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Vasyl Dufynets*

Doctor of Medical Sciences, Associate Professor
Mukachevo State University
89600, 26 Uzhhorodska Str., Mukachevo, Ukraine
<https://orcid.org/0000-0001-6813-4724>

Tetiana Shcherban

Doctor of Psychological Sciences, Professor
Mukachevo State University
89600, 26 Uzhhorodska Str., Mukachevo, Ukraine
<https://orcid.org/0000-0002-3702-8029>

Iryna Bretsko

PhD in Psychology, Associate Professor
Mukachevo State University
89600, 26 Uzhhorodska Str., Mukachevo, Ukraine
<https://orcid.org/0000-0002-1321-7351>

Main trends in physical and psycho-emotional health of preschool children in Ukraine

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Abstract. Children are increasingly at risk of various diseases, which has a rather negative impact on their intellectual development and can slow down social development in general, and therefore there is a need to address this issue. The main purpose of this study was to examine and analyse the state of physical, psychological, and social health of children in Ukraine based on preschool educational institutions in Mukachevo. The study used the Sensorimotor technique and the computer programme Efecton Studio 2009 to investigate preschool children's visual-motor reactions. The Rufier-Dixon and Henchy tests were used to assess the cardiovascular and respiratory systems. It was found that every third child has problems in physical or intellectual development. It was substantiated that the tense sanitary and epidemiological situation in the country, environmental pollution, lower living standards of most families and access to medical care, insufficient physical activity, as well as environmental problems contribute to the deterioration of the psychophysical state of preschool children. It was emphasised that maintaining a healthy physical condition is an important element for the normal functioning and growth of a young organism. It was emphasised that the period of adaptation to school, which current preschoolers will go through in the future, depends considerably on the child's health, as healthy children can better cope with mental and physical stress. It was found that most preschoolers have limited knowledge about healthy lifestyles. Only 28% of children understand what food is healthy, and 18% know the importance of eating fresh food. This indicates the need for more active work with children on healthy eating and lifestyles in general. It was found that many adults also do not have a holistic understanding of the principles of proper nutrition and do not discuss these issues with children, and therefore it is important to pay attention to adult education in the field of health and nutrition. The

*Corresponding author



practical significance of the study is that all the theoretical provisions, conclusions and recommendations can be used by teachers and students of educational institutions to improve knowledge about the trends in the health status of preschoolers and schoolchildren in Ukraine, as well as by other scientists for in-depth study of the problem

Keywords: young organism; physical development; psychophysical state; medical and demographic situation; sanitary and hygienic skills in children; emotional needs of preschoolers; adaptation to the educational process

INTRODUCTION

Children's health is one of the most serious medical and social problems in Ukraine. Human health problems are caused by poor childhood health and have a detrimental impact on the level of socio-economic development of the nation. According to O. Voloshyn (2022), during the war and the post-pandemic period, Ukraine has seen a deterioration in the medical and demographic situation, namely a high level of morbidity, prevalence of various diseases, and disability among the child population. The relevance of studying this problem lies in the fact that this situation is of great national importance. Due to the demographic problem caused by the depopulation observed in Ukraine (State Statistical Service of Ukraine, 2022), it is vital for the country to protect the life and health of every child. The issue of the physical and psychological health of preschool children is also relevant because they are preparing to become schoolchildren in the coming years, and the transition from kindergarten to school will considerably change their living conditions: daily routine, interaction with parents and teachers, mental load, etc. There will be new responsibilities and requirements for behaviour and communication with peers. The degree of responsibility and independence will increase significantly. Factors related to the health of preschoolers affect the child's subsequent adaptation at school, and therefore, from kindergarten onwards, it is necessary to explain the importance of and teach basic rules of hygiene, nutrition, and behaviour. Getting used to school life requires a child to strain all body systems, and it is vital that during this difficult period, the child has as much stress resistance and physical endurance as possible.

