

The degree of parental awareness of using means of physical rehabilitation on the frequently ill children

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Purpose: to establish the degree of parental awareness of using means of physical rehabilitation on the frequently ill children with acute respiratory viral infections.

Material & Methods: analysis of scientific and methodological literature, surveys and questionnaires.

Results: the research involved 54 families with the frequently ill children. The paper characterizes and establishes the degree of parental awareness in the sphere of physical rehabilitation of the frequently ill children, determines the level of parental interest in cooperation, presents the plan of seminars with parents.

Conclusions: increasing the degree of parental awareness by studying and explaining is a prerequisite to achieve high effectiveness in health recovery process of the frequently ill children.

Keywords: children who are sick, parental awareness, physical rehabilitation.

Introduction

Nowadays the priority task of our country is child care, one of the directions of which is the decrease in number of incidence among children and the assistance to the harmonious development of a child. Diseases of the respiratory system among which respiratory diseases prevail, take first place on the last statistics in the structure of incidence of children [6; 8–10].

Children, at whom the quantity of respiratory diseases for a year equals or exceeds 4 times, are referred to the category of often ill [1; 7]. Frequent and long diseases promote the emergence of the pathological process in the growing organism which can serve as a cause of infringement of processes of the growth and development, ripening of functional systems, that significantly reduces the quality of life not only of a child, but also of his parents. O. V. Peshkova notes that children who are often ill with ARVI even when transferring a disease in a light form, functions of central nervous, cardiovascular, respiratory, muscular and other systems decrease in much bigger measure, than at children who seldom are ill [4]. V. Yu. Albitsky and co-authors specify that the pathological process and the morphofunctional deviation reduce the resistance of a children's organism which conducts to the repeated episodes of an illness [1]. A. Yu. Polyanina with co-authors notes that to take that fact at the rate of social and economic cogency that serious somatic and neurologic complications which treatment is a difficult task, quite often develop after the post-poned infections, then there a special value of rehabilitation of such children becomes clear [5].

In recent years, the considerable attention is paid to children who are ill frequent and lasted [3], namely concerning the correction of physical state and the organization of physical education (L. A. Solovyova 2014, L. V. Kozibroda of 2006, O. M. Myatyga, 2004); features of the development of mental functions (A. V. Katasonova, 2006, O. V. Vladimirov, 2012); prevention and improvements (K. L. Vakhova, 2004, V. O. Ivanov, 2007, M. G. Mikhaylova, 2009), concerning the priority application of separate means of rehabilitation:

use of medical physical culture (O. V. Peshkova, 2015), applications of reflexotherapy (V. V. Polunina, 2008), carrying out balneotherapy (D. Kh. Balalayeva, 2010), aromatherapy (O. V. Tolkacheva, 2009, T. Ye. Khristova, 2012, O. M. Konov with co-authors, 2014), hydrorehabilitations (O. S. Kozlova, 2015), but other. Multi-factor productivity of influence on the correction of deviations in a state of health gives uncommon opportunities to predict a decrease in indicators of number of diseases on respiratory and viral infections among the children's population or at least the decrease in aggression of the course of an illness. The position of parents is one of the factors which influence the process of implementation of the developed programs in our opinion. To the large extent it depends on awareness degree in the sphere of the offered program.

Communication of the research with scientific programs, plans, subjects

The work is performed according to the plan of the research work of NNIFK of Sumy state pedagogical university of A. S. Makarenko of MES of Ukraine for 2011–2015 by the subject «Increases of the level of health and physical preparedness of different groups of the population by means of physical culture» (number of the state registration is 0111U005736) and by the subject «Theoretico-methodological and organizationally-methodical problems of health and physical rehabilitation and correctional pedagogics» (number of the state registration is 0107U002826) for 2015–2021.

The purpose of the research

To establish the degree of awareness of parents concerning the application of means of physical rehabilitation for children who are often ill with acute respiratory and viral infections.

Research tasks:

1. To develop the questionnaire for the definition of degree of

awareness of parents and to analyze the received results.

2. To prepare and to conduct the course of educational and explanatory classes for parents of children who are often ill with respiratory and viral infections.

Material and Methods of the research

The following methods were used in the research: analysis of scientifically-methodical literature, polls and questioning. The research was conducted on the basis of the teaching – educational complex No. 11 “Zhuravonka”. Parents of children of middle preschool age who are often ill, total 54 families, took part in the questioning.

