

STAGES OF FORMATION OF THE AUTHOR'S CONCEPT: "SAFETY IN MAINTAINING THE PSYCHOSOMATIC HEALTH OF PUPILS AND STUDENTS OF UKRAINE"

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The concept formation of "*Safety in maintaining psychosomatic health*" from the standpoint of scientific and biographical approach over the past 22 years took place during five interrelated stages from 1994 to 2016 academic years and can be considered as integrative teaching, longitudinal research, individual and group psychophysical correction and maintenance of psychosomatic health of student youth.

The first stage - 1994-1997 approbation of the integrative course was based on the results of participation in the project "*Ukraine: Clinical Psychology and Helping Children*" on the example of teaching "*Fundamentals of Valeology*" at the Ukrainian Humanities Lyceum of Taras Shevchenko National University of Kyiv. The next contribution of individual psychodiagnostic and psychotherapeutic direction was the introduction in the educational process of the Faculty of Psychology of two three curriculum programs during the 1994-2015 academic years: "*Life Safety*", "*Workshop on maintaining psychosomatic health*", "*Methods of maintaining psychosomatic health*" (in Ukrainian / English). A detailed description of these programs is presented in the monograph Kornienko O.V. [1, p.264].

The second stage - 1996-1999, the author's participation in the international educational program "Tempus-Tacis", which should be considered as one of the important sources of information on the problem. Researchers from four European universities collaborated: program coordinator Pauletta Van Ost, Professor, Head of the Department of Clinical Psychology, University of Ghent (Belgium), Inna Van Berklayer, Professor, Faculty of Social Sciences, Leiden University (Netherlands), William Yul, Professor, Department of Psychology, University of London (England) and L. Burlachuk, Professor, Head of the Department of Psychodiagnostics and

Medical Psychology, Taras Shevchenko National University of Kyiv (Ukraine).

The third stage - 1999-2003. The formation of scientific and biographical concept and integrative author's course was influenced by participation in other international projects, speeches at conferences, discussions at Vilnius University participation in the second European conference "*From Vancouver to Vladivostok: university volunteer movement for society. developing*" (Satander (Spain), lecturing at the University of Compluten (Madrid (Spain). [1,2,3,4]

The fourth stage - 2000 - 2004 publication of principal works, which determined the further substantiation of the research hypothesis, selection of psychodiagnostic methods, adequate description of results and their approbation at scientific conferences, namely: "*maintenance of psychosomatic health practically healthy people*" [5, p.126]. and "*life safety and maintaining the psychosomatic health of young people*" (monograph) [1, p.264].

The author's useful and new experience was connected with the participation in the collective monograph "*European potential for the development of pedagogical and psychological science*" in 2021. Title of personal monograph section "*Safety in maintaining the psychosomatic health of youth*" [6, p.242-270].

The fifth stage - 2004 - 2016, the author's active participation in both theoretical and methodological research activity and conducting comparative results of complex indicators of psychosomatic health of student youth on the example of Taras Shevchenko National University of Kyiv. During 2006-2015, the author published the results of individual psychological comparative studies of 1996 students of four faculties of Taras Shevchenko National University: sociology, psychology, military institute, radiophysics.

We consider it expedient to include references to basic author's publications which further ensured the implementation of two periods phased research 2006-2009 and 2010-2015 and the formulation of goals, objectives, working hypothesis and obtaining a complete monograph. It is necessary to note the author's steady interest in the topic of research of the Ph.D. dissertation of 1994 year and long-term intentions to

search for new insufficiently researched manifestations of the first signs of deteriorating psychosomatic health of student youth in contrast to the subject of the study of women's health (based on the crisis period of life). Relevant examples are the review article "*Diagnosis of maintaining an individual psychological lifestyle of the health of a healthy person*" (1995) [7, p.11-12]. In the next two articles, author, in fact, defines the subject and object of the studied problem: "*Health of almost healthy person as a problem of valeology science*" [8, p.236-241] and "*Health of the population of Ukraine of different ages socio-demographic analysis 1986–1992*" [9, p.66-83]. The relevance of the published article "*The value of psychosomatic health of the younger generation*" [10, p.33] is due to the need to highlight the value of psychosomatic health of people of different ages and, above all, its threatening condition in the younger generation of Ukraine.

One of key author's publication for this this period is the article [11, p.50-53] on the topic: "*The concept and prospects of teaching an integrative course life safety at the Faculty of Sociology and Psychology*", which should be considered as a starting point in further development of current research psychosomatic health of pupils and students. Emphasis should be placed on one of the author's works, which includes both theoretical and methodological and educational material for professionals - "Training program: "*Youth Health - the future of the state*" for psychosomatic health centers (in the structure of higher education institutions of Ukraine) [12, p.119-122].

1. Summing up the presented material for the collection of abstracts of scientific and methodological reports, we come to a general conclusion about the correctness of the chosen direction of both theoretical and methodological and empirical research, clearly outlined current and future aspects for further development of the author's abstracts.

2. It is appropriate that the author shows a strong interest in new issues, insufficiently written in the available scientific literature: the relationship and

influence of the following key issues of the content: "*safety*", "*maintenance of psychosomatic health*", "*screening psychodiagnostics*" in the educational process.

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3. The author has considered the original structure of presented theses taking into account the content of the first published work [1, p.264] and insufficiently disclosed theoretical and empirical aspects of the current state of society both individual and social level of consciousness, namely psychosomatic health among pupils and students of Ukraine.

4. The following recommendations for the implementation of this concept for the training of humanitarian professionals will be useful:

- The first stage of approbation of the integrative course was based on the results of research on the project: "*Ukraine: Clinical Psychology and Helping Children*", 1994-1997, teaching "*Fundamentals of Valeology*" at the Ukrainian Humanities Lyceum of Taras Shevchenko National University of Kyiv. Educational program "*Psychosomatic health of children at the turn of the century*". Theoretical and methodological provisions include six tasks to be implemented in the educational process.

- teacher's work plan (first year of study). Introductory part
- second year of study. The main stage of studying the subject
- applied stage of mastering practical knowledge in the daily life of lyceum students, teaching staff, parents.
- third year of study. The final stage.
- course program: "*Life safety and maintaining the psychosomatic health of young people*" (first year)
- course program: "*Methods of maintaining psychosomatic health*" (third year)

A detailed description of applied aspects of theoretical and methodological recommendations is given in the monograph by Korniienko O. [1, P.126-134]. It will be advisable to include an informative drawing with the inclusion of the basic six

concepts short definitions.

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*of life, capable of change
(2)*

*Safety of the biological
individual (1)*

References

Life safety

*Self-fulfilling personality
safety (3)*

*Safety of environmental
factors of the planet*

*Safety of unique
individuality (4)*

*Security of society as a
whole (5)*

Safety of an active subject

Earth (6)

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