ORIGINAL ARTICLE

CONTENTS

Orthobiotics as an education technology for socionomic sphere specialists

Olena Faichuk[1], Oksana Onypchenko[2], Iryna Aprielieva[2], Svitlana Surgova[1]

[1]PETRO MOHYLA BLACK SEA NATIONAL UNIVERSITY, MYKOLAIV, UKRAINE

[2]MUNICIPAL ESTABLISHMENT «KHARKIV HUMANITARIAN PEDAGOGICAL ACADEMY» OF THE KHARKIV REGIONAL COUNCIL, KHARKIV, UKRAINE

ABSTRACT

Aim: The experimental check up of orthobiotics potential as a health-conservative workability technology for socionomic sphere workers.

Materials and Methods: Theoretical methods: study, analysis and synthesis of psychological, pedagogical scientific literature, educational and methodological publications on the issue, synthesis; comparison and generalisation of data; empirical - diagnostic methods (question-naire, conversation and interview), pedagogical experiment, statistical method.

Results: According to the results of experimental check up of orthobiotics potential as a social workers workability health-conservative technology, it has been discovered that at the formation stage of the experiment, the starting level of knowledge (low level) in higher education students was 14 %, whereas at the establishing stage it equalled 43 %. The quantity of the higher education students for whom the middle level was characteristic at the formation stage, was 42 % (30 % at the establishing stage). The sufficient level has been presented by 44 % of to be social workers (27 % at the establishing stage).

Conclusions: The number of the higher education students who have the middle and the sufficient level of the knowledge of the subject, has grown quantitatively. It gives us an opportunity to affirm that the experimental work has positive tendency towards formation of skills and abilities for auto-conservation of health of social workers in the process of their professional training.

KEY WORDS: social work, healthy lifestyle, health, university

Wiad Lek. 2025;78(10):2045-2054. doi: 10.36740/WLek/210016 DOI

INTRODUCTION

The socionomic sphere workers activity specific character includes emotional surcharge and professional burnout. It is those specialists that are susceptible to different psychosomatic disorders and taking stress situations by going through introspection, reflection, optimum regulation of their activity when coming across life and professional difficulties.

The influence of working stress on the social-and-pedagogical sphere workers puts a significant pressure upon their physical and emotional conditions, as well as upon the efficiency of their whole activity. So, the study of health-conservative technologies in the professional activity of socionomic sphere (i.e. orthobiotics) specialists, becomes more topical. This problem has been interpreted in scientists' works dedicated to such matters: human health [1], development of theories in the field of orthobiotics [2, 3], ensuring high quality level of specialists professional training process at a university [4-6], problematics of orthobiotics as a science of healthy life-style [7, 8], peculiarities of professional burnout of socionomic sphere workers [9-11].

In order to realize health-conservative technologies in his or her professional activity, a socionomic sphere worker shall have formed certain personal qualities and high level of professional education. That is why we consider that in the process of education of a qualified socionomic sphere specialist, it is expedient to ensure personal competence in orthobiotics. Below in the study, the question will be described using a social worker education as an example.

A social worker health-conservative activity technology presupposes his or her high professional competence (deep knowledge, skills, culture, humane attitude to him- or herself and to other persons, application of system activity bases to the process of education). Health protection pedagogics cannot be expressed in a concrete educational technology. But the conception of a "health protection technology" unites all directions of education organization towards formation, conser-

vation and improvement of health of a higher education student as a social worker. The health protection technology represents the aggregate of forms, modes and methods oriented to the achievement of optimum results of support of physical, psychical, moral and social success of a person [12].

The goal of introduction of health-conservative technologies into social workers professional training consists, first of all, in the improvement of their knowledge of health conservation, improvement of physical education organizational and sanitary methods, and the healthy life-style, for use in the further intensive work.

AIM

The experimental check up of orthobiotics potential as a health-conservative workability technology for socionomic sphere workers.

MATERIALS AND METHODS

The methodological and theoretical basis of the study is the activity approach, systematic approach, psychological theory of personality, psychology of educational activity, the concept of pedagogical support in the educational process, ideas of using specialists in the socio-economic sphere. Theoretical methods: study, analysis and synthesis of psychological, pedagogical scientific literature, educational and methodological publications on the issue, synthesis; comparison and generalization of data; empirical - diagnostic methods (non-standardized questionnaire) to determine the level of awareness of orthobiotics in the process of professional training of future social workers; pedagogical experiment to test the level of understanding by students of the importance of maintaining and improving their own health; statistical - to process the data obtained. The study was conducted during 2022–2023 at the Petro Mohyla Black Sea National University with students of higher education of 4–6 years of the specialty "Social Work". The total number of higher education students was 48 people, who, in turn, were divided into experimental and control groups. By organizing this sample, we tried to reflect the real level of awareness of future social workers with orthobiosis technologies and the shortcomings and problems in implementing these technologies in professional and practical training, and also intended to obtain the necessary scientific information that would help us develop the content of the pedagogical conditions for the training of students.

