



**The formation of health  
care thinking at early ages**



## THE FORMATION OF HEALTH CARE THINKING AT EARLY AGES

## LA FORMACIÓN DEL CUIDADO DE LA SALUD PENSANDO EN LAS EDADES TEMPRANAS

Asiet A. Guchetl<sup>1</sup>, Asya A. Bekhoeva<sup>2</sup>, Fatima B. Sautieva<sup>3</sup>, Vladimir M. Musakayev<sup>4</sup>, Valery S. Misakov<sup>5</sup>

<sup>1</sup> *Medical Institute of Maikop State Technological University, Medical Faculty, Department of Pathomorphology and Clinical Pathophysiology*

<sup>2</sup> *Chechen State University.*

<sup>3</sup> *Ingush University.*

<sup>4</sup> *Balkarsky Agricultural University.*

<sup>5</sup> *Tembotov Institute of Ecology of Mountain Territories of Russian Academy of Sciences*

ARTÍCULO RECIBIDO: 17 de marzo de 2019

ARTÍCULO ACEPTADO PARA PUBLICACIÓN: 20 de marzo de 2019

ARTÍCULO PUBLICADO: 30 de abril de 2019

### abstract

The article discusses the need for early childhood health education school ages, which is equivalent to providing health care for the individual in an educational system, such as health care, which allows individuals to create a value and motive for maintaining their health. It also has a form of life and health model.

**Keywords:** Health Care Thinking, Care Behavior, Early School Students, Actions in the Formation of Health Care Thinking.

El artículo discute la necesidad de educación en salud de la primera infancia en edad escolar, lo que equivale a brindar atención médica a la persona en un sistema educativo, como la atención médica, que permite a las personas crear un valor y un motivo para mantener su salud. También tiene una forma de modelo de vida y salud.

**Palabras clave:** Pensamiento de atención médica, comportamiento de atención, estudiantes de educación inicial, acciones en la formación del pensamiento de atención médica.



## Introduction

The health of low-school students in every economic, political and social conditions of the society is considered as an important and top priority because it has as potential future prospects of the country and the generation that has the potential for building economic, social and scientific conditions. There are so many along with other demographic markers It is a serious economic and social problem for the country's progress.

According to the Center for Statistics and Cultural Psychology Research, the demand for students' health based on the hierarchy of questions and results is always in the first place. According to the state project materials and educational standards of the new generation, 95% of the inquiries from all of the groups Acceptance (families, specialists in educational and educational institutions, and medical associations) includes maintaining children's health in the first five issues of students (Anokhin, 1975).

Therefore, solving the health issues of the participants in the curriculum is a major issue in most of the documents that constitute the state policy of Russia (long-term theory of economic development horizon 2020, section 3.4 of the study, developed by the Government of the Russian Federation Has been based on Protocol No. 36).

It should be noted that the main issue of health care organizations for the new generation of maintaining health is the first priority. In the documents mentioned above, important issues of the educational environment have been gathered. Promoting a new approach and reducing health risks. In training and creating comfortable and ideal conditions for training and motivating and suitable conditions for different periods of life (Gasanova, 2011).

In relation to this matter most important approach to protecting the health of the individual in a health care education system that examines the problem of developing and shaping the health of the audience, which is through the creation and creation of a comprehensive and healthy environment Finding.

In our thinking, health care is a way of thinking that allows a person to carry out individual resources based on his or her health potential, including (will, creativity, emotional, social, physical, intellectual, spiritual) and negative behavioral alcohols and appropriate behavioral programs that shape and shape the space and future social and psychological conditions that are effective and effective in the individual and the life domain. Based on this fundamental orientation in the field of

environmental health care, it creates an appropriate educational structure in nursing Suitable aspects of motivation in the community (Grombach, 2008).

The healthcare sector is used as a training course for a person who has a person's own motivational system as an important issue in terms of its health. The provision of health care as an arm for the accumulation of experiential parts These include health preservation, health promotion, health, and the creation of appropriate structures for proper functions in mental education and its behavioral equivalents. These orientations can be used as sources of individual education in maintaining individual health in the conditions. Different lives are based on the reflection mechanisms of the care units (Guchetl, 2018).