Results of the research and their discussion

Children, who are often ill, are that the contingent of the population which needs uncommon attention [2] from experts and parents, whose participation, is the integral component of the whole improving renewal process. The efficiency of application of physical rehabilitation depends on the level of interest and preparedness for the cooperation of participants of this process. As a rule, if a participant of the improving process has a certain knowledge base concerning the use of means of improvement or renewal, a technique of their carrying out and value of its application, then there is a high probability of high productivity. As children of preschool age can't comprehend and estimate completely importance of the set process, it is rational to conduct interview with parents of children and to involve them in cooperation.

We carried out questioning for receiving initial results, concerning awareness, interest and possibility of attraction to cooperation among parents of children of middle preschool age. The questionnaire in general consisted of 16 questions which were divided into blocks by pithiness, namely:

- interpretation of the concept «a child who is often ill» and «physical rehabilitation» of such children;
- understanding of the concepts «prevention of a disease» and «improvement of a child»;
- understanding of the major factor in preservation of health;
- desire to have additional information concerning application of means of the improving-renewal character;
- receiving additional consultation concerning renewal and preservation of health of a child.

Parents owed an opportunity to choose already an available option or to provide their own during the answer. In general the considerable part of families preferred already the existing options; some of parents chose several variations of answers at once.

As a result of questioning the following data were obtained. 23 respondents (42,6%) specified that it is children with pathologies or disabled children, 32 families (59,2%) provided approximately correct answer under the concept «a child who is often ill». 39 interrogated (72,2%) noted that first of all the psycho-emotional state is broken on the question concerning frequent diseases and their influence on the harmonious

development of a child. Concerning the questions about the reasons of frequent respiratory diseases of children, 7 respondents (12,9%) noted heredity, 18 families (33,3%) – the low level of an immune resistance, 29 persons (53,7%) elected visit of kindergarten as the reason of frequent diseases on ARVI.

The prevention of diseases on respiratory and viral infections are vaccination in understanding 17 among the interrogated parents (31,4%), 9 families (16,6%) annually do preventive flu inoculations to their children; 26 (48,1%) rovided advantage of vitaminization of a children's organism. Parents who chose this version of the answer really carry out vitaminization for the children by the use of vitamins of synthetic production and dietary supplement, their part makes 13 families (24%). According to parents, they carry out step by step vitaminization, mostly in two steps acceptances of vitamins (on the eve of new teaching –ducational year and during the spring period), the course of application of vitamin complexes usually lasts one month. 11 respondents (20,3%) elected the procedure of hardening as a version of the answer. It is rather interesting that 6 parents (11,1%) who noted hardening as a prophylactic, didn't understand that training can happen not only by the water environment. We will note that only 3 supporters (5,5%) of this type of prevention of diseases really carry out the procedure of hardening. Now these families apply contrast showers and rinsing of a throat by water of a low temperature.

The understanding of 32 parents (59,2%) chose the option of classes as physical culture and sport concerning the improvement of a children's organism. From them only 7 families (12,9%) drive their child on sports sections, in 4 families (7,4%) their child is engaged in physical exercises at home and the lion's share of parents who provide advantage to physical culture and sport, noted that children aren't engaged in this kind of activity, relying on unwillingness of the child. As option, 28 interrogated (51,8%) noted the sanatorium treatment and only 9 of them (16,6%) specified that make this type of treatment annually. The complex application of physical rehabilitation as means of improvement of a children's organism was chosen by 7 parents (12,9%). 24 families (44,4%) elected to specification with what types of influence on a human body you associate the concept physical rehabilitation, absolutely other direction of rehabilitation. The poll concerning the influence factor which is the most important in preservation of health of a child show that 19 parents (50%) chose a way of life, 7 (12,9%) – noted heredity, 23 persons (42,5%) noted an ecological state environment and 11 (20,3%) – allocated the medicine level.

Concerning obtaining the additional information by parents about the application of means of the improving-renewal character, the desire was expressed by 48 families (88,8%), 6 interrogated (11,1%) took a neutral position concerning providing information to them. Among versions of answers concerning a type of the derived consultation 43 (79,6%) – chose carrying out a respiratory gymnastics, 27 interrogated (50%) expressed the desire to get advice concerning application of elements of massage, 17 families (31,4%) would like to improve knowledge of occasion hardening of an organism, 34 (62,9%) became interested in information of rather healthy nutrition. Separate families noted all offered options at once, their part makes 46,2%. Some parents specified the options which concerned actions of the correction of violations of a bearing of 9 persons (16,6%) and applications of rehabilita-

tion actions at frequent violations of work of a digestive tract of a child – 1 person (1,8%).

