

Existing Conditions of the Implementing Health Education and Life Skill in the Secondary Schools of Georgia

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Abstract

It is presented situational analysis about child and adolescence health condition, cause of sicknesses and mortality and spreading the diseases. In order to evaluate school environment in the secondary schools it was used various methods (confidential assessment, interview and group works) with teachers, school children, parents and school directors. During the pupil's interviews it was seen the existence of general factors in the motivation of the education, autocratic regime, non-existence of free choice, self-independence and self-confidence, decrease of sharing opinions, dissatisfaction of emotional requirements, facts, that shows physical and moral rudeness from the side of the teachers. Teachers consider severe social problems, which are followed by non-sufficient feeding of the children; it is also problematic increased aggressiveness, loose of interests towards education and nihilism. Also, It is serious problem non-hygiene condition and tense relations in the schools. It is important for the parents to make favorable school environment, to take care of overcrowded classes at school and create non-exist of hygienic discipline. School directors have chosen several priorities in order to implement Health Life Skill, such as Health and Safety, personal development, teaching their rights and responsibilities, questions of relation towards the environment. It's possible to solve existing problems only with global approach, which includes to educate children in health and life skill, to take care of children's health safety of school environment and hygiene

Keywords: *health, life skill, school, safety, school environment*

The condition of population of Georgia became worse after severe social and economic situation, which appeared in the country, during the last years.

The society appeared in a very complicated condition, the life brought numerous difficulties and innovations, to overwhelm all these, it became necessary to acquire special knowledge and life skill- for improving life condition and steady healthy development. These problems are severely touched the children and adolescence.

According the surveys in Georgia, as private researches by UNICEF, UNFPA, UNHCR, USAID, AYHA and

others it is clear, that the main cause of death among children and adolescence are the following: traffic accidents, damages, poisoning (see chart). Disability of actions in conflict situations, low self-evaluation and also lack of knowledge of the ways for solving the problems-caused to increase the cases of suicides (see chart).

Economical poverty, disappointment and pessimism highly increased tobacco, alcohol and drug consumption among adolescence. Among the boys in the age of 10-14 years, are-30% regular smokers and in the girls - 14%. According increase of age, this percentage is growing and at age of 15-19 years regular smoker boys are-62% and girls-27%.