As a result of the establishment of care orientations for education professionals and students, there is a reflective and dominant function that can establish the level of educational environment as a coherent sign.

It is clear that the quality of markers and personal characteristics of health can be used to deal with issues of individual and personal power.

Based on this situation, screens can be divided into different degrees, which reflect the level of performance of the mechanism of the individual orientation system: including compatibility, sensory and cognitive responses. On the surface of the displays, it is possible to use features that reflect the health of the work Which shows the result of the activity of all the systematic functions (Madzhuga, 2012).

Individual can individually perform their own biological practices in response to functional exams (maintaining individual health, longevity, and reflection of individual characteristics) within the context of social conditions. Whatever these structures are more effective, the level of health goes up (Orlov, 1992).

Theoretically, it is possible to make health measurement models that appear on the basis of structural features and functions, but this form is not very complex and inappropriate for the use of a practical model.

It can be clearly stated that the structure and characteristics of the life-style and life skills can be explained by the use of a dominant and strategic feature and with other pragmatic attributes (Turganbaeva, 2016).

Another new strategy, such as prevention, is needed to control the health of the individual. Given this, the effectiveness of the process can be obtained by analyzing other multidimensional health issues.

The practical use of the health-care model can be used as a substitute for (healthy-sick). If the patient does not have all the features of the illness



and all the displays are balanced. The difference in the outcome is that he It's healthy and the same behavior does not give information on the subject of operation and allows for the actual flow (Filonova, 2016).

The authors believe in, that methodological behaviors for health and pathology should be based on the Anowik system's functional theories that consider the organism as a dynamic functional system. All elements of this self-regulating and self-regulating system are based on the reciprocity theorem.

These principles provide an irreducible information through channels related to the level of transmission and development of the organism. For most people, it is clear that few people agree that our thinking style, which we can understand and measure, can bring about a situation In our life, it can create either destruction or individual communication, and can be successfully or destroyed with the guarantee of health and well-being (Chermit, 1998).

A thought that reduces internal disturbance and allows feelings of needs and desires to be controlled and preventing illnesses. Oralov has named a careful thinking. A common understanding that holds on humor and habits and leads to cultural planning It is a disease that is a disease.

It is necessary not only to cultivate epidemic thoughts, but also to the rules of psychological progress of different types of personality and to achieve extensive efforts for creative theoretical development and health care.

The urgency of health issues, as well as the creation of health care thinking, should be examined through empirical evidence. What today is more than an illness of a person and so on is a lot of psychological worries that can lead to This particular thinking will be healthy (Mendoza Velazco & Rivero Padrón, 2019).

In connection with this, the main pressure and important responsibility on the health of the individual can be identified by the audience and participants in this section. Therefore, the search and development of the model for the formation of care thinking is harder.

### **Purpose of the Research**

Make clear the content and method of providing care thinking for school-age students.

### **Materials and Methods of Research**

The research is based on the information of the

Northern Caucasian school-aged schools, in which students from the fourth year participated in a total of 48 children who have been trained as a traditional system.

-Changing the content of health education curriculum.

- Educate the most important health care materials for students.

- Establishing recommendations for teachers based on the formation of health care.

To fulfill these responsibilities, a test was conducted in the form of a questionnaire using a questionnaire on the relationship between students' health and the level of health care education. Two questionnaires were designed, one of which had 20 questions It was aimed at clarifying the level of health care formation, and the second was a questionnaire of six sections that was related to health and the increasing intellectual environment.

### **Research Results**

When setting information in the course of the questionnaire, it became evident that 23% of the children were fluent in health care, and 53% had preventive care and 23% in terms of equal care and motivational elements that displays health care and Motility The status of children using alternatives has been reduced by individual mechanisms.

