

Health-Oriented Education During the Covid-19 Pandemic

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ABSTRACT

The relevance of this article is determined by the necessity to increase attention to health issues during the teaching process in higher education in the COVID-19 pandemic. The authors emphasize the importance of not only joint activities of medical social institutions to prevent different epidemics, but also educational ones because they allow to activate subjective factors through bringing up a person's social responsibility, the conscious attitude to his/her own health. The phenomenon "health" as a key component of higher education is researched in the article, the complex conditions for the implementation of health-oriented educational process.

Keywords: *COVID-19 pandemic, education, health, higher education, a health-oriented educational process*

1. INTRODUCTION

Nowadays health issues are becoming global in nature, the current situation with the rapid spread of severe diseases caused by coronavirus throughout the world demonstrates the necessity, on the one hand, to unite the efforts of all mankind to get out of the pandemic (the world health organization, international forums of narrow specialists, etc.), and on the other hand, to actualize subjective factors such as a person's responsibility (compliance with certain sanitary standards and hygiene rules), immunity strengthening (preventing diseases, healthy lifestyle, conscious attitude to one's own health). Some authors [1] remarks that COVID-19 pandemic is a great shock for all peoples as it reveals weak points in economics and (we should add) in social life as well. Health care becomes an interdisciplinary phenomenon as medicine loses its isolation and attracts the other anthropoecological sciences resources, and, for example, education dealing with the younger generation has a huge potential and can play a specific role in this situation.

2. THE PURPOSE

The purpose of this article is to study the phenomenon "health" as one of four components of higher education, along with training, bringing up and development; the lack and/or weakening of attention to health care negatively affects not only the educational process quality, but also the health of both the individual and the nation as a whole. This goal was achieved by solving the following tasks:

- Study the semantic and connotational field of the concepts "health" and "education";
- Specify term definitions of "health" and "education";

- Develop the algorithm for strengthening the health-oriented component of the educational process in higher education (examining the academic disciplines "Foreign language" and "Business foreign language").

3. MATERIALS AND METHODS

Scientists, pedagogues, educators attempt to observe the COVID -19 impact on education; they try to find and recommend safe learning training. M. Reinholz and L. E. French [13] examine safe ways for teaching future doctors and outpatient care in dermatology, they conclude that remote teaching, inverted classroom approaches and e-health platforms will be the most appropriate ones. Lizhou Wang & Tessa DeLaquil [7] give recommendations for doctoral education in the pandemic times, they present three systems (colleague support, faculty mentorship, investigating collaborations) and consider them to be the most effective experience in virtual education. Rui Yang [18] notices that many authors discuss the e-learning effectiveness and this pandemic causes higher education institutions to evaluate their technical level and opportunities to use digital technologies.

Certainly, the traditional teaching models (lectures, seminars, face-to-face contacts) are not applicable during the COVID pandemic and modern remote technologies are quite suitable, but at the same time we consider bringing up the students' conscious attitude towards their health to be of great importance and educators should always take into account these issues.

Aspects of health and its saving in the educational process are important, so they are considered not only in the normative legal acts of the state, regional and municipal levels, but also in the works of scientists, teachers and practitioners. A sufficient number of thematic articles,

monographs, and books are devoted to the health care of preschool children. Researcher N. N. Malyarchuk pays great attention to creating health schools as she considers them to have a certain positive potential that affects all educational process actors [8]. Health-saving systems for teachers are studied by Kisel O.V. and Tolmacheva V. V. [6],[17]. It can be noticed the trend in the works devoted to health: the higher the level of an educational institution, the fewer works on this topic are published. The largest number of publications and requirements affect preschool education and only a small fraction concerns higher education [12], [5], [9], [14].

The following research methods were applied during our investigation:

- Theoretical methods such as analysis and synthesis that identify the educational process features in the level of higher education, studying scientific works.
- Empirical methods (questionnaires, including pedagogical observation, interviews, studying law acts, data processing using Internet technologies).

4. RESULTS AND DISCUSSION

The term "education" is a key pedagogical definition with a diverse content in the historical layer and is able to constitute complex composite concepts: preschool, secondary general, additional and higher professional education, the education system, and many others. Examining the origin and formation of the lexeme "education" shows that the word is nothing more than a calcified word form from the German language (*Das Bild* / picture, image, icon; *die Bildung* / education (a substantive feminine noun). The sema "icon / image" is reflected in the following languages of the Slavic group: Ukrainian, Bulgarian, Serbo-Croatian, Czech, Slovak, and others. You can point out the duality of the concept, which includes both static (formed, learned, trained) and dynamic (forming, learning, training).