The state of health of Ukrainian citizens substantially affects the development of their intellectual and labour activities. According to C. Ochoa-Avilés *et al.* (2020), the lack of sanitary and hygiene skills in children, as well as the motivation to live a healthy lifestyle, is causing a deterioration in the health of the population. These factors also include socio-economic instability, environmental problems, insufficient material and technical resources, and the imperfect structure of the healthcare system.

The main indicators that determine the level of health among children are physical development, morbidity, disability, and mortality. According to O. Prachenko and T. Khanetska (2023), functional disorders, acute and chronic somatic diseases, maladaptation syndrome, congenital malformations, morphological and functional anomalies, disability, mental and behavioural disorders are now increasing in number, which is a cause for grave concern. Changes in childhood include an increase in the number

of medical problems associated with chronic nonepidemic diseases and functional disorders, an increase in gastroenterological, allergic, and neuropsychiatric pathology, metabolic disorders, blood, vision and musculoskeletal diseases, and dental caries. These changes are characterised by a decrease in the incidence of infectious diseases. As noted by R. Marushko *et al.* (2020), the most common diseases among older preschool children are chronic diseases of the ENT organs, neurological and cardiovascular systems, as well as the digestive system.

I. Kryvykh *et al.* (2021) note that this situation is influenced by a range of factors, including environmental degradation, a decrease in social protection and medical culture of the population, as well as the lack of generally accepted methods of assessing children's health to identify pathological abnormalities at an early age. The creation of new and improvement of modern technologies to preserve the health of children is a priority for modern paediatrics. First of all, this is due to the fact that the chance to avoid deterioration of children's health in the current conditions is lost without a thorough investigation of their unique characteristics.

Thus, pre-school educational institutions are the first educational link in the social upbringing of children, contributing to the formation and development of the foundation of an educated, creative personality, and influencing the physical, mental, spiritual, and social health of the individual. The issue of psychophysical health has become a fundamental problem around the world and is considered as a threat to human development, both in the personal and social spheres. By creating a long-term need to improve psychophysical health, starting in early childhood, which is a complex and integral process that requires the joint efforts of many people (family members, educational institutions, the media), and, above all, scientific programmes and technologies, the potential danger can be avoided.

Given the above, the main purpose of this study was to analyse the current state of physical and psycho-emotional health of preschool children in Ukraine and to determine the relationship between pedagogical practices and the health of this age group. Particular attention was paid to the impact of the educational process on the formation and development of preschool children's health. The main objectives of the study include analysing the impact of pedagogical methods and educational environment on the state of physical and psycho-emotional health of preschool children. Additionally, the study aimed to identify the main factors that influence the development of children's psyche,

specifically, pedagogical approaches and methods used in preschool institutions.

MATERIALS AND METHODS

To investigate the issue in greater detail, theoretical research methods were used, namely: analysis, generalisation, synthesis, as well as dialectical, structural and functional methods. The structural and functional method of research was fundamental to this study. It was used to identify the basis of the study, namely: the term “health” was investigated, the criteria for assessing the state of health of the population were investigated, the factors that affect the physical and psychological state of the population were identified, and the factors that directly affect the development of preschool children were separately identified. Using the dialectical method, the research and views on the problem of other scientists were analysed and a holistic view of the state of health of preschool children in Ukraine was formed.

Logical methods, such as analysis and synthesis, play a vital role in the research process. To explore the issue of morbidity more fully among the younger generation, the object of this study was divided into several parts. Separately, the authors investigated what should be understood by the term “health”, analysed the state of health of the entire population of Ukraine and what criteria for determining such a state are relevant in modern medicine. The second part of the study examined the health status of preschool children, which diseases are most common among this population, and identified the factors that influence this situation. The second method, synthesis, was used to form all the information received into a logically structured study. The following important methods should be highlighted: generalisation and comparative analysis. The above two methods were used to develop recommendations for parents and preschools.

