baTumis SoTa rusTavelis saxelmwifo universiteti

ganaTlebisa da mecnierebaTa fakulteti

pedagogikis mecnierebaTa departamenti

marine gurgeniZe

jansaRi Taobis aRzrdis xelSemwyobi kompetenciebi da skolis eqimis momzadebis aucilebloba

disertacia

(ganaTlebis doqtoris akademiuri xarisxis mosapoveblad)

(specialoba: socialuri pedagogika)

samecniero xelmZRvanelebi:

medicinis mecnierebaTa doqtori

r. d. surmaniZe

pedagogikis mecnierebaTa doqtori,

filologiis mecnierebaTa doqtori,

sruli profesori **i. a. bibileiSvili**

baTumi - 2012

sarCevi

Sesavali

Temis aqtualoba

sadisertacio naSromi ori dargis mecnierebis mijnaze Sesrulda. es nakarnaxevia Cveni naSromis mTavari sagnis bunebiT. Cveni mizania skolas movumzadoT pedagogiuri profilis **skolis eqimi**. pedagogiuri profilis eqimi, Cveni Tval sazrisiT, axali tipis specialistia, romelic skolis „samedicino daxmarebis oTaxidan" gamosuli skolis „saklaso oTaxSi" ganagrZobs moRvaweobas, anu is ara marto pirvelad daxmarebas gauwevs moswavles, aramed skolis moswavleTa Soris gaswevs sistematur, Tanamimdevrul, mizandasaxul aRmzrdelobiT-saganmanaTleblo muSaobas cxovrebis jansaRi wesebis damkvidrebisaTvis. aseT eqims Cven „eqim-ganmanaTlebels" vuwodebT. am kvalifikacias **„skolis eqimi"** specialuri momzadebis Sedegad moipovebs. skolis eqimis mTavar funqciad gvesaxeba bavSvTa Soris fizikur gadaxraTa da sneulebaTa masobrivi xasiaTis prevencia.

pedagogiuri profilis eqimis momzadeba medicinisa da pedagogikis mecnierebaTa simbiozis poziciidan unda gadawydes. Sesabamisad misi avtoric amor mecnierebaSi myarad unda idges. winamdebare naSromis avtoris sabazo ganaTleba gaxlavT medicina, xolo sakvalifikacio specialoba SeviZineT baTumis SoTa rusTavelis saxelmwifo universitetis ganaTlebisa da mecnierebaTa fakultetis doqtoranturaSi. aqedan gamomdinare, Cveni kvlevis saganic erTnairad unda iwvevdes rogorc eqimis, ise pedagogis dainteresebas da, bunebrivia, naSromi erTnairad gauwevs samsaxurs rogorc medikoss, ise pedagogs. kvleva gviCvenebs, rom mozardis jansaRi cxovrebis wesis Camoyalibeba ver Tavsdeba mxolod eqimis, an mxolod maswavleblis saqmianobis farglebSi. mozardis jansaRi cxovrebis wesi, rogorc codnis SeZenisa da cxovrebaSi misi gamoyenebis mTavari faqtori, rTuli problemaa da igi kompleqsurad unda gadawydes medicinisa da pedagogikis mecnierebaTa TanamSromlobis gziT.

Tanamedrove skola memkvidrea im mravalsaukunovani saswavlo-aRmzrdelobiTi tradiciebisa, romelic cxovrebis moTxovnebiT yalibdeboda rogorc Teoriuli, ise praqtikuli gamocdilebis saxiT.

skola met-naklebi SesaZleblobebiT yovelTvis iyo mowodebuli mozardi Taobis cxovrebisaTvis mosamzadeblad da Tavis am misias imdenad asrulebda, ramdenadac amisTvis mas uqmnidnen xelsayrel pirobebs saxelmwifo, ojaxi da sazogadoeba. magram skola didxans moklebuli iyo da dResac ar aris maqsimalurad uzrunvelyofili im pirobebiT, romelTa Sedegad srulyofilad ganxorciel deboda moswavleTa fizikurad da sulierad momzadeba cxovrebisaTvis.

Cveni gagebiT, saswavlo procesi ar Semoifargleba mxolod pedagogiuri sferoTi. skola, romelic mxolod codnis gadacemiTa da moswavleTa mier am codnis aTvisebiT iyo dainteresebuli, yovelTvis iwvevda pedagogikis klasikosTa mkacr kritikas da undoblobas ojaxis mxriv. am problemis sworad gaazrebis mizniT, Cven pedagogiur Sexedulebebs ufro metad davimowmebT, vidre medikosTa rekomendaciebs da cxadvyofT, rom skolis muSaki, cxovrebisaTvis mozardi Taobis momzadebis mizniT, iseve unda zrunavdes bavSvis janmrTelobisaTvis, iseve unda iyos gaTviTcnobierebuli bavSvis janmrTelobis dacvis sakiTxebSi, rogorc medikosi. am Tval sazrisiT sagulisxmo Sexedulebebs aviTarebs didi ilia WavWavaZe.

ilia WavWavaZe gmobda iseT skolas, romelsac aviwydeboda, rom moswavles gonebis garda sxeulic gaaCnia da igi saWiroebda mudmiv movlas, ganviTarebas, gajansaRebas eqimis kvalificiuri zedamxedvelobiT. Tavis klasikur naSromSi „pedagogiis safuZvlebi" ilia WavWavaZe sagangebod Cerdeba moswavleTa fizikuri janmrTelobis mdgomareobaze da erTi evropeli mecnieris naSromidan imowmebs debulebas, romelSic swored moswavleTa susti janmrTelobis Sesaxeb aris naTqvami: „samwuxaro suraTi warmoudgeba Tval win yvelas, visac ar eSinian pirdapir Sexedos marTals da Tvali TvalSi gauyaros. TiTo-orola magaliTis garda, exlandeli ymawvili kaci janiT metad uZluria, saSinlad ZarRv-moSlili da modunebuli, TiTqo sneuliao" (WavWavaZe 1941:561). aseTi susti janmrTelobis adamiani sustia cxovrebiseul siZnelebTan brZolaSi. ilia WavWavaZe ganagrZobs evropeli mecnieris citirebas: „sakmaoa mcire ram dabrkoleba daxvdes da maSinve uRonobisagan xelebs Camohyris; guls uxeTqavs, xaliss

5

ukl avs yovel i saqme, romel ic-ki cotad Tu bevrad mxned, medgrad xel is mokidebas hTxoul obs, xangrZl ivs, daJinebul s, gul gautexel s bej iTobas da garj as" (WavWavaZe 1941:561).

skol aSi swavl ebasTan da codnis SeZenasTan erTad il ia WavWavaZe didi gul isyuriT ekideboda zrunvas bavSvis fizikuri gaj ansaRebisaTvis. am Tval sazrisiT igi iwonebda frangi mwerl isa da ganmanaTl ebl is - fransua rabl es pedagogiur Sexedul ebebs, rasac mweral i aviTarebda romanSi „gargantua da pantagruel i." „axal i wesi, - werda il ia, - rabl es mier moZRvrebul i, imaSi mdgomareobs, rom bavSi, rac SeiZl eba, nakl eb iyos momwyvdeul i oTx kedel s Sua, radganac daxSul i da daburul i haeri oTaxisa da umoZraobod yofna sCagravs ymawvil sa. ymawvil i dReSi ufro meti wil i gareT unda iyos, haerzed. arc erTma saaTma dRisam uqmad ar unda Cauaros bavSsa: ostatma sacodnel i da sawurTvnel i dro yovel Tvis unda moupovos bavSsa da erTs wuTsac usaqmurad ar unda amyofos. wignis kiTxvisaTvis da kl asSi saswavl ebl ad sakmaoa sadil is win sami saaTi da sadil is ukanac sami. sxva dro-ki, Siga-da-Sig da rig-rigad, unda moxmardes imas, rom Segirds gaexsnas niWi dakvirvebisa, gamorkvevisa da amitomac saWiroa bavSma Tavis sakuTaris danaxviTa, sakuTaris moazrebiTa da gansj iTa icodinos buneba da cxovreba. seirnobs bavSi Tu hTamaSobs, Tu tanis da agebul obis warsamatebl ad hvarj iSobs, sWams Tu svams, ostatma bavSis Tval i da goneba unda miaxedos yvel aferzed, rac-ki sacodnel ad da sawurTvnel ad gamosadegia" (WavWavaZe 1941:576).

il ias naSromidan am vrcel amonawerSi kargad ikiTxeba skol is daniSnul eba axal gazrdobis j anmrTel obis dacvisaTvis. qarTvel i xal xis sul ieri moZRvari il ia WavWavaZe didi sifrTxil iT ekideboda codnis SeZenis higienuri pirobebis dacvas.

samarTl ianoba moiTxovs aRiniSnos, rom moswavl eTa fizikuri ganviTarebisa da j anmrTel obis dacvis mwyobri sistema Camoyal ibda sabWoTa periodSi. kl asebSi saval debul o wesiT tardeboda fizikuri kul turis gakveTil ebi, yvel a skol aSi muSaobda sportul - gamaj ansaRebel i seqciebi. Seqmnil i iyo skol isgareSe sportul dawesebul ebaTa farTo qsel i. moswavl eTa fizikur reabil itacias

isaxavda miznad satyeo skola-sanatoriumebi, sadac mTel i wlis manZil ze susti janmrTel obis moswavleebi gadiodnen mkurnalobas da iZendnen saswavlo gegmiT gaTval iswinebul zogad ganaTl ebas. muSaobda moswavleTa sazafxulo banakebi. yovel ive es emsaxureboda fizikurad jansaRi Taobis aRzrdas. skolaSi muSaobda samedicino punqti, romelsac emsaxureboda eqimi da eqTani. miuxedavad amisa, skolis pedagogiuri koleqtivebi yovelTvis ganicdidnen saskolo higienis dargSi aucilebel i codnis deficits. amasTan dakavSirebiT sagulisxmo SeniSvnebs Seicavs profesor r. surmaniZis statia „aRvzardoT sul ierad da fizikurad jansaRi Taoba“. (sabWoTa aWara 1967:4). avtori kritikulad afasebda faqtebs, romlebic mniSvnel ovnad aferxebda saxel mwifos sistemur zrunvas moswavleTa fizikuri janmrTel obis ganmtkicebisaTvis. amis mizezi sabWoTa saganmanaTleblo sistemaSi unda veZeboT. sabWoTa umaRlesi saswavleblebi da kerZod pedagogiuri institutebi viwro special obiT amzadebdnen momaval maswavleblebs. marTal ia, iswavleboda „saskolo higiena“, magram igi ufro mimoxilviTi xasiaTis leqciebis formiT tardeboda da naklebad moicavda momaval maswavlebel Ta samedicino ganaTl ebis minimumiT aRWurvis xasiaTs. amitom mowinave skol is xel mZRvanel ebi yovel Tvis msjelobdnen skolaSi swavlebasTan erTad moswavleTa gajansaRebisaTvis.

    cnobil i ukraineli pedagogi-mecnieri vasil suxoml inski pavliSis skolaSi uSual o muSaobisa da moswavleTa sul ier-fizikur ganviTarebaze xangrZl ivi dakvirvebis Sedegad mivida im daskvnamde, rom yovel i 100 akademiurad CamorCenil i moswavl idan daaxloebiT 80-85 susti janmrTel obis mizeziT iyo CamorCenil i swavlaSi. amitom saskolo higienisa da moswavleTa janmrTel obis dacvis sakiTxebze pedagogma vasil suxoml inskim araerTi mecnieruli da meToduri naSromi gamoaqveyna. es maSin, roca, rogorc ukve aRiniSna, sabWoTa xel isufl eba moswavleTaTvis ufaso mkurnal obis social ur programas axorciel ebda. dRes, roca mkurnal obac fasiania, bunebrivia, kidev ufro meti moswavle CamorCeba swavl aSi, radgan ojaxebi mokl ebul ia mkurnal obis SesaZl ebl obebs. **amitom Tanamedrove skolaSi gadamwyveti mniSvnel oba eniWeba sneul ebaTa adreul diagnostikas, moswavl eTa daavadebis Tavi-**

dan acilebis prevenciul zomebs.

aseve izrdeba skolaSi fsiqologiuri samsaxuris mniSvneloba. Tanamedrove cxovreba, romelic axla yalibdeba Tavisufali sabazro ekonomikis sawyisebze da romelsac evropisa da amerikis ganviTarebuli demokratiuli saxelmwifoebis magaliTze, ukeTesi momavlis perspeqtivebi aqvs, jerjerobiT am cxovrebaSi stresuli movlenebi ufro sWarbobs da mas uSualo gavlena aqvs mozardebis cnobierebaze. stresebis damTrgunveli buneba kargad aris cnobili fsiqologiaSi, magram misi Tavidan acilebisaTvis TiTqmis araferi keTdeba Tanamedrove skolaSi im martivi mizezis gamo, rom skolas ar gaaCnia Tanamedrove moTxovnebis Sesabamisi kvalificiuri fsiqologiuri samsaxuri.

calke problemad gvesaxeba gonebrivi Sromisadmi damokidebuleba. gonebrivi Sroma, rasac emyareba yvela tipisa da donis saswavlo- aRmzrdelobiTi dawesebuleba, umetesad miCneulia, rogorc adamianis fizikuri dasustebis mizezi. gonebriv Sromaze amgvar Sexedulebas sazogadoebis garkveul nawilSi dResac hyavs mxardamWeri da fiqroben, rom xangrZlivi gonebrivi muSaoba adamianebs asustebs fizikurad. ilia WavWavaZem sarkastul formaSi gamoxata am Sexedulebis seriozuloba, ironiul stilSi msjelobs luarsab TaTqariZis ganaTlebaze: ,,swavla, RvTis madliT, arafrisa ara hqonda, rom hqonoda egre msuqanic aRar iqneboda. xSiria xolme, roca suli hyvavis – xorci dneba. amitomac Wleqianebi Wkvianebi ariano, ambobda xolme Cveni luarsabi, mgoni, TviTonac bevrs ar icemda TavSi – ratom swavla ara maqvso – swored amis gamo. – eg exlandeli Wiriao – ityoda xolme gulmtkivneulad, TiTqo qveyana am Wirisagan ebralebao" (WavWavaZe 1987:10).

marTalic brZandeboda ,,misi brwyinvaleba" luarsabi. misis azriT, kaci Zirgavardnili qvevriyo, romelsac dRe-yovel unda Caayaro xoragi da Caasxa sasmeli, magram kidev mainc ver aavso. Tavis ,,brwyinvale" gonierebiT ver acnobierebda, rom am mniSvnelobas kaci uswavleladac kargad asrulebs.

,, - dro gamoicvala, - ityoda xolme aRmooxvriT luarsabi, - dro gamoicvala, rac es raRac eSmakuri skolebi SemoiRes, batono, qarTveli kacis xeiri maSin wavida. feri ki aRar SerCaT Cvens Svilebsa da!.. WamiT

isini vera sWamen, smiT isini veRara smen, ra kacebi arian?! wigni ician? me Tu wigni ar vici, kaci aRar var? qudi ara mxuravs, gana! xorci me ar makl ia da feri. wigni ra vaJkacis xel obaa, – eg xom qal is saqmea. venacval e uwindel dros! yvel aferi Tavis donezed iyo moyvanil i, yvel a Tavis qerqSi iyo. venacval e!.. kai cxeni, kai Tofi, marj ve mkl avi da kaci iyav patiosani " (WavWavaZe 1987:10-11).

igive probl ema, magram axl a mecnierul i Tval sazrisiT da sxva sibrtyeze ganixil a konstantine uSinskim naSromSi „Sromis fsiqikuri da aRmzrdel obiTi mniSvnel oba". didi pedagogi erTmaneTs adarebs fizikuri da gonebrivi Sromis mniSvnel obas adamianis janmrTel obis ganmtkicebisaTvis da SeniSnavs, rom gonebrivi Sromis mniSvnel oba Zal ze didia adamianis normal uri fizikuri ganviTarebisa da janmrTel obis ganmtkicebisaTvis. k. d. uSinski wers: „mtkiceba ar esaWiroeba imas, rom fizikuri Sroma aucil ebel ia adamianis sxeul SiLfizikuri Zal ebis, janmrTel obisa da fizikuri Tvisebebis ganviTarebisa da SenarCunebisaTvis. magram is, rom gonebrivi Sroma aucil ebel ia adamianis Zal Ta ganviTarebisa da misi sxeul is saRi da normal uri mdgomareobisaTvis, yvel as ara aqvs mTl ad Segnebul i, bevri piriqiT fiqrobs, rom gonebrivi Sroma vnebs Sinagan organoebs, - rac srul iad usafuZvl oa. rasakvirvel ia, - dasZens k. d. uSinski, - metismeti gonebrivi Sroma mavnebel ia, magram metismeti fizikuri Sromac damarRvevl ad moqmedebs adamianis organizmze. magram uamravi magal iTiT SeiZl eba davamtkicoT, rom sul ier Zal Ta umoqmedoba fizikuri Sromis pirobebSic ki cud gavl enas axdens adamianis sxeul ze" (uSinski 1974:173).

