

SCIENTIFIC AND METHODOLOGICAL SUPPORT FOR PRESERVING AND STRENGTHENING THE HEALTH OF STUDENTS IN AN EDUCATIONAL ORGANIZATION (LITERATURE REVIEW). MESSAGE 2. HEALTH-SAVING TECHNOLOGIES USED IN THE EDUCATION SYSTEM.

Sonkin V. D., Makarova L. V., Paranicheva T. M.

ANNOTATION. The second part of the article provides an overview of health diagnostic systems used in educational institutions, including assessment of the physical and motor development of students, their activity and psychophysiological reactions. Health monitoring systems are highlighted separately as an important tool for monitoring the effectiveness of health conservation. Some proposals for health improvement systems and technologies for health-preserving activities of educational institutions are described.

Keywords: school; students; health-preserving activities; educational technologies

THE POSSIBILITIES OF PHYSICAL EDUCATION IN THE PREVENTION OF OVERWEIGHT AND OBESITY IN CHILDREN AND ADOLESCENTS (LITERATURE REVIEW).

Zhukov O.F., Goncharova G.A., Alekseeva O.R.

ANNOTATION. The article reflects the role of physical activity, which is a critically important component in the prevention of metabolic-associated diseases (overweight, metabolic syndrome, obesity, etc.), provides theoretical foundations for the effect of physical activity on body weight and normalization of metabolism; as well as practical recommendations on the level of physical activity. The preventive importance of physical education as a component of the educational program is shown, effective physical education programs are presented, emphasizing the importance of a variety of physical exercises and their adaptation to the individual needs of students.

Keywords: physical education, physical activity, prevention, obesity, overweight, children and adolescents, students

OCULOMOTOR BEHAVIOR IN 6-9 YEARS OLD CHILDREN DURING PASSIVE VOICE SENTENCE-PICTURE MATCHING TASK.

Kruchinina O. V., Lundina D. V., Prosvirina T. A., Galperina E. I.

ANNOTATION. In the pilot, the oculomotor behavior of children 6-9 years old (n=10) and adults (n=10) was analyzed during passive voice sentences and pictures matching task. Adults most likely make a decision already when listening to the second word in a sentence, and the third word only confirms the choice already made. In children, the process of perception requires more time, and when listening to the third words in a sentence, it continues, which is noted in longer fixations than in adults on an incorrect picture. This effect is more pronounced when analyzing sentences with reverse word order and passive voice.

Keywords: eye-tracking, oculomotor activity, fixations, saccades, passive voice, children.

VISUAL PERCEPTION OF PRIMARY SCHOOL-AGE CHILDREN WHEN VARYING THE TIME OF PRESENTATION OF INFORMATION.

Lomtatidze O.V., Alekseeva A.S.

ANNOTATION. The paper presents the study of differential thresholds of visual perception of children 7-11 years old in conditions of limited presentation of stimulus. The method of constant stimuli is used. The findings suggest that the conditions of stimulus presentation, being a stress factor, have an impact on the accuracy of the assessment of visual perception of primary school children, expressed in the indicators of their difference thresholds and in the manifestation of the probability of answers “greater.” At the same time, boys and girls have different configurations of differences, which may correspond to different cognitive strategies for assessing stimuli.

Keywords: visual perception, junior student, differential thresholds, psychophysics, stimulus presentation time

AGE-DEPENDENT CHANGES OF EXECUTIVE FUNCTIONS IN PRESCHOOL CHILDREN (3 TO 7 YEARS).

Zakharova M. N., Machinskaya R. I.

ANNOTATION. To identify age-related transformations of various components of voluntary regulation and organization of goal-directed behavior (executive functions – EF), qualitative and quantitative neuropsychological assessment of 472 preschool children of 4 age groups (3-4, 4-5, 5-6 and 6-7 years) was performed. The results of the study indicate the heterochronic development of various components of EF. Statistically significant progressive changes were observed in: (1) mastering instructions, (2) following programs of activity, (3) action switching, (4) cognitive planning. At the same time, children of all age groups,

including children of preschool age, demonstrate age-related immaturity of the following components of EF: (1) creation of their own activity strategy, (2) task switching, (3) self-monitoring of activity results, (4) working memory. The data obtained show the importance of developmental education based on the joint activities of a child and an adult in early preschool age. On the other hand, they testify to the inappropriateness of an early (before 5 years) start of targeted training in mastering writing and reading skills.

Keywords: Executive functions, age-dependent changes, 3-7-year-old children, neuropsychology

EYE TRACKING METHOD IN READING RESEARCH.

Babanova K.U.

ANNOTATION. The method of eye tracking is widely used to study attention and perception during reading; however, the ways of processing eye movements and the indicators used vary widely. The article is dedicated to describing various methods of processing eye movements, identifying the most commonly used indicators for analyzing perception of textual information, and summarizing the factors influencing eye movement activity during reading. The obtained information can be applied in the fields of biology, psychophysiology, medicine, and pedagogy.

Keywords: analysis of eye movements, reading, review of techniques

INTELLECTUAL AND SPEECH DEVELOPMENT IN ADOLESCENTS: CORRELATION WITH THE ELECTRONIC DEVICES USAGE.

Babanova K.Yu., Ryabkova T.S., Lomakin D.I.

ANNOTATION. In the modern world, electronic devices (ED), such as smartphones, tablets, and computers, have become an integral part of our life thanks to scientific advances in technology and the availability of the Internet. This changes our perception of time and affects intellectual experience. Using electronic devices can be beneficial for learning, work and entertainment, but excessive time in the virtual world can lead to a loss of touch with reality, affecting emotional and physical well-being and social relationships. Studying the influence of electronic devices on cognitive development in adolescence is especially important, since during this age period structural and functional changes associated with physiological processes occur.

Keywords: intelligence, speech development, electronic devices, adolescents

THE INFLUENCE OF THE LEADING DEFENSE MECHANISMS OF THE PSYCHE ON THE COMPONENTS OF PERSONAL CREATIVITY.

Gut Yu. N. Lubkova A.A.

ANNOTATION. The article presents the results of an empirical study indicating the influence of the leading destructive defense mechanisms of the psyche on some components of personal creativity.

Keywords: defense mechanisms, personality creativity, imagination, unconscious, conscious, complexity, risk-taking

ORGANIZATION AND METHODS OF PROVIDING PSYCHOLOGICAL ASSISTANCE TO COMBATANTS WITH PTSD.

Ryadinskaya E.N., Volobuev V.V.

ANNOTATION. This article describes the features of psychoprophylaxis and psychological assistance for PTSD among combatants. Methods of providing psychological assistance in PTSD in the military, techniques of psychological intervention, tasks of psychological assistance in PTSD are described. The stages and techniques of cognitive-behavioral therapy are described, as well as recommendations for independently overcoming feelings of anxiety and psycho-emotional stress.

Keywords: post-traumatic stress disorder, combatants, anxiety, psycho-emotional stress