RESULTS

The conclusions made upon theoretical analysis of the health-conservative educational technologies application to social workers professional training problem, have called for verification. For this purpose, an experimental study was conducted in two stages - ascertaining and formative.

In order to obtain reliable data on the level of awareness of future social workers about health-saving technologies, we developed and used a set of primary and secondary surveys, which included conducting questionnaires with open and closed questions, conversations and interviews with students; statistical data were collected and analyzed.

During the experimental study, we tried to solve the following tasks:

- characterize the general state of the formation of knowledge and skills of orthobiotics in the process of professional training of future social workers;
- outline the concepts of health and health-preserving technologies from the point of view of students of the specialty "Social Work".

A quantitative research method was chosen for the study - a survey, namely a questionnaire (the questionnaire is not standardized and is an independent development of the authors of the study, its form is exclusively of a recommendatory nature and can be changed depending on the needs and circumstances or can serve as a guideline during the survey). Each of the proposed questionnaires included questions related to indicators of the formation of ideas about the health of a social worker in professional activities and in general. The questionnaires, compiled in accordance with all relevant requirements, had control questions to verify the reliability of the answers provided. The survey was conducted in written form and anonymously. Before the survey began, we provided instructions on the features of filling out the questionnaires, as well as provided brief information on the relevance and importance of this study. The data obtained were processed using the SPSS Statistics program.

During the ascertaining stage, we highlighted the following: students have insufficient knowledge of orthobiotics (81%), while their current health status has negative dynamics. This indicates insufficient professional and practical training of future social workers, as well as unpreparedness to use health-saving technologies in their further professional activities. That is why it has become urgent for us to solve the problems associated with enriching the content of professional and practical training of future social workers with health-saving technologies.

The purpose of the formative stage of the experiment was to determine quantitative and qualitative changes in the formation of professionally important qualities, knowledge, skills and abilities of orthobiotics. Groups of

Table 1. Understanding Orthobiotics Level Formation Summary (according to the formation experiment results)

Questions Posed	Stage	Formation Levels					
		Low		Middle		High	
		abs.	%	abs.	%	abs.	%
Are your knowledge of orthobiotics sufficient?	Establishing	43	81	10	19	0	0
	Formation	7	15	15	31	26	54
Is the learning of orthobiotics expedient in the educational process?	Establishing	5	10	24	45	24	45
	Formation	2	4	16	33	30	63
Average index	Establishing	48	91	34	64	24	45
	Formation	9	10	31	32	56	58

Source: compiled by the authors of this study

Table 2. Recognizing the role of orthobiotics in professional education by social workers (according to the formation experiment results)

Questions Posed	Stage	Formation Levels					
		Low		Middle		High	
		abs.	%	abs.	%	abs.	%
Is knowledge of orthobiotics necessary for social workers in their professional activity?	Establishing	13	24	19	36	21	40
	Formation	2	4	9	19	37	77
Is orthobiotics a subject of your professional interest?	Establishing	41	77	12	23	0	0
	Formation	9	19	15	31	24	50
Do you think orthobiotics is a priority for your professional activity?	Establishing	39	74	4	7	10	19
	Formation	0	0	7	15	41	85
Do you think the introduction of new "Orthobiotics" discipline would be expedient for social workers?	Establishing	5	10	24	45	24	45
	Formation	2	4	7	15	39	81
Average index	Establishing	98	46	59	28	55	26
	Formation	13	7	38	20	141	73

Source: compiled by the authors of this study

respondents were formed in the experimental program, and the subsequent final diagnostics gave results that allowed us to compare how this program contributes to psychological changes in students of higher educational institutions.

During the formative stage, we tried to solve such problems: to determine the condition of knowledge and skills formation as regards health-conservative technologies; to confirm the conclusions about efficiency of the proposed recommendations.

The formation experiment has been conducted according to principle of importance of the professionally oriented disciplines in the process of the social workers professional training.

