

## ANNOTATION

**on the dissertation work for degree of Doctor of Philosophy (PhD) in specialty 6D010300 - Pedagogy and psychology Yerezhepov Talgat Tleulesovich on the theme "Culture formation of future teachers' healthcare".**

**The relevance of the research.** Individual health is the wealth of society. Each individual in the community needs to consider ways to keep and maintain their health. From the time the Republic of Kazakhstan gains its independence and in the modern spiritual modernization of our country, every individual is guided by his own health care position. Health care in the community is the key to achieving the goal of joining the thirty most competitive countries.

The main objective of the State program "Densaulyk" is to ensure the development of an effective and sustainable system for the protection of the health of citizens as the basis of the social wellbeing and economic prosperity of the state.

The first President's Address to the people of Kazakhstan "Kazakhstan's way - 2050: Common goal, common interests, common future" defined health protection as an important factor of the state's development. It also sets out the basic principle for the health of the employee, the state, the employer and the system of public health that he or she is responsible for.

The Law of the Republic of Kazakhstan "On Education" provides for the implementation of the necessary measures for health, education and health promotion, promotion of healthy lifestyles as one of the rights, duties and responsibilities of each pupil and student.

The need and importance of the culture of health are evident from other official state documents. In particular, the Law of the Republic of Kazakhstan on the Protection of the Health of the People of the Republic of Kazakhstan (1997), the Concept of the State Youth Policy of the Republic of Kazakhstan (2013), "Concept of the Development of Physical Culture and Sports in Kazakhstan till 2025", "Kazakhstan 2020: Path to the Future" and others.

The concept of physical culture and sports development of the Republic of Kazakhstan until 2025 provides for the formation of an effective model of state policy in the field of physical culture and sports, aimed at mobilizing national sports potential as a unifying force and driving force of the rapid development of mass sports and high achievements. It involves very important aspects of the humanistic direction of sport and the concept of creative personality. In our opinion, it is necessary to organize the classes in the higher education institution so that future teachers not only improve their health, but also form a culture of their health.

The Action Plan on implementation of the Concept of State Youth Policy 2020 "Kazakhstan - 2020: Path to the Future" is planned to be accomplished by the following tasks:

- stage-by-stage modernization of gyms in educational institutions;

- development of mechanisms for equipping sports equipment, including public-private partnerships;
- republican sports student tournaments and competitions;
- ensuring the participation of students of the Republic of Kazakhstan in the World Winter and Summer Universiade;
- implementation of measures for the development of schools and student league in mass sports;
- sports events for children and youth on the basis of sports yard grounds;
- to analyze the activities of youth health centers;
- Ensure interaction between Youth Resource Centers and Youth Health Centers. It can be seen that the implementation of these tasks ensures the continuous improvement of the health and safety of students.

Also, as "Today's student is a tomorrow's specialist", it is clear in the professional standards of the teacher, about the professional and personal value of the modern future profession. One of these values is pedagogical culture. Pedagogical culture is an important part of the general culture of teacher in system of pedagogical activity. In this regard, the culture of healthcare of future teachers is considered as part of the pedagogical culture. Thus, the culture of future healthcare teachers is their pedagogical activity, communication and work. Implementation of a healthcare culture is a combination of pedagogical, psychological, physiological, medical, socio-economic, political and other activities aimed at health protection. And this is a complicated and complex system, because it requires analysis from the point of view of a synergistic approach, as a result of the interconnection of several sciences.

In addition, the content of future teachers' training is planned and formulated in one of the leading national pedagogical higher education institutions - the Kazakh National Pedagogical University named after Abay. For example, Kazakh National Pedagogical University named after Abai will be a leader in the field of pedagogical education in the CIS countries by 2025. By introducing the results of advanced research in pedagogy, teaching methods and technology into the best educational programs, the University boosts the reputation of a teacher profession. It becomes a powerful driving force of the country's development.

