

Thesis research abstract of Abishev Zhandos Bahytovich
“Preparation of future elementary school teachers for the formation of a
schoolchildren's health culture” presented for the degree
Doctor of Philosophy (PhD) in specialty 6D010200 - Pedagogy and
methodology of primary education

The relevance of research. Preserving and caring for people's health in the Republic of Kazakhstan is one of the main directions of state policy. The Government of the Republic of Kazakhstan has adopted documents providing for the implementation of a number of urgent measures to improve health and strengthen at all levels. In accordance with the Constitution of the Republic of Kazakhstan, the laws of the Republic of Kazakhstan "On Education", "On the Protection of Citizens' Health in the Republic of Kazakhstan" one draws special attention to the need to prepare specialists for the formation of a health culture for all citizens of the society in the State Program for the Development of Education of the Republic of Kazakhstan for 2016-2019, the State Program for the Development of Health of the Republic of Kazakhstan for 2016-2019 “Densaulyk”, in the President’s Addresses to the people of Kazakhstan “Kazakhstan-2050 Strategy”: The New Political Course of the Successful State”, “Kazakhstan's Way - 2050: One Goal, Common Interests, Common Future”, “Growth in prosperity of Kazakhstanis: increasing incomes and quality of life”, keynotes of the head of state “Looking into the future: Rukhani zhangyru”, “Seven facets of the Great Steppe”.

In the State Program for the Development of Education and Science of the Republic of Kazakhstan for 2016-2019, approved by Decree of the Government of the Republic of Kazakhstan dated July 24, 2018 No. 460, “the formation in comprehensive schools of an intellectual, physically and spiritually developed citizen of the Republic of Kazakhstan, the satisfaction of his needs for an education providing him success in a rapidly changing world” once again emphasizes the relevance of the problem of preparing future elementary school teachers to form a school health culture.

Unfortunately, in the modern socio-cultural environment, there is a tendency to intensify negative manifestations, and the health of the younger generation is deteriorating.

According to the statistics of the public health policy committee of the Ministry of Health of the Republic of Kazakhstan, the number of pathological diseases of the respiratory system, digestion, and intoxication among children has increased. In 60% of children who crossed the threshold of primary school, functional disorders appeared, in 21.4% - a delay in biological growth, and 45% were not ready to master curricula. By the higher grade, 40% of schoolchildren have nervous diseases, and 30% have a decrease in visual ability. Learning conditions, educational programs do not meet physiological and hygienic standards and the peculiarities of the individual development of the child are not taken into account, as a result of which there are circumstances that encourage pupils to depression.

Elementary school, of course, takes an important place in the prevention of various diseases, the preservation and strengthening of schoolchildren's health, revitalization and stimulation of a health culture.

In recent years, the most important documents have been adopted at the state level, providing the preservation and strengthening of health. In educational institutions, health technologies and methods of rehabilitation are being introduced, measures are being taken for valueological, hygienic education of children.

This, of course, requires professional training of the future elementary school teacher, capable of not only implementing educational programs in accordance with modern requirements, but also organizing special physical education and health-improving work. Nevertheless, most future elementary school teachers do not consider one of the priority tasks to preserve and strengthen the health of schoolchildren in the learning process.

The problem of preparing teachers for the formation of a schoolchildren's health culture has not been solved yet. Studying the modern experience of training future teachers in the specialty "Pedagogy and Methodology of Primary Education" allows us to formulate future elementary school teachers as incapable of satisfying the basic priority needs in the formation of a schoolchildren's health culture. As scientific analysis and practice show, teaching methods do not correspond to the age and functional capabilities of primary schoolchildren, lack of scientific and methodological literature, providing various aspects of the formation schoolchildren's health culture.

In this regard, given the relevance of training highly qualified teaching staff who are currently able to form a schoolchildren's health culture in accordance with the social order of the society, in our opinion, training in the specialty "Pedagogy and Methodology of Primary Education" is not limited to the discipline "Physical Culture", it is necessary to take into account the capabilities of the disciplines provided by the standard curriculum in the cycle of basic disciplines (BD) and additional courses due to the teaching load for the selection component (SC).

In recent years, the study of health problems conventionally identified three main areas: biomedical, philosophical and sociological, psychological and pedagogical. Representatives of the biomedical direction (I.I. Brekhman, G.I. Kutsenko, N.M. Amosov, G.I. Tsaregorodtsev and others) consider health as a complex of preventive health-improving measures that ensure the harmonious development and strengthening of people's health, increasing performance, prolonging their creative life.

Representatives of the philosophical and sociological direction P. A. Vinogradov, V. I. Stolyarov and I. M. Bykhovskaya, I. I. Semenova and others consider the preservation of health as an objective necessity of modern social development and education.

