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ESSAY AS AN EDUCATIONAL TASK FOR UNIVERSALIZATION OF CERTAIN AGE PHASE

At the last time there are different types of essays in a methodological arsenal of academic. Essay as a literature-critical publication or belles-lettres genre is a small-size prosaic composition (from half-list to sesquialter list) about a special question written in free, individual-author style. A word «essay» came in Russian from French and historically ascends to the Latin word of *exagium* (weighing). It is especially effectively possible to use him for the study of course «Psychology of development». This course allows to include some personal experience of students, their remembrances about the childhood, teen ages, continuing youth, and also the personal watching to their sisters and brothers, parents, grandmothers and grand-dads, that can be used as illustration, examples to vindicate theories of science. Allows to compare scientific achievements in this area and modern carriers of this knowledge. At the completion of study of the certain age-related period the students are offered to write the essay as generalization of the knowledge in the following way:

- What is the most important thing in this period?
- What unique possibilities are in this period, which are not related with other age periods?
- What thing makes human happy in this period of age?
- Scientific vehicle characterizing this age

We give to your attention the students opinions to these age-related periods.

Infancy

The period of infancy comes from the moment of birth to year. The most important things in this age are: emotional communication, close affinity for mother. According to the fact that a baby is a helpless creature, he fully depends on adults. The fact allows to consider a child a maximally social creature. In contradiction between maximal sociality and minimum possibilities of communication there is a basis of all development of child in infancy.

There are unique possibilities and phenomena in this age, for example, a «complex of revival» is a specific form of reacting on a man (social smile). General principle of development is: sensory development passes ahead a motor, which distinguishes him from the babies of animals. Child's amnesia is the phenomenon of forgetting first 3-4 years of the life.

The thing that often makes baby happy is the emotional, physical close affinity between baby and his mother, as it satisfies the necessity of safety, forms a trust to the world.

It is possible to relegate «hospitalism» to the basic scientific concepts of early age, which means deceleration and distortion of development of children because of being of them in the unfavorable terms of house establishments. A «crisis of newborn» is the first critical period of development of child that has not a single folded form of behavior; it is the first trauma that is experienced by a child.

Childhood

Childhood is the period from two to ten years of human development, when he studies to understand and cognize the surrounding world. There is an intensive development of cognitive processes. During childhood there is intensive physical and psychical development. Babyhood is from two to three years, preschool age is from three to six years, midchildhood is from six to ten years.

There are such unique phenomenons, as forming of «I-concepts», cognitive activity by means of game becomes leading activity. There is also a peculiarity, which is presented in aspiring to independence, differentiation of sexual belonging, pattern of behavior.

The thing that often makes a child happy is satisfactions of the curiosity to the surrounding world, active playing activity, intermingling with coevals.

It is possible to take such concepts, as «crisis of three years» to the scientific vehicle, which means the symptoms of negativism, obstinacy, self-will, depreciation of adults, protest-rebelling. Most clearly and in detail it is given in «About personality of three-year child» by Elsa Keler.

Teens

Period of teens from eleven to seventeen years by G. Krayg is very bright and difficult period. Most important in this age is a search itself, fascinations, aims, and also self-expression. It is important for a teenager that adults don't treat him like a child.

The unique phenomena of this age is an interest in opposite sex, change of hormonal line-up and on this background of mental condition. Leading activity is intimately-personality communication. Opening and claim of the «I» system.

The thing that makes teen happy is satisfaction in necessities to differ from other, intermingling with coevals, being of the place in the system of human mutual relations.

«Sense of adulthood» is a desire of teenager to be like adults. «Prosocial behavior» is a positive behavior, altruism, which is social. In this period a teenager has the task of consciousness and self-determination stands in the system of values and relations between people.

R. Hevigherst distinguishes next directions of development:

In connection with pubescence and physical changes a teenager must build new corporal character I, to form a sexual identity.