The analysis of pedagogy and psychology, as well as the analysis of heritage collected in scientific practice, suggests that "Culture is a way for the younger generation to develop the ability of self-determination, self-actualization and its comprehensive development." The problem of health care in the education system is associated with the formation of culture. That's why health can be a part of culture and access to values, and the basis of the educational process.

Future teachers are viewed as subjects of the learning process, which can selectively and transform their lifestyle, behavior, and change their attitudes towards changing culture and health. The main goal of future teachers is to know the basic laws of health at its physiological and personal level, to learn the possibilities of developing a culture of health. According to scientific and pedagogical researches, curricula of higher education institutions and educational

process, today, the content, structure and level of forming views of future teachers on the culture of health care are realized through the subject of physical education, which is a sign of its inadequacy.

Healthy Kazakhstan's future is the future of young people, and their culture of health determines the spiritual modernization of the country's digital growth and national consciousness. Continuous sports, the spiritual revival of national consciousness, the triumph of knowledge, the spiritual well-being - all of which are necessary actions to preserve the health of the generations. As it is known, the formation of the youth healthcare culture is primarily due to social institutions and educational institutions. That is why, at present, the main requirement is the preparation of business, competitive and professional specialists in high educational institutions of Kazakhstan that can adapt quickly to changing times.

According to statistics of the National center "health", 40% of young people smoke, 39% - abuse alcohol, 17% - use drugs, 41% have early sexual relations, there is an increase in the number of sexually transmitted diseases.

In the spirit of the spiritual modernization of Kazakhstan, the culture of health should be a national idea. In the history of the Kazakh people, in the history of the development of the Kazakh people, the healing legacy of famous thinker OtyaybaydekTleukabyluly, the well-known thinker of the Kazakh Khanate, KurtkaSultankozhauly's educational heritage, "Kassym Khan's scarecrow", which prohibits the deportation of seven grandchildren to preserve the nation's genetic purity, Laws of the old name of "Yesim khan" and "Zhetyzharyshi" of Tauke khan.

The culture of health care, which is becoming a national idea in the context of a spiritual modernization of a healthy Kazakhstan, is being thoroughly considered. Many pedagogical and psychological sciences are being studied in this area. By organizing them scientifically, we can emphasize the following areas:

- Issues of increasing the culture of personal health, their spiritual and physical development (Sh.Ualikhanov, A.Kunanbayev, Y.Altynsarin, A.Baitursynov, Zh.Aimaulytov, M.Zhumabaev, etc.)

- Study of the moral qualities of the person in the educational process (Zh.S.Russo, D.Lokk, J.A. Komensky, I.G. Pestalotsi, A.Disterveg);

- Practical measures on organization of health care, methodical recommendations (P.F. Lesgaft, A.S. Makarenko, V.A. Sukhomlinskii, V.V.Markov, V.M.Behterev, V.A.Farmakovsky and others.

- The culture of health care in the context of philosophy, cultural science and sociology science (L.N. Arutunyan, G.L.Apanasenko, L.N.Kagan, E.S.Marcanyan and Y.B.Bromley, I.T.Levkina, R.V.Rybkina, T.Zh.Nakipbekov and others);

- Formation of bases of professional pedagogical culture and value orientation among future teachers (SeiteshevA.P, Keitaliev K.B, A.A Beisenbaeva, Sh.Taubaeva, R.T.Tuleubekova, G.G.Nurgaliyeva, C. Tleuova and others);

- Formation of the culture of health of young people in the educational process through moral and aesthetic values (A. Kaplieva, B.K.Mukhammedjanov, G.Zh.Nurysheva, Zh.Toribayeva, A.Alibbek and others);

- Historical development of culture of health and the study of folk pedagogy (S. Gabbasov, J.Embergenova, E.Kurmanalieva and others);

- Theoretical and methodological study of the theory of valeriology (N.M.Amosov, I.I.Bremman, M.G.Kolesnikova, L.G.Tatarnikova, R.I.Aizman, V.F.Bazarny, E.N. Weiner, V.V.Kolbanov, E.M.Kazin, A.S.Imangaliev, A.Akanov, Zh.Zh. Nurzhanova and others);

- Psycho-physiological aspects of culture of health of future teachers (Sh.Tulebaeva, TIIsinov, IV Mordvintseva and others).

