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ЖАС ЗЕРТТЕУШІЛЕРДІҢ ҒЫЛЫМИ ЕҢБЕКТЕРІ НАУЧНЫЕ РАБОТЫ МОЛОДЫХ ИССЛЕДОВАТЕЛЕЙ

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IS SOCIAL-PEDAGOGICAL ASPECTS OF A HEALTHY WAY OF LIFE PUPILS OF KOSTANAY

Abstract

In work results research of social and pedagogical monitoring activity of school students of Kostanay concerning sports activity are presented. It is carried out social and pedagogical monitoring which was directed on studying activity of school students concerning sports activity including with use means of physical culture. As technological base for implementation of the project work specially developed questionnaires were chosen and the analysis is carried out. The developed analysis and justification of the importance and relevance of a problem of formation positive the relations of school students to physical culture, as to means of strengthening of health, including with use of results of social and pedagogical monitoring.

Key words: *health, monitoring, sport, physical development, activity.*

1 Introduction

According to the message of the President of the Republic of Kazakhstan, Nursultan Nazarbayev, in his message to the people of Kazakhstan dated January 29, 2010, pointed out that a healthy lifestyle and the principle of a person's joint responsibility for their health «should become the main thing in state policy in the field of healthcare and everyday life of the population» [2]. To form the responsibility of the younger generation for their own health is our fundamental task. Up to 30% of Kazakhstanis should be involved in mass sports. Only in this case will progress be made. The health of each person, as a component of the health of the entire population, becomes a factor determining not only the usefulness of his existence, but also the potential of his capabilities.

The level of health of the people, in turn, determines the measure of socio-economic, cultural and industrial development of the country. From the point of view of sustainable and stable growth of the welfare of the population, the healthcare industry. From the point of view of sustainable and stable growth of the welfare of the population, the healthcare sector, which is a single developed, socially oriented system designed to ensure accessibility, timeliness, quality and continuity of medical care, is one of the main priorities in the republic [3].

Children are our contribution to the society of the future. The level of well-being and stability of any country in the following decades will depend on their health and how we ensure their growth and development, including adolescence, until reaching adulthood [3]. The phenomenon of «health» has a certain specificity. The difficulty of studying the state of health is that the

basis of adolescent behavior related to health is a variety of, sometimes conflicting, needs [5]. The concept of «physical activity» largely reflects a person's socially motivated attitude to physical culture. The goal of physical education is to achieve a certain level of physical activity [7]. According to V.K. Balsevich, physical activity of a person should be considered as the main sphere of formation of physical culture of a person [1].

An integral part of a healthy lifestyle is physical activity, which is understood as human activity aimed at achieving physical perfection, which is characterized by specific qualitative and quantitative indicators [6]. The concept of «physical activity» largely reflects a person's socially motivated attitude to physical culture. The goal of physical education is to achieve a certain level of physical activity. According to V.K. Balsevich, physical activity of a person should be considered as the main sphere of formation of physical culture of a person [4].

The Ministry of Health and doctors are sounding the alarm about the health status of the younger generation. The number of diseases in adolescents is steadily increasing, which later turn into a chronic stage. Which leads to the inhibition of their full-fledged physical and mental development, which plays a significant role in their later life. Doctors, gathering at round tables, give not comforting statistics of diseases of children and adolescents of Kostanay. First of all, this situation is connected with the environmental situation in the region, which leads to problems in the development of children in the womb, a large school load, poor organization of hygiene and nutrition in schools, a weak attraction to physical culture and sports, social factors, criminalization of adolescents, drug addiction, smoking, and alcoholism, mental disorders.

Unfortunately, statistics show that in the last decade in Kazakhstan there has been a persistent trend of deterioration in the health of children and adolescents. More than 50% of adolescents suffer from chronic diseases, and the incidence of girls is 10-15% higher than that of boys. During school, visual impairments increase almost 5 times, digestive and musculoskeletal diseases increase 3 times, cardiovascular disorders and mental disorders increase 2 times. Only 5% of school graduates are practically healthy. Over the past 5 years, the frequency of diseases caused by improper nutrition has increased significantly. According to the Agency of the Republic of Kazakhstan on Statistics, anemia in adolescents has increased 2.3 times and exceeds the indicator in adults by 2 times.

The number of children with diabetes mellitus, bronchial asthma, urinary tract diseases, congenital heart defects and circulatory system has increased.

The number of socially determined diseases continues to grow: alcoholism and drug addiction among adolescents have increased 2.5 times over the past 4 years. An important factor influencing the state of health of adolescents is their attitude to their own state of health, and control over it. The social aspect of the problem of the formation of physical activity of schoolchildren is connected with the fact that the impact of natural factors on the development of the physical potential of adolescents is objective, but its specificity is that it can increase or decrease depending on the activity of the person himself [3].