It is important to develop interpersonal skills, included in the group of coevals

To build new relations in family on the basis of emotional independence and autonomy at maintenance of material and psychological support

Development of abstract thought

Forming of the system of values and vital philosophy

There is self-determination in area of education and profession

Preparation to domestic life.

Adulthood

Adult is a social role in society, qualificator the set of the rights and duties, accepted in this society. What be more, it is the man, in a greater degree realized and able to undertake responsibility for all that takes place in his life without reservations. Possessing skills: to listen and hear, look and see, talk and report the idea to wider public, to acknowledge and accept, be sorry, and also collect information, analyze, make decision and bear responsibility for this decision and result. Maturity is the period of life (borders are determined differently: 65 from 30-35 to and depend on individuality of man) protracted and most meaningful for most people. Usually maturity is linked in course of time care on a pension. In obedience to E.Erickson, maturity embraces time 65 from 25 to, i.e. 40 of life. Analyzing maturity as seventh stage of human life, he considered her central on all course of life of man.

A social situation of development in maturity is a situation of realization itself, complete opening of the potential in professional activity and domestic relations.

In the modern age-related psychology there are different points of view on the problem of development in mature age:

a) Development ceases, replaced by the simple change of separate psychological descriptions;

б) It is age of not only maintenance all purchased before but also further development of personality;

в) Reforms both bodily condition of man and his description as personalities and subject of activity (V.G. Ananyev).

An adulthood is a category psychological, taking into account own attitude of man toward age, experiencing, to the new age category.

In an adulthood next new personality descriptions register:

It is ability to undertake responsibility;

It is aspiring to power and organizational capabilities;

It is a capacity for emotional and intellectual support other;

It is a confidence in itself and purposefulness;

It is propensity to philosophical generalizations;

It is defense of the system of own principles and vital values;

It is ability to resist to the problems of reality by means of the developed will;

It is forming of individual vital style;

It is aspiration to have influence on the world and «give» individual experience to the young generation;

It is realism, sobriety in estimations and sense of «done» life;

It is stabilizing of the system of social roles of and other.

It is possible to consider the productivity the central age-related new formation of maturity. The concept of the productivity, by Erickson, plugs both the creative and productive (professional) productivity and deposit in education and statement in life of the following generations; it is related to caring «about people, results and to the ideas to that a man professes interest». Absence of the productivity, sluggishness draws a concentration on itself, which results in an indolence and stagnation, personality devastation. In psychology such situation is described as a crisis of maturity. A man personality does not feel taking place, and the life – filled with senses.

On beginning of middle age there is the so-called «crisis of middle age» (or «crisis of middle of life»), conditioned by the loss of sense of life as the personal achievements, by realization of extremity of life and impossibility to begin it again. The method of overcoming of crisis switching can serve as from the personal needs to public and finding of new sense in service to society and future generations.

Age: 60 and older

Problem of man in his latest years of lifetime is the most actual problem in our days. According to the prognoses of scientists to 2050 the number of elderly people will increase in two times. In this connection there is a row of questions: how can we provide full life to the elderly people, how to promote their own meaningfulness in the eyes of public, to organize communication the shortage of that they are on with age growingly?

It is known that the moral health of society is determined by quality of life of his senior generation. What will be anymore content with by the life our old men, the more young people will draw inspiration from the elderly parents, and their children will have a source and depository for a caress and heat. Many researchers of problem of elderly people consider that this age can be age of acquisitions, creative longevity, if, beginning from small and ending scientists, practices-psychologists, physicians, development workers will together make effort for the decision of problems of elderly people, especially in the increase of own meaningfulness in this age as a bar of personality, to examine own meaningfulness as component of self-appraisal of personality.

The main feature of this age is an aging process. In this connection they have a row of corresponding necessities:

1. A requirement is in maintenance of physical health;
2. A requirement is in positive attention;
3. A requirement is in material stability;
4. Pension period;
5. Necessity to conduct plenty of time in retrospection.