Semdeg konstantine uSinski kidev ufro akonkretebs adamianis fizikur ganviTarebaze gonebrivi Sromis keTil moqmed zegavl enas da wers: „adamianis fizikuri organizmi mowyobil ia ara marto fizikuri, aramed sul ieri cxovrebisaTvisac… rom yovel gvari gonebrivi Sroma keTil nayofierad moqmedebs sisxl is mimoqcevasa da saWml is monel ebaze imiT, rom moZraobaSi mohyavs nervul i sistema… gonebriv Sromas ar SeuZl ia kunTebis ganviTareba, magram nervul i sistemis moqmedeba da misi gansakuTrebul i sifxizl e avsebs am nakl s…" Semdeg k. d. uSinski ganagrZobs gonebrivi Sromis sxeul ze zemoqmedebis daxasiaTebas da

dasZens: ,,gonebrivi SromiT nervuli sistemis ZIieri ganviTareba araCveulebriv sicocxlisunarianobas aniWebs adamianis sxeuls... adamianebi, roml ebic gonebriv Sromas arian miCveulni, aranakleb da zogjer ukeTesadac itanen klimaturi pirobebis gamocvlas, cud haers, saWmlis naklebobas da umoZraobas, vidre is adamianebi, romel Tac ZIier ganviTarebuli aqvT kunTebi, magram romel Ta nervuli sistema sustad, duned moqmedebs. amis mizezi unda veZioT im did mniSvnelobaSi, rac nervul sistemas aqvs adamianis organizmis da sxva sistemebis cxovrebaSi da im monawileobaSi, romel sac nervuli sistema iRebs adamianis yovel gvar moqmedebaSi" (uSinski 1974:174).

marTalia, konstantine uSinski iqve miuTiTebs, rom: ,,adamianis janmrTelobisaTvis yvelaze sasargeblo iqneboda rom fizikuri da gonebrivi Sroma SeerTebuliyo mis saqmianobaSi", magram, rogorc cnobilia, fizikuri da gonebrivi Sromis aseTi SeerTeba saskolo cxovrebaSi TiTqmis SeuZlebelia. viTarebas ver Secvlis Tundac fizaRzrdis (sportis) gakveTilebis maRal doneze Catarebac.

amitom migvaCnia, rom skolaSi pedagogiuri koleqtivisa da skolis eqimis sinqronuli saqmianobiT optimalurad SegviZlia vmarToT moswavleTa gonebrivi Sromis procesi, raTa **normaluri gonebrivi SromiT xeli SevuwyoT moswavleTa janmrTelobis ganmtkicebas**.

jansaRi mozardi Taobis aRzrdis procesSi optimalur pirobebs ver warmoqmnis verc is, rom cal keul skolebs eqimi emsaxureba. Tanamedrove eqimi, rogorc cnobilia, Tavisi funqciis Sesrulebas mxolod maSin Seudgeba, roca mis winaSe janmrTelobaSeryeuli bavSvi dadgeba. skolis Tanamedrove eqimi ver axorcielebs efeqturi xasiaTis profilaqtikur da prevenciul RonisZiebebs imis gamo, rom **am procesSi sakmarisi ar aris mxolod samedicino ganaTleba**.

amrigad, Cveni Sexedulebi T, unda damuSavdes axali koncefcia skolis eqimis kompetenciebis Sesaxeb. koncefcia skolis eqimis kompetenciis Sesaxeb emyareba **axali tipis skolis eqimis specialur momzadebas**.

skolis eqimis kompetencia, Cveni Sexedulebi T, emyareba samerTiani amocanis gadawyvetas:

1. skolis eqimis samedicino ganaTleba;

2. skolis eqimis pedagogiuri ganaTleba;

3. skolis eqimis fsiqologiuri ganaTleba.

skolis eqimis ganaTlebis es samkuTxedi aucilebelia imisaTvis, rom:

1. moswavleTa mimarT organizebulad xorcieldebodes profilaqtikuri samedicino samsaxuri.

2. skolis eqimis aqtiuri CarTviT xorcieldebodes skolaSi saswavlo garemos mowyoba saskolo higienis wesebis mkacri dacviT;

3. sistematuri da kvalificiuri meTvalyureoba xorcieldebodes stresebisagan moswavleTa dacvisaTvis.

winamdebare naSromSi Cveni sakvlevi problema or Tematur Sred gvaqvs warmodgenili: **1) samedicino ganaTlebiT momzadebuli pedagogiuri kadrebis moRvaweoba skolaSi da 2) pedagogiuri ganaTlebiT momzadebuli skolis eqimis moRvaweoba skolaSi**. Sesabamisad, naSromSi vrclad gveqneba saubari jer Tanamedrove skolebSi arsebuli viTarebis Sesaxeb da davaxasiaTebT im arsebiT parametrebs, romlebic, samedicino Tval sazrisiT, unda axasiaTebdeT skolis pedagogebs, xolo naSromis meore nawilSi visaubrebT skolis eqimis kompetenciebze, romlebiTac igi arsebiTad gansxvavdeba Cveulebrivi eqimisagan. **skolis eqimi ara mxolod skolis moswavleTa fizikuri janmrTelobis ganmtkicebis procesebis zedamxedvelobiT Semoifargleba, aramed gaswevs farTo saganmanaTleblo moRvaweobas skolis pedagogTa da mSobelTa Soris.**

siaxle Cveni sadisertacio gamokvlevisa mdgomareobs axali tipis **skolis eqimis** kompetenciebis gansazRvrasa da CamoyalibebaSi. Cven pirvelad Semogvaqvs skolis eqimis ganaTlebis Sinaarsis axleburi gaazreba samedicino, pedagogiuri da fsiqologiuri ganaTlebis sinTezirebis safuZvelze.

praqtikuli Rirebuleba _ skolis eqimi uSualod aris dakavSirebuli jansaRi Taobis aRzrdis erovnul amocanebTan. yovel skolas, moswavleTa kontingentis miuxedavad, unda hyavdes axali tipis skolis eqimi.

hipoTeza _ pedagogiuri profilis skolis eqimis momzadeba Zireulad gardaqmnis da gaaumjobesebs moswavleTa fizikuri da gonebrivi

ganviTarebis, saskolo cxovrebis jansaRi wesis damkvidrebis SesaZleblobebs. pedagogiuri profilis skolis eqimis saqmianobaSi prioritetulad iqceva moswavleTa janmrTelobis dacvisa da ganmtkicebis, moswavleTa saswavlo saqmianobisaTvis damaxasiaTebeli daavadebebisagan (didaqtogenuri daavadebebisagan) dacvis prevenciuli mimarTuleba.

axali tipis skolis eqimis momzadeba warmatebiT gadawydeba, Tu Tbilisis samedicino universitetSi da saqarTvelos universitetebis samedicino fakultetebze skolis eqimis momzadebisaTvis special urad gaixsneba magistratura, romlis saswavlo gegmaSi saswavlo kreditebi ganawildeba Semdegi TanafardobiT:

1. pedagogikis disciplinebi - 20%;
2. fsiqologiis disciplinebi - 20%;
3. medicinis dargis saswavlo kursebi - 60%.

kvlevis meTodebi: sadisertacio naSromze muSaobis dros gamoviyene kvlevis Semdegi meTodebi: 1. samecniero literaturisa da internetresursebis moZieba-daxarisxebis, Seswavlisa da kritikuli analizis meTodi; 2. moswavleTa piradi saqmeebis Seswavlis meTodi; 3. samedicino dakvirvebisa da fizikuri ganviTarebis maCveneblebis gazomvis meTodebi; 4. statistikuri cxrilebis analizis meTodi; 5. SedarebiTi analizis meTodi; 6. dakvirvebis meTodi; 7. saubrisa da anketirebis meTodi.

kvlevis materialur-teqnikuri baza: SoTa rusTavelis saxelmwifo universitetis biblioTeka, ganaTlebisa da mecnierebaTa fakultetis biblioTeka, baTumis akaki wereTlis saxelobis sajaro biblioTeka, piradi biblioTeka, internetresursebi, sajaro skolebi, maswavleblebi, moswavleebi, maTi ojaxebi, q. baTumis saojaxo medicinis centris masalebi.

aprobacia: sadisertacio Temis calkeuli nawilebi samecniero naSromis saxiT gamotanili iyo Semdeg konferenciebze:

1. **"bavSvis janmrTelobisTvis usafrTxo garemos Seqmna skolaSi"**. – SoTa rusTavelis saxelmwifo universiteti, humanitarul mecnierebaTa da pedagogikis fakultetis profesor-maswavlebelTa samecniero

konferencia, moxseneba. baTumi, 2007.

2. **"saskolo higienis erTi sakiTxi. WavWavaZis "pedagogiis safuZvlebSi." "** - SoTa rusTavelis saxelmwifo universiteti, ganaTlebis fakulteti, ilia WavWavaZis dabadebis 170 wlisTavisadmi miZRvnili samecniero sesia, moxseneba. baTumi, 2007.

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Tavi I

moswavl eTa janmrTel obaze moqmedi faqtorebi da ganviTarebis pirobebis aqtualuri sakiTxebi

$1. moswavl eTa janmrTel obis mdgomareobaze moqmedi faqtorebi

1.1.   janmrTel obis arsi da misi xel Sewyoba

adamianTa janmrTel oba qveynis ekonomikuri ganviTarebis erT-erTi umniSvnel ovanesi faqtoria. adamianTa janmrTel obis arsis mecnierul ad gaazreba da dadgena mecnierTa Soris jer kidev sakamaTo sagania. masTanaa dakavSirebul i adamianebis sicocxl is xangrZl ivoba da misi Sromisunarianoba, Sromis intensivoba.

e. gol dsmiti aRniSnavs: „janmrTel oba - es aris mdgomareoba, romel ic saSual ebas iZl eva SenarCundes janmrTel oba, anu qimiuri, fizikuri, fsiqol ogiuri da social uri zemoqmedebis Semdgom xangrZl ivad SenarCundes aRdgenis unari" (Гвишиани 2002:57).

jandacvis msofl io organizaciis ganmartebiT: „janmrTel oba - es aris srul i fizikuri, fsiqikuri da social uri keTil dReoba, da ara marto daavadebis ararseboba, anu es aris fizikuri, social uri da fsiqikuri harmonia adamianisa, misi keTil ganwyobil i damokidebul ebebi adamianebTan,   bunebasTan   da   sakuTar   TavTan"   (Civil... http://www.nplg.gov.ge/gwdict/index.php?a=term&d=5&t=15195; Солдатова 1994:15).

sxvadasxva avtorTa Sexedul ebebs Soris sayuradRebod migvaCnia a. ivanuSkinisa da g. zaicevis mier mowodebul i jamrTel obis gaazrebis sami done:

1.   **biol ogiuri   Tval sazrisiT,**   janmrTel oba   aris   organizmis srul yofil i TviTregul acia, fiziol ogiuri procesebis harmonia da adaptaciis (Seguebis) maqsimumi.

2.   **social uri   Tval TaxedviT,** es aris social uri aqtivobis sazomi, saqmiani damokidebul eba samyarosTan.

3.   **fsiqol ogiuri xedviT,** janmrTel oba aris avadmyofobaze gamarjveba, anu aris „cxovrebis strategia" (Зайцев 2001).

srul yofil ia   janmrTel oba,   roca   organizmSi   mimdinare fiziol ogiuri procesebi asakisa da sqesis Sesabamisad normis

fargl ebSia, roca adamiani, gare samyarosTan maqsimal urad Seguebul i, sasargebl od urTierTqmedebs masze. janmrTel obis gansamtkicebl ad da SesanarCunebl ad Zal ze mniSvnel ovania adamianis gaazrebul i survil i - iyos janmrTel i, hqondes Segnebul i damokidebul eba janmrTel obisadmi da aqedan gamomdinare cxovrebis wesi.

imisaTvis, rom ganvsazRvroT adamianis janmrTel obis ganmapirobebel i faqtorebi, mniSvnel ovania janmrTel obis saxeebis gamoyofa. l iteraturul wyaroebze dayrdnobiT, janmrTel obis oTxi saxe ikveTeba: **somaturi janmrTel oba -** mis Sesafasebl ad aTval iereben adamianis organoebs, akvirdebian organoTa sistemebis fiziol ogiuri procesebis mimdinare da sarezervo maCvenebl ebs, roml ebic, Tavis mxriv, dafuZnebul ia ontogenezSi Camoyal ibebul i ganviTarebis individual ur programaze. somaturad janmrTel sxeul Si fiziol ogiuri procesebi asakisa da sqesis Sesabamisad normis fargl ebSia. **fizikuri janmrTel oba –** mis Sesafasebl ad sazRvraven organizmis zrdisa da ganviTarebis maCvenebl ebs - wonas, simaRl es, gul mkerdis garSemoweril obas, xel is Zal as, ZiriTad (wel is) Zal as da a. S. ganviTarebis romel ime anomal iisas mniSvnel ovania misi ganviTarebis xarisxi. fizikurad janmrTel ia organizmi, Tu zrda-ganviTareba da yvel a zemoT CamoTvl il i maCvenebl ebi asakisa da sqesis Sesabamisia. **fsiqikuri janmrTel oba -** fasdeba organizmis fsiqikuri sferos mdgomareobiT. maszea damokidebul i organizmis normal uri fsiqikuri ganviTareba da fsiqikuri procesebis srul fasovneba, sxvadasxva saxis Sromisadmi adamianis ganwyoba. **zneobrivi janmrTel oba -** motivaciuri maxasiaTebl ebis kompl eqsiT Seqmnil i adamianis zneobriv faseul obaTa sistemaa, individis sul ieri janmrTel obaa, romel ic gansazRvravs adamianis qcevas sazogadoebaSi da emyareba piradi da sazogadoebrivi interesebis harmoniul Sexamebas. janmrTel obis **somaturi da fizikuri** komponentebi **gansazRvravs** adamianis **gonebrivi da fizikuri Sromis SesaZl ebl obebs. fsiqikur komponentebzea** damokidebul i raime **saqmis Sesrul ebis survil i**, xol o **zneobrivi komponenti** aris ganmsazRvrel i adamianis **moval eobis grZnobisa**, rasac misi qmedeba mohyveba (Ким 2003:17).

amrigad, zemoaRniSnul is anal izs mivyavarT daskvnamde: adamiani

janmrTelia, Tu organoebsa da organoTa sistemebSi mimdinare
fiziologiuri procesebi normis farglebSia, fizikuri da fsiqikuri
zrda-ganviTarebis maCveneblebi asakis Sesaferisia, zneobriv
faseulobaTa sistema sazogadoebis moTxovnaTa Sesabamisia.

mSobelma da skolis muSakma, romelsac kavSiri aqvs moswavleTa
swavlebisa da aRzrdis procesTan, unda icodes, rom janmrTelobis
mdgomareobaze ganuwyvetlad moqmedebs faqtorebi, romlebmac
SesaZlebelia ganaviTaros an Seaferxos isini: somaturi, fizikuri da
fsiqikuri janmrTelobis safuZvelia memkvidreoba, romlis cvlilebaze
gavlenas axdens ganayofierebamde dedisa da mamis, xolo ganayofirebisa
da Casaxvis Semdgom - dedis organizmSi mimdinare paTologiuri
procesebi. dabadebis Semdgom somatur, fizikur da fsiqikur
janmrTelobas gansazRvravs: fizikuri, fsiqikuri da socialuri garemo,
romel Sic cxovrobs adamiani da am garemoSi jansaRi cxovrebis wesis
Sesruleba. fsiqikuri da zneobrivi janmrTelobis ganmsazRvrelia
swavlebisa da aRzrdis procesSi Camoyalibebuli adamianis xasiaTi da
ganwyoba, socializaciis procesze moqmedi faqtorebi. yovelive es
sqematurad ase SeiZleba warmovidginoT:

janmrTelobis saxeebi, maTi Sefasebis kriteriumebi, maTze moqmedi
faqtorebi   cxrili #1

janmrTelobis saxeebi	Sefasebis kriteriumebi	moqmedi faqtorebi	Sedegebi
somaturi janmrTeloba	organizmis organoebisa da orga-noTa sistemebis fiziologiuri procesebis mimdinare da sarezer-vo maCveneblebi.	memkvidreoba, garemo, cxovrebis wesi.	gonebrivi da fizikuri Sro-mis SesaZlebl o-bebi.
fizikuri janmrTeloba	organizmis zrdisa da ganviTare-bis maCveneblebi: wona, simaRle, gulmkerdis garSemoweriloba, xe-lis Zala, ZiriTadi Zala da a. S.	memkvidreoba, garemo, cxovrebis wesi.	gonebrivi da fizikuri Sro-mis SesaZlebl o-bebi.
fsiqikuri janmrTeloba	adamianis gonebrivi Sromis unar-Cvevebi da SesaZleb obebi; sxvadasxva saxis Sromisadmi ada-mianis ganwyobis maCveneblebi.	memkvidreoba; socialuri garemo; swavla-aRzrdis procesi.	gonebrivi an fizikuri Sro-mis Sesrulebis survili.
zneobrivi janmrTeloba	adamianis moraluri da sulieri faseulobebis maCveneblebi.	memkvidreoba; socialuri garemo; swavla-aRzrdis procesi.	gonebrivi an fi-zikuri Sromis Sesrulebis pa-suxismgebloba.

adamiani arsebobs, cxovrobs gare samyaroSi, romel ic ganuwyvetl ad zemoqmedebs masze. am urTierTobam rogorc adamianSi, aseve garemoSi SeiZl eba gamoiwvios sasargebl o an arafrismomcemi, Semaferxebel i an damazianebel i cvl il ebebi. metad mniSvnel ovania urTierTzemoqmedebis sasargebl o formis povna, roca adamianisa da gare samyaros urTierTqmedebis Sedegad adamianis organizmSi mimdinare cxovel moqmedebis procesebi Zl ierdeba da Tavis mxriv fizikuri da social uri garemoc Tavad adamianis sasargebl od icvl eba. adamians mudmivad cvl ad garemoSi uwevs arseboba da cxovreba. garemos cvl il ebas adamiani TandaTan egueba, e. i. ganicdis adaptacias. adaptacias gaaCnia daWimul obis sazRvrebi. es sazRvrebi miT ufro mcirea, rac ufro ganviTarebadia organizmi da rac ufro mcirea bavSvis asaki. adaptaciis daWimul obis sazRvrebs mkveTrad amcirebs garemos negatiuri faqtorebis simravl e. aqedan gamomdinare, garemo, romel Sic viTardeba da izrdeba bavSvi, saWiroebs mudmiv kontrol s da bavSvis asakis moTxovnebis Sesabamisad Secvl as.

kvl evebis Sedegad dgindeba, rom ucxo gare faqtorebis zemoqmedeba organizmSi iwvevs cvl il ebebis jgufs, roml ebsac g. sel iem **gangaSis reaqcia** uwoda. mas ki mosdevs meoradi cvl il ebebi, romel Ta ganviTarebis xarisxs gansazRvravs organizmze moqmedi faqtorebis saxe da intensivoba. Tu es cvl il ebebi organizms ar azianebs, maSin matul obs gamZl eoba organizmisa, igi TiTqos emzadeba kidevac igive faqtorebTan Sesaxvedrad. Semdgom e.w. **l odinis stadiaSi** organizmi iyenebs funqciur rezervebs da muSaobs daZabul ad. garedan moqmedi Zal is intensivobis zrda an xangrZl ivi zemoqmedeba organoTa struqturul cvl il ebebs iwvevs, rac zrdis organizmis sarezervo SesaZl ebl obebs. magram Tu garemos Tavdasxmebi gagrZel deba, maSin organizmis sakompensacio Zal ebi sustdeba, sxeul i ifiteba da iwyeba daavadebebi. (Меерсон... 1988:10-14)

rogorc irkveva, garkveul i doziT garemos cvl il ebebi aucil ebel ia, raTa organizmi arsebul ze metad maRal organizebul i gaxdes, magram zedmet da xangrZl iv cvl il ebebs organizmi ver uZl ebs da sneul deba, miT umetes, maSin, roca garemo uxvad Seicavs janmrTel obisaTvis

mavne faqtorebs.

yovelive zemoaRniSnulidan gamomdinare, organizmis normaluri, jansaRi da srulyofili ganviTarebisaTvis Zalze mniSvnelovani da aucilebelia garemos mowesrigeba, romelSic cxovrobs mozardi; minimumamde unda iqnes dayvanili garemos uaryofiTi faqtorebi da mkveTri, xSiri da xangrZlivi cvlilebebi, raTa Tavidan aviciloT organizmis zrda-ganviTarebis Seferxeba da ama Tu im paTologiisaken gadaxra.