The relevance of this work lies in the fact that the problem of physical activity of schoolchildren is an important task for the further development of a healthy society. Purpose: to investigate the level of activity of Kostanay schoolchildren in relation to sports activities.

2 Methods and organization of research:

1) analysis and generalization of literature data and practical experience on the studied problem

2) survey.

3) mathematical and statistical processing of experimental data.

Many literary and Internet sources were reviewed and studied in the work. Among them are textbooks and manuals, Internet sites. The study of these data made it possible to analyze the problem of schoolchildren's activity in relation to sports activities. The studied materials helped in the compilation of the text of the questionnaires.

The study was conducted in March 2010 in schools of Kostanay № 2,8,23. The study involved 193 schoolchildren from 6th, 8th, 10th grades (101-boys, 92-girls), 192 people from 8th grades (89-boys, 103-girls), 211 schoolchildren from 10th grades (74-boys, 137-girls). The study was conducted by a scientific group of employees and students of the faculty of physical culture, sports and tourism of Kostanay state pedagogical institute, within the framework of the international scientific project «Health Behaviour in School-aged Children (HBSC)» «Health and behavior of school-age children». The results of the survey were analyzed using the program SPSS-Statistical Package for the Social Science-(«Statistical Package for Sociology»).

3-4 Research results and their discussion

An important factor influencing the state of health of adolescents is their attitude to their own state of health, and control over it. The results of the study showed that the degree of involvement of Kostanay schoolchildren in physical culture and sports activities in general can be characterized as not sufficient. No more than 20% of teenagers regularly exercise outside of school hours 4-6 times a week. In the age section, the indicators are as follows: students of the 6th grade-28%, 8th grade-21%, 10th grade-12%.

There is a pronounced tendency to decrease motor activity in high school students. Also in the course of the study it turned out that in the system of sports schools of Kostanay is occupied by only 18% of schoolchildren. This may indicate a weak work on involving children in sports in the structure of the Youth School. A fairly high percentage of teenagers, 23%, are not covered by organized forms of physical education and sports training at all. An important part of the study is to determine the motives for sports and physical activity.

The study showed that the most significant motive among adolescents for sports is the desire to strengthen health. The next motive is the desire to achieve victory in sports, which is combined with the innate basic need of the individual for self-actualization. It is of great importance for maintaining and strengthening health that students attend compulsory forms of physical education.

The analysis shows that 15.5% of Kostanay schoolchildren do not attend physical education classes, 7% attend one lesson due to chronic diseases, 22% of respondents attend two lessons a week. Physical activity was assessed by indicators characterizing physical culture and sports motives, needs and interests, types and types of physical activity, involvement in sports activities, the amount of physical activity. The structure of sports and physical activity of schoolchildren is shown in the diagram (see figure 1).

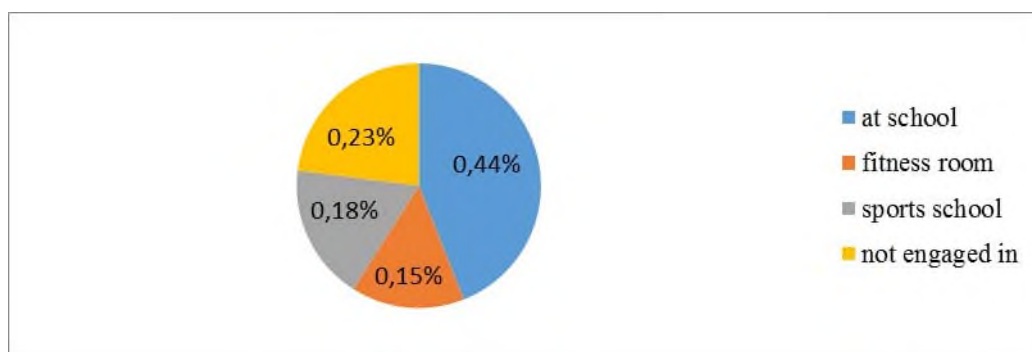


Figure 1 – The structure of sports and physical activity of schoolchildren in Kostanay

The diagram shows that it is the school that bears the main burden of physical education and sports training of teenagers. In the system of sports schools of Kostanay is occupied by only 18% of schoolchildren. This may indicate an insufficient number of sports schools in the city, as well as poor work on involving children in sports in the structure of the Youth School. A fairly high percentage of teenagers (23%) are not covered by organized forms of physical education and sports training at all.

If we consider the general picture of sports activity of schoolchildren. A fairly high percentage of schoolchildren 100% are not covered by organized forms of physical education and

sports training at all, 69.1% are engaged in the group of therapeutic physical culture, 59.6% are engaged in the group of general physical training and only a small number of 39.6% of schoolchildren are engaged in the sports section. An important component of the structure of motivation of schoolchildren to engage in physical exercises is their awareness and well-read knowledge in the field of physical culture and sports (see Figure 2).

