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DEVELOPMENT OF THE PROBLEM OF HEALTH EDUCATION OF SECONDARY SCHOOLS STUDENTS IN POLAND IN THE RESEARCH OF POLISH SCIENTISTS AFTER 1989

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Abstract. The article analyzes some historical and pedagogical works of Polish scholars on the formation and development of health education for students of Polish secondary schools, written after 1989. The study is based on the chronological-subject principle of historiographical analysis of sources. The opinion is expressed that the research of scientists of the analyzed period clearly shows a systematic and consistent interest in reflections on solving the problem of health care through education and upbringing.

The names of historical and pedagogical investigations, the authors of which are announced Vanda Bobrovska-Novak (pol. *Wanda Bobrowska-Nowak*), Aneta Boldyriev (pol. *Aneta Boldyrew*), Ryshard Vashtyl (pol. *Ryszard Wasztyl*), Elzhbieta Vientskovska (pol. *Elżbieta Więckowska*), Barbara Voinarovska (pol. *Barbara Woynarowska*), Matsiei Demel (pol. *Maciej Demel*), Zbihnei Domoslavskiy (pol. *Zbigniew Domostawski*), Kazymyr Drahanskyi (pol. *Kazimierz Dragański*), Bozhena Zavadska (pol. *Bożena Zawadzka*), Teresa Zolkovska (pol. *Teresa Ziołkowska*), Eva Elzhbieta Kalamatska (pol. *Ewa Elżbieta Kałamacka*), Barbara Luchynska (pol. *Barbara Łuczyńska*), Yoanna Maikhzhzyk-Mikula (pol. *Joanna Majchrzyk-Mikuła*), Barbara Morashevka (pol. *Barbara Moraczewska*), Monika Navrot-Borovska (pol. *Monika Nawrot-Borowska*), Valdemar Nadolskyi (pol. *Waldemar Nadolski*), Barbara Niedzhvidzka (pol. *Barbara Niedźwidzka*), Yan Nosko (pol. *Jan Nosko*), Mahdalena Patsorek (pol. *Paciorek Magdalena*), Barbara Pendashevka-Soltys (pol. *Barbara Pędraszewska-Soltys*), Malhozhaty Poslushna (pol. *Małgorzata Posłuszna*), Bohdan Rok (pol. *Bogdan Rok*), Potr Slavinskyi (pol. *Piotr Sławiński*), Yoanna Torovska (pol. *Joanna Torowska*), Bozhena Urbanek (pol. *Bożena Urbanek*), Andzhei Felkhner (pol. *Andrzej Felchner*), Mahdalena Florek-Lushchki (pol. *Magdalena Florek-Luszczki*), Potr Stanislav Franashek (pol. *Piotr Stanisław Franaszek*), Anna Tsishinska (pol. *Anna Cisińska*), Marchin Sherlie (pol. *Marcin Szerle*), Anna Shyliar (pol. *Anna Szylar*), Leonard Shymanskyi (pol. *Leonard Szymański*), Beata Shchepanska (pol. *Beata Szczepańska*), Zyhmunt Yavorskyi (pol. *Zygmunt Jaworski*), Ivona Yanitska (pol. *Iwona Janicka*), etc. It is concluded that Polish scholars of the "modern" historiographical period systematically consider rather long periods (centuries or even more) of health-preserving education of secondary school students, turning to the philosophical principles of consideration and interpretation of pedagogical realities. trace the general tendencies of the specified pedagogical process, allocate cyclic, linear, spiral, stage, civilizational and paradigmatic character of its development.

Keywords: health education, students, secondary school, Republic of Poland, historical and pedagogical research, scientists

1. INTRODUCTION

The foundation of scientific historical and pedagogical works is the historiography of a specific problem, which allows to determine the purpose, objectives and scientific novelty of the study. Formation and development of health education of students of secondary schools in Poland in the XX – early XXI century. is a multidimensional problem, the study of which is possible only by studying the literature on general pedagogy, social pedagogy, history of pedagogy, history of medicine and health care, history of culture, history of the region and other sciences. Related to this is the complexity of the historiographical review of the studied problem, and this highlights the need for its comprehensive coverage based on a synthesis of views of historians, teachers, physicians, public figures, etc.

The aim of the article is to analyze the scientific development of the problem of health education of Polish secondary school students in the works of Polish scientists who appeared after 1989.