Basing upon the answer results of the higher education students, we have determined the levels of efficiency of the health-conservative technologies application to teaching the social workers. We have marked out three levels: low, middle, and high. The high level group included the higher education students who had deep and sound knowledge of health-conservative technologies, methods and forms of health conservation; they realize the necessity of studying orthobiotics in the professional education process; their amount of knowledge is enough for developing necessary qualities of a social worker, their intellect is brightly expressed, they have skills and abilities of modelling the professional and practical activity of a to-be social worker.

The middle level group have enlisted the higher education students who had certain knowledge about the "healthy life-style" idea, but could not determine concrete technologies in the system of social workers professional education, they possessed middle level abilities and skills for their professional activity, but were not consistent enough in the maintenance.

The low level group embraced the higher education students who had fragmentary knowledge of the health-conservative technologies, possessed practically no skills and abilities of their application, could not tell the "health" conception, were not interested in learning orthobiotics in the course of their professional training; they had low level of social intellect and communicative skills, and their psychological staunchness was insufficient.

The levels described above will allow to determine the efficiency of the use of orthobiotics as a health-conservative technology in the process of the social workers professional education.

To elucidate the results, after the work has been done, the higher education students were posed an open question about determining the "health-conservative technologies" term. If earlier the mentioned question had caused difficulties in more than a half of the higher education students, then after the informative lectures and practical trainings had been conducted, the answers of the respondents became clear and structurized, which confirms understanding of the subject. It has been confirmed during talks and interviews, and it was discovered that higher education students understand content and form of the health-conservative technologies, and can give concrete examples of their use in the future professional activity. The results show that 84 % of the higher education students can be included into the orthobiotics knowledge high level group.

The analysis of the respondents' answers to a number of questions shows a positive tendency as regards realizing the importance of orthobiotics in the social workers professional training. According to average indices, the low level has decreased by 79 %. Thus, at the beginning of the experiment, of the higher education students could not confirm they had sufficient knowledge of orthobiotics, and after, this index has grown, which can be represented as a percentage, namely 54 % (see Table 1).

The obtained data analysis and interpretation have shown better quality indices and opinions of the higher education students; a positive dynamics can be observed.

In the research process, we proceeded from the fact that it was also expedient to take into account the organizational character of the teaching process when assessing the level of higher education students' formation towards health-conservative technologies. The conclusions have shown the presence of positive changes. The higher education students are characterized by professional attitude to the determination of orthobiotics in their professional preparation, the positive dynamics was conditioned by correspondent pedagogical conditions, and represented 77 %. The number of respondents who attributed the health-conservative technologies to the subjects of professional interests, has grown from 0 % to 50 %, which in its turn made an influence on the interest to learn the new educational component, this index showed 73 %. The mentioned direction changes results are summarized in the table (see Table 2).

During the main stage of the formation experiment, the higher education students of "Social Work" speciality begin to realize the importance and the role of orthobiotics in the course of their education. If at the time of the first meeting they have noted that the preparation shall be, but as a minor one, then after the explanatory (talks, lectures, brain-rings) and theoretical-and-practical (trainings, round tables) work has been conducted, the higher education students have determined orthobiotics as a must-have for a social sphere specialist's professional progress. In percentage – 56 % instead of 6 %, which allows to include the mentioned amount into the group of high level understanding of orthobiotics necessity for the process of professional education. This statement has been confirmed also during the question: "What prompts you to improve your knowledge of orthobiotics?", the data of which are shown in histogram (see Fig. 1).

Generalization of the formation experiment results, taking into account basic criteria and indices of formation of social workers' knowledge and abilities in relation to health-conservative technologies, gave an opportunity to obtain final results (see Table 3):

The respondents' questionnaire answer results shown in Table 3, at the control stage of the experiment demonstrate that 7 higher education students (15 %) have not formed the knowledge of the orthobiotics importance as a health-conservative technology, the higher education students nearly did not possess skills and abilities of how to use the technology, they cannot tell the importance of health for a social sphere specialist's professional activity, were not interested in the application of the health-conservative technologies to their professional education, that is, they are at the beginning stage of formation. The number of higher education students whose middle level of formation of subject knowledge has risen quantitatively, and the qualitative indices regarding the concrete application of this technology to the system of social workers professional education, as well as to the future professional activity, cannot be determined efficiently. Thus, we diagnosed 20 higher education students with middle level, or 42 %. The sufficient level characterized by deep and sound knowledge of health-conservative technologies and methods, has been discovered in 21 higher education students (44 %), which is by 18 % more than before the formation work has been conducted. It gives us an opportunity to affirm that the experimental research has a positive tendency to formation of skills and abilities of social workers' self-conservation of health in the process of their professional training.