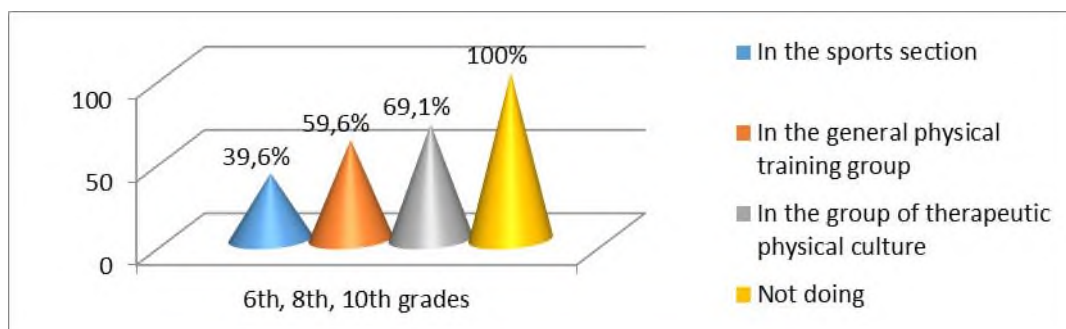


Figure -2. Physical exercises in a group/section

The results of self-assessment studies of competence in this area show that only 13% of the respondents know a lot about physical culture, 63% know enough, 21% know little and 3% do not know anything. The structure of sports and physical activity of schoolchildren of the 6th, 8th, 10th grades (%). (see Table 1).

Table 1 - Structure of sports and physical activity of schoolchildren of 6th, 8th, 10th grades (%).

Indicators	Age and gender of respondents					
	11 years		13 years		15 years	
	B	G	B	G	B	G
At school	47	46	40	47	37	49
In the fitness club	6	27	9	10	16	28
At a sports school	27	7	32	14	20	5
Not engaged in	20	26	19	29	27	18

The results of the study indicate pronounced gender differences in athletic activity of adolescents. Only 5-14% of girls and boys are engaged in the sports school system. At the same time, they prefer to work out in fitness clubs. There is a marked decrease in the number of high school students involved in sports in the structure of the Youth School. High school students do not like lessons to a greater extent than students of the 6th and 8th grades. A low percentage of attendance at physical education lessons is more typical for girls.

After analyzing the questionnaire data, the following constraining factors were identified for the further development of students' activity in relation to physical culture and sports activities, in our opinion, insufficient stimulation of this process by the school administration. Great emphasis is placed on improving the results of children in those disciplines that are included in the UNT program. Lack of a clear understanding of the importance of sports activities for the formation of stable value orientations in life to maintain good health. The analysis of scientific and methodological literature on the problems of physical fitness of school-age students indicates the deep concern of specialists about the discrepancy between the physical capabilities of schoolchildren and program standards.

All of the above facts make it necessary to constantly monitor the level of physical fitness of schoolchildren, develop regulatory requirements, correct the organization of physical education classes and introduce new forms of monitoring indicators of physical development and physical fitness of students, taking into account regional characteristics. Analyzing the questionnaire data, you can see that it is the school that bears the main burden of physical education and sports training

of teenagers. In the system of sports schools of Kostanay is occupied by only 18% of schoolchildren. This may indicate an insufficient number of sports schools in the city, as well as poor work on involving children in sports in the structure of the Youth School.

A fairly high percentage of teenagers (23%) are not covered by organized forms of physical education and sports training at all. In the system of sports schools of Kostanay is occupied by only 18% of schoolchildren. This may indicate an insufficient number of sports schools in the city, as well as poor work on involving children in sports in the structure of the Youth School. A fairly high percentage of teenagers (23%) are not covered by organized forms of physical education and sports training at all. The structure of sports activity in the context of age differences is of interest.

Thus, the ways to solve them were identified: The creation of an effective system of stimulation of sports activity and control of this process by the school administration. Development of the system of activity of schoolchildren in relation to physical culture and sports activities.

5 Conclusions

The conducted studies have shown that a large number of students are not able to fulfill the required minimum of the established standards of the curriculum. According to the Ministry of Health of the Republic of Kazakhstan, in recent years about 35% of school-age children have suffered from various chronic diseases, disorders of the musculoskeletal system, up to 45% of students suffer from diseases of the cardiovascular system, and for health reasons about 19% of students have been exempted from physical education. As a result of the study, the position is clarified that physical activity as a kind of human activity is a multifaceted phenomenon with a complex hierarchy of qualitatively different properties, processes, states that manifest themselves systematically in their functioning and development. The creation of a structural and functional model containing a complex of qualitative and quantitative determinants of physical activity of school-age children, a systematic consideration of the problems of the formation of rational physical activity in the applied sense allows you to control the action of specific socio-pedagogical factors in the real process of physical education.