Within the framework of the study of this issue, research of the visual-motor reaction of children of senior preschool age was conducted at Kindergarten No. 33, Mukachevo Preschool No. 29 and Mukachevo Preschool No. 9. To study the time of a simple visual-motor reaction, the Sensorimotor technique was used, as well as a special computer program “Efecton Studio 2009”, namely the “Shooting Range” test. The test consisted of releasing the bowstring (Enter button) as quickly as possible when the target was illuminated. Each participant was given 10 attempts. The Taxi test was used to determine the time of a complex visual-motor reaction. The test consisted of pressing Enter on the keyboard as quickly as possible when a yellow car appeared on the monitor screen, without taking any action when a green, grey, or red car appeared, the so-called choice reaction. The participant was given 30 attempts.

The study was conducted with the participation of a physical education instructor, group educators, a methodologist, and one of the child's parents. A total of 112 preschoolers took part, including 52 boys and 60 girls. The average age of the children was 5-6 years old. The purpose of this study was to determine the specific features of the

child's physical and psychological structure. The Ruffier-Dixon test and the Genchi test were used to study the cardiovascular and respiratory systems. The Ruffier-Dixon test is performed as follows: first, the subject spends five minutes sitting or lying still during the assessment, then the pulse rate is determined for the next 15 seconds (P1). Then, in 45 seconds, the person performs 30 squats (a metronome can be used for this). Then, during the first 15 seconds (P2) and the last 15 seconds (P3) of the first minute after the end of the exercise, the resting heart rate is recorded. The Genchi test is performed in the supine position. The person exhales normally (but not excessively), then holds their breath. A stopwatch is used to measure the duration of the breathing pause. At the exact moment of inhalation, the stopwatch stops and the result is checked. Healthy, untrained people can hold breath for 25 to 40 seconds for men and 15 to 30 seconds for women.

To ensure accurate planning of physical education work, a teacher needs to have data on children's physical development, health, and physical fitness. The data obtained is the basis for making appropriate adjustments to the educational process in physical education. The children were examined together with a physical education instructor, group teachers and a kindergarten teacher, as well as in the presence of one of their parents. The physical development of children was assessed using an anthropometric study methodology, which involves determining human parameters (measuring height, body weight, chest circumference). The height was measured using a special device – a height meter. Body weight was measured on special medical scales that were properly installed and adjusted. The chest circumference was measured with a soft centimetre tape, in front along the IV rib, and behind under the shoulder blades. The arms were in the lowered position. The chest circumference was measured during maximum inhalation and exhalation, as well as during calm breathing.

Survey method was also used in this study. The main purpose of the survey was to determine the level of children's awareness of healthy lifestyles. This study was conducted individually with each child with at least one parent involved. This stage of the experiment took 5 hours in total.

When working with children, their age specifics were considered and the study followed the recommendations on the ethical aspect of conducting pedagogical research developed by reputable organisations, including the American Educational Research Association (2011) and the British Educational Research Association (2018).

RESULTS

H.E. Sigerist (1941) (USA) gave the first official definition of the term in early 1940: “Health is not merely the absence of disease: it is something positive, such as the joy of life or the cheerful perception of all the duties assigned to man”. According to the scientist, health should be considered as a social phenomenon and as a psychophysical state of a person.

Currently, about 20% of newborns are completely healthy, over 80% of children have one or more disorders,

and every third child has problems in physical or mental development (Bortiuk, 2023). The tense sanitary and epidemiological situation in the country, environmental pollution, declining living standards for most families and access to healthcare, and insufficient physical activity contribute to the deterioration of children's health (Denysova *et al.*, 2023). This is a cause for concern, as intensive musculoskeletal development in preschool children forms the basis for synchronising physical growth and functional capabilities. According to researchers, there is a close connection between the physical condition of a person and the level of health (Prachenko & Khanetska, 2023). Maintaining a healthy physical condition is a necessary element for the normal functioning of organs, growth of the whole organism, increasing the physical performance of children and preserving their health.