DISCUSSION

Displays of health protection technologies at higher education institutions include, besides the level of

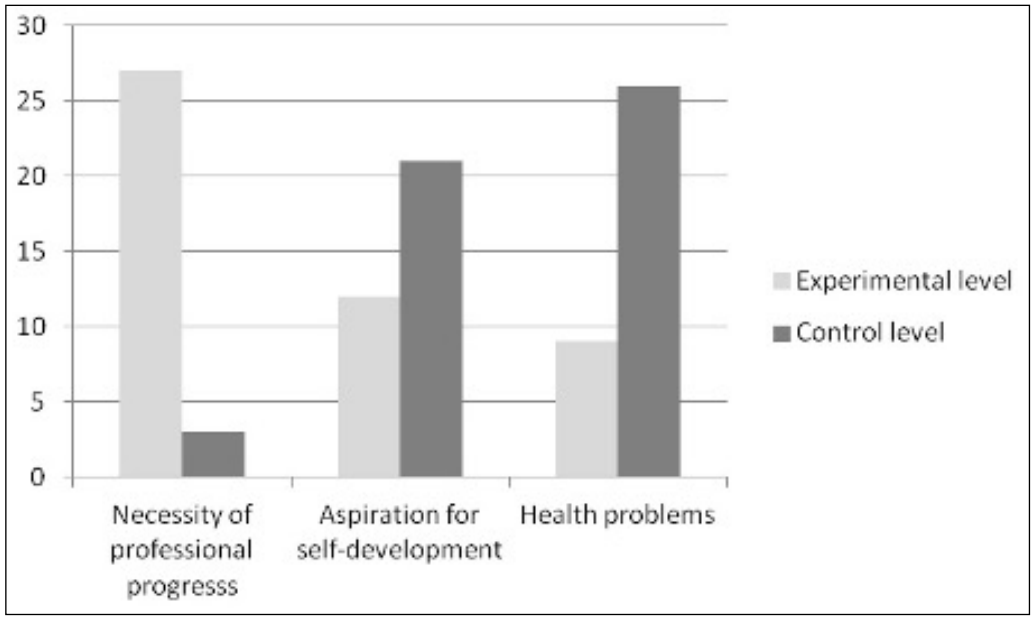

Fig. 1. Factors that influence upon learning the orthobiotics system of knowledge
Picture taken by the authors

mastering the knowledge and skills of this branch, the observance of sanitary and hygienic requirements by teachers and students, and the scientific organization of pedagogical work. From our point of view, the great role is played here by the activity of pedagogical process participants. The further work, in which orthobiotics is used, shall be oriented to application of the health conservation technology in the socionomic sphere specialists professional training process (by the example of to-be social workers preparation). According to the World Health Organization [13], a healthy lifestyle involves a comprehensive system of behavioral practices aimed at supporting physical, mental and social well-being. In particular, in social work, a client's health is viewed as the result of the interaction of social, economic and cultural factors, where lifestyle is one of the key components [14].

The preliminary content analysis of the training schedule, the survey of educational components working programmes, and the thoroughly interpreted contents and nature of the sorts of activity of the higher education students during their studying at the higher education institutions, have afforded an opportunity to determine the units of educational information and to make their further concrete definitions, which can serve as scientific theoretical grounds for social workers preparation.

The further development of the proposed units content has determined the role of each unit in the educational process. In order to enrich the professional training of social workers, we analysed the educational components content according to training schedule, which presupposed a differentiated enrichment of the training components content elements which traditionally expose the nature and the peculiarities of work with different groups of clients, their satiety with new educational material in conformity with modern requirements for the professional social-and-pedagogic activity of this direction, establishing inter-subject links, strengthening the educational components orientation to the ensuring of the social workers professional training efficiency. The amplified content of the educational material about the use of the health-conservative technology, which can be included in the process of general pedagogic and special education of the social workers.

Higher education institutions shall optimize and perfect the process of professional training of social workers in the course of the self-conservation of health. From our point of view, it can assist higher education students in being informed about the importance of health-conservative technologies. Namely: increase of a social worker's responsibility for conservation of his or her own health; forming of professionally important qualities, rational and active way of life; motivation to the improvement of their health; ability of giving before-physician first medical aid in cases of exacerbations and crises; obtaining those skills and abilities of health self-control in their professional activity that can reduce unfavourable influence (control of stress, avoiding emotional, psychological and professional burnout etc.). Some researchers [15] emphasize that social workers often act as intermediaries between health care providers and local communities, explaining the importance of disease prevention, healthy eating, physical activity, and psycho-emotional well-being. At the same time, knowledge about healthy lifestyles helps not only increase the level of awareness of clients, but also prevent professional burnout among social workers themselves.