1.2. moswavleTa janmrTelobis xelSemSleli faqtorebis kvleva

cxovrebis socialur-ekonomiuri pirobebis dabali done, mZime ekologiuri garemo, cxovrebis wesis dabali kultura, janmrTelobis dacvis sakiTxebSi mosaxleobis ganaTlebis deficiti qmnis moswavleTa janmrTelobisaTvis araxel sayrel pirobebs. Sedegad, dRes skolis kursdamTavrebulTa umetesi nawili daavadebulia ama Tu im saxis sneulebebiT. aRniSnulSi mniSvnelovani roli akisria saskolo garemos arahigienur mowyobas, saswavlo-saaRmzrdelo procesisadmi higienuri moTxovnebis daucvelobas, moswavleTa janmrTelobis xelSemwyobi kompetenciebis gauazreblobas pedagogebsa da mSoblebSi.

moswavleTa janmrTelobaze higienuri moTxovnebis Seusabamo saskolo da sayofacxovrebo garemos uaryofiTi zemoqmedebis Seswavlis **mizniT** 2008-2011 saswavlo wlebSi CavatareT **kvleva** (misi aRwerisas konfedencialobis Tval sazrisiT skolebs ar vasaxelebT. kvleva Catarda baTumis SoTa rusTavelis saxelmwifo universitetis ganaTlebisa da mecnierebaTa fakultetis studentTa Tanamonawileobit).

kvlevis obieqti: baTumis 4 sajaro da 2 kerZo skola, am skolebis moswavleebi, maTi ojaxebi.

kvlevis mizani: saskolo da sayofacxovrebo pirobebSi moswavleTa janmrTelobis xelSemSleli mizezebis moZieba.

kvlevis meTodi: dakvirveba, anketuri gamokiTxva.

kvlevis Sedegebi: kvlevebis Sedegad aRmoCnda, rom:

1) skolebSi swavleba mimdinareobs 2 cvlaSi. magram pirvel da meore cvlas Soris aucilebeli erTsaaTiani Sualedi arc erT skolaSi ar

aris daculi da arc saTanadod sufTavdeba saklaso oTaxebi pirveli cvlis dasrulebis Semdeg.

2) skolebisaTvis gamoyofili miwis farTobis zomebi dasaSveb normebze naklebia (gansakuTrebiT kerZo skolebSi), skolis Senobebi ZiriTad quCebTan metismetad axlos dgas, ar gaaCnia damcavi zona, rac moswavleTa travmatizmis saSiSroebasTan erTad, xmaurisa da SenobaSi quCis mtvris SemoWras iwvevs.

3) skolebis ezoebi arsad ar aris saswavlo-ganmaviTarebel moTxovnaTa Sesaferisi. sportuli da saTamaSoo moednebi mcire zomisaa da ar aris keTil mowyobili. gamwvaneba mcirea, sameurneo ezo ar aris gamoyofili. skolis ezoebi ar gamoiyeneba moswavleTa ganmaviTarebeli TamaSebisaTvis, varjiSebisaTvis da swavlebisaTvis. Sesvenebebze skolis ezos moswavleebi stiqiurad da araorganizebulad iyeneben.

4) skolebis Senobebis saerTo farTi ZiriTadad akmayofilebs moswavlisaTvis saWiro normebs, magram zogierT kerZoo skolaSi es normebi darRveulia. sajaro skolebi uzrunvelyofilia sportuli darbazebiT, rasac ver vityviT kerZo skolebze.

5) skolebSi ar aris samedicino moTxovnebis Sesabamisi saskolo inventari, cudad sruldeba dasufTavebisa da ganiavebis dadgenili reJimi. naklebi yuradReba eqceva moswavleTa ganviTarebisaTvis aucilebel fizikur aqtiurobas.

6) saskolo kvebis bloki saerTod ver akmayofilebs samedicino moTxovnebs. kvebis racioni da xarisxi ar aris higienuri moTxovnebis Sesabamisi.

7) skolebSi gaTbobisa da wyalmomaragebis problema ZiriTadad mogvarebulia.

kvlevis Sedegebma agreTve gviCvena, rom aradamakmayofilebelia samedicino-sanitaruli momsaxureba skolaSi. sajaro skolebs emsaxurebian samedicino debi. moswavleebs gaaCniaT individualuri baraTebi, sadac aRiniSneba maTi janmrTelobis mdgomareoba, magram moTxovnebis Sesabamisi prevenciuli da gamajansaRebeli RonisZiebebi ar tardeba. samedicino momsaxurebas mxolod erTjeradi, pirveladi daxmarebis xasiaTi aqvs. samedicino personali naklebad ereva saswavlo

procesis gajansaRebis mogvarebaSi, am mimarTebiT pedagogebSic igrZnoba samedicino ganaTlebis dabali done da moswavleTa janmrTelobis dacvisa da ganmtkicebis aucilebeli unar-Cvevebis deficiti.

moswavleTa fizikuri ganviTarebisa da janmrTelobis mdgomareobaze sayofacxovrebo garemos gavlenis Sefasebis misniT, gamovikvlieT skolis moswavleTa ojaxebis materialur-ekonomiuri da fsiqologiuri garemo. CavatareT anketuri gamokiTxva. gamoikveTa, rom kerZo skolis moswavleebis sacxovrebeli pirobebi umetes SemTxvevaSi kargi da damakmayofilebelia, magram sajaro skolebis moswavleTa garkveul nawils aradamakmayofilebel pirobebSi uwevT cxovreba. garda imisa, rom umuSevroba qmnis aRzrdisaTvis araxel sayrel pirobebs, moswavleebis did nawils aklia mSobelTa meTval yureoba da aRmzrdelobiTi zemoqmedeba. mxedvelobaSi gvaqvs ganqorwinebuli ojaxebi, ojaxebi, sadac ojaxis wevrTa moucelobis gamo bavSvebi saxlSi martoni arian da maTi aRzrdisaTvis aravis scalia, ojaxebi, sadac bavSvebi ganicdian mSobliuri siyvarulis naklebobas da ojaxebi, sadac mSoblebs Soris konfliqturi, daZabuli viTarebaa. aseT bavSvebSi xSiria nervuli aSilobebi, autoagresiebi, agresiebi sxvebisadmi, depresiebi, sakuTar TavSi Caketiloba, gare movlenebisadmi indiferentuli, gulgrili damokidebuleba.

moswavleTa janmrTelobaze uaryofiT gavlenas axdens dRis reJimis darRveva. dRis reJimisadmi damokidebuleba sazogadoebaSi sxvadasxvagvaria. zogi Tvlis, rom bavSvi Tavisufali arsebaa da misTvis Zilis, sifxizlis, kvebis, mecadineobis drois daweseba mis nervul sistemaze gamRizianeblad, stresulad moqmedebs. bavSvi yvela moqmedebas maSin unda asrulebdes, roca mas es surs. cxadia, es pedocentristuli mosazreba ar migvaCnia misaRebad, Cven viziarebT im medikosTa da pedagogTa Sexedulebebs, romlebic Tvlian, rom bavSvis jansaRi ganviTarebisaTvis aucilebelia bavSvi erTsa da igive dros asrulebdes erTsa da imave higienur process - Wamdes, seirnobdes, TamaSobdes, iZinebdes da a. S. adamiani yvela moqmedebas, individualuri saWiroebis Sesabamisad, gansazRvrul dros da gansazRvruli raodenobiT unda asrulebdes. adamianis yvela moqmedeba (gonebrivi Tu fizikuri Sroma,

kveba, Zili, dasveneba, sainformacio teqnologiebTan, teleekranebTan yofna da a. S.) unda Tavsdebodes higienur normebSi (Киппа 2011: http://fb.ru/article/856/zdorovyiy-obraz-jizni-shkolnika; Боровлёва 2011: http://nsportal.ru/nachalnaya-shkola/psikhologiya/rezhim-dnya-v-zhizni-mladshego-shkolnika).

adamianis yvela qmedeba aucilebelia droSi ganawildes da zustad Sesruldes, gansakuTrebul sifrTxiles am mxriv moiTxovs bavSvTa asaki.

dRis reJimiT cxovrebisas adamianis Tavis tvinSi yalibdeba drois ganrigi da masTan dakavSirebuli qceva-qmedeba, ris Sedegad organizmi refleqsurad da riTmulad winaswar emzadeba ama Tu im saqmianobisaTvis, asrulebs mas ufro srulyofilad, daZabvis gareSe da misi SesrulebisaTvis gacilebiT nakleb energias xarjavs. magaliTad: Tu mozardi erTsa da imave dros miirTmevs sauzmes, sadils Tu vaxSams, maSin pirobiTi refleqsis wyalobiT mas mocemul dros gamoumuSavdeba saWmlis momnelebeli fermentebis is raodenoba da im SemadgenlobiT, rac aRniSnul dros sakvebi ulufis mosaneleblada aucilebeli. uwesrigo da ureJimo kvebisas ki organizmi ver uzrunvelyofs monelebisaTvis aucilebeli fermentebis saWiro raodenobiT gamoyofas, rasac aucileblad mohyveba Sinagani disharmonia, kuW-nawlavis traqtis dazianebebi da daavadebebi.

igive SegviZlia vTqvaT Zilzec. organizmisaTvis daZinebis dros, mis xangrZlivobas da Zilis win naklebad aRmgzneb qmedebas didi mniSvneloba aqvs. Zilisadmi fiziologebisa da eqimebis mier wamoyenebuli higienuri moTxovnebis yovel dRiurad SesrulebiT, organizmSi gamomuSavdeba hormoni melatonini swored im raodenobiT, ramdenic bavSvis organizms esaWiroeba mocemuli asakisaTvis. viziarebT eqim-Terapevtis marika dvalis mosazrebas: „es bioaqtiuri nivTiereba ganagebs zrdisa da ganviTarebis bioritmebs, imunitets, nivTierebaTa cvlas, Zilis siRrmes, axal situaciisadmi (magaliTad, sabavSvo baRisadmi), amindis cvalebadobisadmi, stresisa da mravali sxva cxovrebiseuli sirTulisadmi adaptacias… misi odenobis zrdas xels uwyobs moZravi TamaSebi, fizikuri aqtivoba, xilisa da bostneulis Wama. sapirispiro efeqti aqvs televizoris ekranTan Tu kompiuteris monitorTan didxans jdomas, umoZraobas" (dvali:

http://www.mkurnali.ge/index.php?option=com_content&task=view&id=1593&Itemid=2)**.**

janmrTelobis ganmsazRvrelia nivTierebaTa cvla, imuniteti, organizmis adaptaciis unari. eseni, rogorc avRniSneT, damokidebulia organizmSi metad mniSvnelovan hormon melatoninis raodenobaze. mis odenobas ki gansazRvravs swori dRis reJimi. amdenad, janmrTelobis SenarCunebisa da ganviTarebis aucilebeli pirobaa dRis reJimis sworad dagegmva da misi unaklod Sesruleba.

erTi da igive moqmedebis erTsa da imave dros Sesruleba bavSvSi ayalibebs bioritms da aviTarebs ritmul aqtivobas, romelic miT ukeTesad da swrafad yalibdeba, rac ufro sworad da guldasmiT Seudgenen mSoblebi bavSvebs dRis reJims. Sesabamisad, bavSvi ufro warmatebulad swavlobs da aqtiurad cxovrobs (dval i:

http://www.mkurnali.ge/index.php?option=com_content&task=view&id=1593&Itemid=2).

amavdroulad, mas unarCundeba janmrTelobac.

profesori ramaz surmaniZe moswavleTa janmrTelobis SenarCunebisa da nayofieri mecadineobisaTvis udides mniSvnelobas aniWebs dRis reJimis sworad Sedgenas, sadac saWirod miiCnevs moswavleTa asakis, anatomiur-fiziologiur-fsiqologiuri Taviseburebebisa da janmrTelobis mdgomareobis gaTvaliswinebas. am faqtorebis mxedvelobaSi miRebiT unda ganisazRvros skolebSi saswavlo dRisa da dasvenebebis xangrZlivoba (sabWoTa aWara 1965:2; 1967:3). profesorma ramaz surmaniZem gamoikvlia bavSvebis teleekranebTan yofnis sixSirisadmi, xangrZlivobisa da pirobebisadmi higienuri moTxovnebi - skolamdeli asaki – 30-45 wT, 7-12 weli – erTdrouli Cveneba – 1 sT, kviraSi 2-3-jer, saswavlo programiT naklebad datvirTul dReebSi. profesorma aRniSnuli daskvnebi gaakeTa moskovis higienisa da sanitariis kvleviTi institutis rekomendaciebis safuZvelze (sabWoTa aWara 1966:4).

kvlevebis Sedegebis analiziT CvenTvis kidev erTxel gaxda naTeli, Tu raoden mniSvnelovania Sromis, dasvenebis, kvebis gansazRvrul droSi Sesruleba. uwesrigo dRis reJimi aqveiTebs Sromis unars, Sromis nayofierebas, organizmis gamZleobas, adaptaciis unars da sabolood ki azianebs janmrTelobas. gamovikvlieT 1000 bavSvi. reJimis SemsruleblTa 80% aRmoCnda janmrTeli, xolo reJimis damrRvevTa Soris janmrTeloba

SenarCunebuli hqonda 74,5%-s. reJimis SemsrulebelTa 15,5% maRali akademiuri moswrebis iyo, xolo reJimis damrRvevebis mxolod 9,4% gamoirCeoda warmatebuli swavliT. monacemebi daaxloebiT emTxveva m. v. antropovas, g. i. Salnikovis, d. g. nusbaumis, d. v. mixailovas, a. yanCelis, r. surmaniZis da sxvaTa gamokvlevebis Sedegebs (surmaniZe 1965:79).

mSobels da pedagogs yovelTvis unda axsovdes, rom dRis reJimis darRvevis SemTxvevebi izrdeba bavSvis asakis matebasTan erTad, gansakuTrebiT, pubertatul periodSi. es gadaxrebi mkafiod isaxeba moswavleTa janmrTelobis mdgomareobasa da ganviTarebaze. Sesabamisad, dRis reJimis daucveloBiT izrdeba moswavleTa avadobac.

1.3 moswavleTa gonebrivi Sroma da janmrTeloba

Tanamedrove pirobebSi fsiqosomaturi daavadebebis ricxvis zrdis mizezad fsiqoemociur gadatvirTvebs da arasasurvel garemoSi arahigienurad warmarTul gonebriv Sromas Tvlian. Cvenma kvlevebma daadastura, rom janmrTelobis Seryevis erT-erT umniSvnelovanes mizezad iTvleba moswavleTa gonebrivi Sromis higienuri moTxovnebis darRveva. Tavis mxriv, gonebrivi Sromis Sedegs bavSvis janmrTeloba gansazRvravs. vasil suxomlinski aRniSnavs: „gonebrivi aRzrda da codnis SeZena sulac ar aris erTi da igive. miuxedavad imisa, rom gonebis aRzrda ganviTarebis gareSe iseve SeuZlebelia, rogorc mwvane foTol i umzeod, misi ganaTlebasTan gaigiveba mainc iseTive iqneboda, rogorc mwvane foTlisa mzesTan. pedagogs saqme aqvs moazrovne materiasTan, romlis unari bavSvobis wlebSi garesamyaros aRqmisa da SeTvisebisa umeteswilad damokidebulia **janmrTelobisagan.** es damokidebuleba metad faqizia da Zne0ad SesamCnevi. bavSvTa Sinagani sulieri samyaros, gansakuTrebiT ki maTi azrovnebis Seswavla maswavleblis erT-erTi umTavresi amocanaa" (Сухомлинский 1980:16).

adamiani arsebobisa da ganviTarebis mTeli periodis manZilze eweva fizikur da gonebriv Sromas. aqtiur fizikur Sromas adamianTa garkve-uli jgufi SedarebiT ufro maRali asakis periodSi iwyebs, xolo gonebrivi Sroma adreuli bavSvobis periodidanve iwyeba. es ki organizmisagan moiTxovs did daZabvas. gonebrivi SromisaTvis

damaxasiaTebelia umoZraoba, daxurul SenobaSi xangrZlivad yofna, roca aRqmis, azrovnebis, analizisa da mexsierebis ganviTarebisaTvis adamiani xarjavs sakmaod did energias. amis gamo gonebrivi Sroma janmrTel obaze moqmed riskfaqtorTa jgufs miekuTvneba. amitomac nebismier asakSi da, gansakuTrebiT, bavSvebSi gonebrivi Sromisas aucilebelia optimaluri pirobebis Seqmna.

arsebobs gonebrivi Sromis mravali saxe. TiToeuli maTgani adamians uyenebs sxvadasxva moTxovnas. gonebriv Sromas warmarTavs Tavis tvini. igi Seicavs neironebs, romlebic uamravi gansxvavebuli funqciis matareblebia. zogisTvis mniSvnelovania yuradReba da samuSao mexsiereba, rac moklevadian mexsierebas hgavs – droebiT inaxavs informacias da marTavs sistemas, romelic rTuli kognituri davalebebis Sesasruleblad saWiro, magaliTad swavlisaTvis, azrovnebisaTvis, gagebisaTvis (janaSia... 2008:10).

