



ELSEVIER



Available online at www.sciencedirect.com

ScienceDirect

Procedia - Social and Behavioral Sciences 159 (2014) 235 – 238

Procedia

Social and Behavioral Sciences

WCPCG 2014

Teacher's Professional Health as a Factor of the Development of a Student's Harmonic Personality (on J. Updike's Novel "Terrorist")

Tatiana Voronchenko^a, Nina Vinogradova^a, Ekaterina Zherebtsova^{a*}

^a*Zabaikalsky State University, 30 Alexandro-Zavodskaya st., Chita, 672000, Russian Federation*

Abstract

Defining factors of a student's personality development requires analyzing the notion of professional health of a teacher. Urgent social instability, social changes, environmental problems and changes in educational policy influence both teachers and students. Professionalism of teachers is necessary condition for young people's resistance to negative psychological impacts. The scope of our work is a generalized approach to uncover connections between teachers' professionalism and their contributions to the development of the student's harmonic personality. We analyze several criteria of teachers' level of professionalism including their moral intentions, drawing on previous work of Russian, U.S., German, Turkish, etc. scholars. We use correlative analysis, comparative, structural-typological methods, and structural-poetical method while engaging literary images of a teacher and a student from the novel "Terrorist" by well-known American writer J. Updike. The results demonstrate that the development of a student's harmonic personality is closely connected to the professional health of a teacher. We find that the professional health of a teacher is the base for the harmonious development of the cognitive, psychological and moral characteristics of a student's personality.

© 2014 The Authors. Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/3.0/>).

Peer-review under responsibility of the Academic World Education and Research Center.

Keywords: professional health; harmonic personality; teacher; student.

* Ekaterina Zherebtsova. Tel.: +79242739247

E-mail address: katyaz@bk.ru

1. Main text

A teacher as a professional needs the atmosphere of physical and psychical well-being. An individual is considered healthy while developing potential physical and creating forces which make him or her a mature, effective, active member of the society. The efficacy of teacher's activity depends not only on coordinating his of her actions and emotions but on the physical, psychical and social well-being. The teacher is the key figure of pedagogical process, the keeper of knowledge, the model of good manners, healthy life-style, appropriate attitude to the health. The professional health of a teacher is defined by stable results of his or her work that keeps a high level of professionalism both in education and good breeding.

Russian psychologist L. Mitina writes "the problem of professional health of a teacher is so important that it should be considered in the context of the general concept of national healthcare. The health of a teacher has a great influence on the health of the younger generation" (Mitina, 1998). Teacher is a high-risk profession because of the neurotic and psychosomatic disorders it causes. The reasons include long office-day, high mental stress and social responsibility. Teachers are chronically overworked and have high risks of disease. As a rule, they have no way to recover the energy spent, therefore, they are unable to adapt to the diversity of the students' needs and surrounding reality. Emotionally overloaded teacher would prefer the familiar range of circumstances and situations rather than innovations, where the results are unclear and poorly predictable. Thus, by professional health of a teacher we mean that physical and psychical state of the organism in which a teacher is able to maintain and strengthen the emotional, cognitive, motivational, reflexive regulatory mechanisms to ensure effectiveness of his or her professional activity.

The issues of professional health of a teacher, which became a crucial factor for destiny of a student, relationships between teacher and student and how they develop are brightly presented in the literary images in the novel "Terrorist" (2006) by well-known American writer J. Updike.

There are several conceptions based on different understanding and definition of health. The most characteristic is a systematic approach expressed in the works of V. Bekhterev (1902), M. Basov (1926), A. Lazurskiy (1997), etc. According to them, V. Myasishev define three levels of health: biological, psychological, and social, and determine personality as a biopsychosocial unity (Myasishev, 2003). Developing his idea A. Leontiev (1977) writes: "We can easily distinguish the different levels of human studies: the biological level when we see a human as a natural being; psychological level, where he or she appeared as the subject of animated activity, and finally the social level, where a person manifests his- or herself while implements social-historical process". Healthy modern teacher is someone who effectively copes with stress and can prevent and resolve conflicts, makes responsible decisions, who do not just adapt to external conditions, but can rebuild them, improving public health by that. That is why the concept of "health" is inevitably associated with pedagogy.

O. Anisimova marks that by the end of the school year many teachers in Russia feel "physical and psychological discomfort, fatigue, emptiness, irritability, a sense of unrealized potential, socio-professional loneliness that means professional changes a person's health. All this leads to the need for psychological support of a teacher's professional health. As a result, we can talk about the active, mobile, stirring teacher" (Anisimova, 2002).

Modern world is full of threats and challenges that require special spiritual and physical strength of a teacher to protect the students. When he or she is not able to overcome these difficulties there appears such a state as "burnout". "Burnout" was investigated in the 1970s as a crisis of overextended and disillusioned social service workers" (Vandenberghe, Huberman, 1999). Teachers, being pressed to do more work with fewer resources, have to spend their time and energy recklessly, receiving fewer rewards and less recognition of their efforts. The burnout syndrome of teachers has negative effect on their students. "The quality of the relationship between teachers and students is indeed one of the most rewarding features of the teaching profession; it is potentially also the most vulnerable one, especially when viewed against the backdrop of an ever more rapidly changing world that compels both teachers and students to learn how to adapt" (Vandenberghe, Huberman, 1999).

The objective of this paper is to provide new perspectives and a deeper understanding of the nature of the professional health of a teacher, its conditions and consequences, most notably in the teaching profession. This issue becomes general in the novel "Terrorist" (2006) by J. Updike, which discovers the theme of terrorist formation and how the teacher coping with his tiredness and cultural prejudice helps his Muslim student Ahmad not to commit a terroristic act.

In their subjects and issues this novel stands out among other works by the author. Updike tells about how eighteen years old Ahmad, Egyptian and American born and raised in the American town of New Prospect, becomes

Download English Version:

<https://daneshyari.com/en/article/1112395>

Download Persian Version:

<https://daneshyari.com/article/1112395>

[Daneshyari.com](https://daneshyari.com)