Table 3. Dynamics of social workers' orthobiotics formation (according to the formation experiment results)

No.	Levels of Orthobiotics Formation	At the Beginning of the Experiment		After the Termination of the Experiment	
		abs.	%	abs.	%
1.	High level	14	27	21	44
2.	Middle level	16	30	20	42
3.	Low level	23	43	7	14
	Total number of higher education students	53	100	48	100

Source: compiled by the authors of this study

Table 4. Experimental programme

Index No.	Kind of Work
1.	Analysis of the establishing experiment data in relation to the research problem.
2.	"Health is Value" subject lesson at a university.
3.	Lessons on professional burnout prophylaxis for tobe social workers – 5th year students.
4.	Organization of dialogue forms of work (discussions, disputes, debates) on "Regional Social Policy" discipline, according to topic: "Health of Young People: in Ukraine; in North Pontic Region; in the Town of Mykolayiv", on "Innovations in Social Work" discipline according to topic: "Introduction of Innovations into Social Work System for Improvement of a Specialist's Health" – 4th to 6th year students.
5.	"Health-Conservative Technologies in Social Work" training with 4th year students.
6.	"Health-Conservative Technologies in Social Work" training with 5th and 6th year students.
7.	Scientific office. Speech of an invited specialist.
8.	Demonstration of video reels on the problematcs.
9.	Meeting with "We Are By Your Side" psychological support group, on the topic: "How to Struggle Against Constant Anxiety, Fear, Tiredness and Other Phenomena Which Cause Discomfort in Your Life".
10.	Lecture (in the form of an informational training) on "Innovations in Social Work" discipline.
11.	Lecture (in the form of a business game) on "Social Work in Different Spheres of Life" discipline.
12.	Lecture on "Applied Methods in Social Work" discipline.
13.	"Sport in My Life" curator educational hours: exchange of experience on health conservation problems between higher education students.
14.	Synthesis of an earlier performed work in the form of talks and discussions.
15.	Filling in the testing questionnaire.
16.	Analysis and comparing of the research results.
17.	Conclusions and recommendations on the research results.

Source: compiled by the authors of this study

The professional training content, in relation to teaching health-conservative technologies to higher education students, shall include practical abilities to analyse causes and factors which influence health, with the further making of plan of individual improvement of health.

In the process of our formation experiment we made an effort of enriching the social workers professional training content with health-conservative technologies, where we used a complex of such methods: filling in the questionnaire, testing, pedagogical observation, investigation talks, analysis of higher education students' creative and practical activity, modelling of pedagogical situations etc. We created an experimental programme which corresponds to the mentioned tasks (see Table 4):

Making the social workers acquainted with necessary knowledge about orthobiotics is the basic pedagogical condition. Orthobiotics is a system that integrates knowledge about the harmonious combination of lifestyle, psycho-emotional state and ecological awareness [16]. In European pedagogical practice, orthobiotics is considered as an interdisciplinary approach that combines the principles of valeology, psychohygiene and environmental education, aimed at developing a responsible attitude towards one's own health and the health of others [17]. This approach is especially valuable for social workers, psychologists, teachers and other socio-economic specialists who often work with vulnerable groups of the population

and require a high level of stress resistance and self-regulation skills. In this relation, there is need of carrying out improved educational components. We chose the educational components: "Regional Social Policy", "Innovations in Social Work", "Applied Methods in Social Work", "Social Work in Different Spheres of Life" and proposed the study of individual topics on application of health-conservative technologies.

For example, the "Social Work in Different Spheres" educational component, "Theories of Healthy Life-Style" lesson subject. The goal of the educational component (study of methods and strategies of a healthy life-style and of the health formation processes in social workers) subject determining acquires new oriented quality (study of approaches and directions of the health-conservative professional work of a social worker), the content of the material undergoes improvement owing to introduction of innovative methods of rapid memorizing of the learned material and because of securing of the skills and abilities by means of introduction of practical health-conservative methods as an active sort of education into the lecture material. The lesson was given for higher education 4th year students of "Social Work" speciality in the form of a business game.

During the study on "Innovations in Social Work" educational component, the higher education students have been proposed the subject "A Modern Social Worker Self-Control Techniques" in the form of a training, the goal of which was working through the learned material on methods of making an individual schedule of one's own life and work for an effective activity; forming of taking decisions abilities and practical mastering of the health-conservative methods. The lesson was given to 5th year students of "Social Work" speciality.

