

IRSTI 14.27.01

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THE WORK OF THE EDUCATIONAL PSYCHOLOGIST AT THE ORGANIZATION FREE TIME OF ADOLESCENTS

Annotation

In the article it is considered the free time of adolescents and its influence on adolescents. The problem of the free time of modern adolescents is relevant as in the developed social and economic conditions not in all families, the parents are capable to check, then their child after school is engaged.

Key words: *free time, activity, real leisure, adolescents, economic conditions.*

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ПЕДАГОГ-ПСИХОЛОГТЫҢ ЖАСӨСПІРІМДЕРДІҢ БОС УАҚЫТЫН ҰЙЫМДАСТЫРУ ЖҰМЫСЫ

Аннотация

Қазіргі заманда жасөспірімдердің бос уақыт мәселесі өзекті болып табылады, өйткені әлеуметтік-экономикалық жағдайларға байланысты көпшілік отбасылар балаларының мектептен, оқудан тыс бос уақытта істейтін әрекеттерін басқара алмайды. Мақалада педагог-психологтың жасөспірімдердің бос уақытын ұйымдастырудағы рөлі мен орны қарастырылады.

Кілт сөздер: *бос уақыт, белсенділік, нақты бос уақыт, жасөспірім, экономикалық жағдайлар.*

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РАБОТА ПЕДАГОГА-ПСИХОЛОГА ПРИ ОРГАНИЗАЦИИ СВОБОДНОГО ВРЕМЕНИ ПОДРОСТКОВ

Аннотация

Проблема свободного времени современных подростков является актуальной, поскольку в сложившихся социально-экономических условиях не во всех семьях родители способны проконтролировать, чем занимается их ребенок после школы. В статье рассматривается роль и место педагога-психолога в организации свободного времени подростков.

Ключевые слова: свободное время, деятельность, реальный досуг, подросток, экономические условия.

The problem of free pastime of teenagers is relevant today and one of the major directions from social and pedagogical activity. Free time is the dominating space in which there is a physical and mental, spiritual and emotional development of the person.

Leisure is a possibility of the person to do in the spare time various activities for the choice. Types of leisure activity can be classified by five groups: rest, entertainments, holidays, self-education, creativity. Rest takes off fatigue and restores physical and spiritual powers. Passive rest removes stress relaxation, contemplation of the nature, reflection, etc. Active recreation represents physical and cultural activity (physical culture, tourism, reading, hearing of music, etc.). Entertainments (viewing of movies, visit of theaters, concerts, the museums, excursions, travel, etc.) have compensation character and provide the person change of impressions. Holidays combine rest and entertainments, allow the person to feel emotional lift. Self-education (reading, lectures, debates, seminars and so forth) acquaints people with values of culture and combines acquisition of knowledge with entertainments. Creativity provides the highest level of leisure activity. Children's leisure is carried out, first of all in family and also in special facilities (libraries, the museums, clubs, houses of creativity, sports sections, amateur associations on interests, etc.) [1. p.48].

Leisure influence huge impact on all spheres of activity of the person. Its value at teenage age which in ontogenesis of the person, is the period of intensive development and formation of the personality

is especially important. It isn't difficult to interest the adolescent, more difficult to keep, support and develop interest. Formation at adolescents' skills of self-organization — the relevant social and pedagogical task representing one of the major levels on the way to mastering by them the culture of leisure pastime.

In the modern, changing social and economic conditions it is necessary most fully, systematically and effectively to realize the social and pedagogical potential of free time of adolescents. It is essential to expand the ordinary directions and forms and also technologies and methods of work with children and adolescents out of school hours. Leisure for modern adolescents is one of paramount values as leisure is a combination and association and rest and work. In this sphere their many sociocultural requirements are implemented and certain desires and interests are met. In the sphere of leisure adolescents more than somewhere act as free identity, accept the independent choice, show skills of control and self-checking. Leisure (nonlearning employment) is the zone of active communication satisfying needs of adolescents for contacts in nonlearning time. Such forms of leisure as amateur association on interests, mass holidays — the favorable sphere for understanding of the qualities, merits and demerits in comparison with other people [2, p. 75]. It is possible to approach definition of leisure concept from four points of view:

1. Leisure as contemplation which is directly connected with high I.Q. and cultures, in other words this condition of mind and soul.

2. Leisure as activity — is usually characterized by concrete activity which isn't connected with the worker activity in any way, giving, advantage to process of self-realization of the personality.

3. Leisure as free time, choice time — it can be used variously, and it can be used for the activity connected with work or not related. Leisure is considered as time when the person is engaged in the fact that it isn't his duty [3, p.86].

