

Exploring the Impact of the Literacy Learning Process
on the functional state of health and psychoemotional sphere of students
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purpose of work

To determine the fact of the influence of the process of teaching literacy, according to the author's methodology of S. Andriyaka, on the state of health and psychoemotional sphere of students.

Research materials and methods:

To carry out the work, the following tools were used:

1. Apparatus for electropunctural diagnostics, drug testing, adaptive bioresonance therapy and electro-, magnetic and light therapy by BAT and BAZ, computerized "IMEDIS-EXPERT", registration certificate No. FS 022a2005 / 2263-05 dated September 16, 2005. In the process of performing ART, an active electrode was used, equipped with a pressure sensor, which allowed the operator to control the measurement by monitoring the value of the probe pressure at the measurement point (TI)

[one].

2. Diagnostic complex "NIMIRIDA". M. Luscher's color preference test. Luscher test allows you to measure the psychophysical state of the individual [2].

In the present study, 12 people took part. The age of the subjects ranged from 12 to 50 years. The group of subjects was formed in such a way that students of all courses of study took part in the experiment.

The study consisted of three parts:

one. The ascertaining part was held on the eve of the art literacy class. On this At the research stage, a psychological examination of the subjects was carried out using the Luscher color test and an ART examination using the following markers:

- geopathogenic load,
- radioactive,
- electromagnetic,
- psychovegetative,
- the immune system

According to the results of the examination, for each subject the following were recorded:

- the type and degree of load, to which the body "gave" a resonant response, in the course of ART;
- the emotional state, the degree of anxiety and the vector of behavior identified in the process psychological examination.

2. Formative part. The participants mastered literacy according to the method of S. Andriyaka.

3. Control part was carried out after the training session. At this stage, repeated psychological and ART-examination according to the same scheme as at the ascertaining stage.

Research results

Comparative results of the ascertaining and control stages of psychological examination in all groups - M. Luscher's color preference test are given in Table 1.

Table 1

No.	before			after		
	condition	anxiety	norms behavior	condition	anxiety	norms behavior
one.	anxiety	easy ↑	beyond the norm -	common	absent ↑	normal -
2.	common	easy ↑	abnormal -	common	easy	ok +
3.	excitation	easy ↑	beyond the norm -	common	light ↓	beyond the norm +
4.	mistrust	pronounced ↑	beyond the	mistrust	missing	norm +
five.	common	norm light ↑	beyond the norm -	common	easy	beyond the norm
6.	common	absent in the norm -		no concern ↑	mistrust ↓	normal -
7.	mistrust	easy ↑	beyond the norm -			ok +
eight.	mistrust	absent in the norm -		no mistrust ↑		beyond the norm -
nine.	fatigue	absent ↓	ok -	no fatigue ↓		ok +
10.	common	easy ↑	beyond the norm -	relaxed light ↓		ok +
eleven.	mistrust	easy ↑	hassle -	normal missing ↓		ok +
12.	common	easy ↓	by the norm +	ordinary light ↓		beyond the norm -

Where:

↑ means an increase in the psychological state,
 ↓ means a decrease in the psychological state,
 means a positive effect, - means a negative effect.

From table. 1 shows a positive dynamics of indicators of the psychoemotional sphere in most of the subjects after a lesson in literacy.

Comparative results of the initial and control stages of ART for all groups are shown in table. 2.

table 2

No.	Before					After				
	GP	RA	EM	PS	THEM	GP	RA	EM	PS	THEM
1.A.	1, 2, 3, 4	-	-	12	-	one	-	-	one	-
2. B.	one	-	-	-	-	-	-	-	-	-
3. B.	O	-	-	12	-	-	-	-	-	-
4.V.	one	-	-	-	-	-	-	-	-	-
5.G.	1, 2, 3	-	O	-	-	12	-	-	-	-
6.D.	-	-	-	-	-	12	-	-	-	-
7.L.	-	-	-	-	Strong, Wed. went to bed.	-	-	-	-	-
8.M.	1 tbsp.	-	-	-	-	-	-	-	-	-
9.P.	Oh, 1, 2, 3	Oh, 3	Oh, 1, 2, 3, 4	one	Oh, ch, wed, lay down	-	-	-	-	-
10. W.	-	1, 2, 3	1, 3, 4	2, 3, 4, 5 -	-	one	-	-	4	-
11. W.	-	-	12	-	-	-	one	-	-	-
12.F	Oh, 3	-	-	-	-	O	-	-	-	-

GP - geopathogenic load, RA - radioactive load,
 EM - electromagnetic load, PS - psychological stress, IM - the state of the immune system.

The figures show the indicators of the degree of loads from 1 to 4. O - the total load on the body.

From table. 2 also shows a positive dynamics of physical health indicators, in particular, those tested before exercising, after which they either stopped being tested at all, or were tested to a much lesser extent.

Based on the observations and in order to objectify the results of the study, the dynamics of the indicators of psychological testing and ART was described in the form of points. For a positive shift in each indicator a positive (1) point was awarded, for no shift - zero (0) point, for a negative (-1) point. All indicators for each subject were summed up the total score.

Statistical evaluation of the results of the study

For a statistical assessment of the reliability of the data obtained, a mathematical Wilcoxon test [3].

This criterion is used to compare indicators measured in two different conditions on the same sample of subjects, and allows you to establish the direction and severity of changes. As part of the study, we check the reliability of the positive shift after the training literacy classes.

Thus, a statistically reliable assessment of the obtained results was obtained with a probability of error for ART $p \leq 0.01$ and for Luscher's test $p \leq 0.05$. From which we can conclude that the revealed positive dynamics of improving the indicators of psychophysical health is not accidental.

conclusions

The process of teaching literacy has a beneficial effect on the health and psychophysiological sphere of students.

Literature

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