Representatives of the psychological and pedagogical direction V.K. Balsevich, A.A. Derkach, L. I. Bozhovich, L. S. Vygotsky, A. N. Leontyev, D. B. Elkonin, O. V. Yurechko, B. M. Doskaraev, T.Zh. Bekbotchaev, K. Adambekov, B. A.

Toylybaev, M. Tanikeev, Zh. M. Tulegenov and others note the important principles of maintaining and strengthening of health.

Foreign scientists L. Breslow, J. Enstrom consider the features of visual perception (persistence), Ezzati, Majid, Alan D. Lopez, Anthony Rodgers, J.L. Christopher, Murray global and regional harmful factors, Hughes, B. Barry, Randall Kuhn, Cecilia Peterson, Dale Rothman, Jose Solorzano deal with global health improvement challenges.

In the middle of the twentieth century, some researchers began to consider the formation of a healthy lifestyle and health care on the basis of valueological knowledge as an independent scientific direction.

Particular attention is paid to the consideration of the formation of a healthy lifestyle and the upbringing of youth and students (M.V. Butenko, N.A. Zinoviev, O.S. Afonyushkin and others), adolescents (M.D. Mikhailov, A.F. Georgievsky, I.N. Vorobyeva, A.E. Arsenyev, V.P. Druzhinina; preschool children and pupils of additional education (N.G. Bykova, O.V. Richter) The problems of valueological support of the educational process were considered by L.G. Tatarinkov, T. Yu. Nikifirov, N.N. Malyarchuk and others.

The works of most Kazakhstani scientists are reflected in particular: valueology education and health care (A. S. Imangalieva, G. G. Nurzhanova and others); questions of the formation of physical culture (B.K. Mukhamedzhanov, B.Z. Abuseytov).

To date, there has been a sufficient base in terms of considering the problem of creating a healthy lifestyle for students (D. A. Lakomkin, etc.), schoolchildren (A. Zhambyl-kyzy, Zh. Z. Torybaeva, T. A. Daniyarov, Zh. Egembergenova, A.K. Kaplieva, T.A. Zholdasbekova, G.D. Alimzhanov, G.M. Sabdenalieva and others); in extracurricular educational work (Sh.Zh. Arzymbetova, K. Zh. Buzaubakova, D.F. Akberdieva, G.A. Nuridinova, G.B. Maulenberdieva and others); development of ideas for the formation of a healthy lifestyle (E.T. Kurmanalieva)

The formation of a healthy lifestyle in the study of various disciplines was also in the focus of attention of researchers (A.G. Madzhuga, G. B. Manekeeva, Ch. M. Amilova and others).

For us, work on health problems is important, in particular, the definition of pedagogical conditions for the formation of a health culture (L. M. Allakaeva, I. V. Cherkasova, E. L. Mishurina, A. P. Starikov, D. V. Vorochikhin, etc.); as well as the formation and upbringing of a students' health culture (I.R. Yakovleva, I.A. Sorokina, O.V. Kuzmina, S.V. Sklyarova, I.A. Konovalova, etc.); adolescents (R.Ya. Shamyunova, T.A. Yanbuhtin, L.D. Magnitskaya, S.S. Enokaev, E.V. Konkina, N.S. Garkusha, O.I. Treschova, etc.); primary students (E. G. Novolodskaya, M. R. Marinina, N. K. Dzzhaparova, S. A. Srulevich, A. I. Kaloshina and others); pupils of additional education E. N. Galynskaya and others); students of lyceums and village schools (S. V. Kuleva, G. Sh. Azitova); students of innovative schools (E.N. Antonelene and others).

An analysis of the scientific literature indicates the accumulation of scientific research in domestic and foreign pedagogy related to the preparation of future

elementary school teachers for the formation of a schoolchildren's health culture: the issues of preparing future teachers for the formation of a healthy schoolchildren's life (L. V. Baikalova, A. S. Vulfovich, N.A. Bazhenova, M.V.Dedlovskaya and others); preparation of future teachers, students for fitness activities (I.R. Fedulina, E.V. Zainkina, V.K. Valieva, O.V. Yurechko, M.E. Glukhova, L.V. Kofanova, S. G. Napreev and others).

However, unfortunately, the results of the analysis of the above scientific works convince that among foreign and domestic scientists, the questions of preparation of future elementary school teachers for the formation of a schoolchildren's health culture were considered only by E. G. Dikanova and I. G. Komarova.

