than the current generation. First of all, this is due to the way of life they had: living among nature, spending a lot of time outdoors, working physically, fully feeding, using the useful and healthy food.

In the system of people's knowledge, we have found various means of physical education, in particular the forces of nature. Man always aware of the power of the sun, water and air. The water was at a premium, this is confirmed by many fairy tales, legends, sayings, proverbs of «live» and «dead» water. Water is called the «blood of the earth», it was considered the vivifying power of healing, the basis of all life – mentioned in the researches of Lubomir Kalush.

The people appreciated the healing power of the sun, it carried a seriously ill that they could recover. Hippocrates argued that the sun's rays are very useful, they improve metabolism, circulation, breathing, tone the nervous system. Proverb underscore the importance of sun: «The sun warms, the sun is shining, all nature rises», «When the sun is shining, then the spring is coming». From hot summer sun people protected with light clothing, scarves, men wore hat [2].

Our ancestors endued land with health-giving force. Walking barefoot in the summer both for adults and children were commonplace, because it was believed that the ground gives the body energy and great strength: «Earth provides health». It was flatfoot and feet disease prevention, as walking barefoot on the ground, stubble, sand, small stones, water, trees develop foot, strengthens the leg muscles: it is acupressure, which increases muscle tone of the foot, leg, whole body. Besides this, at the foot receptors are «pleasure», not without reason since ancient times in our area every night laborers scratched Messrs's five. Modern physiological researches note that the feet are the most reflex zone of human body, here are thousands of nerve endings, that can affect different parts of the body. Tempering effect of walking barefoot on the ground is explained by the fact that the sole of the foot, compared with any other parts of the body is much more thermal receptors that that reflexively related to nose throat. In addition, walking barefoot helps the absorption of underground electric charges that accumulate in our body [2].

An important factor of the recovery is fresh air. Adults worked whole day outdoors, and children played or helped adults and felt the positive health effects. Especially effective is cold air, which contributes to hardening of the body. On the feast of the Presentation of Jesus at the Temple was the custom: the children made from straw an effigy of winter, and with than naked and barefoot ran out of the house and sang, then burned «winter» and only ran into the house to warm.

The considerable impact on human health have a hygiene factors (personal hygiene, diet). Personal hygiene was one of the Ukrainian conditions for maintaining health and that are showed in the songs, carols, congratulations, folk proverbs, tales, that handed down to us. Here we can see how is respected «cleanliness», neatness, and the cult traditionally formed in Ukraine. People criticized the carelessness: «The unkempt man every cloth is bad». Before the holidays everything had to be washed, you can not wear unclean clothes, you can not go to the street not washed, «not to meet a witch», no one can not wipe with a same towel, «not to quarrel». On Green week the table had to be precise, and with clean napkin. These folk customs, rituals contained the components of hygiene [2].

Proper attention was paid to observance of work and recreation. The ban to work on Sunday gave people an opportunity to relax, gather strength for the week. Saturday dedicated for the house – a woman bathed the children, cleaned, washed clothes. Working day always began at dawn. These are some customs: the feast of the first furrow George, it was necessary to meet the sunrise at home («The early bird gets the worm»).

Food wasn't left without any attention. People's morality has always condemned excess in the diet, alcohol consumption («Extra food – stomach trouble»). To ensure the healthy lifestyle people kept fasts to cleanse body and soul.

We know that a sedentary lifestyle is detrimental, especially for a child who has a natural need for movement and a reduction in motor activity leads to a number of problems in health. It also noted in the proverb: «If a child running and playing, and the health also smiles». For the full physical development exercise performed. Among them E. Pristupa provides games, fun and entertainment (running, jumping, throwing, climbing, swimming, skiing, sledge, various competitions) fight, (comic struggle, which was attended girls), folk dances, which were commonplace, and accompanied by a variety of traditional and customary actions, their content reflects national psychology of Ukrainian people. Youth competed in jumping across streams on the Green Week, Kupala Night – through fire, who then something toggles through the tree, climb a tree and so on.

Studying the Ukrainian traditions, it is impossible not to mention his spirituality, which was an essential part of a healthy lifestyle. This is something that we must now return, and take into account the centuries-old experience of our people. Coordination of human existence with nature and the universe was primordial of spiritual worship. Our ancestors believed that every tree, every blade of grass, and even water – are alive. They didn't brake branches (even on pasture took twig – a dead branch of dry tree) without tearing flowers, because they also want to live.

Extremely emotional are folk games, among which distinguish two groups. The first group – a spontaneous game, they arose spontaneously or as imitation of adult actions. The second group – highly entertaining game with a set of rules [13].

Games created by people for many centuries, they contribute to the development of physical qualities of the child: agility, speed, duration and strength of independence, determination, organization, intelligence, honesty, caring and friendly attitude to each other. Traditional mobile games are an effective means of comprehensive education of children, they contribute to the expansion of ideas about the world, full mental development, speed up mental processes, provide aesthetic pleasure from the performance of motor actions, combined with jokes, songs, create conditions for consolidation of motor skills and development of physical

qualities. As an active kind of leisure game promotes intelligence, logical thinking, tempering liberty exposure. Game play a social and pedagogical phenomenon, seen as a source of joy and pleasure [14].

Traditional games – a history of the people, because they reflect the social life of each era while remaining effective means of physical education of children.

Conclusions and recommendations for further research. The great achievement of a nation that was enriched for centuries, is considered as widely used in the education of children, attracting them to the sources of national culture and spirituality. The study of folk traditions shows that for centuries in Ukraine evolved highly effective system of recovery, which is closely related with the customs, rituals, outlook of our ancestors. This treasury have a great importance in the formation of health worldview foundations health culture and active life position of the younger generation, providing and improving physical and spiritual enrichment and moral growth, and rules of behavior in society. All the wisdom of the national heritage lies in its multi-vector that caught the attention of the people, no aspect of the phenomenon of human health, identified comfortable, humane and life-giving existence of the human community.

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