The assessment of the degree of awareness of parents was carried out by the results of definition of the awareness index (AI) which equals to number percentage according to the right choices (RC) to total number of questions (16): $AI=(RC/16) \cdot 100\%$. Depending on the awareness index, parents were divided into three groups:

- with the sufficient degree of awareness (AI is higher than 50%);
- with the average degree of awareness (AI from 20 to 50%);
- with the low degree of awareness (AI from 0 to 20%).

In general, the obtained data confirm that the parental aware-

ness of children who take part in the research in the sphere of improvement and physical rehabilitation, is low, this indicator makes: is lower than 20% at 27 (57,4%) the interrogated, 15 (27,7%) parents showed the result within the average degree of awareness and only 8 (14,8%) respondents have the sufficient degree of awareness.

The insufficient level of knowledge concerning the use of means of renewal and maintenance of a children's organism of natural, organic, available to each family promotes somewhat long course of an illness or developing of frequent diseases. Considering indicators of interest of parents in independent use of means of physical rehabilitation and for the purpose of the increase of the degree of awareness of parents, we organized several parental seminars. 5 classes with a general duration of 5,4 hours were given within two months with parents of EG. Seminars were held by the specialist in physical rehabilitation in the form of educational and explana-

Structure of seminar classes with parents of children of EG who are often ill with respiratory and viral infections

No	Topic of seminar	Duration
1	Children who often are ill, – the contingent of the population which needs attention:	
	concept COI, etiology, pathogenesis of frequent respiratory diseases;	5 min
	a psychoemotional condition of a child – the important part of states of health at frequent and long diseases on respiratory and viral infections;	5 min
	value of physical rehabilitation for preservation of health of a child and her harmonious development;	15 min
	contents and organization of the program of physical rehabilitation of children who are often ill;	20 min
	question and answers.	10 min
2	Features of carrying out respiratory gymnastics in the structure of MPC:	
	acquaintance with physiology of breath of a person, its types;	10 min
	physiology of influence of breathing exercises on the child's organism;	10 min
	technique of performance of breathing exercises (starting positions, the number of repetitions, ratio BE to ADE);	10 min
	practical performance of breathing exercises in combination with all-developing (parents learn to breathe correctly, acquire methodically correct performance of breathing exercises);	30 min
	question and answers.	10 min
3	Massage as the integral component of physical rehabilitation of children who are often ill:	
	expediency of application of massage at frequent respiratory diseases (acupressure according to Umanskaya, massage of a thorax);	5 min
	physiology of influence of massage manipulations on the child's organism;	10 min
	rules of the search of points and a technique of performance of acupressure according to Umanskaya (practical performance of this massage);	30 min
	question and answers.	10 min
4	Importance of procedures of hardening in the course of increase of the immune rezistance of a child who is often ill:	
	types of hardening of children's organism, their influence on physiologic processes (application of available types of hardening);	10 min
	concept of crio-massage of feet, way of preparation of crio-packets and technique of performance of procedure (practical application);	25 min
	question and answers.	10 min
5	Features of application of bell-therapy in the course of physical rehabilitation:	
	concept about vegetative dysfunctions, its manifestations, reasons;	10 min
	influence of bell music on "somatic and mental" health of a child who is often ill;	10 min
	ways of a combination of bell music to the offered means of physical rehabilitation;	10 min
	practical acquaintance with types of "alive» bell music and its audio recordings;	20 min
	question and answers..	10 min
Total:	5 lectures	325 min (5,4 hours)

tory classes with the involvement of medical personnel and psychologist of this teaching and educational institution. The working program of these seminars is provided in the table. Parents could ask all questions during classes or send them on a physical rehabilitologist's e-mail address.

Conclusions

1. The results of the analysis of answers according to the developed questionnaires at the initial stage of the research gave the chance to define the low degree of awareness of parents in the sphere of physical rehabilitation of children who are often ill with respiratory and viral infections, and the sufficient

level of interest in carrying out improving and rehabilitation classes.

2. The prepared and the conducted thematic course of classes with parents provided the subsequent cooperation during the whole process of rehabilitation.

Prospects of the subsequent researches will be connected with studying of features of the formation of improving and rehabilitation culture of parents of children who are often ill, and the development of practical recommendations for them concerning the application of means of physical rehabilitation in house conditions.

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