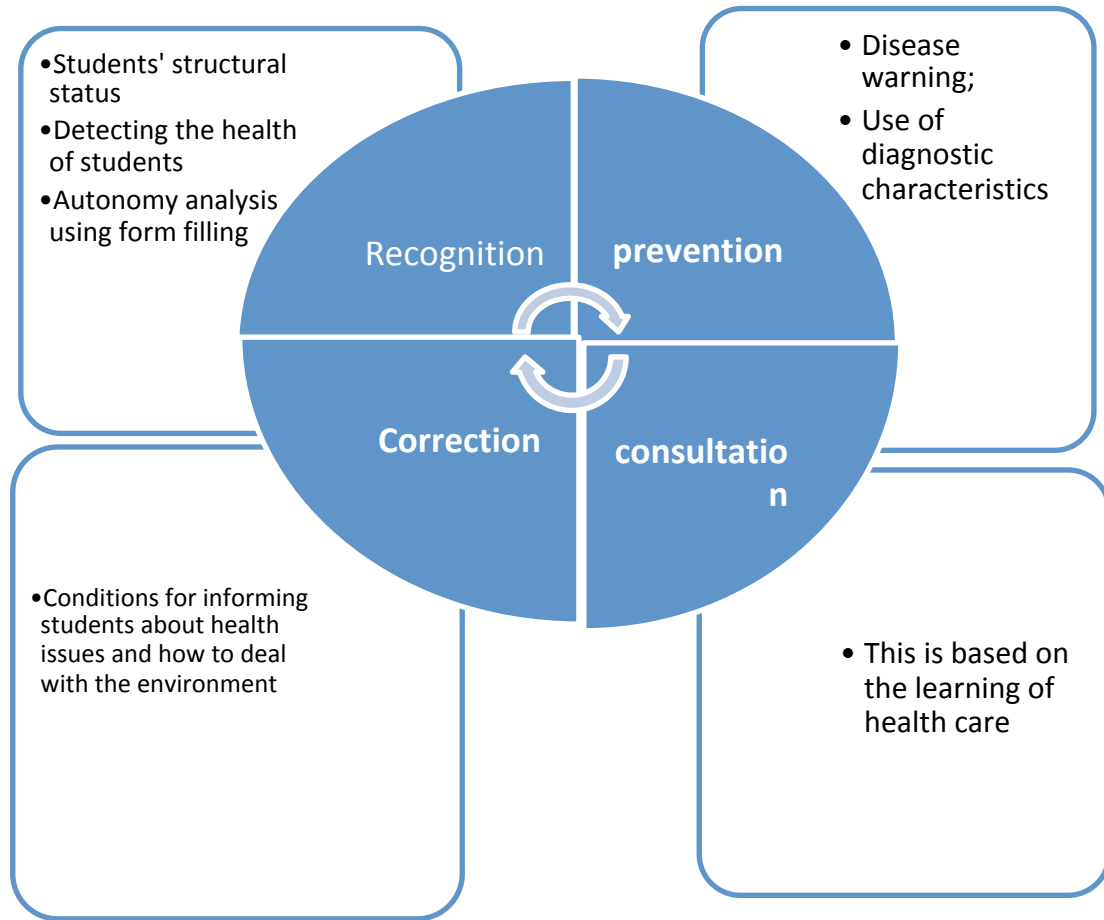
However, this is a substitute for patient and healthy substitution.

During the process of setting information, a second questionnaire was developed so that all students try to improve their health and place themselves in health care settings.

At present, there is a common search for methods for improving students in school conditions and we understand that for general improvement, effective methods involving the maximum experience should be used to prevent healthcare from affecting the person's practical and self-centered experience.

To solve this problem, a model has to be developed and effective action has been taken in accordance with health care methods for the formation of thought in school-age students.

The goal is to create individual and sensory structures with increasing qualities in order to maintain their health and to reveal the improvement of individual health facilities and the development of self-centered organism and the practice of maintaining health that produces a stable organ and the formation of maintaining a person's health. Slow (Figure 1)



**Figure 1.** Structural Model for Creating Career Thinking for Schoolchildren

**Cognitive section:** This includes a set of measures based on the level of knowledge of the student's health (mental structures), which is in accordance with the mental and health conditions and other cognitive and teaching methods. In this process, the school principal uses the internal analysis of the children from The questionnaire is starting to analyze.

**Prevention work:** This is done with the aim of preventing illness and bad habits, which is divided into structural and non-structural parts, and includes the prevention of mental education, including the explanation of the positive state of education, education, and the use of The natural factors surrounding the environment and the structural applications are the level of individual health determinants.

