

ANALYSIS AND PROSPECTS OF APPLICATION OF TECHNOLOGIES AND HEALTH-SAVING CULTURE IN EDUCATION

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Resume. The current conditions of the global pandemic of the new coronavirus infection have affected and spread to literally all spheres of human life and society, including education. The article is devoted to the study, analysis and prospects of the use of health-saving technologies and the formation of a culture of saving in education. Further research in the field of health care and their practical implementation will contribute to the formation of a harmoniously developed and competent personality of the student, physical and spiritual health, progressive development, and improvement of the quality of education in our country.

Key words: education, health-saving technologies, health-saving culture

The current conditions of the global COVID-19 pandemic have affected and spread to literally all spheres of human life and society, including education. This, on the one hand, caused initially some certain difficulties in the organization of educational processes, on the other hand, contributed to the development of a wide introduction of new pedagogical technologies into the educational process. At the level of the Ministry of Education, extensive work was carried out to amend the current legislation, improve the methods of regulation and control of the educational process and the quality of education.

The conditions of the "online" regime in education raised a number of issues, identified a number of problems and gave a powerful impetus to the search and implementation of innovative approaches, technologies and methods of health care in the country's education. All of the above actualizes the need to analyze and determine the prospects for the application of innovations in the field of health care in the education system, including in the higher education system in the formation of a health-saving environment in modern universities.

The purpose of the study was to study the features, analyze and determine the prospects for the development of innovative approaches, technologies and methods of health care in the conditions of the COVID-19 pandemic.

Materials and methods. To achieve this goal, we applied: theoretical analysis and system synthesis of scientific and methodological literature, regulatory documents, statistical results of our own research, statistical data.

Results and their discussion. In the conditions of the pandemic of the new corona virus infection, education was carried out primarily with the use of distance

learning, with the use of Internet technologies. However, in addition to the advantages of the remote system, there are many disadvantages and problems of various nature, including psychological, pedagogical and humanitarian limitations. Apparently, in the future, the distance learning system will occupy a solid niche in the educational services market [1, 6].

One of the directions of research in the field of education, according to literature data, in the conditions of the COVID-19 pandemic was the study of the peculiarities of the influence of distance learning on the health and psychological states of participants in the educational process. At the same time, both positive and negative sides, advantages and disadvantages, consequences and prospects of distance learning, learning using Internet technologies were actively discussed [4].

Another area of research is related to the behavioral and physiological aspects of students, in particular, the state of health of schoolchildren and students who study remotely during the period of self-isolation. The following adverse effects of distance learning were noted: a longer duration of classes and a higher workload of homework, many hours of work with electronic resources, which negatively affects vision and physical load of the brain, due to workload, time for outdoor walks and other extracurricular activities was reduced [9].

Emotional shocks in conditions of self-isolation and distance learning affected the mental health of students: 83.8% had mental borderline disorders, 13.4% of schoolchildren adapted to these conditions. It was revealed that during the pandemic, proper medical, psychological and pedagogical support for children and parents was not provided [8]. This situation indicates the need for preventive protection measures in remote education and the development of an action program in such conditions in order to minimize the risk of health problems for all subjects of the educational process in conditions of self-isolation and distance learning.

Thus, it should be noted that when introducing information and communication resources into the process of distance education, many psychological and educational factors must be taken into account. In addition, when developing information and educational technologies of distance education, it is necessary to take into account regional, national, cultural characteristics, spiritual and moral values of the population of our state, as well as health-saving technologies [2, 10].

In this regard, the dynamic improvement of the principles of prevention and health care of the population, including participants in the educational process at all stages of domestic education, has also received its further development in the conditions of a pandemic of a new coronavirus infection.

In the literature on university health-saving technologies, a lot of attention is paid to the issue of their structure. Currently, the following main structure-forming

components are distinguished: axiological, epistemological, actually health-preserving (essentially sanitary-hygienic), emotional-volitional (psychological) and ecological.

At the same time, the axiological component manifests itself in students' awareness of the highest value of health, the conviction of the need to lead a healthy lifestyle. Students develop a conscious attitude to health based on positive self-preservation behavior. At the same time, it should be taken into account that "effective thinking of a person is the basis of his self-improvement, and knowledge of the peculiarities of human thinking allows us to give recommendations on his self-organization" [5].

The epistemological component is associated with the acquisition of the necessary knowledge and skills related to the interest in the issues of proper health, to the study of literature on this topic and various methods for improving and strengthening the body.

Actually, health-saving includes practically a system of hygienic values and attitudes, including physical culture and wellness activities, compliance with the daily routine, principles of healthy eating, alternation of work and rest, which contributes to the formation of a healthy lifestyle and disease prevention. The emotional-volitional component includes the manifestation of emotional and volitional psychological mechanisms that reinforce the desire to lead a healthy lifestyle, and the ecological component allows you to make an ecological component [3].

All of the above is of particular importance during the pandemic of a new coronavirus infection for the prevention of infection and the reduction of morbidity, since according to literary sources, "reducing the pathogenic effects of the conditions of the occurrence of an infectious disease essentially boils down to restoring the correct perception of reality, teaching the body to respond appropriately, preventing and eliminating persistent pathologic state, education of constructive emotional behavior, creating conditions for the transfer of pathological adaptation into physiological adaptation, strengthening weak links of the body, preventing the transition of pathology into irreversible dying" [7].

Conclusion. Thus, the conducted research and analysis should be taken into account when forming new health-saving concepts and technologies, preventive measures and educational work plans, when determining the methodology and organization of the pedagogical process in educational organizations of all levels of education in the country, including in higher educational institutions. Improving the quality of higher education is inextricably linked with the preservation of the health of all participants in the educational process in the context of the pandemic of the new coronavirus infection COVID-19 and should include the formation of a health-

saving culture, improvement and optimization of the health-saving environment in educational organizations.

Further research on the development and implementation of innovative approaches, technologies and methods of health care in education is certainly necessary and will contribute to increasing motivation to preserve health, form a healthy lifestyle, improve the quality of life, health status, reduce the incidence of new coronavirus infection and other diseases among participants the educational process on the one hand, on the other hand, will contribute to the formation of a harmoniously developed and competent personality of the student, physical and spiritual health, progressive development, improvement of the quality of education in our country.

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