Summarizing the Experience of Students Future Social Pedagogues Volunteering in the Context of Sustainable Development and Health Preservation of Personality

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Abstract Health is one of the basic, absolute human values, an indicator of civilization and sustainable development, the main criterion for the efficiency of all its spheres. Recently, however, due to the unfavorable political, socio-economic and environmental situation stable trends of deterioration of health status, particularly in Ukraine have been observed. This leads to the critical importance of bringing the different actors, including doctors, teachers, social pedagogues, families, community activities towards preservation of human health as a state of complete well-being in all aspects - physical, mental, social and spiritual. The article presents the experience of volunteering of students future social workers of G.S.Skovoroda Kharkiv National Pedagogical University on health preservation and promotion of sustainable development of children in difficult circumstances, particularly children at the center of social and psychological rehabilitation and orphans of family type. This activity involves the implementation of measures to restore and strengthen the physical, mental, social and spiritual health of children, motivating them to a healthy lifestyle, value-oriented attitude to their own health and the health of others through awareness of personal responsibility for results of their own life, and individual contribution to the process of social change. An example of non-traditional forms of volunteering of future social pedagogues - the studio theater of social and educational clowning that promotes psychological rehabilitation of children with a positive optimistic attitude to reality, which accordingly defines the feelings, thoughts and actions of a person and greatly determines the outcome of her/his life. The results show that this activity provides a holistic harmonious bodily-physical and mental-spiritual development of the individual. It helps to harmonize the spiritual sphere of the individual and encourages people to their physical and spiritual development. In addition, volunteering has a great potential for the conservation and enhancement of health and promotion of sustainable development as people who need help and volunteers themselves, which determines the importance of dissemination of relevant experience in today's conditions.

Keywords: health, health preservation, sustainable development, volunteering; future social pedagogues, experience


1. Introduction

As it is known, health is one of the basic, absolute human values. It is the foundation of a productive life and is an integrated indicator of social development of any country, a reflection of its political, social and economic situation, an important factor of formation of the demographic and economic potential of the state and society. Certainly, concern for the preservation of life and strengthening the health of their citizens is a top priority of any state.

However, recently in Ukraine due to the unfavorable political, socio-economic and environmental situation steady trend of health status deterioration are observed. This is evidenced by the growth of premature mortality, constant decline in population, the negative shift in the dynamics and structure of diseases, transformation of diseases into chronic forms, the spread of acute and chronic diseases of different etiology, the phenomenon of population invalidism, including children and others [1,2,3]. In general, the present health status of the population of Ukraine is rated as unsatisfactory, that reduces the level of national security – both its defensive potential and society development resources. This makes it impossible to sustainable development as a specific individual, and society as a whole. Consequently, health indicators in Ukraine become a defining characteristic of the viability and safety of the nation [1].
Besides, because of the global biosphere anthropogenic destabilization, increased adverse trends in population health became typical for many countries, resulting in topicality of developing a new strategy of the World Health Organization on health and the environment [4]. Thus, at the UN Conference on the Environment in Rio de Janeiro in 1992, the problem of human life and health preservation in terms of environmental situation worsening has been declared a global problem that is on the agenda of the humanity in the XXI century, the level of its decision is the basis for current and future state of civilization.

In the Declaration adopted at the Conference, preservation and enhancement of public health is defined as an essential condition and an important indicator of sustainable development of the country [5], therefore it stipulates the rights and obligations of individuals and society in the preservation of health, as well as the basic principles of public policy in the defined area.

In Agenda of the XXI century it is stated that sustainable development of civilization as the basic strategy of the third millennium provides a balanced progressive environmental, economic and social progress, the integrity and viability of the biosphere, stability of social and cultural systems, suggests that the organization of human activity which, among other things, provides preservation, renewal and development of health and maintenance of healthy environment of your existence [5].

Thus, the preservation and promotion of health, which is a "state of complete physical, mental and social well-being and not merely the absence of disease or infirmity," (the definition of the World Health Organization) is one of the priorities of modern society.

Analysis of numerous works on the problem under investigation [4,6,7,8,9] states that health is a complex and dynamic category, the main components of which (spiritual, mental, physical and social health) interacting, mutually influencing each other, integrating create human health as the integrity and value. Health is a physical, social and psychological and spiritual harmony of human dynamic state of preservation and development of physiological functions, optimal performance and social activity with a maximum life expectancy. Harmonious correlation between elements of the system provides its dynamic stability and development opportunities. And the spiritual component is crucial, because spirituality, axiosphere is a systematizing nuclear of the core integrity of the person, which greatly determines the attitudes and actions of the individual as to improvement of his own physical condition, influences on psychological self-perception and his relationship with society. Thus, mental health is one of the crucial elements that unites them all, greatly determines the vector and the result of human activity.