Tavis tvinSi mudmivad mimdinareobs agznebisa da Sekavebis procesebi. maTi urTierTTanafardoba gansazRvravs organizmis fiziologiuri procesebis SeTanxmebul moqmedebas, maTzea damokidebuli adamianis nebismieri qmedeba, maT Soris, gonebrivi Sromac. agznebasa da Sekavebas Soris wonasworobis darRvevas iwvevs arasasurveli garemo faqtorebis zemoqmedeba, adamianis araswori qceva-qmedebis Sedegad organizmi Tavdapirvelad gamoiyenebs sarezervo Zalebs, raTa wonasworoba aRadginos, magram roca es Zalebi amoiwureba, iwyeba paTologiuri Zvrebi, romlebsac mivyavarT daavadebamde.

agznebisa da Sekavebis procesebis warmoSobis siswrafe gansazRvravs adamianis qcevis tips. qcevis TiToeuli tipi xasiaTdeba individualuri TvisebebiTa da monacemebiT, rogorc qmedebisa da ganwyobis mxriv, aseve janmrTelobis mxrivac. aRzrdisa da swavlebis procesi maSinaa Sedegiani, roca igi pirovnebazea orientirebuli da iTvaliswinebs mis individualur Taviseburebebs. warmatebuli swavleba ki ara marto tvins aviTarebs, aramed am procesis dros sxeulic viTardeba da kaJdeba. aucilebelia swavla-aRzrdis procesis warmarTvelma Zalebma (skolam, ojaxma, sazogadoebam) TiToeul bavSvSi amoicnon - qcevis romel tips SeiZleba miekuTvnebodes is, misi Tvisebebis Rrma analizis safuZvelze

unda mouwesrigon da daugegmon mas saswavlo-saaRmzrdelo procesi, unda ganWvriton gansazRvrul situaciebSi xasiaTis mosalodneli gamovlinebebi da SeZlon arasasurvel gamovlinebaTa prevenciuli RonisZiebebis Catareba.

bavSvis ganviTarebasTan dakavSirebuli mowinave saswavlo-aRmzrdelobiTi dawesebuleba angariSs uwevs bavSvTa qcevis naklebad saxarbielo maxasiaTeblebisagan ukeTesSi gadasvlis gzebsa da saSualebebs, rac sabolood emsaxureba ara marto swavlebis dadebiTi Sedegebis miRebas, aramed moswavleTa janmrTelobis dacvasa da ganmtkicebas. adamianTa qcevis safuZvlad eqimebi, fiziologebi, fsiqoanalitikosebi temperaments miiCneven. temperamenti aris safuZveli, romlis mixedviT yalibdeba pirovneba rogorc socialuri arseba. temperamenti gansazRvravs adamianis individualur Taviseburebebs. amis codna umniSvnelovanesia pedagogisaTvis, radgan gonebrivi Sromis Sedegi swored moswavleTa individualuri Taviseburebebisadmi swor pedagogiur midgomebzea damokidebuli.

literaturuli wyaroebis kvleviT, adamianTa qcevis tipebad dayofa jer kidev Soreuli warsulidan momdinareobs.

Cvens eramde VIII - VII saukuneSi Cineli eqimebi adamianebs yofdnen tipebad, romlebsac sazRvravdnen organzmSi haeris, naRvelis, sisxlis da lorwos upiratesi Semcvelobis mixedviT. isini Tvlidnen, rom Tu adamianis organizmSi meti naRveli da sisxlia, is ZlIeri da mamacia vefxvis msgavsad, xolo Tu metia masSi Jangbadi da lorwo am SemTxvevaSi is gauwonasworebelia (Что такое... :1 http://www.psyportal.info/psypage/temper1.shtml).

umaRlesi nervuli moqmedebis tipebis Sesaxeb pirveli Teoria, e. w. humoraluri Teoria, mogvawoda hipokratem, romlis mixedviT arseboben **sangvinikebi** – cxeli sisxlis (sangvis) adamianebi (energiulebi, mxiarulebi); **flegmatikebi** – adamianebi zedmeti lorwos (phlegma) SemcvelobiT (Seneluli reaqciebis mqoneni); **qolerikebi** – adamianebi moWarbebuli mZafri naRveliT (chole) (feTqebadebi, agresiulebi); **melanqolikebi** – adamianebi Savi, gafuWebuli naRvelis Warbi SemcvelobiT (meliaha chole) (modunebulebi, mowyenilebi).

sxvadasxva avtorebi temperamentis ganmsazRvrel ad sxvadasxva sidideebsa Tu procesebs miiCnevdnen: **imanuil kanti** temperamentis ganmsazRvrel ad sisxl is SemadgenI obas miiCnevda (Кант 1900:148 http://relig-library.pstu.ru/catalog/1060/book-1060.djvu); **petre l esgafti -** sisxl is mamoZravebel i sistemis Tvisebebs, kerZod sisxl ZarRvebis sisqes da sifarTes (Гиппенрейтер 1982:153-159, http://forum.myword.ru/index.php?/files/file/6400-psihologija- individualnih-razlichii-teksti/); **vil hel m vundti** afeqtis ganviTarebis Zal iTa da cval ebadobis siswrafiT ganasxvavebda temperamentis tipebs (Вундт 1997:735-736, http://www.ozon.ru/context/detail/id/1398561/). **ivane pavl ovma** central uri nervul i sistemis sami ZiriTadi Tviseba - Zal a, wonasworoba da agzneba-Sekavebis procesebis Zvradoba daudo safuZvl ad temperamentis tipebs, gamoyo umaRl esi nervul i moqmedebis **4 tipi**: **Zl ieri, gawonasworebul i, moZravi** – arian Sromisunarianebi, l aRebi, advil ad icvl ian azrebs da moqmedebis saxeebs; **Zl ieri, gawonasworebul i, inertul i** – xasiaTdebian sidinjiT, maRal i SromisunarianobiT, Sinagani simtkiciT, axal i garemo pirobebisadmi rTul ad SeguebiT; **Zl ieri, gauwonasworebel i tipi** (agznebis siWarbiT) - aqvT Cqari reaqciebi, xanmokl e Sromisunarianoba; arian mouTmenl ebi, TavSeukavebl ebi, feTqebadebi, agresiul ebi; **susti tipebi** (susti agzneba-SekavebiT) - arian mSiSrebi, Sromis unari advil ad uqveiTdebaT, aqvT xangrZl ivi dasvenebis moTxovnil eba, dabrkol ebebs moWarbebul i emociiT xvdebian (Павлов 1951:267-294; 344-350; http://bibrao.gnpbu.ru/ru/text/pavlov_pss_1951).

germanel i fsiqol ogi **karl iungi** adamianebSi gamoyofs: **eqstravertebs** - gareT mimarTul i moTxovnil ebiT; **introvertebs** – sakuTar TavSi Caketil i pirebi; **ambovertebs** – maT Tanabrad gaaCnia rogorc eqstravertis aseve introvertis Tvisebebi. (Классификация ... http://www.psyportal.info/psypage/tip_l2.shtml)

temperamenti ganapirobebs adamianis qcevas gansazRvrul situaciaSi. temperamentis garda, adamians axasiaTeben sxeul is wyobiT, romel ic yal ibdeba organizmis morfol ogiuri da funqciuri Taviseburebebis safuZvel ze da damokidebul i aris Tandayol il da SeZenil Tvisebebze. yvel aferi erTad qmnis adamianis reaqtiul obis ganmsazRvrel

konstitucias, romlis cneba daamkvidra **leon lui rostanma**. igi temperamentis safuZvl ad miiCnevda konstitucias da gamoyofda mis 6 saxes: saWmlis momnelebeli traqtis, sisxlis mimoqcevisa da sasunTqi sistemis, tvinisa da nervuli sistemis, moZraobisa da kunTebis, mwarmoebeli organoebis (CamoTvlili Tagan erT-erTis) upiratesi ganviTarebiT da yvela sistemis atonuri mdgomareobiT ganpirobebul konstituciebs (arTil ayva 1960:14).

frangi mecnieris, **klod sigos** SexedulebiT, garemos zemoqmedeba gansazRvrul reaqciebs iwvevs organizmSi: atmosferuli haeri respiratorul reaqciebs iwvevs, sakvebi – saWmlis momnelebel reaqciebs, fizikuri garemo – kunTur, xolo socialuri garemo – gonebriv reaqciebs. am sistemaTa urTierTdamokidebuleba qmnis adamianTa 4 tips: respiratoruls, digestriuls, kunTovans, cerebruls (arTil ayva 1960:15).

germaneli fsiqologi **ernst kreCmeri** (1924 w.) naSromSi „adamianis agebuleba da xasiaTi" erTmaneTs ukavSirebs sxeulis agebulebasa da temperaments. igi gamoyofs konstituciis sam tips: **piknikurs** (mokle kisriT, didi mucliT, Zlierad ganviTarebuli gulmkerdiT da TaviT), **aTleturs** (xasiadebian ConCxisa da kunTebis Zlieri ganviTarebiT) **da asTeniurs** (mogrZo saxiT, Cavardnili gulmkerdiT, Seweuli mucliT, viwro mxrebiT, sustad ganviTarebuli kunTebiT), yvela am tips ganasxvavebs fsiqikuri Tvisebebi T (Кречмер 1930:293, http://vipbook.info/nauka-i-ucheba/psixology/32634-stroenie-tela-i-xarakter.html). **ernst kreCmeri** Tvlis, rom temperamenti humorebis saSualebiT SeaRwevs adamianis fsiqikaSi, aamoqmedebs mas da gansazRvruli konstituciis adamianebs aqcevs **SizoTimikebad** an **cikloTimikebad.** kreCmeri TiToeul tipSi gamoyofs 3-3 qvetips. **cikloTimikebi**: 1. hipomaniakaluri, mxiaruli, moZravi; 2. sintonuri – zomieri, realisti, iumoristi; 3. melanqolikuri – rbili. **SizoTimikebi**: 1. hiperesTetiuli - nazi, agznebadi, nerviuli idealisti. 2. saSualo tipi – civi, energiuli, Tanmimderuli, aristokratuli, mSvidi. 3. ugrZnobeli, gulcivi, nerviuli, susti afeqtebiT, Clungi, usaqmuri. mecnieri TiToeuli maTganisaTvis aRwers rogorc konstituciur wyobas, aseve mis fsiqikur Tvisebebs, xasiaTs. **SizoTimuri (Sizoiduri)** temperamentis adamianebi, ernst kreCmeris aRweriT, arian **asTeniuri**

konstituciis mqoneni (SesaZlebelia iyvnen aTletebi, displatikebi da maTi kombinaciebi). maT axasiaTebT fsiqasTeniuri Tvisebebi - angul CaTxrobiloba, TavSekavebuloba, an SfoTianoba, sificxe, simorcxve, SiSianoba, angul keTiloba, siClunge, SeboWili qmedeba. mgrZnobiarobis mxriv isini arian an metismetad mgrZnobiareni da afeqturebi, an zedmetad gulgrilebi. sakuTar TavSi Caketiloba da garegan stimulebze Seusabamo reaqcia maTi ZiriTadi maxasiaTeblebia. **cikloTimur (cikloidur)** temperaments kreCmeri miakuTvnebs **piknikuri** konstituciis adamianebs diasTeniuri TvisebebiT - axasiaTebT metad mxiarul, mgznebare, sicocxliT savse ganwyobilebidan mSvid, Cum, moRuSul, pirquS, STabeWdilebian ganwyobilebamde xasiaTis cvalebadoba, garegan stimulebze adekvaturi reaqcia, garemosadmi advili Segueba, gulRiaoba, bunebrivoba, moZraobis siyvaruli.

    ernst kreCmeris azriT, roca zemoaRniSnuli Tvisebebi adamianSi ukiduresad viTardeba, saxeze gvaqvs sulieri avadmyofoba. igi Tvlis, rom fsiqikuri Tvisebebisa da unarebis CamoyalibebaSi gadamwyveti roli akisria adamianis konstituciur wyobas, romel sac ganapirobebs Sinagani sekreciis jirkvlebi (Кречмер 1930:155-175 http://vipbook.info/nauka-i-ucheba/psixology/32634-stroenie-tela-i-xarakter.html). konstituciisadmi kreCmeris am damokidebulebas bolomde ver gaviziarebT, radgan migvaCnia, rom **adamianis Tvisebebisa da unarebis CamoyalibebaSi konstituciis didi rolis miuxedavad, pirovnebis saboloo formirebasTvis Seucvlelia mravali sxva faqtorebis mniSvneloba: swavla-aRzrdis procesi, saskolo, saojaxo, samegobro, sazogadoebrivi garemo.** sworad miuTiTebs vladimer norakiZe: „pirovnebis arc erTi dispozicia (instinqti, midrekileba, temperamenti da sxv.) ar warmoadgens iseT Zalas, romelic, TiTqos, fatalurad gansazRvravdes pirovnebis ganviTarebis momavalbeds. pirovneba moqmedebasa da zegavlenaTa procesSi icvleba. masSi mocemuli Zalebi, dispoziciebi pirovnebis moRvaweobis procesSi ara Tu iRviZeben, aramed icvlebian, axali TvisebebiT mdidrdebian. kerZod, midrekileba, instinqti, temperamenti da sxva mxolod pirobaa da ara Zravi pirovnebis Camoyalibebisa da ganviTarebisა……" (norakiZe 1972:127-128).

    amerikeli mecnieri **viliam herbert Seldoni** temperamentSi gamoyofs

statikur (sxeul is aRnagoba) **da dinamikur** (TiToeul i tipis dinamikaSi ganxil va) komponentebs. dinamikuri komponentis aRsaniSnavad Semoaqvs terminebi: **viscerotonia, somatotonia da cerebrotonia**. mecnieri somatur konstituciaSi gamoyofs **3 tips: endomorful s** – Zval -kunTovani sistemis susti ganviTarebiT (aris **viscerotoniki** - uyvars komfoti, aris mgrZnobiare, aqvs nel i reaqciebi); **mezomorful s** - aTl eturi Zval - kunTovani sistemiT (aris **somatotoniki** - axasiaTebs xal isiani ganwyoba, Warbi moZraobis survil i, swrafi reaqciebi) da **eqtomorful s** - sustad ganviTarebul i kunTovani sistemiT (aris **cerebrotoniki** - axasiaTebs martoobis siyvarul i, dabal i reaqtiul oba) (Sheldon 1942).

konstantine kornil ovma adaminebSi gamoyo: **muskul o-aqtiuri tipebi** - kargad ganviTarebul i kunTovani sistemiT, Cqari reaqciebiT; **muskul o- pasiuri tipebi -** Zl ieri kunTovani sistemiT, susti reaqciebiT; **sensorul -aqtiuri tipebi** – kargad ganviTarebul i grZnobaTa sistemiT, nel i da Zl ieri reagirebis unariT; **sensorul -pasiuri tipebi** – nel i da susti reagirebis unariT (Ильин 2011:3

http://fictionbook.ru/author/evgeniyi_pavlovich_ilin/psihologiya_individualniyh_razlichiyi/;

http://fictionbook.ru/author/evgeniyi_pavlovich_ilin/psihologiya_individualniyh_razlichiyi/read_ online.html?page=3).

garda imisa, rom adamianis konstituciis gamorkveviT sakmaod kargi warmodgena gveqmneba adamianis xasiaTze, ganwyobil ebaze, gansazRvrul situaciebSi (daZabul Si, eqstremal urSi da a. S.) mis qceva-qmedebaze, amave dros, konstituciis codna migvaniSnebs, adamianis organizmi janmrTel obiskenaa midrekil i Tu romel ime paTol ogiisaken. magal iTad: frangi mecnieri **kl od sigos** kl asifikaciiT, mocemul i 4 tipidan **respiratorul i** tipebi (mogrZo gul mkerdis yafaziT, maxvil i epigastriul i kuTxiT) midrekil ni arian sasunTqi sistemis daavadebebisaken; **digestriul i tipebi** (ganieri gul mkerdiT, bl agvi epigastriul i kuTxiT) - nivTierebaTa cvl is moSl isaken; **kunTovani tipebi** - gul -sisxl ZarRvTa sistemis paTol ogiisaken; intel eqtual u - ri, moazrovne **cerebrul i tipebi -** nevrozebisaken (Адо 2000:79).

mixeil Cernoruckis kl asifikaciiT, **asTeniur tipebs** (maRl ebs da gamxdrebs) axasiaTebT kuW-nawl avis SewoviTi funqciis daqveiTeba,

sisxl ZarRvTa dabal i tonusi; **hipersTeniul tipebs** (grZel i torsiT, mokl e kidurebiT) axasiaTebT sisxl ZarRvTa maRal i tonusi, midrekil ni arian maRal i arteriul i wnevisaken, nivTierebaTa cvl is moSl isaken; **normosTenikebi** – asTenikebsa da hipersTenikebs Soris gardamaval i formebis matarebl ebi arian (Адо 2000:80).

fridmenisa da rozenmenis kl asifikaciiT, **"koronarul i tipi"A tipi** (moZravi, ambiciuri, l ideris TvisebebiT gamorCeul i tipi) midrekil i aris gul is iSemiuri daavadebebisaken. **B tipi** (auCqarebul i, dinji, Tavis SesaZl ebl obebSi kargad garkveul i, obieqtur real obas gaanal izebul ad morgebul i, nakl ebad ambiciuri) dacul ia zemoaRniSnul i daavadebebisagan (Stress, ...http://www.noanxiety.com/anxiety-and-stress/stress-personality-and-work.html).

iTvl eba, rom Tu gvinda adamiani mivakuTvnoT ama Tu im temperaments, mniSvnel ovania davaTval ieroT da SevafasoT Semdegi koponentebi: **gamZl eoba, pl astikuroba, siswrafe da emociuroba**. Tanac temperamentis gamosavl enad mniSvnel oba aqvs TiToeul i maTganis raodenobas da urTierTTanafardobas. oTxive komponenti damokidebul ia nervul i sistemis Tvisebebze, romel sac, Tavis mxriv, genetika ganapirobebs.

adamiani, bavSvi temperamentis ama TuU im tips rom mivakuTvnoT, fsiqol ogebi gvTavazoben Semdegi parametrebis gamoTvl a-daTval ierebas: **1.** sensitiuroba – isazRvreba garedan moqmedi **minimal uri Zal a**, romel ic **minimal ur droSi** iwvevs fsiqol ogiur reaqcias. **2. reaqtiul oba** – akvirdebian **erTi da igive sididis** garegani an Sinagani **gamRizianebl ebis zemoqmedebisas** warmoSobil i **uneburi reaqciis odenobas. 3. aqtiuroba** – isazRvreba **gare samyaroSi adamianis CarTul obis xarisxi** (vaTval ierebT mizanmimarTul obas, dasaxul i miznisaken daJinebul i swrafvis unars, mobil izebas da nebisyofas xangrZl ivi saqmianobisas). **4. aqtiurobisa da reaqtiul obis Tanafardoba** – saWiroa davakvirdeT **fsiqol ogiuri reaqciebisa da procesebis siCqares**: moZraobis siCqares, metyvel ebis temps, damaxsovrebis siswrafes, tvinis sisxartes. **5. pl astikuroba da rigidul oba** – unda gamoikveTos ramdenad **pl astikurad (moxerxebul ad)** an **inertul ad (rigidul ad)** egueba adamiani gare samyaros. 6. **eqstraversia da introversia** – mis Sesafasebl ad mniSvnel oba aqvs emociis gamomwvevi Zal is sidides da amave dros, emociis warmoSobis siswrafes.

umcrosi asakis bavSvTa qcevis tipebi gamoikvlia **nikoloz krasnogorskim** (1954 w.). misi klasifikaciis sruljofa dRemde grZeldeba da dRes bavSvebSi gamoyofen qcevis 4 tips. TiToeul maTgans aqvs dadebiTi da uaryofiTi niSnebi.

