

GENDER ASPECTS OF ADAPTATION OF THE STUDENTS

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This work is devoted to the diagnosis of psycho-physiological aspects of the adaptation of students of Orenburg State University in their first and the last years in the training process. Special attention is paid to gender differences functional state and psycho physiological reactions to the stress of students. Individual peculiarities and mechanisms are studied of the adaptation of students to training activities, as well as the dynamics of the emotional tension in connection with the individual peculiarity in the special conditions of the external environment. A study conducted with the help of the psychological tests with hardware-software complex «Neurosoft».

A person can react in two ways to a stress: he can act aggressively, or he can try to avoid the stress situation. Men are more vulnerable to unfavourable health consequences of stress. Hypertension, aggressive behavior, misuse of alcohol and heavy drugs develops frequently among them. At the same time, women protect themselves against negative consequences of stress. Our work was to define a functional condition and adaptive abilities of students using the available tests that allow us to reveal psychosomatic inclinations. The used psycho-vegetative tests are simple and do not require a lot of time to interpret them. Their repetition is possible too. It important in diagnostic terms and allows us to analyze an efficiency of corrective measures [12]. The special point of studying adaptive process in our study is its investigation in a gender aspect that helps us to work out an optimal tactic in diagnostics and prevention of stress and psychosomatic diseases among students.

58 girls and 64 young men of age from 17 to 21, all students of the 1st and the 5th year of Orenburg State University were studied simultaneously. The groups were distributed as follows: group 1 – girls of the 1st year ($n = 36$), group 2 – girls of the 5th year ($n = 32$), group 3 – young men of the 1st year ($n = 28$), group 4 – young men of the 5th year ($n = 36$). The research took place within the frame of preventive and healthcare programme of OSU: «Individual-differentiation approach in medical-social and psychological-pedagogic education of students for 2012-2017».

Investigation of students was carried out with non-invasive methods and corresponded to ethical standards of Helsinki declaration [11]. All students lived on territory of Orenburg region for 5 and more years, did not have any complaints about their health condition during the investigation and give their informed confirmation to take part in the re-

search. The criterion of exclusion was a student's disease during the experiment.

In order to estimate integral psychophysiological state, we have used computer complex «NS-Psychotest» (LLC «Neurosoft», Russia, Ivanovo). A number of psychophysiological methodics was used:

- eight color test of Luscher, adapted by L. Sobchick in order to provide the color test of relations [10], results of which would be studied as significantly more important and informative than color preference [1] in terms of revelation of a prevailing mood (CO) and energetic balance of a person's organism (vegetative coefficient – VC). Calculations of CO and VC were carried out according to the formulas of A.I. Yuriev and K. Shiposh [13];

- simple sight-motor reaction (SSMR), complex sight-motor reaction (CSMR), reaction towards a moving object (RMO), psychic resistance;
- test of Shultze-Platonov was used to evaluate reaction and attention speed;

- test «physiologic reaction towards stress»;
- test-question list of G. Aizing allowed us to decrease indications of extraversion and personal characteristics of an individual.

The taken analysis has shown a clear dependence of a level of adaptation to educational activity on individual characteristic of a person, such as extraversion-introversion, impulsivity, neurotism, individual physiologic reaction towards stress.

Our research leads us to the suggestion that disturbance in affective psychophysical state are a reflection of the well-known dependence of realization of the highest integrative functions. A greater part in organization of adaptive response belongs to such characteristics as brain workability and mobility of neural processes, emotionality and anxiety. In general they define shapes and psychophysiological adaptation at all stages of adaptive process of students' educational activity.

Resume

1. A common trend has been revealed in color preference of girls – selection of red and orange. It indicates an instinctive aim-directed perception. A reliable preference of yellow was revealed among young men. It points a prevalence of sensual perception in their psychological condition.

2. Preference of bright and intense shades has been displayed in all age groups. It proves the trend of «childhood» perception.

3. A relative increase in initial selection of violet has been registered among young men against a decrease in selection of red. It reflects an emotionally-unstable background of mood that is linked to disturbance in adaptation barrier in relation with continual emotional tension.

4. Adaptation of the majority of 1st-year students to educational process, new social environment goes along with an increase in unproductive tension.

5. In stress situations such characteristics as passiveness, tendency to depend on others, sensitivity are a premise to psychological inclination and

indications of non-adaptation to educational activity of students.

6. In terms of vegetative balance we have registered an ergotropic trend towards activity with prevailing emotions of «attack».

Resume

A gender differentiation in forming individual peculiarities and mechanisms of students' adaptation to educational activity has been registered. The received results testified for the fact that psycho-emotional state of young men was more unstable, and physiological condition of some requires additional monitoring.

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NEW TECHNOLOGIES IN THE ORGANIZATION OF LABOR TRAINING ACCORDING TO NATIONAL CIRCUMSTANCES

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What is happening in Kazakhstan update curriculum with national and universal values, historical experience of centuries-old cultural traditions of new demands in the preparation of future teachers.

Innovative methods of teaching labor studies, developing the creative taste of understanding of the beautiful, the sublime and the ability to ignore the ugly, it is also important because it is associated with many aspects of the preparation of future teachers: moral education that develops the feeling of love, pride, with labor education, which helps the child to respect the work of the people to see the beauty made. Labor education develops an aesthetic sense, as a pedagogical phenomenon means the systematic and deliberate transmission of the younger generation of scientific knowledge, skills, labor education permeates all spheres of life: and the depth of his thought, and subtlety of feeling nature of the election and installation. Invaluable role of aesthetic education, which is closely associated with labor training in the establishment of the foundations of the future teacher of patriotism, they are imbued with, love to optimally useful work to mother nature, native village, the land, the city are proud of the successful employment of workers. Development of aesthetic taste of the future teachers work training – is the formation of creatively active person, able to perceive, interpret and evaluate the beautiful in nature, useful labor, and public relations from the perspective of the aesthetic ideal, and feel the need of aesthetic activity. Aesthetic taste develops where the creative work is based on the idea of high art and the spiritual perception brings light and joy in the spiritual world, generated by high feelings, thoughts and ideas. In teaching there is no other powerful force for the development of the creative potential of the future teacher labor training as folk art.

One of the necessary conditions for educating young people about the origins of their history and culture is a practical application of the elements of the decorative arts in everyday life. For example, modern costumes, demonstrated at various podiums become more actively complemented by such elements of folk art as decoration, which is the most ancient and basic technique in the art of the steppe tribes. Creativity and art of every nation has a long tradition, whose roots go back thousands of years. Our ancestors had a delicate taste, a kind of concept of beauty and harmony. Dealing with these issues