

# THE REPORT ABOUT the HEALTH PSYCHOLOGY DEVELOPMENT in UKRAINE for 2016-2017

## I) Health Psychology in the country

There were not changes in the status of health psychology in the country.

## II) Education, training & professionalization

### 1. PROMOTION OF HEALTH PSYCHOLOGY

It was developed the Conception of State Targeted Social Program “The Youth of Ukraine” on 2016-2020 and officially confirmed by the Cabinet of Ministries of Ukraine. URL: <http://zakon5.rada.gov.ua/laws/show/1018-2015-%D1%80>

Youth includes people from 14 to 35 years old.

One of the problems why this Program was developed was a high level of morbidity and mortality among young people, a weak motivation to adhere to healthy and safe lifestyles, lack of knowledge and skills in the field of life safety.

One of the priorities of the program is implementation of events aimed at promoting and approval the healthy and safe lifestyle and culture of health among young people.

The priority is planned to be implemented in two directions:

"There is the healthy mind in the healthy body ". Goal: to increase the health of young people, to promote and establish a healthy and safe lifestyle and culture of health among young people;

"In harmony with yourself and the world." Purpose: to promote the mental health of young people, to form an internal culture of their relationships in the family and the social environment; Provision of reproductive health of young people, popularization of knowledge of life safety among young people.

### 2. EDUCATION AND TRAINING INITIATIVES/PROGRAMS

We have not such profession as Health Psychologist in Ukraine. We have only 3 qualifications: Psychologist and Practical Psychologist (for alumnus of classical Universities) and Physician Psychologist (for alumnus of Medical Universities).

But there are a lot of courses of Health Psychology which are delivering for Bachelor' and Master' students of specialities of Psychology, Valeology or Physical Training at the Ukrainian Universities.

For example:

It is delivering Master program of Psychic Health in organizations in Ukrainian Catholic University of Lviv. It prepares specialists for practical and research work on improving the mental health of workers of organizations of different ownership forms at the individual and system levels, with deep knowledge of mental health problems and skills of evidence-based psychotherapeutic interventions. URL: <http://vstup.ucu.edu.ua/psihologiya-psihichne-zdorovya-v-organizatsiyah/>

It is giving the specialization of Psychosomatics and Health Psychology at the National Pedagogical Dragomanov University. URL: <http://www.fp.npu.edu.ua/ua/abiturientu/spetsializatsii/psykhosomatyka-ta-psykholohiia-zdorovia>

It is delivering the course of Psychology of Health and Healthy Lifestyle at the National University of Physical Education and Sports of Ukraine in Kyiv. URL: [http://www.uni-sport.edu.ua/sites/default/files/psihologiya\\_zdorovya\\_ta\\_zdorovogo\\_sposobu\\_zhyttya.pdf](http://www.uni-sport.edu.ua/sites/default/files/psihologiya_zdorovya_ta_zdorovogo_sposobu_zhyttya.pdf)

It is delivering the course of Health Psychology at the Schools of Psychology at the Taras Shevchenko National University of Kyiv and at the V.N.Karazin Kharkiv National University, at the Pedagogy and Psychology Departments of Vadym Hetman Kyiv National Economy University (KNEU) and of Kyiv National Linguistic University.

### **III) Activities**

#### **1. CONFERENCES & MEETINGS**

1. 29-30 September, 2016 the VI International Scientific and Practical Internet Conference "Life Safety, Ecology and Health Care of Children and Youth of the XXI Century: The Modern State, Problems and Perspectives" was held in Pereslav-Khmelnytsky city.

During the conference, the following issues were considered:

- ecological education of teachers and college teachers for sustainable development;
- formation of ecological consciousness in children, adolescents and students;
- environmental and psychological and pedagogical aspects of life safety and health care;
- medical and biological aspects of life safety;
- implementation of continuity of preschool, primary, secondary and higher levels education in the provision of health for children, adolescents and youth;
- health-saving support in general and higher education educational institutions;
- efficiency of health-saving technologies in educational institutions.

2. September 30 - October 2, 2016, was held the 9th International Conference on Young Scientists and Students with International Participation "Problems of the Formation of a Healthy Lifestyle in Youth" will take place. " in Odessa National Academy of Food Technologies.

The conference directions were:

1. Philosophy of health. Theoretical and methodological foundations of a healthy way of life.
2. The problems of healthy eating. Medical aspects of a healthy lifestyle for young people.
3. Technological aspects of the production of food products in the medical and health direction.
4. Wine making and wine culture.
5. Water and modern environmental problems of water.
6. Resources and comfort.
7. Environmental aspects of a healthy lifestyle.
8. The role of student self-government in the developing the healthy lifestyle of young people.

