Person’s Health Creation Potential as a Resource of Integrated Health

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The authors use a method of vector modelling, which enables to create a vector-contextual model of person’s health creation potential. This model allows us to define milestones for elaborating and approving special impacts from pedagogues, parent, and administration, which provide the formation of the culture of learners’ health and their personal position concerning health creation. Results: A vector-contextual model of person’s health creation elaborated and conceptualized by the authors enables a pedagogue to forecast sustainable qualities of learners’ self-realizing creative personality and levels of its readiness to health creation activities in constantly changing conditions of society and environment. It plays a significant role in the development of human intelligence and creation and has an impact on the protection, formation, and strengthening of human health. Discussion or Conclusion: Basing on theoretical analysis of literature detoted to the topic of study, the authors represent a refined definition of “health creation potential” notion, design its vector-contextual model, and justify main components-vectors: valeological mindset, metacognitive abilities, and affective self-attribution in the structure of person’s health creation potential. In the context of the topic under study, the authors define conceptual-theoretical models of health-creation potential, which create perspectives for applied research in the methodology of theory of individual health and optimization of the process of actualization of health creation potential at various periods of ontogenesis.

Keywords: Health, Vector-contextual model, Valeological mindset, Metacognitive abilities, Affective self-attribution, Health creation competence.

Introduction

The analysis of current theories and concepts reflecting person’s activity with regard to his health, like the health believe model [1], the protection motivation theory [2], the theory of planned behavior [3], the common sense model of self-regulation [4], self-management conceptual model [5], cognitive-social processual health model (C-SHIP),
developed by Miller, Shoda and Hurley [6], and social ecological theory [7] has allowed us to identify personal formations characterizing individual’s stance on health creation.

They include valeological mindset, metacognitive abilities, affective attribution, and health creation competence. Each of these formations is dynamic and has a direction in its development, i.e. it is a vector to enlarge person’s health creation potential.

Health creation potential is a complex of conditions for a human as a subject to maintain and enforce his own integral health. Internal conditions of health creation potential include:

- **Physiological and biological conditions** – heredity, physical development (physiometry, somatometry and somatoscopy indices), current state of health according to whether people have chronic diseases or not, non-specific resistance (endurance) of an organism, physical fitness;

- **Psychological conditions** – the development of basic mental processes (perception, thinking, memory, imagination etc.); the reserve of mental abilities (reserve of mental adaptation) or stress resistance;

- **Spiritual and moral conditions** – the development of emotional-motivational sphere, value orientations and mindsets; the adequacy of behavior to the demands of the social environment.

- **External conditions** include socio-cultural factors that can be divided into two subgroups:

  - **Social conditions** – available and accessible services of fitness and health, corrective and psychological, medical and rehabilitation, and other health providing centers and services.

  - **Social and ideological conditions** – stable ideological stances on the priority of health and healthy lifestyle supported at all the levels of the state power (federal, regional, municipal and object).

The basic manifestations of health creation potential are the development of corporeal self-consciousness and behavior drivers, which represent universal mechanisms of self-motion and striving for perfection – “creation – of the self – from the self”.

Thus, actualization of health creation potential as the realization of a human intention in specified conditions is manifested in the phenomenon of objectively and subjectively perceived human health.

This approach has enabled to develop the model of person’s health creation potential, which includes four vectors: valeological mindset, metacognitive abilities, affective attribution, and health creation competence. Metacognitive abilities characterize individual peculiarities of a personality that enable an individual to reflect, evaluate and consciously (unconsciously) control his own cognitive system when evaluating the effectiveness of forecasting a health model or building it. As for the valeological mindset, we define it as a psychological state of subject’s disposition to an active stance on retaining and enlarging his own health creation potential.

Affective attribution is a cognitive-personal formation, which provides emotional-energetic basis for health creation processes and attribution of emerging psycho-emotional states. Health creation competence characterizes the level of formation, development and knowledge of practical skills in health maintaining, enforcing and development and their application (modelling) in various life situations, as health creation activity should be provided by both practical tools (technologies, techniques and methods) and methodic approaches to its use when modeling and building strategies to fit changing situations.