As practice shows, the execution of the improved educational components raises significantly the level of higher education students' knowledge about formation of a social worker health-conservative activity, as well as broadens the higher education students' ideas on levels, forms, methods and technologies of conserving one's own health in social sphere specialists' professional activity.

The achieving of concrete results concerning the orthobiotics formation in the professional training is possible under condition of drawing the higher education students in the processes of conservation and improvement of their own health, which makes necessary the use of different communication techniques of teaching. With this purpose, such forms and methods were introduced: brain-rings, discussions, conferences, round tables etc. The use of these forms of the educational and teaching activity has contributed to the higher education students' attitude to the values of health and healthy life-style, to the development of the health-conservative technology necessity understanding in the process of preparation of to-be social workers.

The training of future workers in the socionomic sphere takes place under rather difficult political, migration, economic, and social conditions, which may lead to a deterioration in psychological and physical health. Such a situation requires students to mobilize both external and internal resources to overcome these challenges. One of the internal resources for overcoming difficulties is considered to be the support of mental health, and therefore, the implementation of health-preserving technologies in the educational process.

We provide an analysis of publications related to the topic of our research.

In the monograph "Research on the Psychology of Human Orthobiosis" [3], theoretical and methodological approaches to assessing human orthobiosis are provided; systematic studies of personality orthobiosis using a competency-based approach are presented; the results of research on an optimistic attitude towards life as an activating personal resource are provided; the issue of the impact of modern technologies on psychological health is examined; for the first time, an approach has been proposed that establishes the correlation between the concepts of 'psychological well-being' and 'personal performance success' in the context of human orthobiosis.

Particular attention is given to the issues of activating personal resources for overcoming difficult life situations within the framework of the orthobiotic approach and harmonization of personal development. Human orthobiosis has been examined as a process of balancing psychological resources, in which a significant role is played by a person's successful activity, their symbolic reality, difficulties in establishing psychological intimacy, the individual's sexual health, as well as issues related to time loss dependency [3].

In the work 'Optimistic Attitude Towards Life as an Activating Personal Resource (orthobiotic approach)', researchers M. Kremenchutska and I. Dobrynina presented the components of an optimistic attitude towards life: optimism as a psychological category; activation of personal resources for overcoming difficult life situations; and the connection between pessimistic and optimistic worldviews with the process of individualization (the current state of the issue).

It was experimentally established that individuals with an active optimistic attitude towards life and the world are characterized by a high degree of life consciousness, internality, and a communication-oriented mindset combined with high communicative tolerance.

Optimists mostly live in the present or are oriented toward the future; for them, the present is pleasant and safe, filled with events and hopes for a better future, easy and interesting, successful and meaningful.

Individuals with a passive pessimistic outlook on life are characterized by inner discomfort, which expressed in a depressed mood, dissatisfaction with their quality of life, and a feeling of unhappiness. In contrast, an optimist is distinguished by inner harmony, vitality, a sense of happiness, and satisfaction with various aspects of life [3].

In T. Cherniavska's study 'Psychological well-being and the success of an individual's performance in the context of human orthobiosis,' the following aspects are presented: the relevance of studying issues of psychological well-being and personal performance success; the definition and nature of the concept of psychological well-being; performance success as a subject of scientific analysis in modern psychology; and the psychological mechanisms of personal success in business [3].

O. Kononenko's work 'The Influence of Orthobiotics and Modern Technologies on Human Psychological Health' is dedicated to highlighting: the issue of the impact of the Internet environment and modern technologies on human psychological health; modern understanding of FOMO syndrome (Fear of Missing Out — an obsessive fear of missing an interesting event or a good opportunity, often triggered by browsing social media) and methods for its correction and prevention; the psychological nature of selfies; cyber-communicative addiction of the individual and modern methods of its psychological correction [3].

The analysis of O. Dotsenko's study 'The Correlation Between Personality Orthobiosis and the Symptom Complex of 'Emotional Coldness' explores the following issues: orthobiosis and various types of contact disruption between partners; orthobiosis and interpersonal dependence and counter-dependence; the impact of the symptom complex of 'emotional coldness' on the formation of personality orthobiosis; and harmonious relationships as an essential part of orthobiosis [3].

A range of issues in the field of personality orthobiosis is examined in A. Yermakov's study 'Psychological Aspects of Human Sexual Health as a Development of the Idea of Orthobiotics', specifically: the relevance of studying and the nature of human sexual health; qualitative parameters of sexual health; a theoretical analysis of psychological issues related to sexual health; and sexual health problems in the modern world [3].