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ҚОСТАНАЙ ОҚУШЫЛАРЫНЫҢ САЛАУАТТЫ ӨМІР САЛТЫНЫҢ ӘЛЕУМЕТТІК-ПЕДАГОГИКАЛЫҚ АСПЕКТІЛЕРІ

Жұмыста оқушылардың спорттық іс-әрекетке қатысты белсенділігінің әлеуметтік-педагогикалық мониторингін зерттеу нәтижелері келтірілген. Қостанайда әлеуметтік-педагогикалық мониторинг жүргізілді, ол оқушылардың спорттық қызметке қатысты белсенділігін, оның ішінде дене шынықтыру құралдарын пайдалана отырып зерттеуге бағытталған. Жобалық жұмысты орындау үшін технологиялық база ретінде арнайы әзірленген сауалнамалар таңдалып, талдау

жүргізілді. Денсаулықты нығайту құралы ретінде, оның ішінде әлеуметтік-педагогикалық мониторинг нәтижелерін қолдана отырып, оқушылардың дене шынықтырумен оң қарым-қатынасын қалыптастыру проблемасының маңыздылығы мен өзектілігін егжей-тегжейлі талдау және негіздеу көрсетілген.

Кілт сөздер: денсаулық, мониторинг, спорт, дене дамуы, белсенділік.

БЕКМУХАМБЕТОВА, Л.С., ИБРАЕВА, Р.Ж.

СОЦИАЛЬНО-ПЕДАГОГИЧЕСКИЕ АСПЕКТЫ ЗДОРОВОГО ОБРАЗА ЖИЗНИ УЧАЩИХСЯ КОСТАНАЙСКОЙ

В работе представлены результаты исследования социально-педагогического мониторинга активности школьников в отношении спортивной деятельности г.Костаная. Проведен социально-педагогический мониторинг, который был направлен на изучение активности школьников в отношении спортивной деятельности, в том числе и с использованием средств физической культуры. В качестве технологической базы для выполнения проектной работы были выбраны специально разработанные анкеты и проведён анализ. Развернутый анализ и обоснование значимости и актуальности проблемы формирования позитивного отношений школьников к физической культуре, как средству укрепления здоровья, в том числе и с использованием результатов социально-педагогического мониторинга.

Ключевые слова: здоровье, мониторинг, спорт, физическое развитие, активность.

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СЫНЫПТАҒЫ ТАЛҚЫЛАУ КЕЗІНДЕ ОҚУШЫЛАРДЫҢ ОЙЫН ҚАБЫЛДАУ ТУРАЛЫ МҰҒАЛІМДЕРДІҢ ШЕШІМДЕРІН ЗЕРТТЕУ

Түйін

Мұғалімнің ең тиімді шешімдерінің бірі – ол сыныпта өткен тақырыпты талқылау кезінде оқушылардың ойын қабылдау. Бұл мақалада оқушылардың ойлары мен ұсыныстарын қарастыратын мұғалімнің шешімдерімен байланысты мәселелер зерттелінді. Зерттеудің сапасын арттыру үшін тәжірибелі мұғалімнің сабақтары бақыланды, видео жазбалар жасалынды және оқушыдан да мұғалімнен де сұхбат алу арқылы көптеген мәселелердің басы ашылды. Осы мақалада орта мектептің математика пәні мұғалімінің барлық қасиеттері сипатталады. Сонымен қатар сабақ барысында оқушылардың берген ақпараттары мен ұсыныстарын пайдалану туралы мұғалімнің қабылдайтын әртүрлі шешімдері қарастырылады. Қабылданған шешім барысында оқушылардың әрбірінің маңыздылығын ескеріледі. Бұл зерттеуді жалпы орта білім беретін мектептердегі мұғалімдер мен оқушыларға пайдаланылса, оқу процессін сапалы болуына зор үлесін қосады.

Кілт сөздер: оқушының ойы, мұғалімнің шешімі, оқушының пікірі, мұғалімнің жауабы, оқушының жауабы, оқушы үлесі.

1 Кіріспе

Сабақ – оқу процесінің негізгі формасы. Педагогтың басты мақсаты – барлық оқушыларды сапалы оқыту. Әдетте сыныпта әртүрлі білім деңгейдегі балалар оқиды. Жасыратыны жоқ, кейбір балалар тіпті мектепке барғысы келмейді, ал басқалары білім алуға ұмтылады және сабақта жақсы жұмыс істейді. Бірақ кедергілерге қарамай бәріне бірдей білім беру керек, яғни мұғалімнің мақсаты барлық балалардың осы сабаққа деген қызығушылығын