1. **sangvinikuri tipi -** aris ZlIeri, gawonasworebuli, Cqari; axasiaTebs agzneba-Sekavebis swrafi urTierTcvla, pirobiTi refleqsebis swrafi warmoSoba, Caqroba da advilad aRdgena; gamoirCeva swrafi, xmamaRali, sityva-wyliani metyvelebiT, swori intonaciiT, gamomsaxveli mimikiT, JestebiT. am tipis bavSvisaTvis **dadebiTia** is, rom advilad egueba axal pirobebs, aris komunikabeluri; swrafad iTvisebs yovelive axals, Tumca codnis simyarisaTvis sWirdeba xSiri gameorebebi; aqvs kargi gamZleoba, Sromisunarianoba. misTvis **uaryofiT** maxasiaTebl ad iTvleba sakuTari impulsebis Znelad regulireba; grZnobebis, STabeWdilebebis, interesebis advilad wamoSla da cvla. **sangvinikis** xasiaTis zedapirulobisa da aramdgradobis acilebis **saukeTeso saSualebad** fsiqologebi sworad gvTavazoben swavlebisas **seriozuli miznebis dasaxvas, SemoqmedebiT saqmianobaSi mis CarTvas, garemos zomier cvlas,** radgan cvlad garemoSi inarCuneben energias da aqtiurobas (Serozia... 2008:35-36) (Что такое... 4 http://www.psyportal.info/psypage/temper4.shtml).

2. **flegmatikuri tipi** – aris **ZlIeri, gawonasworebuli, neli,** pirobiTi refleqsebi myarad uyalibdeba. sidinje, auCqarebeli metyveleba, sityvebis sakmao maragi, mSvidi mimika da Jestikulacia, aramkveTri emocia flegmatikis damaxasiaTebeli Tvisebebia. **dadebiTi** Tvisebebidan saxeldeba gawonasworebuloba, zomierad kontaqturoba, saqmeSi Tanmimdevruloba. aris frTxili, aqvs gansjis unari. swori aRzrdisas am tipis bavSvi kargad swavlobs, sworad afasebs sakuTar SesaZleblobebs, romlis farglebSi dakisrebul movaleobas bolomde asrulebs. **uaryofiTad** iTvleba is, rom flegmatikebs garemosadmi, adamianebisadmi, cxovrebisadmi, sakuTari Tavisadmi gulgriloba advilad uviTardebaT; aqtiurobisa da moZraobis naklebobisadmi midrekileba qmnis imis saSiSroebas, rom arasasurvel saswavlo-saaRmzrdelo garemoSi igi yalibdeba dune, zarmac, uxaliso, uintereso pirad. **ar SeiZleba daiSvas flegmatikis moduneba da inertuloba** (Serozia... 2008:37).

3. qolerikuli tipi – axasiaTebs Zlieri agzneba da susti Sekaveba, Sesabamisad, TavSeukavebeloba, gauwonasworebloba. qerqqveSa centrebis aqtiuroba Zlieri aqvs, roml ebzec qerqi arasrul fasovnad zemoqmedebs. pirobiTi kavSirebi nela uyalibdeba. metyvelebas axlavs nervuli intonaciebi, mkveTri Jestikulacia, gamomsaxveliobiTi mimika. axasiaTebs moWarbebuli, swrafi moZraobebi, Zlieri grZnobebis myisieri warmoSoba, misi **dadebiTi** Tvisebebia: energiuloba, principuloba, iniciatoroba, **uaryofiTad** iTvleba is, rom aris emociuri, feTqebadi, jiuti, gauwonaswdorebeli, mouTmeneli, xSirad qmnis konfliqtur situaciebs; agznebis siWarbis gamo, energia advil ad eSriteba da adre uviTardeba daRla; raime samuSaos Sesrulebis dros, aRmzrdelebis (mSoblebis, naTesavebis, pedagogebis) daxmarebis gareSe ver axerxebs sakuTari energiisa gadanawilebas, yovel qmedebas SemarTebiT iwyebs, magram naadrevi daRlis gamo ganwyobas kargavs da sasurvel Sedegebamde veRar midis. umetes SemTxvevaSi **swavlobs damakmayofileblad,** magram **energiul obisa da swrafi fsiqikuri procesebis gamo aqvs SesaZlebloba kargad iswavlos,** Tuki amis xelsayrel pirobebs Seqmnis pedagogi. mSvidi, arakonfliqturi garemo, CarTulobis maRali xarisxi, sul ierad gamdidreba, sazogadoebrivi movaleobebi qolerikTa swavlebisa da aRzrdis procesSi gasaTvaliswinebeli garemoebebia (Serozia... 2008:36-37).

4. melanqolikuri tipi – aris susti, gauwonasworebeli, agznebis simciriT, Zlieri SekavebiT. pirobiTi refleqsebi nela da kargi fiqsaciiT uyalibdeba; sapasuxo reaqcia gamRizianeblis Zalis Seusabamo aqvs; Zlieri gamRizianebeli xangrZliv Sekavebas iwvevs. am tipis bavSvi male iRleba; metyvelebs xmadabla, TavSekavebulad; grZnobebi nela, Rrmad da xangrZlivad aReZvreba; advilad uviTardeba nervozi. bunebiT pasiurs erTsa da imave saqmeze xangrZlivi koncentrireba uWirs. sakuTar TavSi Caketiloba, simorcxve, Tavis SesaZleblobebSi daurwmunebloba ucxo situaciebSi uxerxulobas ganacdevinebs. mSvid da Cveul garemoSi ki misi saqmianoba produqtiulia. aris eWviani, momTxovni sakuTari Tavisadmic da garSemomyofTadmic. misi **upiratesoba** imaSia, rom xasiaTdeba maRali mgrZnobiarobiT, rac qmnis imis safuZvels, rom **normalur pirobebSi aRzrdili melanqoliki gamodis Rrma adamiani,**

romel sac SeuZlia sxvebze met warmatebebs miaRwios gansakuTrebiT xel ovnebis dargebSi. arasasargeblo pirobebi mas aqcevs Caketil, mSiSara, zedmetad gul Cvil adamianad (Что такое… :4 http://www.psyportal.info/psypage/temper4.shtml).

mecnierebi amtkiceben, rom umeteswilad gvxvdeba sxvadasxva temperamentis niSnebiT Sezavebuli tipebi, Tumca maTi dayofa zemoT xsenebul jgufebad maincaa SesaZlebeli, radgan TiToeuli adamiani yovel Tvis avlens upiratesad romelime erTi temperamentisaTvis damaxasiaTebel niSan-Tvisebebs.

temperamentis dadebiTi maxasiaTeblebis ganviTareba da uaryofiTis Caqroba – es urTulesi amocana xasiaTis aRzrdiTaa SesaZlebeli. germaneli filosofosi **imanuil kanti** miuTiTebda, rom xasiaTi ar aris is, rasac buneba aZlevs adamians, aramed aris is, rasac Tavad akeTebs sakuTari Tavidan gamomdinare. xasiaTi aris biologiurad da aRzrdis Sedegad miRebuli Strixebi, romlebic gansazRvravs adamianis qcevas, ganwyobas, interesebs (Классификация… http://www.psyportal.info/psypage/tip_l2.shtml). mecnieri **jon loenlinis** SexedulebiT, pirovneba farTo mcnebaa, maSin roca temperamenti isazRvreba iseTi pirovnuli aspeqtebiT, romlebic adreul ad vlindeba ontogenezSi da xSirad asocirdeba emociur eqspresiasTan (Loehlin 1992:4). temperamentisTvis damaxasiaTebeli Tvisebebi asakis matebasTan erTad social uri, saswavlo-saaRmzrdelo, sayofacxovrebo garemos zemoqmedebiT, aRzrdiT, swavlebiT iZens damatebiT Strixebs da yalibdeba pirovnul niSan-Tvisebebad. saWiroebisaebr mowyobil garemoSi swori aRzrdiT qoleriki gaxdeba TavSekavebuli, flegmatiks davaZlevinebT Senelebul reaqciebs da modunebuli cxovrebisaken midrekilebas, mel anqolikebs davarwmunebT sakuTar SesaZleblobebSi, gavxdiT iniciatorebs, sangvinikebs mivaCvevT saqmis bol omde SesrulebasT, gadawyvetilebebis simyares.

temperamentis dadebiTi Tvisebebis ganviTareba swavlis Sedegis gaumjobesebis saSualebas iZleva. temperamenti gansazRvravs moqmedebis individual ur xasiaTs, damaxsovrebis siswrafes, siRrmes, yuradRebis mobilizebas. moqmedebis (swavlis) Sedegi ki damokidebulia adamianis unar-Cvevebze. swavlebis maRali Sedegi (unar-Cvevebis ganviTareba)

miiRweva nebismieri temperamentis bavSvSi. misi ganmsazRvrelia bavSvis **SesaZleblobebis gamorkveva, motivacia da garemo**.

Tu gavaanalizebT qcevis tipebis zemoT gadmocemul daxasiaTebas, advili misaxvedria, rom **sangvinikis motivirebas** movaxerxebT iseTi daval ebebis micemiT, roml ebic misgan Zal isxmevas moiTxovs, mas ar unda SevuzRudoT moqmedebis aqtiuroba, datvirTvis sferoebi unda gavuxadoT mraval ferovani. **flegmatikisaTvisac** mniSvnelovania CavrToT aqtiuri moqmedebaSi, magram ramdenime saqmis erTdrouli Sesruleba an erTi saqmidan meoreze gadarTva mas ar Zal uZs, amitom flegmatikur tips unda mivceT saSualeba Tavdapirvelad mxolod erT saqmeze moaxdinos koncentrireba, roml is dasrulebis Semdgom aris Sedegiani mis mier meore saqmis wamowyeba. **melanqolikebis** buneba iTxovs taqtian, rbil, mSvid, gul iTad damokidebulebas. Seqebis, aseve uaryofiTi Sefasebebis dros saWiroa sifrTxile. garemo ar unda Seicavdes zedmet gamRizianeblebs. pasuxisas maTi aCqareba an neli pasuxis gamo Sefasebis daqveiTeba mkveTr uaryofiT reaqciebs iwvevs maTSi da swavlisadmi ganwyoba uqveiTdebaT. **qolerikebis** swavleba da aRzrda yvelaze met Zalisxmevas Txoulobs. aucilebelia sirbile, keTil mosurneoba. qolerikul i tipis moswavleebs axalisebT sazogadoebrivi saqmianoba, rasac gatacebiT asrul eben. uWirT energiis droSi ganawileba, mTel energias moval eobis Sesrulebis dawyebisTanave xarjaven, amis gamo advilad ifitebian da iRlebian. aqedan modis maTi gauwonasworeloba. amitomac nebismieri saqmianobis Sesrulebisas maT gverdiT unda hyavdeT avtoritetuli, keTili mrCevel i-pedagogi, romel ic miaCvevs energiis mozomilad xarjvas. saWiroa qolerikis sulieri gamdidreba, pozitivze dayrdnobili SeniSvnebi. aseT dros isini naklebad aRigznebian, radgan maTi yuradReba dadebiT qcevaze gadadis da SeniSvnaze agresias aRar avlenen.

qcevis sxvadasxva tipis bavSvebSi swavlebis Sedegebis gaumjobesebis gzebis Ziebis mizniT, CavatareT kvleva.

kvlevis obieqti: baTumis kerZo skolis X klasis 30 moswavle.

kvlevis meTodi: dakvirveba.

kvlevis mimdinareoba: dasawyisSi Seviswavleт moswavleTa akademiuri

maCveneblebi. testirebis safuZvelze moswavleebi davajgufeT qcevis tipebad. moswavleebs CavutareT anketuri gamokiTxva da kiTxvaze – „mogwonT Tu ara swavla Tqvens skolaSi", pasuxebi aseTnairad gadanawilda: „momwons" 6 (20%), „naklebad momwons" 12 (40%) moswavle, „ar momwons" 12 (40%) moswavle. amis gaTvaliswinebiT, maswavleblebs CavutareT instruqtaJi. yuradReba gavamaxvilebineT qcevis tipebis dadebiT da uaryofiT Tvisebebze, vuCveneT dadebiTi niSan-Tvisebebis gaZlierebis gzebi da saSualebebi da gavacaniT sakuTar moswavleTa tipaJebi. pedagogebs vTxoveT gamoeyenebinaT es monacemebi saswavlo procesis dagegmvisa da marTvis procesSi.

kvlevis Sedegi: 1 Tvis Semdeg swavlebis Sedegi yvela tipis bavSvSi gaumjobesda. kvlav CavatareT anketuri gamokiTxva da moswavleTa damokidebuleba sakuTar skolaSi swavlisadmi gaxda aseTi: „momwons" - 18 (60%) moswavle, „naklebad momwons" - 9 (30%) moswavle, „ar momwons" - 3 (10%) moswavle.

gavakeTeT daskvna: diferencirebuli motivireba aRsazrdelebSi swavlebis Sedegsac amaRlebs da swavlisadmi dadebiT emociasac warmoSobs, rac gonebrivi Sromisas moswavleTa janmrTelobis SenarCunebis aucilebeli pirobaa.

pedagogma moswavles unda aswavlos sakuTari Tavis da qcevis marTva. adamianma aucilebelia gaicnos sakuTari Tavi, gamoarkvios - temperamentis romeli tipis niSnebia upiratesad misTvis damaxasiaTebeli, gamoikvlios uaryofiTi Tvisebebi da Tavad gamoimuSavos maTi daZlevis meTodebi. TviTaRzrda srulyofilad xorcieldeba zrdasrul adamianSi, xolo bavSvSi am unaris ganviTareba garSemomyofebze da aRmzrdelebzea damokidebuli.

moswavlisaTvis aseve mniSvnelovania swavlis individualuri stilis Camoyalibeba. es miiRweva, Tu moswavle Tavad eZebs xerxebsa da saSualebebs warmatebis misaRwevad. swavlis individualuri stilis safuZveli nervul sistemaSi devs. misi migneba, romelsac mivyavarT warmatebamde, miiRweva, Tu moswavle mimarTavs TviTgamorkvevas, sasargeblo unar-Cvevebis maqsimalur gamoyenebas. pedagogebi ki ganaxorcieleben kontrols da miscemen dasabuTebul Sefasebas.

rogorc aRvniSneT, swavlebis saukeTeso Sedegi miiRweva, Tu mTeli saswavlo-saaRmzrdelo procesi mimarTuli iqneba iqiTken, rom TiToeuli tipis moswavleSi gaZlierdes dadebiTi niSan-Tvisebebi. unda gvaxsovdes, rom am procesSi Seucvlelia optimalurad mowyobili garemos roli. unda gamoiricxos metismetad aRmgznebi gamRizianeblebi. TiToeul aRsazrdelSi dadebiTi niSan-Tvisebebis ganviTarebisa da swavlebis Sedegis gaumjobesebis izniT, aucilebelia pedagogebi TiToeuli tipisTvis optimalurad mowyobil (gamRizianeblebis minimumamde Semcireba) saswavlo-saaRmzrdelo garemos qmnides. Warbi gamRizianeblebis (xmauri, feri, interieri) Semcveli garemo qcevis nebismieri tipisaTvis arasasurvelia. igi iwvevs an zedmet agznebas (sangvinikebSi, qolerikebSi), an metismet Sekavebas (flegmatikebSi, melanqolikebSi). garemo arc moswavleTa motivaciis damaqveiTebeli unda iyos (Tval saCinoebebi, video da audiomasalebis nakleboba). aseTi garemo yvela tipis bavSvSi arRvevs agznebisa da Sekavebis Tanafardobas. yovelive TiToeul tipSi uaryofiT gancdebs aRvivebs, rac, Tavis mxriv, cvlis adamianis xasiaTs, motivacias, swavlis survils da azianebs janmrTelobas.

samwuxarod, Tanamedrove skolis pedagogebSi SeiniSneba am sakiTxebSi naklebad gaTviTcnobiereba. CavatareT **kvleva, romlis mizani iyo**, gamogverkvia, Tu ramdenad icnoben maswavleblebi bavSvTa qcevis tipebs, ajgufeben Tu ara moswavleebs qcevis tipebis mixedviT da iyeneben Tu ara am monacemebs saswavlo procesSi.

kvlevis meTodi: anketuri gamokiTxva (gamokiTxva Catarda studentTa Tanamonawileobit).

kvlevis Sedegad aRmoCnda: gamokvleul sxvadasxva skolis 100 pedagogidan qcevis tipebis Sesaxeb damakmayofilebeli codna gamoavlina mxolod 20 (20%) pedagogma, nawilobrivi codna – 20 (20%), danarCeni pedagogebis (60%) pasuxebi CaiTvala aradamakmayofileblad. konstituciuri tipebis ama Tu im daavadebebisaken midrekilebis Sesaxeb informacias verc erTi pedagogi ver flobda. kiTxvaze – „ramdenad mniSvnelovnad migaCniaT qcevis tipebis Sesaxeb dawvrilebiTi codna“, pasuxebi gadanawilda aseTnairad: „Zalze mniSvnelovania, radgan

auciblad mWirdeba pedagogiur saqmianobaSi" - 12 (12%); „naklebad mniSvnelovania, naklebad viyeneb pedagogiur saqmianobaSi" - 28 (28%); „codnis auciblobis saWiroebas ver vxdav, radgan saswavlo procesSi arasodes damWirvebia" - 60 (60%).

arc skolaSi momuSave medpersonali ar aris dRes am codniT aRWurvili, radgan es ar miaCnia sakuTar movaleobad.