The analysis of the results of O. Vorokhaiev's dissertation research 'Preparation of Future Social Workers for Teaching Health-Preserving Disciplines in Master's Programs' showed that the author highlighted and substantiated the pedagogical conditions for preparing future social workers to teach health-preserving disciplines: The stimulation of the value-motivational sphere of future social workers to teach health-preserving disciplines; improvement of the content of training of future social workers in teaching health-preserving disciplines through the specialized course 'Teaching Health-Preserving Disciplines; involvement of future social workers in health-preserving activities.

Research shows that the introduction of orthobiotics into educational programs allows to increase the level of professional motivation of students, to form a conscious model of a healthy lifestyle, as well as to develop interpersonal interaction skills and the prevention of emotional burnout [17]. Thus, orthobiotics appears not only as an innovative educational technology, but also as a value basis for the formation of a humanistic paradigm for the training of future specialists in the socio-economic sphere.

The effectiveness of the highlighted and experimentally verified pedagogical conditions for preparing future social workers to teach health-preserving disciplines in educational programs is evidenced by the obtained overall efficiency factor of professional training for teaching health-preserving disciplines in higher education institutions for students in specialty "Social Work" of the experimental groups EG 1.1 and EG 1.2, which is 0.4 and 0.34, respectively, and indicates an average level of readiness. The overall training coefficient of students in the experimental groups EG 2.1 and EG 2.2 is 0.72 and 0.69, which reflects a high level of readiness among future social workers for teaching health-preserving disciplines. In contrast, the overall efficiency coefficients of training for teaching health-preserving disciplines among future social workers in the control groups of the formative stage of the experiment indicate an insufficient level of readiness [18].

Thus, we made a conclusion that in the process of enrichment of the professionally oriented disciplines, the social workers' learning-and-cognitive activity and the higher education students' better mastering of special knowledge on the investigated problem, undergo an activation. Orthobiotics ensures practical introduction of health conservation values into education of social workers, contributes to creation of health-conservative consciousness and activates operations in this direction.

CONCLUSIONS

According to the results of the experimental verification of the potential of orthobiotics as a health-preserving technology for the work capacity of specialists in the

socio-economic sphere, during the comparison of the results of the ascertaining and formative experiments, it was found that the analysis conducted at the final stage of the experiment revealed positive dynamics of changes in the level of awareness among students and demonstrated significant advantages of high and medium levels of effectiveness of using orthobiotics as a health-preserving technology for training future social workers. At the formation stage of the experiment the initial level of knowledge (low level) in the higher education students constituted 14 %, whereas at the establishing stage it was 43 %. The number of higher education students characterized by the middle level at the formation stage, was 42 % (30 % at the establishing stage). The sufficient level was shown by 44 % of to-be social workers (27 % at the establishing stage). Thus, the number of higher education students whose level of a subject knowledge formation was middle and sufficient, has grown qualitatively. It gives us the opportunity to affirm that the experimental work has positive tendency towards formation of abilities and skills of self-conservation of health by social workers in the process of their professional training.

The existing situation can be changed by means of the higher education more effective influence upon informational provision of socionomic sphere specialists with the appropriate content, in relation to mastering the health-conservative technologies in the context of orthobiotics. Thus, the professional education of socionomic sphere specialists can be made more effective by using orthobiotics as an educational healh-conservative technology.