In this regard, the activities of health preservation include the development and implementation of measures to preserve and strengthen the spiritual, mental, social and physical health of the individual, which contributes to its holistic harmonious bodily-physical and mental-spiritual development. This activity involves the formation of public opinion on health as a basic human value, prestige and value of a healthy lifestyle; formation of ideology, based on the principles of sustainability, value-oriented attitude to own health and the health of others through awareness of personal responsibility for the results of his own life, and on the individual contribution into the process of social changes.

Effective solution of these problems is only possible by joint efforts of various social subjects, including doctors, teachers, social pedagogues, families, community towards health preservation and encouraging individuals to sustainable development. In this respect, vital role may play volunteering students of socially oriented professions, who on the base of good will provide professional assistance to a person or social groups in different social spheres. It should be stressed that volunteering has great potential in the context health preservation and implementation of sustainable development. It is an important resource for positive change, because it is an example of the voluntary activity of the individual to society, other people and himself and is characterized by a high level of awareness of social responsibility, self-involvement to improve the lives of both the individual and society as a whole. In this regard, promotion of volunteering and summarizing relevant experience and achievements with a view to further distribution has an undisputed relevance today.

2. Main Text

2.1. Aim

The article aims to summarize the experience of volunteering students- current social pedagogues of G.S.Skovoroda Kharkiv National Pedagogical University in the context of maintaining the health of the person with a view to sustainable development.

2.2. Methods

In accordance with the purpose of the process the following research methods are used: analysis and synthesis of scientific medical and educational literature and international public documents to assess the current state of health and the most important strategic goals of social development; analysis of innovative activity in the defined area to develop own effective methods of health preservation and sustainable development of the individual; design and simulation of a system of measures to strengthen the health of the younger generation; analysis and synthesis of experience of students volunteering; observations and expert assessment method to identify the results of the work.

The main material. Summarizing the experience of volunteering of students - current social pedagogues of G.S.Skovoroda Kharkiv National Pedagogical University indicates some achievements of the department of social pedagogy in the field of health promotion for younger generation, as well as the significant mutual benefit of volunteering both for those who need help and for the volunteers themselves.

So, on a voluntary basis future social pedagogues interact with children in kindergartens, schools, orphanages, children's homes, rehabilitation centers, where they spent the socio-educational, preventive work, organize collective creative work, help to solve emerging social and educational problems. Also, students at their own initiative actively cooperate with the Centers for
Social Services for Family, Children and Youth, Kharkiv non-government organizations (NGO): NGO of mothers of large families "AMMA", regional NGO "Community Kharkov", youth public organization "Impulse", foundations "Future and hope", "Blago" All-Ukraine Charitable Foundation "DEPOL - Ukraine", Netherlands Foundation 'Breath' club for young people with disabilities and their families, the regional center for HIV-infected children and youth, together with which, mass, educational, entertaining activities are held aimed at promoting healthy lifestyles, assist in the organization of substantial developmental leisure.

A striking example of the system of volunteering of future social pedagogues, which is complex, is their interaction with children deprived of parental care and children with special needs who are in orphanages, centers for social and psychological rehabilitation, specialized boarding schools. Yes, let us characterize in details volunteering of future social pedagogues of G.S.Skvorodona Kharkiv National Pedagogical University on health preservation of children without parental care."

It should be noted that a significant range of problems faced by children in difficult circumstances, including children deprived of parental care who are in orphanages and boarding schools, makes them difficult to follow the positive socialization. Harsh life crisis - the loss of the most valuable vital family environment is stable exclusion of personality that threatens the existence of prosperous individual. It turns out a whole set of psychogenic disorders, including: emotional instability, aggression, feelings of loneliness and uselessness, the formation of the victims, increased anxiety, apathy, depression, lack of faith in their own abilities, hopelessness and pessimism, which is common to strain social relations, breach of harmony and integrity of the existence of the individual.

In this context, the strategic objective in working with children deprived of parental care is the development and implementation of effective means to restore mental, spiritual and social health of children, their incentives to sustainable development, which is the ability for sustained conflict-free progress of construction and implementation of positive behavioral strategies based on the harmonization of the relationship between the individual himself, others, the world in general. Taking into account a large variety of problems and challenges that need to be resolved, it is clear that the medical staff and caregivers of institutions can not by themselves fully meet the needs of children, therefore extremely relevant is assistance which may be provided by volunteers.