**Method**

We have used a method of vector modelling in the design of a vector-contextual model. Here the category of vector is an element of personal psychological space, which has its direction and dichotomous manifestations – enlargement or destruction. In our opinion, it is moving through these vectors that is the essence of the realization of human potential in health creation [8].
Originally, the four described vectors were parts of self-sufficient four-dimensional space of health creation potential. However, later on it has become clear that we can add one more space that essentially supplements the existing model and gives it more volume. This space consists of contexts, in which the specified vectors of person’s health creation potential exist and are considered.

There are several contexts, i.e. directions, in referring human health potential to other phenomena reflected in his psyche that relate to person’s health creation factors. First, this is a sociocultural context. It mainly involves ethnic ways to organize life activity that are traditional for a particular society. They define general ideas of health protection and health creation environment and principles of their arrangement.

This context includes both normative-value and technological components of attitude to health natural for a particular society, culture and ethnus in a particular historic period. Thus, this context is a kind of “chronotopos” of subject’s health creation potential, i.e. larger psychological space reflecting the representation of sociocultural phenomena in their reference to the health creation factors themselves [9].

Besides, we can also consider health and issues of unfolding human health creation potential in corporeal-physiological, physiological, and spiritual contexts. This reflects the holistic understanding of health and health creation potential. Therefore, from the view of holistic understanding of health and health creation, it is necessary to refer any related factor to corporeal processes, to study their subjective representation in cognitive and emotional forms, and to consider spiritual meaning of these health creation factors [10].

Moreover, we should bear in mind that the succession of these contexts is not occasional – each following context transcends (absorbs and transforms) the previous one. It means that the vectors of health creation potential are carried out in appropriate contexts providing favorable or unfavorable conditions for this process in the human psyche.

We should also note that the core of this model is the improving of health creation potential of a particular subject who acts as the Self (true “I”, i.e. the subject himself). In accordance with this holistic understanding, we should project health by revealing health creation potential at all the levels of an integral human being. A subject should initially carry out his health creation potential in corporeality (the first stage), then in psyche (the second-the fourth stages), and further – in spirit (the fifth stage).

We can also speak of the manifestation of this potential in appropriate contexts – corporeal, mental, and spiritual. Besides, sociocultural context defining specific forms and priorities of subject’s health creation activities is a natural background for these processes.

Thus, context approach supplements vector model of health creation potential with new space, which deepens the original model. Therefore, we can call this model vector-contextual. We can depict the resulting model in a figure (Figure 1).

![Figure 1: The vector-contextual model of person's health creation potential](image-url)
ings. This person does not learn the culture of the society in general; he learns only things that relate to his direct practical activities. We assume that it is the subject of actions rather than the actions of a subject that creates health creation activity.

Thus, a person with the developed health creation potential has the following peculiarities: developed creative abilities, lack of disharmony in the system of his psychosomatic modus, learnt (built) spiritual-value sphere. In the context of health creation activity, the creative process and personal growth (the development of physical and intellectual abilities) prevail over the pragmatic result. A human who creates his health masters intellectual-spiritual and somatic-mental methods to create health in the systems of physical body, organism and personality.

Here the “human measure” is transcribed or transferred into the product and result of its creation. Moreover, a human should not just adapt to subject environment (“become like others”), he should surpass himself, transform his sphere of personalities and realize himself as a personality (i.e. to show his essence to the world and, above all, to himself). This understanding means actualization of a human potential, including health creation, by revealing current possibilities to manifest human essence in the world and creating new ones.

It should be mentioned that the revelation of internal mechanisms to enlarge person’s health creation potential and understanding of psychologist-pedagogical determinants of this process would enable to enter a new level of controlling health resources – health creation level [11].

Discussion or Conclusion

Basing on theoretical analysis of literature detoted to the topic of study, the authors represent a refined definition of “health creation potential” notion, design its vector-contextual model, and justify main components-vectors: valeological mindset, meta-cognitive abilities, and affective self-attribution in the structure of person’s health creation potential. In the context of the topic under study, the authors define conceptual-theoretical models of health-creation potential, which create perspectives for applied research in the methodology of theory of individual health and optimization of the process of actualization of health creation potential at various periods of ontogenesis.

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