**Corrective:** Includes measures to reduce and eliminate the exclusion of health equivalents that recommend health care and health measures in relation to the child. This is due to the social status of the child and the psychologist.

**Consultative section:** This is done according to different orientations that simultaneously involve pupils of teachers and parents.

It has the routine of self-employment, which accelerates with the help of caring thinking that is based on various situations and circumstances.

As a result of care-based thinking, 56% of children found that caregiving is growing, with 10% targeting, and 32% of them use care and protection elements.

In determining the level of mental health thinking for girls and boys, it is observed that the contribution of care thinking for girls is 52 percent, which is 47 percent for boys, which proves a positive and reasonable result The formation of reflective thinking for boys 21 and girls is also 25 percent, which allows the level of thinking to be formed in two groups.

Getting the research results allows caregiving to continue and create specific internal conditions for the organism and better performance of the research process, as well as setting conditions for the mental health of the students to have a positive intellectual performance. Nevertheless, The most important thing is to start with individual training, which is the most important person's intellectual development, which can provide an individual's intellectual orientation toward care thinking and



inclusive communication with the student's mentality.

When teaching health care, one has to take into account that at an early age, one can understand the quality of life, which leads to thinking of care. For this, one can create a hygienic thinking and have good behavioral habits. And should help students learn the method that develops thinking and mind and the ability to evolve and improve their mental health. And they will cultivate this process.

### Conclusions

1. The results of the research for the development of health care thinking have shown that they have positive effects on the success of school ages. Health care as a mental enhancement of children causes optimism in their structural training. More than 95% of children's problems in schools, they are related to their mental and psychological state of health, but this education should begin with the formation of care thinking.

2. Career thinking is a positive condition for the positive functioning of cognitive processes (such as attention, thought, thinking, understanding), and the formation of this positive thinking quality (perception, flexibility, coordination, criticality, ability).

3. The formation of care thinking in school-age students is carried out through a specific system through the teaching process. Educational and intellectual orientation leads to improvements in individual structure and the ability to live healthy lives.

The cognitive workings outline the method of understanding the individual's health, and the prevention work prepares positive situations for health promotion and improvement. Corrective work improves individual habits and self-care.

4. The results of educational and experimental work can practically create a structure of health care thinking and its impact, and at the last stage of testing all students will learn it.

5. The research referred to the necessary explanations and practical measures for caring thinking care for school-age students, which can lead to evolution and mental health.

6. To educate caregivers and get rid of the reflective habits of the environment, students should be assisted in learning how to think about health care and improve mental and habitual abilities and to complete and improve this process.

### Conflicts of interests

The author confirms that the presented data do not contain a conflict of interest.

### References

Anokhin P.K. (1975). Essays on the physiology of functional systems. M.: Medicine. 402 p.

Gasanova D.I. (2011). Sanogenic thinking as a factor of professional resource of the teacher. Bulletin of the Catherine Institute. 73-79 pp.

Grombach S.M. (2008). School and mental health of students. M.: Medicine.

Guchetl A.A. (2018). The Problem of formation of sanogenic approach in the educational environment. XXXIII all-Russian scientific-practical conference "Education-science-technology". Maikop.

Madzhuga A.G. (2012). Modeling of process of formation of health of the creative (sanogenic) educational environment in modern conditions. Modern problems of science and education. № 5.

Orlov Yu.M. (1992). Thinking, giving health and success. Education of pupils. M., №6:3-6.

Turganbaeva B.Sh. (2016). Formation sanogenic thinking in the early school years. Science and peace. №1 (29):106-109.

Filonova T.Y. (2016). Overcoming negative experiences with sanogenic thinking. Scientific Bulletin. № 1 (1): 25-27.

Chermit K.D. (1998). Health-Saving system of education (state and problems of formation). Bulletin of Adyghe state University. №1: 97-98.

Mendoza Velazco, D. J., & Rivero Padrón, Y. (2019). Teaching Resource for the Teaching of Geometry: Circular Trigonometric Geoplane. *International Electronic Journal of Mathematics Education*, 14(1), 3-13.