Thus, overcoming the negative perception of the world depression - one of the most important problems of children without parental care, as well as enhancing internal resources of the individual to self-rehabilitation can be facilitated by activities of the studio-theater of social and educational clownery, created at the department of social pedagogy of G.S.Skvorodona Kharkiv National Pedagogical University [10].

It should be noted that the Studio theater of social and educational clowning is a non-traditional form of volunteering of future social pedagogues. The idea of its creation arose after reading by the author (who is the current leader of the group at the Department "Volunteer") and students information on innovative methods of hospital clowning [11] spreading recently in advanced countries, and promotes to psychological rehabilitation of seriously ill children who are treated at medical establishments.

Taking into account that child's soul that has experienced a difficult life crisis, can be cured with kindness and joy, the students sought to find effective ways that would help them to overcome passivity, stimulate the will and desire of children, help to intensify their creative potential, their formation as a subject and creator of their own lives. This tool has become a social and educational clowning, which in the form of bright fun helps to resolve complex social and educational problems of orphans in different spheres of life.

We believe that the social and educational clowning, which involves staging comic sketches, parodies, thumbnails on social and educational issues, where all elements of the comic image are taken from life, with real objects, relationships, circumstances and people are extremely relevant in the activities of children deprived of parental care. It primarily promotes a positive attitude to life, causing the festive joyful laughter that revives and restores strength and leads to improvement. In addition, clowning as a genre of art, that in art form reflects the underlying social and educational problems of modern life from different sides, helps gently through exaggeration and surprise to assert the ideals of virtue, friendship, mutual harmony, humanism and makes a person show himself through positive actions.

Staging performances-miniatures, in which the comic images are combined with serious social and pedagogical content and psychological development of character, encourages children to be creative, intensify their potential and quickens their interest in socially useful affairs. The contents of the mini-performances are usually concentrated around the actual life problems related to education, relationships with other people (parents, teachers, peers), and other life prospects and offers possible solutions. In addition, this form allows within one play to demonstrate the transformation of the main character from the loser into the targeted confident optimist, encouraging children to perfection, active creative interaction with the environment, both in their own self-interests and the interests of society.

It should be noted that the socio-pedagogical clowning that combines elements of art-, fairy tales- and play-therapy is effective in the rehabilitation of children under difficult circumstances, especially in the recovery of mental health of wards. This activity has significant advantages over traditional ones for children and for future social pedagogues - inspires optimism, positive emotions and brings a festive mood and significantly improves the efficiency and effectiveness of other technologies of social and educational activities, social education, prevention, treatment, correction and rehabilitation.

So, social and educational theater of clowning allows through vivid emotions and feelings to turn to mental and volitional spheres of personality, motivates children to improve, develop and implement various activities and promotes a positive optimistic attitude towards reality, which respectively determines the senses, thoughts, actions of a person and largely determines the outcome of his/her life.

The next important step on the way of restoration of the health of pupils and their transfer to the path of sustainable
development is harmonization of the spiritual realm of the individual, its formation as a subject and creator of his own life. Thus, to demonstrate the huge potential possibilities of each individual, students organized and conducted creative activities on the theme: "The value and uniqueness of human life", "Find yourself", "They could not, and you can", "Past, present and future. We choose life ". To perish in a sea of evil, hasten to do good, the children ." "My achievements in the future. " "My mark in history " . Worthy living and how to live. The consequences of a negative attitude to the world ", " What is friendship ", " I'm in response for myself "; discussion "Good and evil. I choose good because ... " ," My purpose "; contests "Change the world for the better". "I can make a good tale." "Heart of goodness," Days of Good Deeds, training with art and fairy tales therapy, competitions, concerts, entertainment, holidays, drawing competitions, fantastic projects for young talents, tournament, games, theatre performances for the children and other activities that contributed to the formation of value-oriented attitudes towards themselves and others, renewed faith in their own strength, confidence and desire for a better future.

It should be noted that at the time of interaction students try to have a positive impact on the pupils but not by the impact of imposing certain norms and values, and through informative interaction aspects. They select content, connected with categories of good and evil, indifference, aggression and goodwill, mutual support and respect, happiness, friendship, freedom, peace, etc., and encourage children to make their own grounded choices on their ways of life and to bear responsibility for it. This activity promotes the improvement of social and spiritual health of children. It ensures the formation of value systems of the pupils, including awareness of the value of their own existence, the significance of others, positive communication, collaboration, mutual assistance and cooperation as well as the value of creativity and transformation - improving the social or individual life, when a person builds his/her own destiny regardless of the circumstances and life problems. This enriches the spiritual world of the individual, helping to harmonize his/her relations with himself/herself and the outside world, upholding the ideal of truth, goodness and beauty as important spiritual orientations of mankind and makes him show himself through positive actions.

