

Specifics of psychological, social and physical health levels interrelation among teachers of different age and teaching experience

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Abstract

© 2015, Canadian Center of Science and Education. All rights reserved. Thematic justification of teachers' psychological health is caused by the fact that its violation poses the essential problem of psychological services in education. The purpose of the article is to study specifics of psychological, social and physical health levels interrelation among teachers of different age and teaching experience. The main method of studying this issue is the ascertaining experiment. Consideration of the components of psychological health was based on psychological distinguishing such levels as psychological (supposed the adequate attitude to health on cognitive, emotional and motivation-behavioral levels); social (defined by the presence of formed communicative qualities and specifics of interpersonal interaction); physical (supporting psychological health due to the functioning of energy structures). Comparative analysis of correlation structures revealed the dominant objective laws of interrelation of selected indicators on the psychological, physical and social health levels, as well as their specifics in groups of teachers with different teaching experience. Depending on the age and teaching experience psychological or physical health indicators become the "core" of the correlation pleiad. The obtained results allow speaking about a marked impact of the psychological health level on the components of social and physical levels. Immediate practical importance has the generated group of methods, which allow objective and quick diagnosing of psychological health in the condition of teachers health monitoring and thereby improving the efficiency of its correction.

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Keywords

Physical health, Psychological health, Social health, Teaching experience