Thus, the relevance of our chosen problem is determined:

- at the socio-pedagogical level: between the current state of the schoolchildren's health culture formation and the requirements of the state health policy
- at the scientific and theoretical level: between the necessity of training teachers for the formation of a schoolchildren's health culture and insufficient scientific and theoretical justification for the training of future elementary school teachers
- at the practical and methodological level: between the level of preparation of teachers for the formation of a schoolchildren's health culture and scientific and methodological support for the preparation of future elementary school teachers for the formation of a schoolchildren's health culture at the university

The relevance of the above problems, as well as its uncertainty as a subject of independent research, served as the basis for exploring the topic: "Preparation of future elementary school teachers for the formation of a schoolchildren's health culture"

The purpose of the study is a scientific and theoretical justification and educational and methodological support for the preparation of future elementary school teachers for the formation of a schoolchildren's health culture.

The object of the study is the process of professional training of future elementary school teachers at the university.

The subject of the study is the content and methodology of preparation of future elementary school teachers for the formation of a schoolchildren's health culture.

Research hypothesis. If a scientific substantiation of the content and methodology of preparation of future elementary school teachers for the formation of a schoolchildren's health culture is developed, then the quality of preparation of future elementary school teachers for the formation of a schoolchildren's health culture will be effective and successful, as this will create appropriate pedagogical conditions for the training of elementary school teachers to the formation of a schoolchildren's health culture.

In accordance with the purpose and assumption of the study, the established subject and object of the study, the following **research tasks** are identified.

1. Determination of the theoretical foundations of preparation of future elementary school teachers for the formation of a schoolchildren's health culture.
2. To develop a structurally meaningful model of preparation of future elementary school teachers for the formation of a schoolchildren's health culture, to define criteria, levels and indicators.

3. Specification of pedagogical conditions for the preparation of future elementary school teachers for the formation of a schoolchildren's health culture.
4. Experimental verification of the effectiveness of the methodology for preparation of future elementary school teachers for the formation of a schoolchildren's health culture.

The leading idea of the study is to use the full potential of the institution of higher education; it contributes to the preparation of students in the specialty 5B010200 - Pedagogy and elementary education to create a schoolchildren's health culture.

Theoretical and methodological foundations of the study: activity, system, personality-oriented approaches in personality development; philosophical and pedagogical, psychological, valueological concepts of childhood; psychoanalytic, cognitive, behavioristic, valueological principles; philosophical, psychological, sociological and pedagogical studies characterizing the formation of a health culture as a multifaceted phenomenon.

Sources of the study — Message from the President of the Republic of Kazakhstan N. A. Nazarbayev “Kazakhstan's Way-2050: One Goal, Common Interests, Common Future”, The Law of the Republic of Kazakhstan “On Education”. The Law of the Republic of Kazakhstan “On the Protection of Citizens' Health in the Republic of Kazakhstan”. The State Program for the Development of Health of the Republic of Kazakhstan “Densaulyk” for 2016-2019. Programmatic report by the head of state “Looking into the Future: Modernization of Public Consciousness”. Articles of the Head of State “Seven facets of the Great Steppe”. the works of philosophers, psychologists, educators, methodologists regarding research problems, educational programs of universities, standard curricula, educational and methodical complexes (textbook, curriculum, study guide, etc.), the experience of developing a health culture for primary school children, pedagogical, research author experience.

Research methods: to solve the tasks and test the research hypothesis, a set of interconnected and complementary methods was used: theoretical analysis of philosophical, psychological and pedagogical literature, legal and educational documentation on research issues; analysis and generalization of pedagogical experience in the formation of a health culture of schoolchildren; empirical methods: questionnaires, interviewing, monitoring, conversation, written surveys; methods of statistical processing of the obtained data: ranking, scaling, rating, mathematical and statistical processing of the results obtained during the study.

Stages of the study. The research work was carried out during 2016-2019 in three stages.

At the first stage (2015-2016), philosophical, scientific, psychological and pedagogical literature was studied on the selected issue. As a result, the content of the concept “Preparation of future elementary school teachers for the formation of a schoolchildren's health culture” was clarified, a structurally meaningful model of the studied quality was developed, domestic and foreign experience of higher school work on the formation of the readiness of elementary school

teachers for pedagogical activity was analyzed, and a scientific research apparatus was developed.

At the second stage (2017-2018), pedagogical conditions for preparation of future elementary school teachers for the formation of a schoolchildren's health culture were developed and tested, typical curricula and programs in the specialty 5B010200 - Pedagogy and methodology of primary education, study guides were analyzed; an elective course "Basics of formation of a primary schoolchildren's health culture was developed.

At the third stage (2018-2019), a scientific and pedagogical examination of the results of experimental work was carried out, the main ways to improve the preparation of future elementary school teachers for the formation of a schoolchildren's health culture were determined, the results were clarified, the list of used literature was drawn up.

