

SOCIAL AND PEDAGOGICAL ASPECTS OF OCCUPATIONAL HEALTH OF SPECIALISTS

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Abstract. *Social aspects in the modern world play a very important role as factors directly and indirectly shaping the sphere of personal health. At the same time, most of the parameters of quality of life and health are correlated with psychological variables that reveal an uneven distribution between members of different social groups. All this makes the differentiated approaches to the organization of programs of primary prevention of diseases and the support of the treatment and rehabilitation process relevant. The purpose of the article is to identify socio-pedagogical aspects of labor protection of specialists. The methodological basis of the research is the theoretical analysis, comparison and generalization of scientific literature on research problems. Thus, the analysis of the influence of social conditions on the formation of the health sphere of a specialist can be carried out only in the context of interaction, that is, taking into account the individual's ability to actively create the social environment in accordance with individual needs and values, and on the other hand, taking into account social and cultural mediation personality, its basic attitudes and behavior patterns, including in the case of occupational health.*

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Introduction. Currently, there is a change in the public status of health as a social phenomenon. This change is expressed both in individual understanding and in the assessment of all mankind. The social fabric can tear further or begin to recover.

Health retains its significance for the individual as a certain value and an appropriate state (absence of pain, illness), which provides the opportunity to work. And also it acquires new dimensions: a new attitude towards it as a special social phenomenon is being formed.

Health (as a special social relationship) is increasingly becoming a structure-forming factor of social life, realized in the subjective life of specific individuals.

The socio-pedagogical aspects of personal health in the modern world play a very important role, as factors that directly and indirectly form the sphere of personal health. More often, the quality of life and the level of mental adaptation are more dependent on the social characteristics of the individual than on clinical ones. At the same time, most of the parameters of the quality of life and health correlate with psychological variables that reveal an uneven distribution between representatives of different social groups.

All this makes relevant differentiated approaches in organizing programs for primary prevention of diseases and supporting the preventive and rehabilitation process of forming the occupational health of specialists, taking into account socio-pedagogical aspects.

Literature review. An analysis of publications on the problems of assessing the state of health of the population testifies to the steady interest of the psychological sciences in the study of health as a social phenomenon, the consideration of issues of the social conditionality of health. The manifestation of individual health as an aggregated result of social processes is considered by M. Weber, E. Durkheim, E. Fromm, the assessment of health as an aspect of the socio-ecological quality of life is presented in the works of F.I. Kalyu, V.A. Yadova, V.N. Ivanova, S.I. Boyarkina, etc. In the works of I.A. Gundareva, N.Kh. Gafiatullina, the dynamics of the level of human health is associated with the functioning of social structures, the regularities of the system of interaction between members of society are studied, when the performance of an individual is a component of the synergistic result of the group, individual health acts as a factor in the well-being of society (2,7).

Aim. The purpose of the article is to identify socio-pedagogical aspects of labor protection of specialists.

Methods. The methodological basis of the research is the theoretical analysis, comparison and generalization of scientific literature on research problems.

Results. Since a significant factor in the socialization of occupational health is the nature of the content of work and the structure of life. However, among the unfavorable factors affecting the health of specialists, it is necessary to single out - physical inactivity, failure to comply with hygiene requirements, the inability to withstand academic loads, poor nutrition, sleep and rest disturbance, lack of basic knowledge about health, a healthy way of life and lifestyle (4,5).

Consequently, these factors accompany the daily life of a person and are perceived by him as ordinary and ordinary. Thus, an unhealthy lifestyle is formed, which becomes the norm. In addition, according to doctors, sociologists, educators, psychologists, scientists, there is a catastrophic deterioration in the physical, mental and moral health of specialists. That is, the traditional workflow is not health-saving.

- workflow-related risk factors include:
- stress tactics (fear of losing a job);
- intensification of working loading;

- inconsistency of the leadership style with the age and functional capabilities of specialists;
- irrational organization of work activities;
- lack of a system for strengthening and maintaining health in the workplace (2,3,6,7).

A significant factor in the decline in health indicators is the unwillingness of specialists to worry about their own health, trampling on a healthy lifestyle. Unfortunately, in the course of life, a person is not taught how to take care of their own health, they do not form a culture of health, within which a value attitude towards oneself, one's own health and others is formed. Consequently, conditions are not created for the formation of a sense of responsibility for one's own behavior and its consequences, and the setting for a healthy lifestyle is not implemented.

The structure of socio-pedagogical factors of occupational health is based on the concept of «relationship psychology» by V.N. Myasishchev (1), who defines the attitude to health as a reflection of a person's individual experience and at the same time as a factor that has a significant impact on his behavior. «A person's attitude to his health is not limited to taking care of health or neglecting it. Here, at the same time, we are talking about a higher level of ideological relations of the individual.

A significant place in hygiene and occupational health prevention is occupied by the issue of somatic condition. This is due to the important role of the psyche and personality traits in preventing somatic diseases and strengthening physical health» (Myasishchev, 2011). This approach allows us to consider the attitude to health as one of the main elements, which can be directed by the regulatory impact.

The three-component structure makes it possible to holistically reveal the socio-pedagogical aspects of the occupational health of specialists, to reflect the whole variety of connections between structural elements (modules).