Moreover, students are not only contributing to understanding the values of truth, goodness and beauty, but also encourage the children to work together on creating them – stimulate to create the beauty around us, to bring the good into life, encourage the children to work together on transformation of the particular circumstances of their lives, helping those who are by their side, that teaches to work for their own welfare and the welfare of others.

Besides, meeting of pupils with the representatives of Kharkiv youth organization "Impulse", implementing the project "Healthy Nation", organized by volunteers, contribute to formation of determination, persistence in achieving significant goals. During these meetings the children are able to communicate with famous people, athletes, Olympians, etc. It should be emphasized that this interaction has an unforgettable influence on children, encouraging people to work hard on developing their own personality, physical and spiritual development, teaches to overcome difficulties and find ways to achieve goals and solve difficult situations in every sphere of life. All this confirms the faith in success in children and understanding that their achievements requires efforts, great desire and hard work and allows to understand that life circumstances can be changed with their own efforts.

In addition, studying the life and work of famous people, their behavior in difficult situations gives children a wealth of material for thought and proves that man himself is the architect of his own happiness, but will certainly require physical and spiritual effort. Anyone who does not want to make efforts for soul and body could not be happier and usually justifies his own inaction by unfavorable circumstances or conditions. In general, these activities, together with other forms of work promote sustainable motivation of children for overcoming adverse situations and constant development, and understanding that a creative activity is a prerequisite for effective adaptation of an individual in the society, successful socialization and self-realization and understanding that the difficulties that arise in life are usually the beginning of the path that leads to success.

Thus, volunteering of future social pedagogues with children deprived of parental care is an ongoing work of the students towards finding and implementing effective methods and means to restore physical, mental, social and spiritual health of pupils; activation of internal resources and personal development through the creation of health preserving developing environment, involvement in joint productive activity, in which a person creates himself and the reality around him; stimulate children to spiritual and creative improvement with the aim of further sustainable development.

It should be noted that students do not only actively participate in volunteer activities, moving gradually to the level of self-government, but also initiate, develop and implement their own volunteer programs and projects. For example, a IV year student of the Faculty of Psychology and Sociology, G.S.Skovoroda Kharkiv National Pedagogical University Nikolaenko Zinaida within 2011-2014 g. developed and implemented the author's program of social rehabilitation of orphans in children's homes of family type family Nikolaienko and Mykhaylichenkos families living in Zmiiv district.

The student stated that because of the large variety of problems and difficulties faced by parents at the beginning of the orphan's living in a family-type orphanage, including: aggressive behavior of children, the presence of bad habits, lies, laziness, immaturity of standards of behavior and life skills of the family, the presence of a "bouquet" of diseases, psychological deprivation and other problems, it is difficult for their parents to meet the needs of children fully and therefore socio-pedagogical support that may be provided by volunteers is advisable.

Therefore, to overcome previous negative experiences, create favorable conditions for the development of important personal qualities of children and restore their physical, mental, spiritual and social health, the student implemented a comprehensive program of social rehabilitation of orphaned children in a children's home of family type. This program includes joint activities for parents, their own children and children who were in foster care homes before, new orphans, the Center of
social services for families, children and young people, psychologists, social pedagogues, health workers on basic areas of social rehabilitation of orphaned children, such as: socio-psychological, social, educational, social, medical, social and employment. This program included the implementation of three interrelated stages - organizational, motivational, developmental and remedial and final.

Thus, organizational and motivational phase of the program was aimed at building up a positive motivation of children to stay in the new family, establishing positive relationships between children orphaned with native children and foster parents. It involved organizing events "Family - the gift of God"; the games: "Introduction", "My Story," "Give me a smile!" conversations, "You are our child." "Learn goodness of your heart"; review and discussion of the films "Little Princess." "Without families," "Stuart Little", a joint reading of short stories, "The Adventures of Tom Sawyer"; "Oliver Twist"; event: "The friendship is our strength"; "Healthy thou - all take forth" and others.