There is an ongoing debate among paediatricians about the standards used to assess child health (Malagón-Rojas *et al.*, 2020). A thorough examination of the child is an integral indicator of the impact of both good and negative variables on the body. According to the Institute of Paediatrics, Obstetrics and Gynaecology of the National Academy of Medical Sciences of Ukraine, the key factors determining individual and group health of children are adequate functional and social adaptation of the child; high level of resistance to adverse effects with optimal immunological response and rapid recovery from stressful situations; absence of signs of chronic diseases in the child; sufficient physical, neuropsychological and intellectual development of the child that corresponds to their chronological age (Imran *et al.*, 2020). Due to their young age and exposure to harmful environmental factors, children are very vulnerable to colds and infectious diseases. The development of children's psychophysical qualities (strength of nervous processes, latency period of simple and complex visual-motor reactions) is the main criterion for the effectiveness of learning activities (Stillman *et al.*, 2020).

As a result, it was found that boys and girls have low latency periods for simple and complex visual-motor reactions. According to the analysis of the results, the majority of participants (50.89%) had weak or moderately weak neu-

rological systems. In 27.58% of children, simple visual-motor reaction corresponds to a below average level of development, in 28.73% – to a low level. 17.24% of children have an average duration of the study process, and 13.79% have an above-average duration. Only 12.66% of preschoolers have a high latency period for the development of a simple visual-motor reaction.

The results of the children's survey show that preschoolers have a basic understanding of the components of a healthy lifestyle. The study found that most children have a good understanding of table manners. More than 30% of preschoolers answered: "I don't know". Proper nutrition is essential for maintaining human health. The children were asked the question: "What foods are healthy?" to see if older preschoolers understood this. Almost 28% of children know what proper nutrition is and can distinguish between foods that are healthy and those that are not. The survey showed that 18% of preschoolers are aware of the need to eat freshly prepared, varied food, including vegetables and fruit, which are a source of vitamins, even though the school curriculum does not provide for such knowledge. Having analysed the results of the interviews with children, most preschoolers lack in-depth information. The main sources of information for preschool children are their parents, teachers, and educators. During the dialogue with physical education instructors, educators, and parents, it was found that insufficient work with children in this area is due to the fact that the elders themselves do not understand the importance of the principles of rational nutrition for children's health and do not communicate with them on this topic.

Most of the examined children had average data on normal body weight, 24.14% were underweight and 25% were overweight (Table 1). It was found that in 41.76% of the examined, the chest girth corresponds to the average age norm. The Ruffier test, which measures the cardiovascular system, showed that 35.51% of children have limited functional reserves. One of the simplest methods of determining how well the body's respiratory system is functioning is the Genchi test. A study of the results of the Genchi test shows that this indicator averages 38.75 ± 8.12 .

Table 1. Anthropometric characteristics

Criterion	Girls	Boys
Body weight (kg)	20.4 ± 1.46	21.2 ± 1.22
Height (cm)	116.8 ± 2.64	117.1 ± 2.31
Sitting height (cm)	64.7 ± 1.73	65.7 ± 1.44
Chest circumference (cm)	64.6 ± 1.12	68.4 ± 1.08

Source: compiled by the authors of this study

Scientists are focusing on the problem of adaptation of children and young people to the conditions of study in preschool, school and higher education institutions due to the deterioration of the health status of this population in most countries of the world, as evidenced by screening data (Chorna, 2020). The process of obtaining

education can be attributed to a special type of activity, as it involves a prominent level of mental and physical stress, time pressure, the need for intensive assimilation of a large amount of information, increased requirements for solving problem situations, strict control and regulation of daily routines.

Thus, today it is impossible to assess the state of health of a child without considering the adaptive mechanisms of the body, which create the best plan of the living system to maintain homeostasis. The purpose of modern medicine should be to assess the child's adaptation to the environment and the educational process, identify early signs of maladjustment and make the necessary targeted adjustments (Denysova *et al.*, 2023).

Harmful changes in the body can lead to the development of various diseases. The most considerable changes occur due to insufficient physical activity. As a result, all body systems begin to function chaotically, which disrupts its interaction with the outside world. According to physiologists, structural changes in the muscles and associated nerve centres at the segmental level of the brain occur as a result of physical activity, as opposed to functional activity (Volosovets *et al.*, 2021). All types of exercise stimulate the morphological, functional, and energetic capabilities of muscle tissue, which cause muscle contractions. On this basis, the range of the body's response is expanded.