The concept "education" is the research object not only of pedagogical science, but many other related disciplines as well, and it has a rich formation history that begins from the Genesis Book up to the modern stage of additions and explanations. Meister Eckhart (1260-1328) and Johann Gutenberg (1400-1468) used this concept in its procedural meaning "being formed". The Russian scientist Nikolai Ivanovich Pirogov (1810-1881) tried to define and classify "education" by distinguishing two components in it: "universal" and "special/real". The universal component is an initial stage and its content can be more related to upbringing than to education. Special/real education should go through the stages of the child's growing up.

Education, in our opinion, is a complex synergetic unity with interrelated components of an open type (not only training, bringing up, development, as stipulated in the law of the Russian Federation, as well as actors' health saving of the describing process), characterized by responses in society changes [16].

It should be noted that the issues of pupils and students' health and its saving are reflected in the legislative

framework of the Russian Federation. The Federal state educational standard for preschool education provides solving a number of tasks, among them strengthening physical and mental health and well-being should be a key one [10]. Standards of primary, basic and secondary general education require taking into account students' individual age, psychological and physiological characteristics, and strengthening their physical and spiritual health as well [11].

Observing the Federal state educational standards in higher education shows the lack of requirements to the health saving conditions in the organization of high school educational process, struggling out of the chain of succession: kindergarten – school - University, we consider it to be short-sighted not only in terms of individual student's health saving, but depreciating potential influence on broad social niches for future graduates. Based on the versatility of the concept "education" which we suggest, improving high education quality cannot be achieved in the absence of one of the synergistically related components, the most important of which, taking into account modern realities, especially COVID pandemic, is health.

The genesis of the term "health" shows significant changes in its meaning, especially clearly demonstrated by its semantic and connotational analysis. Comparison of this concept in the Indo - European language family revealed its origin in the 8th century in the old high German *gisunt(i)* / strong, not sick, whole, which has roots in the Indo-European **sunto* - (meaning armed, healthy). During this period, the noun *Gesundheit* / health, state of health begins to be used, and in the 10th-11th centuries, the verb *gesunden* / to recover [3]. The old English word *hælp* / wholeness, being whole, or healthy came from *hal*, *hale*, whole, meaning the whole, not healing, already in middle English appeared the meaning "physical health, prosperity, happiness, well-being, etc.". French has the word form *physique*, which comes from the Indo - European root **bheue* - / to be, exist, grow [4]. These facts correlate well with the Russian word form "healthy / *здоровый*", which is associated with the lexeme "tree" that means "strong, durable, strong, etc." In old Slavic **ъдоръвъ*, the morpheme *съ* comes from the old Indo-European *su* / good [2]. There is also an assumption about the connection of the word "health" (in its reduced form "health / *здравие*") with the lexemes "gift / *дар*, *дарование*" [19].

A thorough study of the concept "health" genesis allowed us to clarify its definition, taking into account its semantic and connotational nuances, and define it as a multi-vector basis relying on spiritual, social, psycho-physiological components, which ensures integrity, intentionally represented by the attributes "strong, good, happy, long-lasting, gifted". It is well known that genetics affects the person's overall health, but at the same time, the most important factor is one's conscious attitude, self-motivation to health care and health creation.

Our study of the Tyumen industrial University students' attitude to their health showed their high interest in this issue. 56 students took part in a survey on the resource

survio.com. which create online questionnaires and interpret results in the charts and graphs form. Students are fairly objective in assessing their physical fitness: 10.9% of respondents say it is wonderful, 32.7 % - good, while 7.3% and 3.6 % - respectively bad and unsatisfactory.

According to the survey, about 18% students have health restrictions, 16.1% claims to be overweight, and 10.7% respondents are moderately overweight. At the same time, when they were asked about the sports regularity only 12.7% of them said that they did it every day, and the same number – they did it even less often than once a month.