2. RESULTS AND DISCUSSION

Analyzing the current theoretical and methodological principles in domestic science, one of the most effective of historiographical analysis is the chronological-subject principle. This makes it possible to highlight the key achievements of researchers from different historical periods in the context of the problem of health education of secondary school students in Poland.

The historiographical stage, tentatively referred to by us as the “modern age”, is directly related to the latest period of development of Polish statehood, which began after 1989. The works published during this period are valuable because they show all the diversity and richness of socio-political and spiritual life of the Polish people, who, despite a number of difficulties of the period of “annexation”, interwar and post-World War II, managed to preserve national consciousness and identity. The research of scientists of the analyzed period clearly shows a systematic and consistent interest in reflections on solving the problem of health care through education and upbringing.

Historical and pedagogical research on the problem of health education, primarily related to the figure Matsiei Demel (pol. Maciej Demel), whose work in the 90's of the XX – early XXI century has acquired various and scientifically balanced features in this area. The author's research is dominated by the author's desire to show the importance of Polish historical sources (pol: “ojczyste źródła”) on the traditions of educating a healthy person in the development of appropriate forms of modern health education. Among the works of the modern scientist is the theoretical and methodological and organizational basis of the health-oriented Polish movement in the past, its personal and institutional scale, synthesized understanding and generalization of positive experiences of predecessors in health promotion and health education. First of all, we note the comprehensive research “Book of Traditions of the Polish Hygienic Society” (1991), “On the history of health promotion in Poland” (2000), as well as publications “History of school hygiene in Poland before 1939” [3] (1991), “Health education: genesis, development, status and prospects” [4] (1992), “One hundred years of health promotion in Poland”, “Materials on the history of health promotion in Poland: the state of research on the history of the Hygienic Society”, “Polish footprints on the roads to health promotion. The course and state of research”, “Polish hygienists”, “Domestic sources of health promotion”. The special value of the mentioned researches is the use of a wide Polish and foreign source base, monographs, biographies, their analysis with special attention to the pioneering achievements of national scale, in-depth presentation of material and comments on important documents.

The topic raised by M. Demel became a powerful impetus for Polish scholars to comprehend the historical achievements in the field of national health education, their generalization in order to

optimize and modify the content and technology of this process.

Among the works in which the authors seek to clarify the historical basis of the health movement in Poland at the public and state levels, to present their own interpretations of the relationship between the development of school hygiene and physical education and history of culture, history of medicine, history of hygiene, history A special place in the fight against alcoholism, etc., belongs to the research of Rychard Vashtyl (pol: Ryszard Wasztyl) "Physical education and sports in Krakow in 1773 – 1890" (1995), Potr Stanislav Franashek (pol. Piotr Stanislaw Franaszek) and Barbara Niedzhvidzka (pol. Barbara Niedźwidzka) "Public Health in Galicia in the Age of Autonomy" (2001), Bohdan Rok (pol. Bogdan Rok) "Care for Hygiene in Polish Culture of the 18th Century" (2001), Bozhena Urbanek (pol: Bożena Urbanek) "Health and Sickness in the Understanding of Polish Physicians of the Second Half of the 19th and the Beginning of the 20th Centuries" (2002), Leonard Shymanskyi (pol: Leonard Szymański) "In the field of hygiene and physical education and their implementation in the school system of the Kingdom of Poland. 1815 – 1915" [17] (2002), Eva Elzbieta Kalamatska (pol: Ewa Elżbieta Kałamacka) "Health and hygiene aspects of physical education in the views and activities of doctors before 1914" [10] (2004), Yan Nosko (pol: Jan Nosko) "Health behavior and public health. Historical and Cultural Aspects" (2006), Kazymyr Drahanskyi (pol. Kazimierz Dragański) "II Hygienic Exhibition in Warsaw in 1896 (110th Anniversary)" [5] (2006), Valdemar Nadolskyi (pol. Waldemar Nadolski) "Sport in the Sondec region in 1867 – 1918" (2006), Elzhibieta Vientskovska (pol. Elżbieta Więckowska) "Medical and health care in the Kingdom of Poland at the turn of the 19th and 20th centuries" (2007), Zbihniev Domoslavskyi (pol. Zbigniew Domosławski) "Introduction to Medicine" (2007), Malhozhata Poslushna (pol. Małgorzata Pośluszna) "Health and health education of Polish society at the turn of the XIX and XX centuries: selected aspects" [14] (2007), Ivona Yanitska (pol. Iwona Janicka) "Hygienic culture of the city of Vilno in 1795 – 1915" (2009), Monika Navrot-Borovska (pol: Monika Nawrot-Borowska) "Women's hygiene in the Polish lands in the second half of the nineteenth and early twentieth centuries in the light of theoretical views" (2010), Marchin Sherlie (pol. Marcin Szerle) and "Health care in Gdynia in the interwar period" (2012), Barbara Pendrashevskasoltys (pol. Barbara Pędraszewska-Sołtys) "Warsaw Health and Recreational Traditions" (2014), Aneta Boldyriev (pol: Aneta Bołdyrew) "Society of the Kingdom of Poland Against Social Pathologies in 1864 – 1914" (2016). In the mentioned researches, against the background of the retrospective coverage of general public health problems and ways of its preservation, some analysis, statistical information and facts on the formation of a healthy lifestyle of children and youth through education are presented.