REFERENCES

1. Amosov N. Entsyklopediia Amosova. Alhorytm zdorovia. [Amosov Encyclopedia. Health algorithm]. Donetsk: Stalker. 2003, p. 464. (Ukrainian)
2. Orban-Lembryk L. Psykholohiia upravlinnia. [Management psychology]. Kyiv: Akademvidav. 2010. p. 544. (Ukrainian)
3. Rodina N. Doslidzhennia psykholohii ortobiozu liudyny. [Research on the psychology of human orthobiosis]. Monohrafiia. Kyiv: Lira-K Publishing House. 2021, p. 234. (Ukrainian)
4. Bohdanova I. Osobystist fakhivtsia sotsionomichnoi sfery: teoriia i praktyka. [The personality of a specialist in the socionomic field: theory and practice]. Monohrafiia. Odesa: publisher Vadim Viktorovych Bukaev. 2017, p. 366. (Ukrainian)
5. Pidvyshchennya efektyvnosti vyshchoyi osvity i nauky yak diyevoho chynnyka rozvytku ta intehratsiyi v yevropeys'ke spivtovarystvo. [Increasing the effectiveness of higher education and science as an effective factor of development and integration into the European community]. 2004. https://zakon.rada.gov.ua/rada/show/v01-4290-04#Text. [Accessed 3 March 2025] (Ukrainian)
6. Zdikhovskyi A. Zdoroviazberezhuvalni tekhnolohii u konteksti pidhotovky maibutnikh uchyteliv pochatkovykh klasiv do roboty v ozdorovchomu tabori. [Health-saving technologies in the context of training future primary school teachers to work in a health camp]. Naukovi zapysky Ternopil's'koho natsional'noho pedahohichnoho universytetu imeni Volodymyra Hnatyuka. 2014;3:8-12. (Ukrainian)
7. Kucherhan Ye. Zdorovia maibutnoho uchytelia: rezervy propedevtychnoi roboty. [Health of the future teacher: reserves of propaedeutic work]. Pedahohika vyshchoyi ta seredn'oyi shkoly: zbirnyk naukovykh prats'. 2016;49:247-264. (Ukrainian)
8. Maksymenko S, Kokun O. Zahalni kontseptualni zasady propahuvannia psykhohihiienichnoho vykhovannia i zdorovoho sposobu zhyttia sered suchasnoi molodi. [General conceptual principles of promoting psychohygienic education and a healthy lifestyle among modern youth]. Praktychna psykholohiya ta sotsial'na robota. 2011;11:75-77. (Ukrainian)
9. Gold Y, Roth R. Teachers Managing Stress and Preventing Burnout: the Professional Health Solution. Taylor & Francis e-Library. 2005, p. 208.
10. Lloyd C, King R, Chenoweth L. Social work, stress and burnout: A review. Journal of Mental Health. 2002;11(3):255-256. doi:10.1080/09638230020023642. DOI
11. Maslach C, Leiter P. The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It. San Francisco: Jossey-Bass Publishers. 2008, p. 208.
12. Zinchenko V. Monitorynh yakosti navchalnoho protsesu u vyshchomu navchalnomu zaklad. [Monitoring the quality of the educational process in a higher educational institution: monograph]. Luhans'k: Vyd-vo LNU imeni Tarasa Shevchenka. 2013, p.360. (Ukrainian)
13. World Health Organization. Healthy living: key facts. 2021. https://www.who.int/news-room/fact-sheets/detail/healthy-diet [Accessed 3 March 2025]
14. Petruzzi L, Milano N, Chen Q et al. Social workers are key to addressing social determinants of health in integrated care settings. Soc Work Health Care. 2024;63(2):89-101. doi: 10.1080/00981389.2023.2292565. DOI
15. National Association of Social Workers. Standards for social work practice in health care settings. Washington (DC): NASW Press; 2019. https://www.socialworkers.org/Practice/NASW-Practice-Standards-Guidelines/NASW-Standards-for-Social-Work-Practice-in-Health-Care-Settings [Accessed 3 March 2025]
16. Brown Z, Freeman K, Räisänen AM. Integrating Lifestyle Medicine Content into Health Professions Programs. Am J Lifestyle Med. 2025:15598276251321418. doi: 10.1177/15598276251321418. DOI

17. Gant L, Benn R, Gioia D, Seabury B. Incorporating integrative health services in social work education. J Soc Work Educ. 2009;45(3):407-25. doi: 10.5175/JSWE.2009.200600127 DOI
18. Vorokhaiev OA. Pidhotovka maibutnikh sotsialnykh pratsivnykiv do vykladannia zdoroviazberezhuvalnykh dystsyplin v umovakh mahistratury. [Preparation of future social workers for teaching health-care disciplines in the conditions of magistracy]. 2021, p. 344. (Ukrainian).

CONFLICT OF INTEREST

The Authors declare no conflict of interest

CORRESPONDING AUTHOR

Olena Faichuk
Petro Mohyla Black Sea National University
68 Desantnykyv St, 54003 Mykolaiv, Ukraine
e-mail: Olena.faichuk@chmnu.edu.ua

ORCID AND CONTRIBUTIONSHIP

Olena Faichuk: 0000-0001-8889-0455 A D E F
Oksana Onypchenko: 0000-0002-5682-7897 A D E F
Iryna Aprielieva: 0000-0002-3012-7630 A D E F
Svitlana Surgova: 0000-0002-3840-2924 A B C E

A – Work concept and design, B – Data collection and analysis, C – Responsibility for statistical analysis, D – Writing the article, E – Critical review, F – Final approval of the article

RECEIVED: 02.11.2024
ACCEPTED: 28.08.2025