For a man in this period these necessities are most essential.

A man in declining years counts on attention and caring not only from the side of native and near but also from the side of the state. Possibility of the favorable use by

transport vehicles, payment of social manuals, help in social service – all these factors create a certain atmosphere in society, allowing to the elderly people to feel necessary and continue positively functioning. The state must pay attention to grandmothers and grand-dads, creating to them terms for stable, quiet and glad old age.

In old age most vital plans lost the actuality, and the most productive periods of life remained in the past and people in this age are inclined anymore *ностальгировать*, for them a value presents their past. A desire to free oneself from row of labor duties and by aspiration to narrow the sphere of responsibility appears for people.

However the many elderly stop to conduct active vital functions. Many devote to caring about grandchildren, to the help to the children or accent attention on a hobby (practicing music, painting etc.), are even those that continue professional activity.

The thing which makes elders happy consists in safe old age and in realization that they obtained the set aims. They need, that reflecting about the life, they could say that content with her, that they left after itself some track, continuation itself or in descendants, or in creative achievements. Also for happiness they need attention and caring, when they are perceived as not burden and problem, and love simply for that they are and yet until now living.

Scientific vehicle of the age:

Gerontogenez- one of the age-related periods in life of man is an aging period, that begins after 60.

Tertiary memory is memory on remote events, for example, for elderly people it can be remembrance about the events of childhood or early youth.

Wisdom is the consulting model of knowledge of man, oriented to the practical side of life and allowing taking away the self-weighted judgment and giving the useful councils of vitally important questions.

A dementia is a whole complex of violations, including the defects of cognition, making progress amnesia and changes the personalities related to the offensive of old age.

A senile dementia is an organic disease of brain, affecting adequacy of thinking of man.

The Alzheimer's disease is a defiant imbecility disease, at that there is making progress destruction of cages of cerebrum, an especially crust.

Autopsy is method of research in modern medicine, consisting in necropsy of the dead man.

A histological analysis is the method of modern medicine, used for research of features of structure and development of fabrics of human organism.

Senile name-plates are a compression of blood vessels, defiant worsening of blood supply, what normal work of internal organs is violated because of.

Neurofibrils are an anatomic element of structure of nervous fibre.

Micro insultis sharp violation of cerebral blood supply.

A heart Multiattack dementia is a decline of intellectual level, coming suddenly, as a row of unexpected symptoms, caused by a stroke or series of микроинсультов.

A **Pre-senile psychosis** is peculiar to the distribution of psychological processes, as a result a man cannot comprehend what he is going on, it is adequate to analyze a situation and her development. Hereupon a man inadequately reacts on surrounding people, situation; does not give a report in the actions and cannot manage them.

Depression (from lat. depressio is depression) is the oppressed, low-spirited mental condition; highly emotional state, being characterized a negative emotional background, by a change motivational, cognitive spheres, by general passivity of behavior.

Delirium – false, conditioned by sickly reasons judgment, arising up for a man without adequate external occasions, uncoupling to dissuading and always involving personality of patient, is objective. Unlike erroneous judgments, a delirium is not corrected at dissuading or elucidation. Delirium resists even to the weightiest reasons.

Involution of personality is the «reverse» development of personality, related to simplification, rolling up or loss basic socially meaningful personality descriptions.

An **abulia** is an anomaly of motivation of man, being characterized the sharp weakening of force of necessities.

The positive functioning is feeling of psychological prosperity in the different types of activity that allows to the senior to be satisfied with the life in old age.

Social comparison is comparing of the position to position of the same elderly people.

The social integrating is maintenance by the man of meaningful roles, social reference-points and reviewer groups.

Ego-integration is sense of completeness on the climactic segment of life cycle; shows up in realization a man that the main matter of life is realized, including work, achievements and family.

Gipertim is personality of gipertim type. Central properties of personality of this type it is been: optimism, enhance able background of mood, activity, sociability, imitativeness, social flexibility and lightness in communication, some superficiality in interpersonal relations, optionalness, easy attitude toward the questions of moral. Heavily carry loneliness, discipline and limitation of their activity.