The next group of investigations combines the works that represent the activities of individual personalities – theorists and practitioners of health education in Poland. Thus, the research of U. Buhai (pol. U. Bugaj) (1999), Barbara Luchynska (pol. Barbara Łuczyńska) (2002), Yoanna Torovska (pol. Joanna Torowska) (2006), Anna Shyliar (pol. Anna Szylar) (2015) are devoted to the health-oriented activities of Khenryk Yordan (pol. Henryk Jordan). The reflections of Kazymyr Drahanskyi (pol. Kazimierz Dragański) [6] (2011) present the content of Stanislav Kopchynskyi's (pol. Stanisław Mickiewicz's) work in the Polish Hygienic Society. Anna Tsishinska (pol. Anna Cisińska) publications [1] (2007), [2] (2013) describe Stanislav Kopchynskyi's (pol. Stanisław Kopczyński) "pioneering" activities in the field of school hygiene. In the article by Barbara Voinarovska (pol. Barbara Woynarowska) [18] (1989) and a collection of works edited by Yanush Zdebskyi (pol. Janusz Zdebski) [15] (1993), highlighted the scientific work of Matsiei Demel (pol. Maciej Demel) in the field of health education.

Among the historical and pedagogical explorations of modern times, a layer of research is quite present, which highlights the educational, preventive and recreational activities of certain state and public organizations and institutions, which were integral "elements" of the health movement in Poland. Among the most informative were Vanda Bobrovska-Novak's (pol. Wanda Bobrowska-

Nowak) collective work "Guardianship and Educational Issues in lask in 1869 – 1993" (1995), an article by Teresa Zolkovska (pol. Teresa Ziołkowska) "Stelli – Society of Vacation Colonies and Sanitary Stations in Poznan in 1897 – 1939" (2002), published by Mariia Biehanska-Plonka (pol. Maria Biegańska-Płonka) "Drop of Milk in Łód (in 1918 – 1939 – achievements in child prevention – success, but which?" (2008), Yoanna Sosnovska (pol. Joanna Sosnowska) "Activities of the Drop of Milk Society for the Care of Children and Mothers in Łód during World War I" (2013), Lukas Linovskyi (pol. Łukasz Linowski) "Voivodship in the days of the Second Commonwealth (in the light of archival materials)" (2012), creative work of Yakub Zhbikovskyyi (pol. Jakub Żbikowski) and Matsei Martsinkovskyyi (pol. Maciej Marcinkowski) "Meeting with the history of the Polish Hygienic Society – 100th anniversary of the project House of the Warsaw Hygienic Society" (2013), dissertation research by Mahdalena Florek-Lushchki (pol. Magdalena Florek-Łuszczki) "Hygienization of the Polish countryside as a socio-medical movement" [7] (2015). The issue of health promotion and health education in the scout education of children and youth is found in the research of Barbara Morashevskaya (pol. Barbara Moraczewska) "Polish schooling in 1945 – 1975, taking into account the city of Wloclawek" (2010).