Scientists have found that the health of the younger generation is negatively affected by various harmful environmental elements (Ochoa-Avilés *et al.*, 2020). A child's body is the most sensitive indicator of the severity of environmental problems. To draw attention to the problem of the harmful effects of environmental pollution on children's health, it is advisable to emphasise that regardless of the impact of these factors, the mucous membranes of the respiratory and digestive tracts are usually affected, leading to the development of various ecopathologies and complications.

Notably, nutrition is now influencing the development of the most common somatic diseases in children, including inflammatory bowel disorders, which are growing globally and affecting increasingly more people every year. The clinical signs of inflammatory bowel disease, which include ulcerative colitis, Crohn's disease and undifferentiated colitis, include chronic recurrent or persistent relapsing course, damage to other organs and systems (skin, joints, eyes, liver), severe complications requiring surgery, elevated risk of colorectal cancer and early disability (Perrin *et al.*, 2020). The main causes of these disorders, which have been established by clinical and experimental studies, despite the fact that their aetiology has not yet been established, are hereditary predisposition, defects in immune regulation, intestinal epithelial barrier disorders and external factors, among which increasingly more attention is paid to the nutritional profile before the onset of the disease (Krynychko, 2020; Voloshyn, 2022). Nutrition is important for the full physical and cognitive development of a child, as well as the functional development of organs and systems from the first years of life.

DISCUSSION

The basis of the spiritual and moral health of preschool children is the system of values, motivations and behavioural attitudes in the social environment. A. Charach *et al.* (2020) note that children aged 3 to 7 learn about health

through a variety of activities and use them to control their behaviour. The preschool and family should create an environment that promotes healthy development, transmits cultural knowledge and life lessons, protects independence, promotes socialisation, provides comfort and safety, and instils a love of life and resilience. The scientists' conclusions should be agreed with, as the state and mindset of the environment affects this aspect of children's health.

The value orientation of health, according to B.M. Gustafsson *et al.* (2021), is the level of humanisation and science, the state of material, cultural, and social life of a person. All disciplines that define the body of modern knowledge can contribute to solving health-related problems. Due to its essential nature, science's emphasis on healthcare contributes to the integration of several disciplines and the promotion of scientific solutions to health problems. General health means the ability of the human body to adapt to changes in the environment and interact freely with them, depending on its biological, mental, and social composition. The fact that health is a value, both formally and in content, can be observed by comparing the definition of health with the category of values.

The study by E. Hards *et al.* (2022) should be agreed with, which shows the negative impact of stressful events on a child's mental health. These elements are the root cause of the relatively high proportion of neurotic manifestations in preschool children's behaviour. Children who experience a lack of communication with adults or their antagonistic attitude, or who experience family difficulties, are more likely to demonstrate neurotic behaviour as they grow up. The mental health of preschool children is harmed by the information overload of television programmes about thefts, robberies, and exposure of scenes of adult intimate life.

According to the findings of C. Li *et al.* (2020), the emotional needs of preschoolers are primarily concerned with the need for love and protection. Children who do not receive adequate satisfaction of this desire are more likely to develop both short-term and long-term adverse mental conditions. A child interprets almost all cases when their sense of self-worth is humiliated. These conclusions should be accepted, as the requirement for respect in children is crucial. When this need is met, the child's mental health improves. With the growth of unpleasant experiences, the child's mental health gradually declines: the ability to joy, surprise, delight, and trust is lost and replaced by unreasonable anxiety, difficulties sleeping and anxiety. Physical education is described as the most effective way to teach children the importance of health. As explained by R. Marushko *et al.* (2020), this is due to the fact that the biological urge for mobility prevails at this age and has a positive impact on the child's intellectual and emotional development, as well as on their daily routine and behaviour.