amasTan dakavSirebiT mkiTxvels unda SevaxsenoT ian amos komenskis Sexedulebebi moswavleTa niWis gansxvavebaze da maTdami pedagogiur midgomaze. didi pedagogi da mecnieri moswavleTa eqvs tips gamoyofs: 1. **gonebamaxvilni**, **codnis moyvarulni, advilad momyolni, swavlisadmi vargisianni**. maT ar unda mieceT metismetad aCqarebis neba, radgan mosalodnelia udrood gamoifiton. 2. **gonebamaxvilni da nelni, sWirdebaT mxolod waqezeba.** 3. **gonebamaxvilni da codnis moyvarulni, Tumca aRviraxsnilni da jiutni,** skolaSi isini ar uyvarT da ar Tvlian imedis momcemad, magram Tu kargad aRizardnen, aseTi bavSvebidan gamodian swored didi adamianebi. ian amos komenskis am mosazrebis dasturad mohyavs Temistokles gamonaTqvami: „Znelad mosaTvinierebeli kvicebidan gamodian saukeTeso cxenebi, Tu maT kargad gavwvrTniT" da plutarqis mosazreba: „...bunebiT maRali niWi bevri iRupeba im aRmzrdelTa mizeziT, romlebic cxenebs virebad aqceven, radgan ar ician, Tu rogor unda uxelmZRvanelon Tavisufal da maRal arsebas" (komenski 1949:103). 4. **bavSvebi, romlebic arian damjereni da codnis moyvarulni, magram gonebiT nelni da duneni.** aseT bavSvebs SeuZliaT daadgnen sxvis kvals da misdion maT. aucilebelia Semwynarebelobis gamoCena maTi sisustisadmi, isini ver uZleben mkacr moTxovnebs, sWirdebaT daxmareba, gamxneveba. gvian aRweven mizans, magram mtkiceni arian, rogorc nagvianevi xili. „rogorc beWedi ufro Znelad aRibeWdeba tyviaze, magram samagierod ufro didxans Zlebs, aseve imaT meti aqvT sasicocxlo Zala, vidre niWier bavSvebs, da rac erTxel SeiTvises, ukve advilad aRar aviwydebaT. " 5. **mexuTe jgufs didi mecnieri akuTvnebs gonebaClungebs, duneebs da zarmacebs, Tumca Tvlis, rom Tu isini ar gamodgebian jiutni,** maTi gamosworeba SesaZlebelia, xolo amisaTvis keTili gon> da moTminebaa saWiro. 6. **ukanasknel adgilze ian amos**

komenski ayenebs im gonebaCl ung bavSvs, romel ic amave dros aris garyvnil i da avi gul isani. is, metwil ad, imeds ar iZl eva, „magram … yovel ive wamxdarisaTvis bunebaSi arsebobs sawinaaRmdego saSual ebebi, da rom bunebiT unayofo xe, Tu sworad davrgavT, SeiZl eba nayofieri gaxdes. amitom sasowarkveTil ebaSi ar unda CavvardeT, aramed unda vizrunoT imaze, rom aseTi bavSvebis jiutoba mainc davZl ioT. Tu es SeuZl ebel i gaxda, mxol od maSin unda davaneboT Tavi mrude da kvanZian xes, risganac merkuris qandakebis miReba tyuil i imedi iqneba. unayofo miwas nurc daamuSaveb, nurc Seexebi, - ambobs katoni. xol o aseTi gadagvarebul i buneba aTasSi erTi Zl ivs Tu moiZebneba, rac RvTis gul keTil obis udidesi sabuTia" (komenski 1949:104-105). yovel ive zemoaRniSnul is arss komenski pl utarqis sityvebiT gamoxatavs: „Tu rogori bavSvebi ibadebian, es aravisganaa damokidebul i; magram swori aRzrdiT rom isini kargebi gaxdnen, amis saSual eba Cvens xel T aris!" (komenski 1949:105). komenskis pedagogiuri optimizmi yovel pedagogSi Rrmad unda STavnergoT, rac mniSvnel ovnad gauadvil ebs mas profesiul i moval eobis Sesrul ebas.

pedagogebisaTvis Zal ze mniSvnel ovani da aucil ebel ia moswavl eTa konstituciis, Sesabamisi qcevis tipisa da zemoxsenebul i komenskiseul i niWis eqvsgvari gansxvavebis Sesaxeb Rrma, anal itikuri codna da am codnis safuZvel ze moswavl eTa dakvirveba-Seswavl a, rac pedagogebs miscems saSual ebas sworad ganWvriton TiToeul i moswavl is individual uri SesaZl ebl obebi, winaswar gansazRvron TiToeul moswavl eSi swavl is mosal odnel i Sedegebi da am Sedegebis miRwevis gzebi, Cveul da probl emur situaciebSi moswavl eTa mosal odnel i qceva, dagegmon da moaxdinon uaryofiTi qcevis prevencia. es ki SesaZl ebel s gaxdis moswavl is sasargebl od warimarTos saswavl o-saaRmzrdel o garemo da saswavl o procesi. amasTan erTad, maswavl ebl ebi sworad gaTvl ian, ra daavadebebisken aqvs moswavl es midrekil eba. aqve, pedagogebs TuUecodinebaT aRniSnul i paTol ogiebis Tavidan acil ebis gzebi, saswavl o garemoSi maTi swori da miznobrivi gamoyeneba Seamcirebs am daavadebebis ganviTarebis saSiSroebas.

Cvens mier SemoTavazebuli **skolis eqimis** erT-erT umTavres funqciad miviCnevT pirvel rigSi Seqmnas skolaSi dawyebiTi samedicino codnis gavrcelebis garemo, rogorc maswavlebel TaTvis, ise moswavleebisaTvisac. ufro moswavleebisaTvis imitom, rom Tavad bavSvsac Tu ecodineba vin aris da saiT waiyvans misi qceva, gonebrivi SesaZleblobebi an organizmis janmrTeloba, igi kargi TviTaRzrdiT Tavadac daiwyebs sakuTar Tavze zrunvas, gansakuTrebiT ufros klasebSi da Sedegic ukeTesi iqneba.

kvlevebma gviCvena, rom nebismieri tipis bavSvisaTvis gonebrivi Sromis Sedegi damokidebulia janmrTelobis mdgomareobaze, ganwyobaze, ojaxisa da dawesebulebis fsiqo-pedagogiur klimatze, garemos ekologiur maCveneblebze. arajansaR organizmSi da arasasurvel garemoSi (rogorc fizikuri, aseve fsiqikuri Tval sazrisiT) adre iwyeba gadaRla-gadaqancva.

swavlebis procesSi adreul daRlas aviTarebs higienuri wesebis darRveva. xSir daRlas mosdevs gadaRla. daRla organizmis fiziologiuri mdgomareobaa. igi Tavis tvinis qerqis ujredebis muSaobis unaris droebiTi daqveiTebis Sedegia, gamafrTxilebeli niSania imisa, rom saWiroa dasveneba da Zalebis mokreba. gadaRlis process ufro mZime mimdinareoba axasiaTebs: irRveva Zili, iwyeba umadoba, Tavis tkivili, qveiTdeba fsiqikuri funqciebi: aRqma, metyveleba, yuradReba, gonebrivi Sromis nayofiereba, irRveva sakoordinacio procesebi, mcirdeba Tavis tvinis qerqis agzneba, matulobs Sekaveba. CveulebriT, daRlis dros Sromis unaris aRdgena swrafad xdeba, xolo gadaRlisas aRdgenis faza gacilebiT ufro xangrZlivad mimdinareobs.

gadaqancvis dros mZime procesebi mimdinareobs organizmSi. Tu organizmi ar gaTavisufldeba daRlis gamomwvevi faqtorebisagan, iwyeba saerTo sisuste, Tavbrusxveva, xSiri pulsi, qoSini (xSiri sunTqva) da sxva, rac organizmis nervul, gul-sisxl ZarRvTa, sunTqvis organoTa da sxva sistemebis funqciur moSlilobaze miuTiTebs. gadaqancvis dros organizmis Seguebis unari gonebrivi da fizikuri datvirTvisadmi mkveTrad daqveiTebulia. adamiani xangrZlivi drois ganmavlobaSi kargavs Sromis unars. am SemTxvevaSi dasveneba da sxva profil aqtikuri

RonisZiebebis gatareba met dros moiTxovs. yoveli ve es mkveTrad aferxebs moswavlis fsiqosomatur ganviTarebas da aqveiTebs gonebriv Sromisunarianobas.

skolebSi **dakvirvebiTa da anketirebiT** Cven **SeviswavleT** bavSvebi da **pirobiTad davyaviT isini qcevis tipebad**. davakvirdiT daRlisas gamovlenil niSnebs. daRlis niSnebi sxadasxva qcevis tipis bavSvebSi sxvadasxva aRmoCnda: **sangvinikebs aReniSnebodaT zomaze meti gamxiaruleba, qolerikebi iwyebdnen mcire agresiebis gamovlinebas, melanqolikebs aReniSnebodaT Zilisaken midrekileba, flegmatikebs ki - moduneba.**

daRlis niSnebze dakvirvebiT, sxvadasxva asakis ramdenime moswavleSi gamovikvlieT gonebrivi Sromis unarianoba. vakvirdebodiT xasiaTs, aqtiurobas, emocias, azrovnebis sisxartes, yuradRebas, jdomis pozas, interess. gakveTilis msvlelobisas bavSvebs vaZlevdiT individualuri SesaZleblobis Sesabamis kiTxvebs da vakvirdebodiT pasuxebis sizustes, sisxartes. sxvadasxva qcevis tipis bavSvebs arasasurvel garemoSi daRlis niSnebi sxvadasxvagvarad uviTardebodaT: **sangvinikebi da flegmatikebi daRlisadmi ufro mdgradebi aRmoCndnen, daRlis niSnebs gvian avlendnen, qolerikebs da melanqolikebs daRla adre uviTardebodaT.**

CavatareT dakvirveba: saklaso oTaxis fizikuri garemo, SeZlebisdagvarad, movawesrigeT – ganaTeba, gaTboba, dasufTaveba, ganiaveba higienuri moTxovnebis Sesabamisi gavxadeT, marTalia, ver SevZeliT saklaso merxebisa da skamebis Secvla (sakvlevi skolebi ar iyo uzrunvel yofili moswavlis simaRlis Sesaferisi merxebiTa da skamebiT, maRal klasebSi merxis zeda ficris daxriloba ar iyo daculi, dasajdomi skamebis sazurgeebi xerxemlis nadrekebis mimarTulebas ar imeorebda), Tumca moswavleTa merxTan uaryofiTi distanciiT jdoma uzrunvel vyaviT. gakveTilebs Soris Sesvenebebze moswavleebi aqtiurad isvenebdnen. vawesrigebdiT fizikuri aqtivobis CarTvas gakveTilis msvlelobisas – 45 wuTis ganmavlobaSi samjeradad. Sedegad daRlis niSnebi yvela tipis bavSvebSi mkveTrad Semcirda da gvian ganviTarda. viTanamSromleT ramdenime bavSvTan da maT mSoblebTan.

moswavl eebs vTxoveT, Tavad SeedginaT sakuTari dRis reJimi da daecvaT igi. swavl is, dasvenebis, TamaSis, kompiuterTan da tel evizorTan yofnis xangrZl ivoba asakis Sesabamisad Cven ganvsazRvreT. mSobl ebs vTxoveT, meTval yureoba gaewiaT aRsazrdel Ta mier reJimis Sesrul ebaze. am bavSvebs gonebrivi Sromis nayofiereba mkveTrad aumaRl daT, rac aisaxa maT akademiur moswrebaze. yovel ive es adasturebs, rom **moswavl eTa gonebrivi Sromis maRal nayofierebis misaRwevad saWiroa Sromisa da individual uri dasvenebis drois mkacrad gansazRvra, asakisa da SesaZl ebl obebis Sesabamisad normireba, saswavl o garemos higienuri normebis Sesabamisad mowesrigeba.**

datvirTvis xarisxis gansazRvrisas aucil ebl ad yuradsaRebia gakveTil is Catarebis meTodika: aucil ebel ia da mniSvnel ovania maswavl ebel sa da moswavl es Soris TanamSroml obiTi urTierTdamokidebul eba, swavl ebis dadebiTi Sedegze orientirebul i interaqtiuri swavl eba, gakveTil is msvl el obisas aqtivobebis cvl a da fizkul turis wuTebis xSiri CarTva.

arasrul fasovani garemo, arahigienurad marTul i gonebrivi Sroma, moswavl is individual uri fsiqo-fiziol ogiuri monacemebis gauTval is-winebl oba, Sromis nayofierebis daqveiTebasTan erTad, iwvevs moswavl eTa janmrTel obis mniSvnel ovan gauaresebas. am sakiTxebis mougvarebl obis mizezad migvaCnia is, rom dRemde gamouyenebel ia meqanizmi, roml is daxmarebiTac saskol o cxovrebaSi aqtiurad da SemoqmedebiTad moxdeba saswavl o-aRmzrdel obiTi procesisadmi higienuri moTxovnebis danergva. amitomac miznad davisaxeT saswavl o procesis gamajansaRebel i prevenci-ul i RonisZiebebis CarTvisa da ganxorciel ebis efeqturi gzebis mecni-erul ad damuSaveba.

$2. saswavl o procesSi prevenciul i zomebis ganxorciel ebis samedicino-pedagogiuri gzebi da saSual ebebi

skol is eqimis momzadebis Cveneul i koncefciidan gamomdinare unda aRvniSnoT, rom moswavl eTa daavadebebis Tavidan acil eba arc mxol od eqimisa da arc mxol od pedagogTa Zal isxmeviT gadawydeba. amis mizezad migvaCnia is, rom dRemde skol ebi mokl ebul ia prevenciis mecnierul da

meTodikur rekomendaciebs. Cven pirvel ad vcdiT am rekomendaciebis damuSavebas ori mecnierebis – medicinis da pedagogikis – mijnaze da SevecdebiT ara mxol od medikosis Tval sazrisiT gavaRrmavoT prevenciis samedicino gzebis da saSual ebebis Zieba, aramed SevimuSavoT pedagogisaTvis xel misawvdomi samedicino ganaTl ebis is minimumi, roml iTac **yovel dRe unda xel mZRvanel obdes TiToeul i sagnis maswavl ebel i**. yovel ive es damokidebul ia **axal i tipis skol is eqimis** momzadebis meToduri da organizatorul i xel mZRvanel obis xarisxze.

2.1 daRl a-gadaRl a-gadaZabvis prevencia

l iteraturul wyaroebze dakvirvebiT irkveva, rom dRe-Ramis ganmavl obaSi Sromis unaris cvl il eba damokidebul ia bavSvis cxovrebis bioritmze. arseboben bavSvebi, roml ebic **adre iRviZeben** da adre iZineben. aseTi bavSvebi dRis pirvel naxevarSi ufro aqtiurebi da energiul ebi arian, vidre meore naxevarSi; saRamos saaTebSi aReniSnebaT Sromis unaris mkveTri daqvei Teba, moTenTil oba da Zil ianoba. isini gonebriv samuSaos ukeT asrul eben dRis pirvel naxevarSi. meore tipis aRsazrdel ebs **uWirT dil iT adre gaRviZeba**, iZineben gvian; dil is saaTebSi arian moTenTil ebi, nakl ebad aqtiurebi, dRis meore naxevridan aqtiuroba mkveTrad uZl ierdebaT, xdebian xal isianebi, energiul ebi, efeqturad asrul eben gonebriv da sxva tipis samuSaos. Sromis unaris aqtivobis tal Ra maRal ia 9–13 saaTisaTvis (aqtiurobis pikis saaTebia 10-12 saaTi) da 15–18 saaTisaTvis (aqtiurobis pikis saaTebia 16-18 saaTi), am ori tal Ris intensivoba sxvadasxvaa bavSvTa tipebis mixedviT: dil iT aqtiuri bavSvebis aqtiuroba matul obs 10–12 saaTze, magram 16–18 saaTze maTi Sromis unaris gaaqtiveba ufro dabal ia. xol o saRamos aqtiur bavSvebs, piriqiT, - Sromis unaris intensivoba yvel aze maRal i aqvT 16–18 saaTze, xol o 10–12 saaTze maTi Sromis unaris gaaqtiveba xorciel deba dabal i intensivobiT. (gamoyofen saSual o tipsac, romel sac gaaCnia orTave tipisaTvis damaxasiaTebel i Tvisebebi, Tumca ufro metad igi saRamos aqtiuri tipis adamianis msgavsia (Кондакова ... 2012; http://nsportal.ru/ap/nauchno-tekhnicheskoe-tvorchestvo/library/vliyanie-biologicheskoi-aktivnosti-na-uspevaemost-shkol).

Cveulebriv, swavlebis procesSi dadebiTi Sedegis misaRwevad aucilebloobad iTvleba moswavleebisadmi individualuri midgoma. bavSvTa individualuri Taviseburebebis gamorkvevisas amowmeben gonebriv da fizikur SesaZleblobebs, naklebad iTval iswineben bavSvTa cxovrebis bioritms. mniSvnelovania dRis reJimi awyobili iyos bavSvis bioritmze, romelic ganapirobebs mis Sromis unars. sasurvelia am Taviseburebebis Sesabamisad moxdes saswavlo dRis dagegmva. raki swavlebis simZimis centri gadatanili unda iqnes skolaze, **diliT aqtiur** bavSvebs sasurvelia gakveTilebi Cautardes dRis pirvel naxevarSi, **saRamoTi aqtiurebs** ki - dRis meore naxevarSi. sasurvelia skolebSi yvela asakobrivi jgufisaTvis iyos amis arCevis saSualeba.

daRlis Tavidan asacileblad mniSvnelovania saswavlo procesis racionaluri warmarTva, rac gulisxmobs gakveTilebis raodenobis normirebas asakis mixedviT. kviris datvirTvebi unda dgebodes asakobriv jgufebSi organizmis fizikur-fsiqikuri maCveneblebis gaTvaliswinebiT. internetresursebiT mowodebuli masalebiT kviris datvirTvebi SeiZleba meryeobdes: I klasi – 18 - 20 sT, II klasi - 20 - 22 sT, III - V klasi –21 - 23 sT, VI klasi - 26 - 28 sT, VII - VIII klasi – 28 -30 sT, IX - X - XII klasi - 30 - 32 sT. aseve mniSvnelovania dRis reJimis sworad warmarTva, moZraobiTi aqtivobis gazrda, efeqturi dasvenebis mowyoba.

bavSvTa Sromisunarianobaze moqmedebs gakveTilis struqtura, datvirTvis reglamentireba, gakveTilebis ganrigi. raki gonebrivi aqtiurobis pik-forma viTardeba 10-dan 12 sT-mde diliT da 16-dan 18 saaTamde saRamos, rogorc dilis, aseve SuadRis cvlaSi, pirvel gakveTilze rTul saganSi mecadineoba nervuli sistemis daZabvas iwvevs, amitomac sasurvelia swavleba iwyebodes saSualo sirTulis sagniT da TandaTan xdebodes gadasvla rTul saganze, romelic moiTxovs yuradRebis met koncentracias. gamokvlevebma gviCvena, rom bolo gakveTilebze Sromisunarianoba mkveTrad mcirdeba, amitomac gakveTilebi, romlebic ar saWiroeben analizs, mexsierebis daZabvas, sasurvelia gakveTilebis bolos Caisvas. Zalze mniSvnelovania gakveTilebs Soris Sesvenebebis sworad organizeba. samwuxarod, CvenSi jer kidev ar aris damuSavebuli **gakveTilebs Soris Sesvenebis**

pedagogika. igul isxmeba ukl ebl iv yvel a moswavl is haerze gayvana, gaseirneba an organizebul i TamaSobebis mowyoba. amisaTvis skol is ezos saTanadod mowyobasTan erTad saWiroa gakveTil ebs Soris Sesvenebebis xangrZl ivoba iyos 10-20 wuTi. skol ebis umravl esobaSi gakveTil ebs Soris Sesveneba mxol od 5 wuTi grZel deba. amitom moswavl eTa dasveneba stiqiurad xorciel deba. dasvenebebisadmi wayenebul i higienuri moTxovnebis Seusrul ebl obas mivyavarT moswavl eTa adreul daRl amde. aRniSnul i dadasturda Catarebul i kvl evebiT, roml ebSic studentebic - momaval i maswavl ebl ebi – monawil eobdnen.