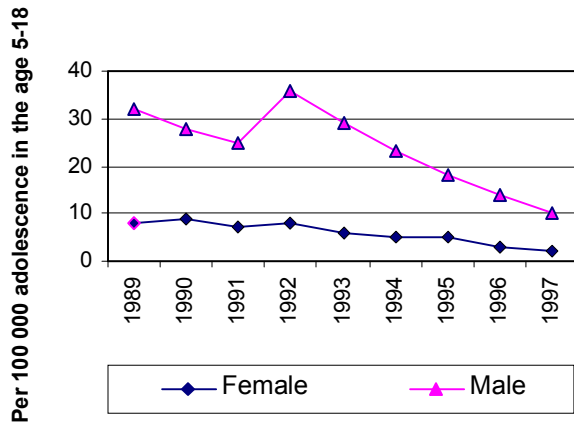


Fig.1 Mortality rate in the age 5 - 19 adolescence by accidents or poisoning

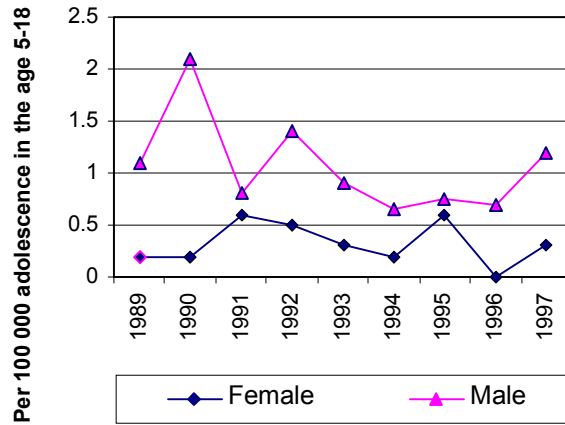


Fig.2 Suicide in the age 5 - 19 adolescence

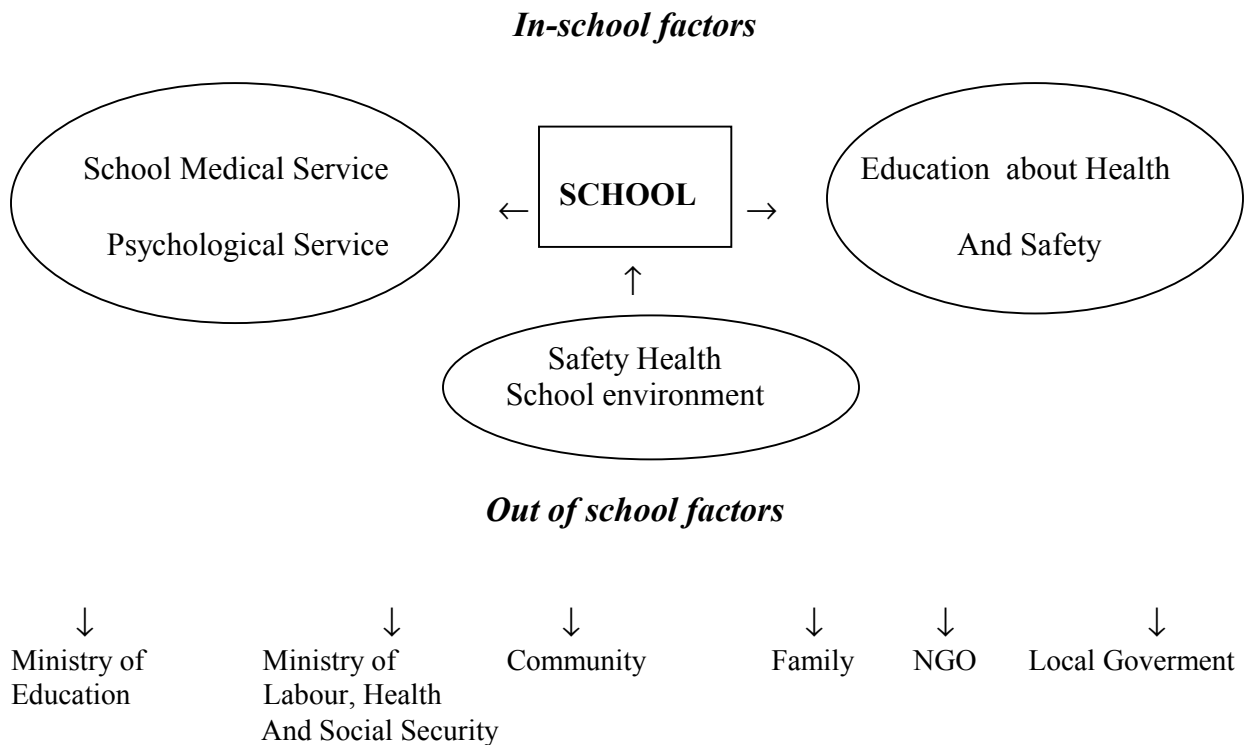


Fig.3 Health Life Skill development in the secondary schools

It's become frequent the pregnancy and abortion (5%- of total quantity) among adolescence. 43% out of 12-17 years old pupils have no idea about sexually transmitted diseases and 50%- of interviewee have a little information about Aids.

The respiratory system diseases and other chronic conditions, lack of feeding, bone and joint pathologies, oral health, endocrinological diseases: fatness, lack of iodine, decrease of visuality and diseases caused by non-hygienic conditions in schools - became frequent among adolescence. Last 10 years, only 10% of school children can be practically considered healthy after the finishing school.

Based on above-mentioned situational analysis and with the UNICEF finance support, it was possible to formulate inter-disciplinary group (including doctors and teachers), which began to survey the real situations and demands in the secondary schools.

To survey the school environment in previously selected several groups, it was used several methods: confidential assessments, interviews and group works. It was used different methods to survey the teachers, parents, children and school directors. It was interviewed pupils to survey their opinion about school environment, conflicts and relations. The goal of psychological interviews (unfinished sentence method) was to survey the pupils' attitude toward school, teachers, educational processes and relations in the school.

School teachers' and parents' interviews were done to survey the problems in school, children's social, physic, intellectual and emotional condition, school conflicts and school environment.

The list of general questions on school health and health life skill was delivered to the school directors in order to determine the main priorities.

Respondents were among 14-15 years old (total quantity-118), boys-42, girls-76. The results showed, that only 4,7%-of pupils feel comfortable in the school, 47% of the children- indicates good and harmonic relations with school teachers, but 50% of the children mark, that there is conflict between pupil and teacher in the class. The reason of conflict is low discipline in-46% and 54%-it is ignorance of home tasks.