However, according to N.A. Ponce (2020), on the other hand, this need is in harmony with the need to enjoy physical activity, which gives children the opportunity to take part in social interactions, learn to negotiate, plan joint mo-

tor activities, express their independence and self-esteem. In most cases, it is advisable to form good life habits and motivation for health through preschoolers' enthusiasm for physical activity. The best time to develop a conscious understanding of the environment, as well as intellectual and practical abilities of a child, is in the upper preschool years. However, to make a programme created by adults easier for a child to master, it is important to include the development of their knowledge, skills, and talents in exciting activities. In the pre-school, children are engaged in systematic physical activity within the framework of various physical education and health programmes. These activities should be aimed at helping children develop a positive attitude towards their own and other people's health.

It is worth agreeing with the opinion of C.M. Stillman *et al.* (2020): now, more than ever, preschoolers need to intensify motor activity, and this requirement is becoming increasingly more urgent. A child really spends half of their active life in a preschool. It needs to move because it satisfies its innate desire to explore the outside world. Observations and knowledge of educators strongly suggest that movement improves a child's physical and spiritual health. By doing a variety of outdoor activities, sports, training, planning children's trips, and other events, the movement pattern is optimised. Parents and caregivers can encourage children to be active by carefully planning their daily routine.

Deterioration of children's health and problems with adaptation to an educational institution often arise due to various socio-economic factors. These factors act against the background of genetic characteristics, the child's biological age and possible minimal brain dysfunctions, some of which can be controlled. According to M. Kahn *et al.* (2021), these include socially unfavourable family circumstances, changes in eating habits and unhealthy diet, an increase in acute respiratory diseases (due to a significant increase in contact with sick children) and, as a result, absenteeism, poor sanitary and hygienic conditions in kindergartens, excessive workload during classes, insufficient medical supervision of children, and the virtual absence of a psychological support system.

According to J.N. Malagón-Rojas *et al.* (2020), preschools are the first educational level of social upbringing of children, where they contribute to the formation of an educated, creative personality, influence physical, mental, spiritual and social health, which is necessary for the primary growth of the individual. To fulfil this responsibility, it is vital to seek fresh perspectives on the topics covered in early childhood and preschool education. In general, after analysing the research of scientists, it can be determined that the idea of lifelong learning implies that the implementation of tasks related to the formation, preservation, and promotion of health should be an obligatory element of the new national education system.

Following the ideas of J.M. Perrin *et al.* (2020), it can be concluded that, together with parents as role models, educators should strive to promote a healthy lifestyle in preschoolers. Parents should systematically explain the specific features of mental health development in an accessible

form, familiarise them with the psychological characteristics of the child's psyche, raise the topic of their joint health and physical well-being, and discuss how to spend their free time with their children. Parents should ensure proper living conditions, eat environmentally friendly foods rich in proteins, vitamins, and minerals, keep the house clean and hygienic, take baths often, exercise, and spend more time outdoors with their children.

It is vital to notice deviations in the behaviour of preschoolers in time and immediately provide the necessary psychological support. The ability of a caregiver to quickly observe, accurately understand, and correct the emotional manifestations of a child, managing their play and mental activity, is crucial for the further growth of the individual. The same purpose should guide educational and training strategies that protect children's mental health from the harmful effects of negative emotional elements that pose a serious threat to their ability to lead a normal life in the future.

CONCLUSIONS

The study analysed the visual-motor reactions of preschool children and investigated their perceptions of a healthy lifestyle. The study was aimed at determining the state of health and adaptation of children to the educational process, specifically at studying the factors that affect these processes. The analysis revealed that most children have low latency periods for simple and complex visual-motor reactions. Most of the participants have weaknesses in their neurological systems, and many children's simple visual and motor reactions do not reach the average level. This indicates the need to improve the health of children and their adaptation to the educational process.

As for children's knowledge about healthy lifestyles, it was found that most preschoolers have only a superficial understanding of this concept. Only 28% of children have an idea of what food is healthy, and 18% know the importance of eating fresh food. This points to the need to strengthen work with children on healthy eating and healthy lifestyles in general. The results of communication with adults suggest that many of them do not understand the principles of proper nutrition and do not communicate with children on this topic. This highlights the importance of adult education on health and nutrition.