Correctional and developmental stage involved correction of previous negative experience of children; formation of positive personal qualities and moral values (trust, moderation, responsibility, honesty, mutual support, fellowship, respect for themselves and others), and family involvement into life through the organization of joint work and rest. The formulated goals contributed to drafting rules for "Our House"; conducting training exercises: "Child-parent relationships", "Skills of responsible behavior"; Games: "Magic Bazaar", "Wonder palm", "The case in the bus", "Gift", "The Island of bullies," "Do it differently", "My character"; conversation-quiz "Ladies and Gentlemen", "Rules and Secrets of effective cooperation"; round tables: "My duty", "Respect yourself and others", "Responsibility for our actions"; "Authority: how to achieve and maintain"; "I'm learning to make healthy choices"; educational event "Pernicious habits and health are incompatible"; joint creation of social advertising "Risky behavior - the way into the abyss!"; a joint festival "We are for healthy living"; children's involvement in the campaign: "Doing good is easy", "I achieved this with the help of my work," and other activities that contribute to the formation of a stable life-affirming position of children, their future positive socialization.

Thus, in order to promote volunteering among young people, exchange experience and to determine its prospects for future social pedagogues there were organized and held all-university roundtable "Helping is easy" and a talk show "We are volunteers and are proud to bear this title" for students of all faculties, who were under the slogan "Caring for the happiness of others, we find our own." While the aforementioned events, future social pedagogues talked about the history of volunteering, volunteering in the world and G.S.Skovoroda Kharkiv National Pedagogical University, considered the situations in which volunteer help is urgently needed, presented their experience of volunteering in particular in the field of preservation and strengthening of the health of the younger generation, adaptation of children to the conditions of educational institutions (schools, kindergartens), establishing a positive atmosphere and friendly relations with groups of children, prevention of abuse and delinquency among adolescents (particularly with the use of art- and fairytale therapy) of developing informative leisure activities for children and youth. During the event, students shared their experience of game activity with a mass audience, and the specificity of this interaction with people of all ages, organized the best performance of a studio theater of social and educational clowning, presented an own-made video "Doing good deeds is easy", trying to create an unforgettable penetrating atmosphere to result in more people want to reveal their hearts to anyone who needs human warmth and kindness, to love life and help other people to love it. Students emphasized that a volunteer can be anyone - an opportunity for creativity and professional potential, personal self-actualization, increased social activity and a sense of social significance, gaining experience in self-improvement and professional activities.

3. Conclusions

Thus, the analysis of the experience of volunteering of future social pedagogues of G.S.Skovoroda Kharkiv National Pedagogical University in the context of health preservation and sustainable development of younger generation can draw some conclusions.

First, the observation of children deprived of parental care, expert assessments of their health staff and educators have shown that this activity significantly enhances physical and mental health of children, increases their social and spiritual well-being. It inspires optimism and helps to realize your own importance and value, encourages positive communication and activities, and helps to clarify that only the harmonious interaction of the individual with oneself, other people, the whole world will go on the path of sustainable development. Furthermore, this interaction contributes to a sustainable position of children about their spiritual and physical perfection. The vast majority of children has their personal and socially significant goals and positively oriented perspectives on life, which they implement in their daily lives.

Second, students' volunteering itself during this time has gone through several stages of its formation and development. So, first, organizational and creative stage was characterized by the emergence of students' interest in volunteering, awareness of the importance of these activities for the development of society, initial mastering
methods and techniques of volunteer activities, including gaming techniques for working with children of different ages, reflecting the level of co-governing by activities of teachers and students. During the second, developmental and creative stage there was acquisition and expanding of volunteering in various social spheres, which intensifies the thinking, feelings and will of the students by promoting understanding of the creative nature of professional work, social responsibility for its results to stimulate further improvement in to provide more effective help to the individual, his incentives to sustainable progressive development that reflects the level of cooperation and self-management of students their own work. The creative stage is characterized by persistent desire to help others, search and implementation of innovative forms and methods of voluntary activities, externalization of their own results and achievements, the ability both to self-management and to managing the activities of others - active promotion of volunteering in the community, involvement into social creativity of others for the purpose of positive social change.

Third, this activity do not only influences the positive development of children in difficult circumstances, but mostly volunteers. This contributes to a stable value system of future social pedagogues, awareness of their own involvement in the course of world civilization processes and social responsibility for the results of their own life, and on the individual contribution to the process of social change. Thus, students begin to understand deeper social significance of their own profession and to realize the responsibility for its results, consciously treat the learning activities, to work on searching for new creative ways to solve topical social and educational issues. They create and implement joint social projects, such as “The organization of leisure activities for children with cancer who are in hospitals”, "Organizing a kindergarten for children with disabilities”, “We can do everything, if we are to help!” and so on.

Thus, active volunteering has great potential to preserve and promote health and sustainable development both of people who need help and volunteers themselves, which determines the importance of its distribution in today's conditions.

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The author has no competing interests.

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