One of the main sources for studying the origin and genesis of any process and a subtle indicator that conveys the importance of a particular area of social development is the press. The work of Vanda Voitkievich-Rok (pol. Wanda Wojtkiewicz-Rok) is devoted to the content of "Polish periodicals in terms of identifying and analyzing materials on health problems in general and in the context of secondary schools" (1996), Bohdan Rok (pol. Bogdan Rok) "The Problem of Combating Alcoholism in Polish Religious Literature of the 18th Century" (1999), Dahmara Eva Flieminh-Tsierovska (pol. Dagmara Ewa Fleming-Cejrowska) "The problem of hygiene in the Warsaw women's press of 1860 – 1918" (2005), Andzhei Felkhner (pol. Andrzej Felchner) "The Journal of Health in Development School Medicine in Poland after the First World War" (2007), Mahdalena Patsorek (pol. Paciorek Magdalena) "The Problem of Alcoholism among Public Children in Polish Medical Periodicals 1923 – 1938 "(2003) and "Hygiene of Children and Youth in Polish medical periodicals of the interwar period" (2010), Eva Shmai (pol. Ewa Szmaj) "Polish body care (methods and tools) in Polish guides for women from 1922 – 1939" (2012), Ahnieshka Malek (pol. Agnieszka Małek) "Traditional and innovative views on the child in the educational guides of the Second Commonwealth" (2012), joint intelligence of Izabela Krasinska (pol. Izabela Krasieńska) and Potr Slavinskyi (pol. Piotr Sławiński) "Abstinence in Poland (1918 – 1939) information on education for living in sobriety among children and youth" [11] (2013).

Various issues related to school hygiene, health education and physical education were permanently on the agenda of Polish and foreign medical, natural and pedagogical forums. An article by Mariia Rotkevych (pol. Maria Rotkiewicz) and Slavomir Vilc (pol. Sławomir Wilk) entitled "Physical Education and School Hygiene in the Light of Congresses and Exhibitions of Polish Physicians and Naturalists (1918 – 1939)" (1993) is published. Malhozhata Poslushna (pol. Małgorzata Posłuszna) "Health education in the light of discussions and resolutions of pedagogical congresses of the Second Rzeczpospolita" (2001), Yoanna Maikhzhyk-Mikula (pol. Joanna Majchrzyk-Mikuła) "Development of School Medicine" (2007), study by Malhozhata Yatsko (pol. Małgorzata Jacko) "Participation of Poles in International School Hygiene Congresses" (2016).

The practical dimension of health education is implemented in particular through various forms of physical education (gymnastics lessons, games and entertainment during breaks, inter-lecture exercises, athletics and other sports, etc.) inside and outside the school, as well as during walks, in summer and winter school camps, in the activities of school wives of the Union of Polish Scouts (pol. Związek Harcerstwa Polskiego). This perspective on the problem of health education is presented in research on physical education of secondary school students. First of all, these are complex works that chronologically relate to the interwar period of the twentieth century, namely: Intelligence of Khenryk Oleksandr Pietzhak (pol. Henryk Aleksander Pietrzak) "Physical education

and sports in Polish schools in the province of lassie in 1922 – 1939” (1994), Leonard Novak (pol. Leonard Nowak) “Physical education and sports in public secondary schools in 1918 – 1939” (1996) and Richard Staron (pol. Ryszard Staroń) “Physical education and sports in public urban secondary schools in Krakow in 1918 – 1939” (2003). Elihiush Stefan Maloliepshyi (pol. Małolepszy Eligiusz Stefan) monograph “Physical Culture in the Activities of Rural Youth Organizations of the Second Polish Commonwealth” (2004, 2015) is distinguished by the desire to synthesize national experience of physical education to develop a strategy of healthy activities in modern Polish education. Among the historical and pedagogical works that represent the practical dimension of “postwar” physical education in schools, the most valuable are the doctoral dissertations of Malhozhata Kinha Novatska (pol. Nowacka Małgorzata Kinga) “Physical education and sports in primary, secondary and vocational schools in 1945 – 1998” (2002) and Mahdalena Hrazhyna Kravchyk (pol. Krawczyk Magdalena Grażyna) “School Physical Education in the Rzeszów Region in 1944 – 1998” (2007). We should also note the publication of Malhozhata Novatska (pol. Małgorzata Nowacka), Arleta Lohi (pol. Arleta Loga) and Yanush Pola (pol. Janusz Poła) “The Function of Physicians in Physical Education and School Sports Programs in the Postwar Years” (2006), general the focus of which makes it possible to determine the role of physicians in the implementation of the program of physical education, which directed this process clearly to preserve and promote health.