The pupils, also, indicate that, the punishment methods from the teachers' side are either verbal humiliation and blame- in 3-7%. or to put bad marks in 5-6% or to call for parents-24%. At the same time, it is important, that majority of the pupils (46%) are satisfied with studying level and in-6% there is dissatisfaction about overloaded school programs. The Majority of pupils consider, that

the school is "second family, where they have their own world and friends", but the same time pupils have different ideas - like "the school is eleven years of prison".

During the interview, it was seen problems, such as: the existence of outside factors in educational motivation (it'll be more interesting study in schools, if it was not study for marks"), autocratic regime in the school, non-existence of free choice, self-independence and self confidence, lack of sharing opinions and dissatisfaction of emotional requirements, the facts of physical and moral rudeness from the side of the teachers. It was evidently seen in pupils' answers the requirement of intellectual, emotional and physical safe environment, the aspire of open, free relations and more independence in expressing their opinions.

In the results of teachers' interview (I group-31 teachers from one school, IIgroup-81 teachers from different schools), at the first place came community, family and parents' social severe problems, which was followed children's non-sufficient feeding, problematic increases of aggressiveness and anxiety, loose of interests towards education, nihilism and indifference, also it was said, that there are a different problems in females and males. The girls suffer from excess weight and boys- from low height and lack of pocket money.

Teachers consider as a serious problem non-existence of hygienic condition, badly equipped school toilets, canteens and sport facilities. It is important for the parents (104 parents) to make favorable school environment, to take care of the overcrowded classes, of missing the hygienic discipline and to evaluate pupil's education properly.

School directors (82 respondents) interviews show, that they consider implementing health life skill in the secondary schools as soon as possible. In the list they have chosen several priorities: health and safety (such as abuses, safety in the street, hygiene), personal development (care about physical development and honor formulation), social development (about rights and responsibilities), finances and finance-management, to respect different ideas, relation with environment (protection of the nature and to be safe in the nature)

Existing situational analysis, on one hand: terrible sickness and mortality rates, entirely uninformed pupils about health and health life skill, on the other hand: dissatisfactory relations in the school (between pupil and teacher, between teacher and parent and school) the main task of agenda to change present existing conditions in school, which should be determined "the school model, which will be oriented towards the school children".

At present, to solve above-mentioned problems, it should be taken a step for optimizing school programs, to create new curriculums, to improve school ethos and at the same time, to make appropriate climate for health improvement; the least includes health and safety education in schools. To implement Health life skill from early age (from the first grade), permanent health care of adolescence (monitoring), to create Health Information Bank for the children and planning health

examining, in order to find the sickness at the early stages (taking consideration safety environment and hygienic rates) and implementation of Health School model in the secondary schools (see chart).

School problems are common and demands support and protect from the hole society in order to create Health School Net.

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Предпосылки для осуществления программы обучения здорового образа жизни и необходимых жизненных навыков в средних школах Грузии

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Р Е З Ю М Е

Представлен ситуационный анализ и состоянии здоровья, заболеваемости, причин смертности и распространений заболеваний среди детей и подростков. Для оценки состояния школьной среды были использованы различные методы "анонимное анкетирование, интервью и групповая работа" с педагогами, учениками, родителями и директорами школы. Во время интервьюирования школьников выяснилось, что мотивацией учёбы являются внешние факторы. В школах отсутствует возможность свободного выбора, самоопределения и самореализации, неудовлетворённость эмоциональных потребностей, подчеркивается существование авторитарного режима, факты физической и моральной грубости со стороны учителей. Учителя выделили тяжёлые социальные условия, повышенную агрессивность со стороны учеников, потерю ими интереса к учёбе и нигилизм а так же неполноценное питание и плохие гигиенические условия. Для родителей особое значение приобретают такие вопросы как благоустройство школьной среды, переполненные классы, несоблюдение в школах гигиенического режима. Директора же школ определили такие приоритеты как здоровье и безопасность, персональное развитие, обучение здорового образа жизни и жизненно важных навыков, обучения прав и обязанности, вопросы взаимодействия с окружающей средой. Решение существующих проблем возможно только с помощью единого подхода: образование школьников, о здоровье, здоровом образе жизни, жизненно важных навыков, безопасности школьной среды и гигиены.

Ключевые слова: *здоровье, жизненные навыки, школа, безопасность, школьная среда*