These studies show that even first-year students already have health disorders which actualizes the importance and need to focus on health-saving component during the educational process: first of all, ensuring sanitary and hygienic standards in the classroom, forming motivation for health caring. The modern educational process has a great number of different risks, for example, it cannot be imagined without the active use of computer and Internet technologies, which has not only positive aspects that affect the education quality, but also negative consequences for the students' health [15]. Frequent, uncontrolled computers and gadgets usage leads to impaired vision, physical inactivity, other physiological disorders, as well as mental and social derangements (gambling, nomophobia, depression, social maladaptation, communication deformity), so the university's teaching staff is faced with the task of rationalizing the educational process that motivates students to consciously healthy lifestyle behavior.

The academic disciplines "Foreign language" and "Business foreign language" have a great educational potential, that ensures the student's inner desire to be engaged in their health through the didactic content selection.

A foreign language as a basic academic discipline in a Technical University has its own specifics: on the one hand, it does not belong to a special professional cycle, and on the other hand, it has huge opportunities for the general cultural competencies formation including the activation of the desire for health saving and health creating. One of the most important conditions is constructing an educational environment by a teacher that ensures strict compliance with sanitary rules and regulations (airing of classrooms, sufficient lighting, etc.), avoiding educational overloads, reasonable alternation of intensive tasks and lighter ones, strengthening monitoring and diagnostic functions of educational control, and dosed usage of computer technologies in order to take care of students' eyesight. Special attention should also be paid to psychological factors – creating a calm, trusting and respectful relationship between a teacher and a student in the group, and between the classmates themselves. If a teacher is not perceived only as a controller and instructor students are ready to contact him/her with their questions, share their experiences, and listen to his/her recommendations. These facts make it possible to carry out student-oriented training that provides binging up health culture in the youth environment [9].

The studying various lexico-grammatical aspects of a foreign language should emphasize the importance of health saving through the content of the educational material itself, since the discipline subject provides for learning a number of topics ("I am a University student", "My native city", "My native country. Russia", "Young people life in the countries of the studied language"), which are aimed not only at developing skills and those of a foreign language practical knowledge, but also at improving the general culture and education level which provides for the development of students' motivation to a healthy lifestyle.

Texts are carefully selected to activate various types of reading. Already in the first year, unadapted scientific articles in a foreign language on healthy lifestyle issues are offered, while reading the students improve:

- preview reading (the possible tasks are Read the title of the article and predict its content; Read and translate keywords, assume in what context they will occur in the article; Consider diagrams and drawings, Express your opinion);

- reading for specific information (the tasks may be Find the definition of the term; Find, read and translate the author's conclusions, Express your own opinion on the problem);

- for detailed study, highlighting significant information, students are offered the text "Healthy nutrition and lifestyle", which allows to activate the studied vocabulary, grammatical phenomena, and organize its discussion in a group.

We consider it appropriate to use innovative methods and technologies activating students' cognitive activity, including role-playing and business games, interviewing, information and computer technologies (PowerPoint, WordCloud, Wordle, Prezi, Glogster, Animoto, Powtoon, etc.). In every group, students prepare their own projects on the topics: Our healthy food, My health, daily routine and my effectiveness, Prevention of bad habits.

Increased attention to the students' health is carried out not only at the bachelors' level, but also at the masters' programs. To form undergraduates' research and communication competencies we select authentic material on health-saving topics on the ScienceDirect website, which contains a large number of scientific articles. Students analyze the titles, annotations of articles, their structure, work with keywords, terms (the tasks may be the following - Think about the title of your own article; choose synonyms, antonyms for keywords; present definitions of terms related to the topic "Health", etc.), perform creative tasks (for example, develop projects, create presentations, write essays, articles).

5. CONCLUSION

So, education includes interrelated components of training, upbringing, development, and health saving, the unity of which ensures its quality, and health representing a complex of a person's spiritual, social, psycho-physiological aspects, ensures the integrity of the entire

educational process, regardless of its level, from preschool to higher professional, which is extremely important for a conscious attitude to health both during the pandemic and in everyday life. Focusing on health-saving topics in the format of teaching a foreign language at a higher educational institution helps students not only improve their lexical and grammatical skills, develop communication skills, but also foster the desire to lead a healthy lifestyle, form healthy eating habits, motor activity, and self-control over their health. The expediency of developing self-motivation and raising awareness of students' own health in higher professional schools ensures the dissemination of these positive trends in micro and macro society.

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