aucil ebel ia saSinao daval ebebis normireba. internetwyaroebis mixedviT pirvel kl asel ebs saswavl o wl is meore naxevridan saSinao daval ebis Sesasrul ebl ad unda exarjebodes araumetes 1 saaTisa, meorekl asel ebs – 1,5 sT, III-IV-kl asel ebs – 2 sT, V-VI-kl asel ebs – 2,5 sT, VII-VIII-kl asel ebs – 3 sT, IX-X-kl asel ebs – 3,5 sT, XI-XII-kl asel ebs – 4 sT. kvl evebi gviCvenebs, rom dRes maswavl ebel ebi TiTqmis ar iTval iswineben moswavl eTa saSinao daval ebebis Sesasrul ebl ad saWiro drois zemoaRniSnul higienur normebs. maTi yuradReba mimarTul ia moswavl eTa intensiur datvirTvaze da mSobel Ta did nawil sac xibl avs bavSvTa intensiuri datvirTva, sinamdvil eSi es moswavl eebSi daRl a-gadaRl a-gadaZabvis ganviTarebisa da janmrTel obis Seryevis did risks warmoSobs.

daRl isadmi bavSvs aqvs Seguebis - adaptaciis unari, magram es unari wl is ganmavl obaSi icvl eba: saswavl o wl is dasawyisSi igi dabal ia, Semdeg matul obs, zamTris TveebSi mcirdeba, gazafxul ze isev matul obs, magram nakl ebi intensivobiT da saswavl o wl is bol osaTvis mkveTrad qvei Tdeba. kvl evebma gviCvenes, rom daRl isadmi adaptaciis unari didadaa damokidebul i ardadegebis xangrZl ivobaze da mis racional ur gamoyenebaze. kerZod, xanmokl e ardadegebis dros mozardTa organizmi ver axerxebs Sromisunarianobis srul aRdgenas, xangrZl ivi dasvenebis Semdeg ki swavl is dawyebisas organizmi metismeti daZabul obiT muSaobs da daRl isadmi adaptacia mkveTrad uqvei Tdeba. profesori r. surmaniZe mii Cnevs, rom dasvenebebis xangrZl ivobis gansazRvrisaTvis mniSvnel ovania daRl is intensivobis gaTval iswineba. (sabWoTa aWara

1965:3). daRlisadmi adaptaciis unaris daqveiTebis maCvenebelia janmrTelobis maCvenebelis cvlileba. Zalze mniSvnelovania semestrebisa da saswavlo wlis bolos ardadegebis xangrZlivobis optimaluri SerCeva da cvlilebebis gamoricxviT misi ganxorcieleba. am mxriv dRes saqarTveloSi arcTu saxarbielo suraTia: saswavlo wlis dawyeba ara erTsa da imave dros xdeba. semestrebs Soris ardadegebi ar aris normirebuli da fiqsirebuli, rac mwvaved isaxeba rogorc swavlebis Sedegebze, aseve mozardTa janmrTelobaze.

bavSvebSi Sromisunarianobas cvlis swavlebis procesis intensiurobis xarisxi. S. Cesnokovma, e. k. stroutma, i. m. kurdiumovma gamoTvales parametrebi, romliTac SesaZlebelia saswavlo datvirTvis Sefaseba:

1. **codnis elementebis raodenoba (ganmarteba, termini, wesi, faqtebi, movlenebi);**

2. **teqstis moculoba (ZiriTadi da damatebiTi moculoba);**

3. **davalebebis ricxvi, romlebic moswavleebis mier sruldeba saxlSi da skolaSi;**

4. **saswavlo drois moculoba, romelic saWiroa davalebebis Sesrulebisatvis;**

5. **saswavlo drois moculoba, romelic saWiroa sistematuri ganmeorebisaTvis, Semowmebisatvis da codnis kontrolisaTvis** (Агишева 2003: 25 http://www.bestreferat.ru/referat-82347.html).

aucilebelia yvela am parametris gamoTvla moswavleTa fizikur-fsiqologiuri ganviTarebis Sesabamisad da misi zusti dacva. Tumca, rogorc aRvniSneT, datvirTvis moculoba da SinaarsI didadaa damokidebuli ganaTlebis pirobebze: saswavlo garemos higienur mowyobaze, saswavlo-saaRmzrdelo procesis higienur marTvaze, am procesSi gamovlenili moswavlis individualur Taviseburebebze: fizikur-fsiqikur ganviTarebaze, swavlebis unarze, motivaciis xarisxze. moswavleTa motivaciis xarisxis ganmsazRvrelia saswavlo programa, saxelmZRvaneloebi, swavlebis meTodika.

dRis, kvirisa da wlis datvirTvebis Sedgenis Semdeg skolebSi gamudmebiT unda mimdinareobdes dakvirvebebi moswavleTa gadaRlis

niSnebze. saWiroebis SemTxvevaSi aucilebelia cvlilebebis Setana datvirTvebSi. aseTi saxis kvlevebi dRes, samwuxarod, skolebSi ar mimdinareobs, risi mizezic aris pedagogTa naklebkompetenturoba saswavlo-saaRmzrdelo procesisadmi higienuri moTxovnebis sakiTxebSi.

saswavlo programis sirTulis momateba zrdis moswavlis fsiqo-emociur datvirTvas, rasac arTulebs is, rom xangrZlivi jdomis gamo organizmi ganicdis statikur zewolas. aseT pirobebSi adre vlindeba gadaRla da xSirdeba moswavleTa daavadebebi (Агаджанян ... 2000; Баевский ... 1997; Антропова... 1998). kvlevebma aCvenes, rom intensiuri swavlebis klasebSi daavadebianoba gacilebiT maRalia, vidre ZiriTadi programiT swavlebis klasebSi.

aqve unda aRvniSnoT, rom bavSvs, l. vigotskis ganviTarebis Teoriis Tanaxmad, aqvs ganviTarebis aqtiuri da uaxloesi zonebi. ganviTarebis aqtiur zonaSi bavSvi damoukideblad swavlobs da viTardeba, magram ganviTarebis uaxloes anu perspeqtiul zonamde bavSvi miaRwevs, Tu mas daexmarebian (Айсмонтас http://www.bsu.ru/content/hec/aismontas/4.html). aqedan gamomdinare, sargeblobas arcdabali intensivobis an zustad asakobrivi ganviTarebis Sesabamisi datvirTva mogvitans, aucilebelia datvirTvisas bavSvis ganviTarebis uaxloesi zonis gaTvaliswineba da misi optimaluri SerCeva.

programis intensivobis vigotskiseuli uaxloesi zonis Sesabamisi zrda SesaZlebelia mxolod fizikuri aqtivobis xSiri gamoyenebis SemTxvevaSi. varjiSebs organizmi Sekavebis mdgomareobidan gadahyavs muSa mdgomareobaSi, aZlierebs sxeuls da kunTebs, zrdis xerxemlis moqnilobas, sunTqva Zlierdeba, gul-sisxlZarRvTa sistema aqtiurdeba, Sesabamisad, aqtiurdeba tvinis sisxlZarRvebic. wesrigdeba emociuri tonusi.

,,fizikuri Sroma, moZraoba, fizkulturuli varjiSebi aris adamianis bunebrivi moTxovnileba. gul-sisxlZarRvTa sistemis, sasunTqi, neiro-endokrinuli sistemis organoTa qsovilebis normaluri cxovelmoqmedeba SesaZlebelia mxolod gansazRvruli sxvadasxvagvari kunTovani datvirTvis dros…… kunTebis muSaoba afarToebs sisxlZarRvebs da amcirebs arteriul wnevas, rac amcirebs gulis datvirTvas. impulsebi,

roml ebic warmoiSoba nervul dabol oebebze, iwvevs ,,kunTovani sixarulis" SegrZnebas." – wers t. g. rodiCkina (Родичкина: 1; http://festival.1september.ru/articles/314157/). sistematuri fizikuri varjiSebi moqmedebs ra centralur nervul sistemaze, am gziT aregulirebs fiziologiur da fsiqologiur procesebs da exmareba bavSvs misi SesaZl eblobebis srul yofil gamoyenebaSi.

aucilebelia, gonebrivi Sromis process xSirad Caenacvlos fizikuri moZraoba da varjiSebi - gamamxnevebeli varjiSebi gakveTilebis dawyebamde, fizkulturuli wuTi gakveTilis msvlelobisas, III-IV gakveTilis damTavrebisas 15-wuTiani fizkulturuli pauzebi.

mecnierma da mkvlevarma n. p. gorbunovma intensiuri swavlebis klasebSi Caatara eqsperimenti da gamoiyena izometruli varjiSebi. adaptaciis unari Seamowma vel oergometruli funqciuri sinjebiT. mivida daskvnamde, rom bavSvebs adaptaciis unari bevrad maRali xarisxiT ganuviTardaT. es niSnavs imas, rom fizikuri aqtivobis CarTva saswavlo procesSi iwvevs organizmis Seguebis zrdas, Sesabamisad, daRlis procesi gvian iwyeba (Горбунов... 2001:46).

gonebrivi Sromis procesSi adreuli daRlis Tavidan asacileblad aucilebelia jansaRi mikroklimatis uzrunvelyofa, rac gulisxmobs haeris qimiur Sedgenilobas, temperaturas, tenianobas, eleqtrul mdgomareobas. haeri unda Seicavdes O_2-s 20,95%-s, N-s _ 78,08%-s da CO_2-s _ 0,03-0,04%-s. misi temperatura unda iyos 14-16 gradusi, tenianoba 40-50%. mxolod aseTi Sedgenilobisa da Tvisebebis mqone haeri qmnis srul fasovan mikroklimats (sovetovi 1951:125).

gakveTilis msvlelobis dros mkveTrad icvleba saswavlo oTaxis mikroklimati. amasTan, rac metia moswavleebis ricxvi saklaso oTaxSi, miT ufro matulobs tenianoba (15-20%-iT), temperatura (4°-7°-iT) da naxSirorJangis raodenoba. (sovetovi 1951:127)

moswavl es asakis mixedviT erT saaTSi sWirdeba 16-26 m^3 sufTa haeri, amitom saWiroa haeris xSiri ventilacia. saWiroa gakveTilis msvlelobisas 3-jer fanjris 5 wuTiani SeReba, Sesvenebebze saklaso oTaxidan gasvla da klasis orpiri ganiavebis principiT ganiaveba. mecadineobis msvlelobisas ki derefnebis ganiaveba 20 wuTiT.

araswori jdomiT gamowveuli organizmis daRlis Tavidan asacileblad aucilebelia skolebis higienuri normebis Sesabamisi saswavlo avejiT uzrunvelyofa da bavSvebSi swori jdomis Cvevebis gamomuSaveba. merxi da skami unda iyos moswavlis zomis Sesaferisi, magida unda iyos 14-15 gradusiT daxrili an unda iyos gamoyenebuli wignsadgami, manZili wignsa da Tvals Soris 30-35 sm. aucilebelia uaryofiTi distanciiT jdoma. bavSvi jdomisas wrials ver unda axerxebdes, radgan zedmeti moZraobebi fantavs yuradRebas da xels uSlis gonebrivi Sromis process.

saWiro da saval debuloa ganaTebisadmi higienuri moTxovnebis Sesruleba - naTura unda iyos 40-60 vati simZlavris, ganaTeba merxs unda ecemodes marcxnidan, magidis naTura magidis zedapiridan 30 sm-iT unda iyos daSorebuli, Suqi pirdapir ar unda xvdebodes Tvalebs. magidis zedapiri ar unda iyos priala. ganaTebas aferxebs dabinZurebuli minebi, fardebi (ganaTeba 40%-iT mcirdeba). rafebi unda iyos TeTri feris, aseT dros masze dacemuli sxivis 80% irekleba da Zlierdeba ganaTeba.

mniSvnelovania regularuli, sruli fasovani kveba. kveba saWiroa erTsa da imave dros, sasurvelia 4 saaTiani Sualedebi, sauzmeze unda modiodes sakvebis 25%, sadilze – 40%, samxarze – 15%, vaxSamze – 20%, vaxSami bavSvma unda miiRos araugvianes 2 saaTiT adre daZinebamde. aucileblad misaRebi wylis raodenoba – 1,5-2 l. (sturua 1981:55)

mniSvnelovania haerze yofnis reglamentireba: igi saSualod unda Seadgendes 2-3 sT-s, Zlis win 30-40 wT gaseirneba dadebiT gavlenas axdens organizmze.

asakisaTvis Sesabamisi xangrZlivobis sruli fasovani Zili dRis ganmavlobaSi daxarjul energias srulad aRadgens. Zlis win oTaxi unda ganiavdes, sasurvelia sarkmeli mTeli Ramis ganmavlobaSi iyos Ria, oTaxSi aucilebelia sruli sibnele da simyudrove. axal Sobils unda eZinos 20-22 sT, 1 wlis bavSvs – 16-17 sT, 2-3 wlis bavSvs – 14-15 sT, 4-5 wlisas 13 sT, 6-7 wlisas 12 sT, 8-10 wlisas 11 sT, 11-12 wlisas _ 10 sT, 13--16 wlisas – 8 1/2 - 9 sT, 17-18 wlisas - 8 - 8 1/2 sT.

jansaRi cxovrebis wesi zrdis organizmis gamZleobas, daRlisadmi Seguebis unars. mavne Cvevebi - sigaretis, alkoholuri sasmelebisa da

narkotikuli i saSual ebebis moxmareba damTrgunvelad moqmedebs gonebriv Sromaze. saWiroa moswavleTa sistematuri ganaTleba janmrTelobis dacvis sakiTxebSi. am mxriv sayuradReboa saqarTvelos ganaTlebisa da mecnierebaTa saministros gadawyvetileba skolebSi I-IV klasebSi sadamrigeblo saaTis dawesebis Sesaxeb, romelic Catardeba kviraSi erTxel da maswavlebeli moswavleebs jansaRi cxovrebis wesis aucileblobas STaagonebs. aseTi Sexvedrebi da saubrebi sasargeblo iqneba maRali klasis moswavleebisTvisac (skolebSi… 2010 http://www.mes.gov.ge/content.php?id=1105&lang=geo).

zemoaRniSnulis garda daRlis adreuli ganviTareba didadaa damokidebulia bavSvis qcevis tipze, xasiaTze, ganwyobaze, ojaxis fsiqologiur klimatze. savsebiT sworad aRniSnavs profesori ramaz surmaniZe, rom: „bavSvis janmrTelobaze gavlenas axdens isic, Tu rogori urTierToba aqvT mis ded-mamas. mSoblebs, romlebic erTmaneTs pativs ar scemen, xSir SemTxvevaSi amis gamo Wirveuli, jiuti da Tavneba bavSvebi ezrdebaT" (sabWoTa aWara 1966:4).

ojaxSi sasargeblo fsiqologiuri garemo gulisxmobs mSvid da TanamSromlobiT urTierTdamokidebulebas ojaxis wevrebsa da aRsazrdelebs Soris. fsiqologebi bavSvSi qcevebis Camoyalibebas ukavSireben mSoblebis qcevas. aRzrdisas daSvebuli Secdomebi uaryofiTad aisaxeba mozardTa guneba-ganwyobilebaze, romel zec sakmaod did zegavlenas axdens amave dros mSoblebis materialuri da kulturuli done.

ojaxTan erTad metad mniSvnelovania skolis fsiqo-pedagogiuri faqtorebi: swavlebis Sinaarssa da moswavlis realur saqmianobas Soris Sesabamisoba, saxelmZRvaneloebis xarisxi, swavlebis mizani da motivacia, materialuri bazis done, moswavleTa Soris keTilganwyobili urTierToba.

gonebrivi Sromis procesSi adreul daRlas agvacilebs, Tuki misi organizaciisas amoqmeddeba iseT fsiqikuri fenomenebi, rogoricaa moTxovnileba, mizani, motivi, gegma da sxva. gonebrivi Sromis erT-erTi saxesxvaobis – swavlis ZiriTadi motivi aris swavlis Sedegad miRebuli codna-Cvevebis sazogadoebrivi Rirebulebis gacnobiereba (CxartiSvili

1972:25). „vinaidan swavla wminda nebismieri (nebisyofiT gansazRvruli), sxvanairad rom vTqvaT, pirovnuli qcevaa, romlis motivsac obieqturi Rirebuleba warmoadgens, gasagebia, rom igi yofila Soreuli motivaciuri struqturis mqone aqtivoba, iseTi qceva, romelic Tavisi SedegebiTa da saerTo mimarTulebiT moswavlis xvalindeli dRis interesebs Seesabameba..." — wers profesori nodar baramiZe (baramiZe 1995:144). aucilebelia skolaSi Sesvlamdec da Semdegac mSoblebma, maswavleblebma, ufrosma adamianebma bavSvis yuradReba gaamaxvilos swavlis sazogadoebriv Tu obieqtur Rirebulebaze. moswavles kargad unda esmodes, rom skolaSi siarulisas da swavlisas iqmneba Rirebuli produqti – codna-Cveva, romelic gansazRvravs bavSvis xvalindel dRes, mis adgils sazogadoebaSi. yovelive bavSvSi aRZravs swavlis survils, rac xels Seuwyobs miznis dasaxvas, misadmi swrafvas, mis moTxovnilebad qcevas. aseT dros swavlis procesSi warmoSobil, asakisa da individualuri SesaZleblobebis Sesabamis, sirTuleebs moswavle kargad umklavdeba.

fsiqologebs da fiziologebs miaCniaT, rom daRlis sruliad gamoricxvac ar SeiZleba, radgan mcire daRla safuZvels uyris saregulacio meqanizmebis axali, ufro maRali donis Camoyalibebas da funqciuri sistemebis srulyofas. magram adaptaciuri sistemebis daWimul obas aqvs zRvari da misi gaTval iswinebac aucilebelia.

dakvirvebebisa da kvlevebis analizma migviyvana daskvnamde, romlis mixedviT moswavleebSi gonebrivi Sromis dros naadrevad ganviTarebuli daRlis prevenciuli RonisZiebebia:

1. individualuri pik formis gaTval iswinebiT gonebrivi Sromis ritmulobis dacva skolasa da ojaxSi.

2. jansaRi cxovrebis kulturis aRzrda, regularuli kveba, srulfasovani Zili.

3. saskolo da saojaxo saswavlo garemoSi srulfasovani mikroklimatis uzrunvelyofa (haeris fizikuri da qimiuri maCveneblebis Tval sazrisiT).