Psychostenic is personality of psychostenic type. Leading properties of personality it is been: enhance able anxiety, timidity, lack of confidence, propensity to the heavy doubts and vibrations at making decision, call of duty and responsibility, electiveness, developed beyond measure, but at the same time dread of responsibility, uneasy fussiness at execution incumbent to them businesses, inclination carefully to think over the behavior in forthcoming situations, propensity to judgments and deductions of magic type (propensity to «thinking», sensitiveness to the signs). Vital style is in a great deal conditioned by dread of failure.

Epileptoid is personality of epileptoid type. Leading properties it is been: rigidность (inflexibility, «viscosity») showing up in an emotional sphere (slow unidirectional forming of emotional reaction with her subsequent permission in form explosion, «rancor», stability of feelings), in thinking (fixing on a theme, circumstantiality), in behavior (persistence, persistence); concentration of interests on material

prosperity, own health; exactness, thrift, prudence; tension and force of appetences; differentiated attitude toward people on the vertical line of power : in relation to higher is obsequiousness, electiveness, to lower-level is inflexibility, up to cruelty; at the same time attacks of sentimentality.

Such creative tasks create pre-conditions for the realized and intelligent look to the own course of life, assists the search of resources unique for each of ages, and establishment to the mutual understanding with people, being on other stages of life.

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ОТБАСЫНДАҒЫ БАЛАНЫҢ ҚАРЫМ-ҚАТЫНАС МӘСЕЛЕСІ

Еліміз тәуелсіздікке қол жеткізгеніне байланысты Елбасының «2030 жылғы жолдауындағы» [1], мақсаттар мен мұраттар мүлтіксіз жүзеге асырылса, ұрпақ тәрбиесіндегі істерде де үлкен бетбұрыстар болары сөзсіз. Ұрпақ қамы ертеңгі ел қамы. ХХІ ғасырда өмір сүріп еңбек ететін жастарды тәрбиелеуде қазақ халқының ғасырлар бойы жинақтап уақыт талабынан өткен бай қазынасын отбасы тәрбиесінде қолдану – кезек күттірмейтін мәселе екені даусыз. Отбасындағы бала тәрбиесі жөнінде ХVII-XVIII ғасырларда өмір сүрген батыстың, орыстың педагог ғалымдары жақсы ой-пікірлер айтқан болатын. Я.А.Коменский «Ағайынды чехтарды» тәрбиелеудегі халықтық дәстүрдің жақсы нәтижелеріне сүйене отырып, баланы жастайынан жақсы мінез-құлыққа тәрбиелеудің жолдарын көрсетіп берсе, ал Швейцарияның кеменгер педагогы И.Г.Песталоцци тәрбиені ана тілінде оқытатын халықтық мектептердің бай тәжірибесіне негіздей отырып жүргізуді мақұлдады. Ол адамның ақыл-ойының қалыптасуы, дұрыс дамуы ұлт тіліндегі оқудың мазмұны мен оқыту әдісін дұрыс ұйымдастыруға байланысты деп ерекше атап көрсетті.

И.Г.Песталоцци: «Бала тәрбиесі, оның дүниеге келген күнінен басталуы керек. Баланың дүниесі түсінуі отбасында басталып, мектепте әрі қарай жалғастырылуы шарт» – деген қағиданы ұсынды. Француздың ұлы ағартушысы Ж.Ж.Руссо бала тәрбиесінің көзі еңбекте, сондықтан баланы жан-жақты жетілген азамат етіп тәрбиелеуді отбасында еңбекке үйретуден бастау керек деп қараса,