Base of research: Karaganda State University named after E. Buketov, Taraz Humanitarian Innovation University, Kazakh Women's National Pedagogical University.

The practical significance of the study:

In order to provide methodological support for the preparation of future primary school children for the formation of a health culture, the specialties 5B010200- Pedagogy and methodology of primary education have been introduced into the educational process: teaching and methodological manual "Theory and practice of the preparation of future primary school children for the formation of a health culture"; educational complex of the elective course " Basics of formation of a primary schoolchildren's health culture"; guidelines for preparing future primary schoolchildren to form a health culture; electronic textbooks "Theory and practice of preparing for the formation of a health culture of future elementary schoolchildren", "Implementation of the components of a structurally-meaningful model of preparation for the formation of a health culture of future elementary schoolchildren." A round table was held for students on the topic: "Pedagogical conditions for preparing for the formation of a health culture of future elementary schoolchildren.

The results of the study can be used in the educational system of retraining and advanced training of teaching staff, during practical seminars, round tables for university teachers, etc.

The main provisions to be defended:

1. Preparation of future elementary school teacher for the formation of a schoolchildren's health culture - requires the formation of a stable motivation to preserve and strengthen schoolchildren's health, mastering by elementary school teachers a set of general pedagogical and special methodological knowledge and skills necessary to form a schoolchildren's health culture.
2. The structurally-meaningful model of preparing future elementary school teachers for the formation of a schoolchildren's health culture contains motivational cognitive, activity, and reflective components.
3. Actualization of the problem of preparing elementary school teachers for the formation of a health culture for future elementary schoolchildren (problems of

developing internal motivation); educational and methodological support of the preparation process and orientation to the content of disciplines studied according to a standard curriculum; application of various forms and methods of work (educational and extracurricular); mobilization of active pedagogical activity, coordination and orientation of the activities of the teaching staff, the teaching staff of the school, public organizations, parents.

4. The results of the experimental work confirming the effectiveness of scientific and methodological support in preparing future elementary schoolchildren for the formation of a health culture.

The scientific results of the thesis research: for the first time, the problem of preparing elementary schoolchildren for the formation of a health culture has been comprehensively and systematically studied:

1. The meaning of the concept of “Preparation of future elementary school teacher for the formation of a schoolchildren's health culture is theoretically substantiated.

2. A structurally meaningful model has been developed for preparing future elementary school children for the formation of a health culture based on a systematic, holistic, competent, personal-activity approach.

3. The pedagogical conditions that ensure the effectiveness of preparing future elementary schoolchildren for the formation of a health culture have been determined.

4. Scientific and methodological support for the process of preparing future elementary schoolchildren for the formation of a health culture is developed and tested.

The personal contribution of the applicant: the results of the thesis research are reflected in 12 research works (9 scientific articles) including 3 - in scientific publications recommended by the Committee for Control in Education and Science of the Ministry of Education and Science of the Republic of Kazakhstan, 1- in foreign publications that are part of the international information base Thompson, 5- in collections of materials of scientific and practical conferences of the international and republican (Kazakhstan) levels and in the electronic textbook, 2 – instructional guidelines.

Verification and implementation of research results. The main provisions and research results were discussed at meetings of the Department of Pedagogy and Methodology of Primary Education, Karaganda State University named after Buketov and Taraz Humanitarian Innovation University, scientific and methodological seminars, international, national scientific conferences.

The structure of the thesis research: the thesis research consists of an introduction, two sections, conclusion, references, supplement.

The introduction substantiates the relevance of the study, defines the scientific apparatus, object, subject. The goals, objectives, research hypothesis are formulated. The scientific novelty and practical significance are determined, the stages of research are proposed, the main provisions to be defended, the stages of the study are described.

The first section, “Theoretical Basics of Preparation of Future Elementary School Teachers for the Formation of a Schoolchildren's Health Culture,” describes the essence of the concepts of “health”, “health culture”, “formation of a schoolchildren’s health culture,” presents a structurally meaningful model of preparing future elementary school teachers for the formation of a schoolchildren’s health culture and justify the pedagogical conditions that ensure the effectiveness of preparing future elementary school teachers to form a schoolchildren’s health culture.

The second section, “Results of experimental work on preparing future elementary school teachers for the formation of a schoolchildren's health culture,” reflects the scientific and methodological support for preparing future elementary school teachers for the schoolchildren’s health culture; the implementation of the elective course “Pedagogical basics of the formation of a primary schoolchildren’s health culture ” is provided , the results of analysis and evaluation of the results of experimental work on the preparation of future elementary school teachers to the formation of a schoolchildren’s health culture are found out.

The conclusion describes the research findings. The appendix presents diagnostic materials used during the research.

The supplement presents research materials which are not included in the content of the thesis research.