4. Leisure integrates three previous concepts, erases a side between “work” and “not work” and estimates leisure in the terms describing human behavior. Includes a concept of time and the relation to time. Max Kaplan considers that leisure - it is much bigger, than just free time or the list of the kinds of activity directed to restoration. Leisure should be understood how the central element of culture having deep and difficult communications with common problems of work, family, policy [4, p. 45].

Leisure under certain circumstances can become the most important factor of physical development of children as being engaged in interesting and favourite business children maintain the emotional health and also leisure activity directly promotes an exit from stresses, to removal of aggression, disturbing states, and, at last, leisure is recognized as the

considerable tool prevention of intellectual backwardness and rehabilitation of intellectually sick children. The special value of leisure is that it can help the child, to the adolescent, the young man to turn inclinations into abilities, to realize that the best that in it is.

Leisure of children — time, free from obligatory studies, used for games, walks and sport, reading, occupations by art, the equipment and other types of useful activities for own inclination of children [5, p.83].

Leisure for adolescents, means a lot of things is it the sphere in which, acting in new social roles, excellent from family and school, they especially fully disclose the needs of nature in freedom and independence, vigorous activity and self-expression. It is possible to allocate real leisure (socially useful) and imaginary (asocial, personally significant) leisure.

1. Real leisure is a type of leisure which is characterized unity of interest of the personality and society and not in gap both with the personality, and with society in any way. In other words, this condition of activity, creation of relative freedom from necessary daily affairs, time for rest, self-updating, entertainment.

2. Imaginary leisure is a type of leisure which is characterized first of all by violence, either over itself, or over society, and the end result of this type of leisure, destruction of and societies is. Imaginary leisure, is caused, inability to spend the time, this aimless pastime leading to asocial acts.

It is possible to withdraw the following main characteristics of leisure of children, teenagers and youth:

- leisure has accurately expressed physiological, social, and psychological;
- leisure is based on freedom at the choice of occupations and degree of activity;
- leisure assumes not regulated and formal, and free, vigorous, creative activity;
- leisure forms and the personality develops, thereby realizes the hidden potential and inclinations, turning them into abilities;
- leisure promotes self-expression, self-updating, self-education, self-affirmation and self-development of the personality through freely chosen activity;
- leisure forms need of children for independence, freedom and independence;
- leisure promotes disclosure of natural talents and acquisition of skills, useful to life;
- leisure stimulates a creative initiative of children;
- leisure is the sphere of satisfaction of own needs of the personality;

- leisure promotes formation valuable orientations, installations;
- leisure acts as a peculiar “zone of limited intervention of adults and the environment”;
- leisure promotes an objective self-assessment of children, adequate perception of the world around;
- leisure is formed positive “By me — the concept”;
- leisure provides satisfaction, excellent mood and personal pleasure, satisfaction from the end result of the activity;
- leisure forms socially important needs of the personality and also a standard and standards of behavior for society [5, p.74].

Thus, it is possible to note that essence of leisure for children and young people is the creative behavior (interaction with the environment) children, adolescents and youths in free for the choice of an occupation and degree of activity to the existential environment, determined internally (requirements, motives, installations, the choice of forms and ways of behavior) and externally (the factors generating behavior).

Children estimate themselves, being guided by socially accepted criteria and standards because the consciousness socially according to the contents, in essence and is impossible out of communication process. In the conditions of leisure, the communities giving to children, teenagers and youth an opportunity to act in the most various social roles are formed.

In the sphere of leisure teenagers are more open for influence and impact on them of the most various social institutes that allows to influence with maximum efficiency their moral shape and outlook. In the course of collective leisure pastime there is a consolidation of feeling of solidarity, increase of extent of consolidation, stimulation of labor activity, development of living position, learning of standards of behavior in society.

The leisure of adolescents, process filled with difficulties and contradictions. This results from the fact that teenagers have full authority to fill the leisure activity at own will, according to the interests and requirements, but often they aren't ready to the conscious choice to a kind of activity which will promote their full formation and formation as persons. And also aspiration to the independent choice of various forms of leisure, teenagers, after all are limited a certain circle of social roles. It is possible to draw a conclusion that on the one hand, without having stability of interests and the needs for the plan of filling of leisure, teenagers more willingly take the forms of the organization of leisure from adults, it is worth noticing that such way not always positive and corresponds to the level of their physical and mental development.

Children estimate themselves, analyze acts and actions, at the same time try to adhere to socially accepted standards and traditions, standards of society as the consciousness is social according to the contents, and it is

impossible out of process of interpersonal communication.

Thus, leisure forms the certain micro society giving to children, teenagers and youth an opportunity to act in the most various social roles, the child studies, adopts certain rules and norms, thereby facilitating process of adaptation and socialization.

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