3. November 4-5, 2016 a scientific-practical conference "Formation of a sober lifestyle in the family and society" was held in Lviv, at the Danylo Halytsky Lviv National Medical University. Participants of the conference were activists of sobering movements and organizations, educators, psychologists, and medical workers. The conference included the following sections: pedagogy, psychology, medicine, sociology, history, law, information technologies, religious approaches to the upbringing of sobriety, organization of the sobering movement, other aspects of the sober way of life.

4. November 24, 2016 All-Ukrainian Scientific and Practical Conference: Interdisciplinary Aspects of Studying the Phenomenon of Human Health was held in the city of Vinnitsa.

Thematic directions of the conference:

1. Theoretical and methodological problems of the health psychology.
2. Interdisciplinary aspects of studying the phenomenon of human health.
3. Psychological, social, medical and biological components of human health.
4. Behavior of the person and its resources as determinants of health.
5. Psychosocial factors of reproductive health and sexual behavior.
6. Modern technologies for the formation of a healthy lifestyle.
7. Medical psychological and psychotherapeutic aspects of psychological assistance.
8. Theoretical and applied research of deviant behavior.
9. Psychosocial aspects of the health of adolescents and young people.
10. Psychology of the lifespan and healthy lifestyle.
11. Psychological components of professional health.

5. May 28-29, 2016 VI All-Ukrainian Scientific and Practical Conference: Pedagogy of Health was held in Kharkiv in H.S. Skovoroda Kharkiv National Pedagogical University.

She was dedicated to highlighting of the results of psychological and pedagogical research on preservation and formation of children and students health. Theoretical and methodological foundations of pedagogy of health are considered; Modern approaches to the creation of a healthy preserving educational environment; The role of physical education in preserving health; Psychological and pedagogical bases of prevention of harmful habits and socially dangerous diseases; Health-saving educational technologies; Actual problems of correctional pedagogy and modern inclusive processes in general educational institutions.

6. April 7-8, 2017 The VII National Scientific and Practical Conference "Pedagogy of Health" was held in Chernihiv at the Department of Physical Rehabilitation of Chernihiv National University of Technology.

The conference was devoted to the following issues:

- human health as a medical-biological, ecological, philosophical, socio-economic, cultural and psychological-pedagogical category;
- ways of the noosphere development of Ukraine and the state of physical, mental, spiritual and social health of children, adolescents and youth;
- ecological and valeological culture as a strategy of healthcare saving and ecologically safe behavior of the person in the environment;
- methodological and theoretical foundations of pedagogy of health;
- modern approaches to creating a health-saving educational environment in an educational institution;
- physical education, physical rehabilitation and recreation in the preservation of health;
- bioethics and problems of human health preserving;

- psychological and pedagogical bases for the prevention of harmful habits and socially dangerous diseases (substance abuse, drug addiction, alcoholism, tobacco smoking, sexually transmitted infections, HIV / AIDS);
- health-saving educational technologies;
- psychological and pedagogical principles of the formation of a healthy lifestyle;
- method of teaching safety of life, ecological and valeological disciplines;
- experience of the activities of schools included in the All-Ukrainian Network "School of Health Promotion" and "School of Sustainable Development";
- actual problems of correctional pedagogy and psychology;
- psychological and pedagogical and rehabilitation support of modern inclusive processes in general and higher educational establishments.

7. March 25-26, 2016 VIII International Scientific and Practical Conference: The psychological foundations of health, education, science and self-realization of personality were held in the city of Lutsk, in Lesya Ukrainka Eastern European National University

The main thematic directions of the conference:

1. Actual questions of modern psychology of health: methodological-conceptual, theoretical and applied aspects.
2. The role of health, education, science in personal and professional development.
3. Psychological service for the protection of health: activities of psychologists of educational and medical establishments.
4. Socio-psychological problems of rehabilitation, integration, inclusion and support of people with special needs.
5. Development of psychological education and psychological practice in Ukraine on the way of integration into the European educational space.
6. Psychological rehabilitation of Anti-Terroristic Operation (ATO) servicemen: methodology, practice, work experience.

8. March 30-31, 2017 IX International Scientific and Practical Conference: The psychological foundations of health, education, science and self-realization of personality were held in the city of Rivne, in Rivne State Humanitarian University.

The main thematic directions of the conference:

1. Actual questions of self-realization of the person: methodological-conceptual, theoretical and applied aspects.
2. Mental and psychological health of a person, psychology of creative self-realization and art therapy.
3. Impact of psycho-traumatic factors on personality and its vital functions.
4. Psychological rehabilitation: the essence, task, structure, organization.
5. Restoration of the psychic balance of the person in the process of psychological rehabilitation, integration and incluity.
6. Psychological service for the protection of health: the activity of psychologists of educational and medical institutions.
7. Development of psychological education and psychological practice in the conditions of modern socio-cultural space of Ukraine.