The study points to problems with children's health and adaptation to the educational process. It was found that more than a quarter of children have weight problems, and some of them have limited functional reserves of the cardiovascular system. The purpose of this study was fulfilled: the children's visual-motor reactions and perceptions of a healthy lifestyle were analysed. However, it is necessary to conduct a more detailed analysis of the factors that affect children's adaptation to the educational process and develop particular measures to improve the level of health and adaptation of children to the educational process. This will help improve children's health and quality of life.

This study is the first to investigate the physical development, health status, visual-motor reaction of children in detail, as well as awareness of the components of

a healthy lifestyle on the example of preschool educational institutions in Mukachevo. In further research, scientists need to pay more attention to the development of special technologies and scientific programmes for the prevention of diseases of children, depending on their preschool age, as well as to improve their psychophysical state.

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CONFLICT OF INTEREST

The authors of this study declare no conflict of interest.

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Василь Андрійович Дуфинець

Доктор медичних наук, доцент
Мукачівський державний університет
89600, вул. Ужгородська, 26, м. Мукачево, Україна
<https://orcid.org/0000-0001-6813-4724>

Тетяна Дмитрівна Щербан

Доктор психологічних наук, професор
Мукачівський державний університет
89600, вул. Ужгородська, 26, м. Мукачево, Україна
<https://orcid.org/0000-0002-3702-8029>

Ірина Іванівна Брецько

Кандидат психологічних наук, доцент
Мукачівський державний університет
89600, вул. Ужгородська, 26, м. Мукачево, Україна
<https://orcid.org/0000-0002-1321-7351>

Основні тенденції фізичного та психоемоційного здоров'я дітей дошкільного віку в Україні

Анотація. Діти все частіше потрапляють у зону ризику щодо різних хвороб, що доволі негативно впливає на інтелектуальний розвиток особистості й може гальмувати суспільний розвиток загалом, тому виникла потреба розв'язати цю проблему. Основна мета дослідження – вивчити та проаналізувати стан фізичного, психологічного та соціального здоров'я дітей в Україні на матеріалі дошкільних навчальних закладів міста Мукачево. У дослідженні було використано методику «Сенсомоторика» та комп'ютерну програму Efecton Studio 2009 для вивчення зорово-моторних реакцій дошкільників. Для оцінки діяльності серцево-судинної та дихальної систем застосовувалися проби Руф'є – Діксона та Генчі. Установлено, що кожна третя дитина має проблеми у фізичному або інтелектуальному розвитку. Обґрунтовано, що напружений санітарно-епідемічний стан країни, забруднення навколишнього середовища, зниження рівня життя більшості сімей і доступу до медичної допомоги, недостатня фізична активність, а також екологічні проблеми сприяють погіршенню психофізичного стану дошкільнят. Наголошено, що підтримання здорового фізичного стану – важливий елемент для нормального функціонування та росту молодого організму. Підкреслено, що період адаптації до школи, через проходитимуть у майбутньому нинішні дошкільнята, значно залежить від здоров'я дитини, адже з розумовими та фізичними навантаженнями краще справляються саме здорові діти. З'ясовано, що більшість дошкільників мають обмежені знання про здоровий спосіб життя. Тільки 28% дітей розуміють, яка їжа корисна для здоров'я, а 18% знають про важливість споживання свіжих продуктів. Це свідчить про необхідність активнішої роботи з дітьми на тему здорового харчування і способу життя загалом. Виявлено, що багато дорослих також не мають цілісного уявлення про принципи правильного харчування та не обговорюють ці питання з дітьми, а тому важливо звернути увагу на освіту дорослих у сфері здоров'я та харчування. Практичне значення роботи полягає в тому, що всі теоретичні положення, висновки та рекомендації можуть використати викладачі та студенти навчальних закладів для вдосконалення знань про тенденції стану здоров'я дошкільнят та школярів в Україні, а також інші науковці для поглибленого вивчення порушеної проблеми

Ключові слова: молодий організм; фізичний розвиток; психофізичний стан; медико-демографічна ситуація; санітарно-гігієнічні навички в дітей; емоційні потреби дошкільнят; адаптація до навчального процесу