On the basis of the state-oriented study of the culture of healthcare, we have the following conclusions: the formation of a healthy culture of the younger generation, its organizing and management in the right system, readiness to follow the lifestyle, one of the most important indicators of the ability to make decisions and to act. This is not just an indication of the development of society, but also the culture of healthcare, which is a socio-cultural, spiritual value, largely due to the fact that it depends on the expectations, health and development of health.

The work that is being done today will determine that health care of future teachers is equally studied in terms of values. However, the core of our research is the need to explore the issue of forming a culture of healthcare, taking into account the age-specificities of students-young people, future teachers in the educational process of the university. There is a contradiction between the necessity of forming a culture of future healthcare teachers in the university and theoretically insufficiently studied this issue and the lack of scientifically-methodological support. Scientific research on the solution of such a contradiction has helped us to identify the problem of research and to choose the theme of our work as "**Culture formation of future teachers' healthcare**".

**Object of research:** system of teacher training in higher education institutions.

**The subject of the research** is the process of culture formation of future teachers' healthcare

**Purpose of the research:** Scientific and practical substantiation of the process of culture formation of future teachers' healthcare.

**Research Proposition.** If the model and methodology of culture formation of future teachers' healthcare is developed and put into practice, their culture of health is formed at a high level, as the proposed model and methodology is based on the theory and practice of culture, valeology, health care, professional pedagogical training of teachers in science .

**Objectives of the research:**

- to reveal the essence of key concepts of the problem of healthcare culture and its historical and pedagogical preconditions;
- to define the methodological bases and theoretical foundations of studying the problem of healthcare culture;
- development of business-process model of the process of culture formation of future teachers' healthcare;
- preparation of culture formation of future teachers' healthcare;
- to check the effectiveness of the methodology for culture formation of future teachers' healthcare in the experimental work and to determine the prospects for research.

**Leading idea.** Culture formation of future teachers' health care is the main condition for the national education and upbringing of students in the conditions of spiritual revival.

**Methodological and theoretical bases of research.** Philosophical principles that reveal the development of historical and social patterns, the principles of personality formation, synergetic, valueological, cultural approaches, the concept of the unity of universal and national values. The role of the student-future specialist factor in society and social reasons for the formation of a culture of health preservation, views, conclusions of outstanding personalities of the ancient Kazakh people, teachers, psychologists, ethnographers, philosophers, historians, doctors, art critics in the formation of a culture of health preservation among young people.

**Research sources:** works of ancient and modern Kazakh and foreign scientists-historians, philosophers, ethnographers, teachers, writers, psychologists, art critics, on the culture of health preservation of the Kazakh people, archival documents. Strategic plan of the First President of the Republic of Kazakhstan N. A. Nazarbayev "Kazakhstan-2030", professional standard of the teacher, laws of the Republic of Kazakhstan "On health protection of citizens in the Republic of Kazakhstan»; The concept of the Ministry of education on education and upbringing, research work of teachers and scientists-psychologists, as well as personal experience of the author in the formation of health-saving culture.

**Method of research.** Theoretical analysis of philosophical, pedagogical, psychological and methodological works related to the problem of research, analysis of official materials of the Republic of Kazakhstan, questioning among students, pedagogical control of the educational process of the University, experiment, evaluation of its results, quantitative and qualitative processing and examination of materials.

### **The main stages of the study**

The first stage (2015-2016) was devoted to the theoretical study of the problem. Familiarization with the works on the problems of research, the study of the culture of health conservation, collection of materials, formulation, analysis of special literature, documents, the definition of the scientific apparatus.

At the second stage (2016-2017) were analyzed curricula, programs, disciplines and methodical literature, identified effective forms of organization of educational activities for the formation of a culture of health, developed guidelines.

At the third stage (2017-2018), the results of experimental work related to the formation of a culture of health conservation were systematized.