9. On February 22, 2017, a round table on "Problems and Prospects for the Development of Advanced Fitness Technologies" was held at the Department of Fitness and Recreation Health of the National University of Physical Education and Sports of Ukraine in Kyiv city.

The round table was attended by teachers, graduate and master students, managers and fitness trainers of the leading fitness centres of Kyiv. Scientific reports concerned trends and perspectives of modern technologies development in health fitness. It was paid particular attention to the issues of attracting people to fitness classes; Use of modern fitness technologies in raising the level of physical condition, motor activity and prevention of chronic non-infectious diseases; Training specialists for the health fitness industry.

10. On November 29, 2016 it was held an international scientific and practical seminar "European Movement of Schools of Health in the system" Motor activity - a healthy lifestyle - a healthy nation " at the Kyiv Gymnasium № 287.

The seminar was devoted to the presentation of theoretical and practical results of research on the problems of study, preservation and formation of the health of children and students.

The seminar was held with the assistance of the Ministry of Education and Science of Ukraine, DNU "Institute for the Modernization of the Content of Education" and the Representative Office of the Polish Academy of Sciences in Kyiv.

Participants of the event took part in the plenary session and attended elementary school classes of the health-saving technology "Learning in motion" (author O.D. Dubogai).

## 2. PUBLICATIONS

We have no national society, division or section of EHPS. That is why I have done a search of any publications of Ukrainian specialists in the field of Health Psychology.

During 2016-2017 it was published the followed articles by the topic of Health Psychology (which can be founded by Google and Google Scholar engines):

1. Kurilyuk Yu.I. (2017). Significance of physical activity in professional long-term future forming of teachers (in Ukrainian). *Young*, 43(3.1).
2. Palichuk Yu., Kurilyuk Yu. (2016). Formation of motivation for health-control of students in higher education (in Ukrainian). *Historical, theoretical and methodological, medical and biological aspects of physical culture and sports: proceedings of the All-Ukrainian scientific and practical conference*, Chernivtsi city, P. 265-269.
3. Kokoilo Yu. O. (2016). Healthy teachers have healthy children: training sessions for teachers on the formation of a healthy lifestyle need (in Ukrainian). *Health and Physical Culture*, N. 7-11.
4. Zhidenko A.O., Kladikova I.I. (2017). Health-forming technologies in physical learning in general education and higher educational institutions. *Bulletin of Chernihiv National Pedagogical University. Series: Pedagogical Sciences*, 143, 338-341.
5. Khrypach AG, Svetlich V.V. (2016). Scientific bases of healthy life in physical culture education of students in higher education. *Actual problems of physical education of different stratum of the population: proceedings of II All-Ukrainian scientific and practical conference*, Kharkiv, p. 200-205.

6. Lutsenko O.L., Tsapkova A.S. (2017). The experience of stress and fear of students-IDPs. *Bulletin of V.N. Karazin Kharkiv National University, Psychology series*, 62. (in print).

7. Lutsenko O.L., Gabelkova O.Ye. (2017). The Design of Low Physical Activity Tendency Method: Procedure and Results. *Psychology: Reality and Prospects: a collection of scientific works of Rivne State Humanitarian University*, 8, p. 171-175.

8. Lutsenko O.L., Andronnicova K.A. (2016). The students' subjective perception of the state of their health, its resources and constraints, the possible ways of its conservation and improvement (in Russian). *Psychophysiology news*, 2, 52-57.

#### 1. WORKING GROUPS (if any)

There are no working groups in the field of Health Psychology that I know.

#### 2. OTHER ACTIVITIES

School of Health Care of National University of "Kyiv-Mohyla Academy" taking participation in the project: BIHSENA: Bridging Innovations, Health and Societies: Educational capacity building in the Eastern European Neighbouring Areas 2015-2018. URL: [http://www.ukma.edu.ua/index.php/osvita/2012-01-16-10-32-45/84-education/faculties/images/docs/cv/CV\\_Chernobrivkin.pdf](http://www.ukma.edu.ua/index.php/osvita/2012-01-16-10-32-45/84-education/faculties/images/docs/cv/CV_Chernobrivkin.pdf)

From 2012 to 2016 specialists of the Department of Physical Culture of Kyiv National University of Trade And Economics conducted the research: "Investigation of the physical development of students with low level of physical fitness". The aim of the research was to find ways to increase the level of physical fitness and reduce the morbidity among students. URL: <https://www.knteu.kiev.ua/blog/read/?pid=632&uk>

#### 3. PLANNED/FUTURE ACTIVITIES AND INITIATIVES

### IV) Other issues

This report does not pretend for comprehensive coverage of the development of the Health Psychology in Ukraine in 2016-2017 and there may be activities and sources that have not been found during the search.

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