Direct coverage of procedural and substantive aspects of health education and upbringing in secondary schools in Poland in the late nineteenth – in the 20s and 30s of the twentieth century on Lukash Tomash Kaluzhnyi’s (pol. Łukasz Tomasz Kałużny) exploration “Hygiene and school medicine in Greater Poland in the 19th and 20th centuries” [9] (2002), article by Zyhmun Yavorskyi (pol. Zygmunt Jaworski) on “The culture of health in Polish schools in 1919 – 1938: elements of reality and vision” [8] (2009) and the dissertation research of Yoanna Maikhzhyk-Mikula (pol. Joanna Majchrzyk-Mikuła) “School hygiene in the Lubelskie region in 1918 – 1939” [12] (2014). Of particular note is the monograph by Beata Shchepanska (pol. Beata Szczepańska) “School Hygiene in Secondary Schools in the Second Polish-Lithuanian Commonwealth” [16] (2014). This comprehensive study presents a serious understanding of phenomena, phenomena, events and personalities. In our opinion, among other works, this research is an attempt at an interdisciplinary approach to the history of school hygiene in the interwar twentieth century in its direct connection with the education of students in the context of health. The monograph was prepared using a wide archival source base.

The dissertation of Vieslava Lesnikovska-Shchihalska (pol. Wiesława Leśnikowska-Ścigalska) on “Hygiene and School Medicine special attention of the last fifty years” (1998). Bozhena Zavadzka’s (pol. Bożena Zawadzka) research “The Evolution of the Health Education Program: 1963 – 1983” is filled with a peculiar dialogue between the past context of solving the problem of students’ health care through education and upbringing and current pedagogical issues in this field [19] (2000), Zyhmun Yavorskyi (pol. Zygmunt Jaworski) “Concepts of Spreading the Culture of Health in the Polish School (1965 – 2004)” (2005) and “Healthy Culture in the Polish School in 1945 – 1989” (2010) and Barbara Dahmara Nizolek (pol. Barbara Dagmara Niziołek) “Health education in the primary school of Tarnow County in 1918 – 1975” [13] (2012). These works, rich in factual and interpretive, expand our understanding of the content and technology of pedagogical processes directly related to the preservation, promotion and formation of health in Polish schools during the time periods declared in the title of the work, as well as institutions and personalities who were involved in the implementation of these processes.

3. CONCLUSIONS

The above, testifies that modern Polish historiography develops on the foundation laid by the authors of the past, shows great interest in topics and events that chronologically cover the era of “annexed territories”, the period of the Second Commonwealth (the years after World War II) and Poland “the present”, which dates back to 1989. The circle of scientific interests of historians of pedagogy of the modern period is concentrated around the problems, issues and figures discovered in previous years, but with an effort to present deeper and more fully historical phenomena and personalities. The authors of studies of the modern historiographical period systematically consider quite large time frames (centuries or even more), which allows to address the philosophical principles of consideration and interpretation of pedagogical realities, tracing the general pedagogical process, highlighting cyclical, linear, spiral, stage, civilizational and paradigm their development. This clearly shows the paradigm of historical and pedagogical science that the history of pedagogy is a science that did not end yesterday, it continues only today.

We see the prospects for further research in the analysis of the works of Ukrainian scientists devoted to the study of the history of health education of students in secondary schools in Poland.

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Сливка Лариса. Наукова розробленість проблеми здоров'язбережувального виховання учнів загальноосвітніх шкіл Польщі у розвідках польських вчених після 1989 року. *Журнал Прикарпатського університету імені Василя Стефаника*, 9 (1) (2022), 180–187.

У статті проаналізовано окремі історико-педагогічні праці польських науковців, присвячені становленню і розвитку здоров'язбережувального виховання учнів загальноосвітніх шкіл Польщі, написані після 1989 року. В основу дослідження покладено хронологічно-предметний принцип історіографічного аналізу джерел. У виразно думку про те, що в дослідженнях вчених аналізованого періоду чітко виражено систематичне і послідовне зацікавлення рефлексіями щодо розв'язання проблеми здоров'язбереження засобами освіти і виховання.

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Ключові слова: здоров'язбережувальне виховання, учні, загальноосвітня школа, Республіка Польща, історико-педагогічні дослідження, науковці.