At the fourth stage (2018-2019) the effectiveness of the technique was checked, the results were included in the content of the thesis, summarized and recommendations were given.

### **Research base.**

Experimental work was carried out at the I, II, III, IV courses of faculties of the Kazakh national pedagogical University named after Abai.

### **Scientific novelty and theoretical significance of the research:**

1. The synergies of studying the concept of health culture and historical and social implications of the health care culture is scientifically justified;
2. Theoretical bases and methodological approaches of research of a problem of culture of health preserving are specified.
3. Influence of social networks and modern information means on formation of culture of health saving of future teachers is defined;
4. The functional model of culture formation of future teachers' healthcare and its components, criteria and indicators are made ;
5. The content and effectiveness of the implementation of the scientific and practical project "Culture of health preservation-the basis of national education in the conditions of spiritual modernization of Kazakhstan" were tested experimentally.

#### **The practical significance of the research.**

- "Health culture - the basis of national education in conditions of spiritual modernization of Kazakhstan" in the culture formation of future teachers' healthcare;
- The program "Formation of health culture" for future teachers and school teachers;
- elective course "Psychology of Health Care" for professional development of the specialty "Pedagogy and Psychology" in higher education institutions;
- Spartacids plan and program, regularly organized in KazNPU;
- Self-study of students on disciplines "Physical culture" and "Physiology of young age and school hygiene".

The research materials can be used in the educational process of higher and specialized educational institutions, general education schools, extracurricular education.

#### **The following guidelines are provided:**

1. The synergetic approach to studying the concept of health culture and historical and social bases of healthcare culture;
2. Functional-process model of the process of culture formation of future teachers' healthcare;
3. Influence of social networks and information means on formation of culture of preservation of health of future teachers;

#### **Methods of culture formation of future teachers' healthcare:**

4. Theoretical model of culture formation of future teachers' healthcare, the content of the practical project "Healthcare culture - the basis of national education in conditions of spiritual modernization of Kazakhstan".

**Validity of the research results.** The purpose and objectives of the research corresponds to the scientific device, the systematic implementation of research methods, experimental works, introduction of recommendations in the practice of general education schools, secondary and higher educational establishments, as well as the main issues and results of the research in scientifically-practical conferences discussion.

#### **Testing and implementation of research results:**

The main principles of the research were published in the journals recommended by the Committee for Control of Education and Science of the Ministry of Education and Science of the Republic of Kazakhstan, as well as in foreign editions of the Scopus database and international conferences. In addition, the KazNPU named after Abai in 2018-2025. according to the Strategic Plan, activities aimed at maintaining health of future teachers (health days, sports days).

**Structure of the dissertation:** The dissertation consists of introduction, three chapters, conclusion, list of used literature and appendices.

The introduction describes the relevance of the study, scientific apparatus, purpose, object, subject, objectives, methodological foundations of the study, stages of research, scientific novelty of the study, practical significance, research base, recommended principles of protection.

In the first part "Historical-pedagogical and methodological bases of formation of culture health of future teachers" the essence of key concepts of problems of culture of health care and historical-pedagogical preconditions are revealed. Methodological approaches and theoretical bases of research of problems of culture of health saving are defined.

In the second part "Theoretical bases and modern approaches to formation of culture of health of future teachers" influence of social networks and modern information means on formation of culture of health of future teachers is defined. The functional-process model of formation of culture of health saving of future teachers is developed.

In the third part "Methodology of formation of culture of health saving of future teachers": possibilities of process of training of future teachers on formation of culture of health saving are defined. The content of the practical project "Culture of health preservation-the support of national education in the conditions of spiritual modernization of Kazakhstan" was developed and its effectiveness was tested in experimental work.

In conclusion, the results and conclusions of the study substantiating the hypothesis are presented, the outlines that will be studied in the future are shown, scientific and methodological recommendations are given.

The Appendix presents the development of lessons, programs, educational and methodical complex of elective courses used in research work; questionnaires.