Table 1. Factors determining the occupational health of a specialist

| № n/s | Factors | Content | Personal position |
|--------------|----------------|--|--|
| 1. | Emotional | various emotional stress factors affecting occupational health | a person's ability to resist stress, show and manage his emotions, adequately assess the emotions of others, which characterizes his emotional stability |
| 2 | Cognitive | knowledge about occupational health, about the main factors that strengthen and damage health, about its roles in life | a person's ability to make adequate decisions, highlight the most important things, find missing information, the ability to think, stability and concentration of attention, critical thinking, professional memory, professional observation, decision-making speed, their scope and correctness, the ability to think critically and positively |
| 3. | Behavioral | choosing a certain behavior strategy in a stressful situation | the ability to quickly adapt to the demands of the situation by mastering, softening or weakening these demands |

Sources: developed by authors

The cognitive module provides an adequate representation of the specialist about his level of health, which is based on knowledge about health and a healthy lifestyle, including in the performance of professional duties, awareness of the role of health and its impact on life in general, and as well as success and efficiency of professional activity, in particular, understanding of the main risk factors of the profession and ways of preserving and strengthening health.

The emotional module includes the whole range of experiences of the state of "health / illness" that arise in a specialist involved in a particular professional situation, an adequate emotional response (from «outburst of emotions» to restraining them in situations when necessary).

The behavior module displays the characteristics of a specialist's behavior that contribute to adaptation to changing environmental conditions and professional activity, as well as behavior/communication strategies caused by changes in health, a healthy lifestyle and work.

Domestic and foreign sociological studies allow us to reasonably state that among specialists with a low level of education and income, the unemployed, who live in difficult material conditions, alone, the level of morbidity and mortality is significantly higher than in socially more «prosperous» population groups (2,3,4,7).

At the same time, the position is becoming more and more widespread, according to which there is both a direct influence of social conditions on the quality of life and health of a specialist, and an influence that is a mediated complex of psychological factors, which in some cases are not only a consequence of the influence of the environment on the specialist, but also the reason for being fixed at a low socio-economic level. Such mediated factors include social stress, experiencing social frustration, a number of cognitive-behavioral characteristics, and the level of social support.

Social processes at the micro- and macro-level create conditions that contribute to the satisfaction of the individual's actual needs, or prevent it. In the event that the source of stress caused by the blocking of significant needs is macrosocial phenomena, we speak of sociogenic (social) stress and disruption of the specialist's adaptation system.

Therefore, the socio-pedagogical aspects that contribute to changing the system of views of specialists on the relationship between the processes of physical activity (physical culture, sports, physical labor), spiritual and moral and normative beliefs (respectful attitude towards universal human values - love, beauty, health, good), using a comprehensive assessment of their impact on the individual: biological (health), moral (value orientations, attitude to norms), psychological and pedagogical (determination of priorities, restructuring of upbringing and education programs).

It is worth noting that the strategy of treating diseases, which is now dominant, must give way to the strategy of preserving and developing health, where an important role belongs to education in physical culture (psychosomatics), as a component of general and professional culture.

We also include stress factors of professional activity (manifestations of the external environment in which human activity takes place) and individual

psychological features of the professional's personality (manifestations of the internal environment that determine cognitive, emotional and behavioral modules) as factors of occupational health of specialists. The main stressors that affect the activities of specialists are the following: content of professional activity, its organization; professional career; corporate relations; non-organizational sources of stress.

Discussion. It follows from the above that social support is a complex phenomenon that occurs during human interaction, which has quantitative and qualitative characteristics, the ratio of which determines its satisfaction or dissatisfaction depending on its individual needs and expectations. Moreover, it is necessary to take into account that a specialist is an active participant in social interaction, and therefore the level and quality of support from others largely depends on his behavior and emotional and personal characteristics (1,6,7).

Thus, the analysis of the influence of socio-pedagogical aspects on the formation of the specialist's health sphere can be carried out only in the context of interaction, that is, when taking into account the ability of an individual to actively create a social environment in accordance with individual needs and values, and on the other hand - taking into account socio-cultural indirectness the formation of personality, its basic attitudes and patterns of behavior, including in the case of occupational health. Understanding the mechanisms of such interaction is a necessary condition for ensuring the effectiveness of any health promotion programs.

We believe that for socio-pedagogical support of the occupational health of specialists it is desirable to carry out the following aspects: creation of a bank of socio-psychological, diagnostic methods for identifying various types of predispositions of specialists; organization of theoretical and methodical training (education) of specialists; creation of a psychophysiological diagnostic complex for monitoring social health criteria in aspects of significance for the mental, psychological and social health of specialists; substantiation of working time regimes spent on studying the invariant and variable component, taking into account the age, gender, and individual characteristics of specialists; creation of a model of coordination of joint activities of psychological competence centers in organizations.

Conclusion. Thus, the analysis of the influence of socio-pedagogical aspects on the occupational health of specialists can be carried out only in the context of interaction, that is, taking into account the ability of a specialist to actively create a social environment in accordance with individual needs and values, and on the other hand - taking into account the socio-cultural indirectness of the formation personality, its basic attitudes and behavior patterns, including in the case of maintaining health.

A holistic and consistent internal picture of a specialist's health (cognitive module) contributes to the development of behavioral strategies that contribute to a healthy lifestyle and work (behavioral module), accompanied by adequate emotional reactions and experiences (emotional module).

Understanding the mechanisms of such interaction is a necessary condition for ensuring the effectiveness of programs to strengthen the occupational health of specialists in the future, and is a prerequisite for further research in this area.

A comprehensive approach to the formation of conditions for the socialization of occupational health makes it possible to implement a healthy lifestyle in the professional's life-creating practice, to strengthen and preserve his health.

Author contributions. The authors contributed equally.

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