әйгілі орыс педагогы К.Д.Ушинский бала тәрбиесіне тоқтала келе, мектеп жасына дейінгі бала тәрбиесінің негізгі ортасы – отбасы. Бала отбасында қарапайым білім, іскерлік, дағдыларды меңгеріп, ата-анасынан тәртіп, мінез-құлық ережелерін үйренеді деп көрсетті. Сонымен бірге, қазақ халқында отбасы тәрбиесіне, ұрпағының жан-жақты болып өсуіне айрықша мән берілген. Баланы қайратты, қайырымды, ақылды, өнерлі, әділ адам етіп тәрбиелеу – әр уақытта қазақ отбасындағы басты мәселенің бірі болған. Қазақ отбасындағы ата-ана мен баланың кісілік қарым – қатынасы, эмоцияналды сезімдері – олардың жаны мен қанының табиғи бірлігі негізіндегі жақындық арқылы орындалған. Қазіргі уақытта баланы заман талабына сай жеке тұлға етіп қалыптастыру қазақ отбасындағы барлық ата-аналар үшін көптеген қиындықтар туғызуда. Бұрын бәрімізге белгілі халқымыздың аса күшті қасиеті балажандылығы деп сапалған. Тіпті қазақ әйелі әулиеге түнеп нерзенті үшін өмір сүретін. Ал, қазір қазақ әйелдері арасында балаға деген сүйіспеншілік күрт бәсеңдеп кеткен сияқты.

Қарым-қатынас – баланың психикалық дамуының негізгі факторы, әрі шарты. Кеңестік психология мен педагогика қарым-қатынасқа бірнеше анықтама береді. Біреулер, қарым-қатынасты ақпарат алмасу деп түсінсе, келесі біреулер, қарым-қатынасты – адамзат дамуының құрамдас бір бөлігі деп қарастырады. «Қарым-қатынас – қаншалықты әлеуметтік құбылыс болса да, соншалықты – жеке даралық құбылыс. Сондықтан да, қарым-қатынастың ең маңызды құралы – тілде, оның жеке даралық көрінісі мен механизмі болып табылатын – сөйлеуде, әлеуметтік пен жеке даралықтың бір тұтастығында көрінеді...». Қарым-қатынас тек тіл арқылы әрекеттесу ғана емес, ол аса маңызды тәрбие құралы да болып табылады. Адамды қалыптастыратын қоршаған орта, қоғам екендігі белгілі шындық. А.А.Бодалецтің айтуынша, мәселе басқада: ол қай уақытты, қалай және қандай жақтарымен жеке тұлға дамуына әсер етеді, сонымен қатар, адамның кез келген дене және рухани сипаттамаларымен ғана емес, жеке тұлғаның қоғамның жоғарғы идеалдарына әйкестілерімен қалыптасуына әсер ететін жақтарының қалай өзгеретінін анықтауда.

А.В.Запорожецтің басшылығымен жүргізілген көптеген зерттеулердің (З.М.Истомина, Д.Б.Эльконин т.б.) нәтижелерін тұжырымдай келіп А.Н.Леонтьев мектепке дейінгі кезең – жеке тұлға қалыптасуының алғашқы сатысы, мінез-құлықтың жеке тұлғалық механизмдерінің кезеңі – деп атап көрсетеді. Оның айтуынша бұл кезеңде мотивтердің бір-біріне өзара бағынушылық жүйесі қалыптасады. Баланың жеке тұлғасының қалыптасуында қарым-қатынастың үш түрін бөліп қарастыруға болады: өзіне деген қатынасы, басқаларға деген және заттық әлемге деген қарым-қатынасы [3]. Отбасындағы ата-ана мен бала арасындағы қарым-қатынас мәселесін В.С.Мухина мен Л.А.Венгер де ғылыми тұрғыдан зерттеді. Олар отбасында отбасында дұрыс ұйымдастырылған қарым-қатынас пен тәрбие үрдісі нәтижесінде мектеп жасына дейінгі бала өздігінен дербес түрлі әрекеттер (киім кию, жуыну, тамақтану т.б.) орындағандарымен, ата-ана тарапынан көрсетілген