4. higienuri moTxovnebis Sesabamisi interieri da aveji, swori jdomis Cvevis Camoyalibeba, srulfasovani ganaTeba.

5. saganmanaTleblo procesis jansaRi organizacia (saswavlo programebis, saxelmZRvaneloebis, gakveTilis Catarebis meTodikis swori SerCeva, ganaTlebis pirobebis: gakveTilis cxrilis, klasgareSe samuSaos, saswavlo garemos mowesrigeba higienuri moTxovnebis Sesabamisad).

6. fsiqologiuri komfortis Seqna skolasa da ojaxSi.

7. gonebrivi Sromis organizaciisas iseTi fsiqikuri fenomenebis amoqmedeba, rogoricaa moTxovnileba, mizani, motivi, gegma da sxva.

yovelive es xels Seuwyobs moswavleTa fizikuri, fsiqikuri da inteleqtualuri janmrTelobis SenarCunebas.

skolebze dakvirvebebis Sedegebma migviyvana im daskvnamde, rom aRniSnul moTxovnebs skolebis pedagogiuri Semadgenloba naklebad asrulebs, im martivi mizeziT, rom ar aqvT saTanado codna da masze dafuZnebuli kompetenciebi. sauniversiteto swavlebisas pedagogebs an saerTod ar aqvT mosmenili saskolo higienis kursi, an gavlili aqvT, magram arasakmarisi sisruliT. pedagogiuri saqmianobisas problemad rCeba zemoaRniSnul sakiTxebSi axali codnis SeZena, ukve arsebuli codnis gadaxaliseba-gaRrmaveba da mis safuZvelze praqtikuli saqmianobis warmarTva. situaciis analizi cxadyofs, rom **aucilebelia maswavlebelTa gadamzadeba saskolo higienasa da moswavleTa janmrTelobis dacvis sakiTxebSi, saWiroa sauniversiteto (sabakalavro da samagistro safexurebze) swavlebisas pedagogiuri profilis studentebSi jansaRi saswavlo garemos formirebisa da moswavleTa janmrTelobis xelSemwyobi orignaluri kompetenciebis Camoyalibeba-ganmtkicebaze zrunva.**

skolebSi momsaxure samedicino personalic yovel Tvis ar aris moTxovnebis Sesabamisad kompetenturi saswavlo procesis higienuri marTvis sakiTxebSi. misi saqmianoba mxolod gadaudebeli pirveladi daxmarebiTa da infeqciur daavadebaTa sawinaaRmdego acrebis organizebiT Semoifargleba. skolis samedicino muSaki ar akvirdeba saswavlo-saaRmzrdelo procesebis higienur marTvas da aucileblobis SemTxvevaSi Tavs aridebs procesSi Carevas. migvaCnia, rom saSuri saqmea skolebis uzrunvelyofa **axali profilis skolis eqimiT**, romelic ara

marto gamovlenil daavadebaTa mkurnalobas an zogadad daavadebaTa prevencias moaxdens, aramed aqtiurad CaerTveba skolaSi mimdinare saswavlo-saaRmzrdelo procesSi, daexmareba pedagogebs mis sworad da higienuri moTxovnebis Sesabamisad organizebaSi, periodul ad moaxdens saswavlo procesisa da garemos Semowmeba-Sefasebas, saWiroebisas mis koreqcias.

2.2 didaqtogenuri nevrozebi, maTi gamomwvevi mizezebi

skolis eqimis erT-erT umniSvnelovanes da aucilebel funqciad gvesaxeba **pedagogTa sistematuri samedicino ganaTleba** moswavleTa janmrTelobis dacvisa da gakaJebis sakiTxebSi, maswavleblebSi saswavlo-saaRmzrdelo procesis jansaRi organizebisa da moswavleTa janmrTelobis xel Semwyobi originaluri kompetenciebis ganviTareba.

saswavlo-saaRmzrdelo procesis arajansaRi organizeba gulisxmobs saswavlo procesis fizikuri da fsiqikuri faqtorebis arasrul yofil marTvas. **fizikuri faqtorebis arasrul fasovneba** es aris higienuri moTxovnebisaTvis Seusabamo temperatura, tenianoba, haeris qimiuri Semadgenloba, ganaTeba, interieri, aveji, xmauri, rac amcirebs organizmis adaptaciis (Seguebis) unars, cvlis organizmis reaqtiulobas (winaaRmdegobis unars), **aviTarebs ama Tu im xarisxiT somatur davadebebs** da amave dros qmnis winaswarganwyobas fsiqikuri gadaxrebisa da nevrozebisadmi. saswavlo garemos **arajansaRi fsiqikuri mxare** aviTarebs **fsiqikur gadaxrebsa da daavadebebs**, amave dros, arRvevs organizmis neirohumorul regulacias, organizmis adaptaciasa da reaqtiulobas, ris Sedagadac yalibdeba somaturi daavadebebisadmi midrekileba.

organizmi erTiani sistemaa, romlis erTi rgolis dazianeba iwvevs meore rgolis funqciis moSlas, rac, Tavis mxriv, kidev ufro aRrmavebs pirvelis dazianebas, organizmSi mimdinare procesebi jaWvuradaa erTmaneTTan gadabmuli. praqtikulad jansaRi individis Camoyalibebisa Tvis aucilebelia mozardis organizmze moqmedi yvela faqtoris (rogorc fizikuris, aseve fsiqikuris) gajansaReba.

rogorc cnobilia, organizmis fizikur janmrTelobaze moqmed faqtorebad iTvleba ganaTeba, haeris Semadgenloba da Tvisebebi, xmauri,

Senobis moculoba, dizaini, feri, saamSeneblo masalisa da saRebavebis xarisxi, aveji, videoekranuli saSualebebi – kompiuterebi, televizorebi, kvebis organizacia, sakvebis xarisxi, asortimenti, skolaSi gamoyenebuli sasmeli wylis xarisxi, skolis mimdebare teritoriis ekologiuri mdgomareoba, san-teqnikuri aRWurvilobis mdgomareoba, **aRzrdisa da swavlebis procesSi fsiqohigienis daucvelobas mivyavarT iseT mdgomareobamde, romelsac samedicino literaturaSi hqvia didaqtogenuri nevrozi. (berZ. Didaqto-swavla, genezis - warmoSoba)**, misi mizezi fsiqikuri tramvebia. didaqtogenuri nevrozebi SesaZlebelia ganviTardes yvelgan, sadac bavSvis aRzrda da swavleba mimdinareobs: ojaxSi, saswavlo-saaRmzrdelo dawesebulebebSi, sazogadoebaSi.

bolo wlebSi bavSvTa daavadebebi yvela mimarTulebiT gaizarda. daavadebaTa didi wili **didaqtogenur daavadebebze** modis, rac ojaxebTan erTad skolebSi fsiqo-pedagogiuri procesebis arasrulfasovnebaze metyvelebs.

sazogadoebis politikur-ekonomiuri mdgomareoba, kulturul-zneobrivi faseulobebi da tradiciebi aris ZiriTadi ganmsazRvreli rogorc skolis, aseve ojaxis fsiqologiuri garemosi. ekonomiuri da politikuri krizisebi, stiqiuri ubedurobebi, materiuri siduxWire iwvevs sociuri garemos xelyofas, rasac aucileblad mohyveba rogorc ojaxSi, aseve skolaSi fsiqotramvuli faqtorebisa da situaciebis warmoSoba. am faqtorTa zemoqmedeba uaryofiTad aisaxeba bavSvTa xasiaTsa da qcevaze – adgili aqvs emociur labilobas, izrdeba aRelvebis xarisxi, mcirdeba TavSekaveba. profesorma Sorena vaSaZem baTumel mozardebSi moaxdina kasianovis kiTxvarebis safuZvelze moswavleTa qcevis tipebad dayofa da nemCinis adaptirebuli testis safuZvelze maTSi aRelvebis xarisxis gamorkveva. moswavleTa 24% aRmoCnda sangviniki, 20% - flegmatiki, 32% - qoleriki, 24% - melanqoliki. kreCmeris klasifikaciiT, cikloTimikebi – 36%, SizoTimikebi – 44%, Sereuli – 20%. mRelvarebis xarisxi gogonebSi – dabali 12%, saSualo dabali 15%, saSualo maRali 53%, maRali 20%, vaJebi – dabali 19%, saSualo dabali 19%, saSualo maRali 48%, maRali

14%. yovel ives mizezad profesori socialuri garemodan moqmed fsiqotramvul faqtorebs asaxelebs (vaSaZe 2009:4-31).

rogorc aRvniSneT, dRes ojaxebsa da skolebSi mravlad vxvdebiT fsiqotramvuli faqtorebisa da situaciebis warmoSobas.

literaturuli wyaroebis monacemebiT **ojaxSi** moqmed **fsiqotramvul faqtorebs** mivakuTvneT: 1. Seusabamoba ufrosebis moTxovnebsa da bavSvebis SesaZleblobebs Soris (ufrosebi ar iTvaliswineben bavSvTa sqessa da konstitucias). 2. ganviTarebis sxvadasxva asakobriv periodSi bavSvTa araTanmimdevruli aRzrda (akrZalvisa da TanamSromlobis pedagogikis uwesrigo gamoyeneba). 3. aRzrdisadmi mSoblebsa da ojaxis sxva wevrebs Soris SeuTanxmebloba. 4. mSoblebis urTierTsawinaaRmdego qmedebebi. 5. araprincipuloba da aramdgradoba bavSvebTan urTierTobebSi. 6. SfoTi, aRgznebuloba aRzrdaSi. 7. dangreuli ojaxis atmosfero (mas miekuTvneba ganqorwinebuli ojaxebi, konfliqturi ojaxebi da ojaxebi, sadac bavSvis aRzrdisTvis ar scaliaT) (megrelaZe ...2009:36-42).

mozardis srulfasovani ganviTarebisaTvis Zalze mniSvnelovania ojaxSi mSvidi, urTierTpativiscemaze damyarebuli urTierTobebi ojaxis wevrebsa da aRsazrdelebs Soris. aucilebelia mSoblebi, aRmzrdelebi kargad icnobdnen bavSvs, iTvaliswinebdnen mis pirovnul Tvisebebs, unarebsa da SesaZleblobebs, Zalze saWiroa aRzrdis procesis yvela monawile moqmedebdes SeTanxmebulad da principulad, rac gulisxmobs imas, rom roca bavSvs esa Tu is qmedeba ekrZaleba, yovel Tvis da yvelas mier unda aekrZalos da piriqiT, roca raRac misTvis dasaSvebia, aseve yovel Tvis da yvelas mier unda iqnes daSvebuli. aseT dros fsiqologebi Tvlian, rom bavSvi jer aracnobierad da Semdeg ukve gacnobierebulad iwyebs qcevis wesebze damorCilebas da swori da sazogadoebisTvis miRebuli qmedeba misi cxovrebis wesi gaxdeba. aRzrdisas SeuTanxmebloba ded-mamas Soris an mSoblebsa da bebia-babuas Soris, bavSvisadmi zedmeti momTxovneloba, ojaxSi daZabuli da konfliqturi atmosfero bavSvSi didaqtogenuri nevrozis ganviTarebas uwyobs xels.

saswavlo-aRmzrdelobiT daweseulebebSi fsiqotramvuli faqtore-

bis arsebobisas, rogorc bulgareli mkvlevari i. boJanovi (1974) SeniSnavs, didaqtogenuri nevrozis ganviTarebis 3 aspeqti ganixileba - swavleba nevrozul ad moqmedebs: 1. moswavleze; 2. pedagogze; 3. saswavlo-aRmzrdelobiT procesSi warmoqmnil moswavle–maswavleblis komunikaciaze (Карвасарский 1990:45).

Tu kargad Cavukvirdebi T, samive rgoli Zlieradaa urTierTdakavSirebuli da erTmaneTze damokidebuli. didaqtogenuri nevrozis ganviTarebis simZime TiToeulis dazianebis xarisxiT ganisazRvreba, romelsac uSualod arajansaRi saswavlo-saaRmzrdelo procesi iwvevs.

literaturuli wyaroebis analizze dayrdnobiT, **skolaSi** moswavleze moqmedi **fsiqotramvuli faqtorebi** davaj gufeT maswavleblidan gamomdinare, moswavleze damokidebul da maswavlebel-moswavlis komunikaciiT ganpirobebul faqtorebad.

maswavleblidan gamomdinare fsiqotramvuli faqtorebis warmoSoba damokidebulia:

➢ pedagogTa avtonomiurobis dabal xarisxze;

➢ maswavlebelTa xasiaTsa da fsiqologiur TaviseburebebZe, romlebsac gansazRvravs: 1. pedagogTa fsiqologiuri ganaTlebis dabali done; 2. pedagogTa zogadi ganaTlebis dabali done; 3. saswavlo procesis marTvis meTodikaSi pedagogTa naklebkompetenturoba; 4. fsiqikuri janmrTelobis Seryeva pedagogebSi; 5. socialuri problemebis arseboba maswavleblebSi.

maswavleblis xasiaTs da ganwyobas gansazRvravs misi materialur-ekonomiuri mdgomareoba, janmrTelobis mdgomareoba, samuSao pirobebi, komunikaciebi ojaxSi, samsaxurSi da sazogadoebaSi. yovelives miuxedavad maswavlebelma aucilebli a SeZlos emociebis damorCileba, guneba-ganwyobis marTva, sakuTari Tavis garedan kritikuli TvaliT daTvaliereba, Jestebis, mimikebis, xmis tembris gamudmebuli kontroli da regulacia. umniSvnelo daZabuli toni an Jestikulacia mtkivneulad aRiqmeba mozardTa mier da uaryofiTad moqmedebs maT fsiqikaze. maswavleblidan gamomdinare fsiqotramvuli faqtorebia: **1. SfoTianoba da daZabuloba swavlebisas** (roca maswavlebels ar Seswevs unari moerios sakuTar uaryofiT emociebs. gakveTilis msvlelobisas mis mier

gamovlenili i Sinagani daZabul oba mwvaved aRiqmeba moswavleTa mier); **2. klasis marTvis avtoritaruli stili** (roca maswavlebeli erTpirovnul ad marTavs gakveTils, yvela saswavlo komponents Tavad gansazRvravs; moswavle mxolod morCili bavSvis rolSia, romelsac mkacrad ukontroleben qcevas); **3. swavlebaSi individualuri midgomis dabali xarisxi** (roca sxvadasxva tipisa da SesaZleblobebis bavSvebs erTnairi moTxovnebi aqvs wayenebuli); **4. swavlebis meTodologiebisa da teqnologiebis Seusabamoba moswavleTa asakobriv da funqciur SesaZleblobebTan; 5. swavlebaSi TiToeuli moswavlis CarTulobis dabali xarisxi** (maswavleblis umniSvnelovanesi funqciaa uzrunvelyos sagakveTilo procesSi TiToeuli moswavlis CarTuloba da klasSi Seqmnas moswavleTa SemoqmedebiTi unar-Cvevebis ganviTarebis xel Semwyobi garemo. aseT garemoSi TiToeuli aRsazrdeli Tavs komfortul ad grZnobs da pasuxismgeblobis grZnobac metad uyalibdebaT); **6. „rTul bavSvebTan" muSaobis naklebi gamocdilebis gamo, pedagogTa arakompetenturi da arakoreqtuli qmedeba** („rTuli bavSvebis" aRzrda metad mniSvnelovania mTeli sazogadoebisaTvis. moiTxovs gansakuTrebul taqts pedagogisagan. pedagogis mier „rTuli bavSvis" mimarT gamoxatuli naklebi siyvaruli, an sxva bavSvebisagan gamorCeva-gariyva, garda imisa, rom iwvevs moswavleSi ukureaqcias – auaresebs agresias, Tavxedobas, amavdroul ad, masSi kidev ufro Rrmavdeba fsiqikuri gauwonasworebloba. aseTi moswavlis mier saswavlo garemoSi Seqmnili fsiqologiuri atmosfero uaryofiTad aRiqmeba sxva moswavleebis mier da didaqtogenuri nevrozebisadmi ganwyoba Zlierdeba yvela maTganSi); **7. maswavleblsa da mSobels Soris civi an daZabuli komunikacia** (roca urTierTobebi ar aris agebuli TanamSromlobaze); **8. moswavleebSi didaqtogenuri nevrozebis ganviTarebis erT-erTi mizezi SeuTanxmeblobaa skolasa da ojaxs Soris bavSvis niWierebis SefasebaSi.** xazgasmiT unda ganvacxadoT, rom xangrZlivi dakvirvebis safuZvelze mivediT im daskvnamde, rom bavSvis inteleqtualur SesaZleblobebs yvelaze sustad icnobs mSobeli. is, misTvis damaxasiaTebeli biologiuri mdgomareobiT, egoisturi damokidebulebiT darwmunebulia, rom misi Svili uaRresad niWieri da farTo SesaZleblobebis

matarebelia. am Sexedulebas mSobeli yovel dRe STaagonebs Svils, xolo saqme saqmeze rom midgeba, roca swavlaSi maqsimalurad unda gamovlindes Svilis inteleqtualuri SesaZleblobebi, Sedegebi arc Tu iSviaTad sakmaod dabali maCveneblebiT gamoixateba. es qmnis winaaRmdegobas, rasac moswavlis mwiri cxovrebiseuli gamocdilebis gamo, moswavlis mxriv usamarTlobis gancdiT eZleva araadekvaturi Sefaseba. moswavle Tvlis, rom mis mimarT irRveva samarTlianoba. es ki ormxrivi basri maxvilia, romelic Tu droulad ar mowesrigda, did zians moutans jer bavSvs, Semdeg sazogadoebas. am winaaRmdegobis moxsna SesaZlebelia skolasa da ojaxs Soris mWidro TanamSromlobiT. mSobelma unda icodes, rom Svilis niWierebis gamovlenis mTavari asparezi aris saswavlo procesi, rasac warmarTavs pedagogi da igia mowme moswavlis SesaZleblobebis maqsimaluri gamolenisa. xolo pedagogi unda uwevdes angariSs mSoblis biologiur Taviseburebebs da dadebiTze damyarebuli pedagogiuri principis dacviT, yovel mxriv uwyobdes xels moswavleSi inteleqtualuri SesaZleblobebis waxalisebas. **9. gamokiTxvis, Sefasebis da gamocdebis Catarebis stili da xasiaTi** (roca isini moswavleebSi iwvevs Relvasa da SfoTs).

swavlisadmi uaryofiTi emociebis Tavidan acilebis saSualebebi moikvlia da daskvnebis saxiT Camoayaliba mkvlevarma **nana makaraZem** monografiaSi „stresi da swavla umcros saskolo asakSi". avtori aRniSnavs, rom saswavlo procesisadmi uaryofiT emociebs warmoSobs sakontrolo samuSaoebi. am emociebis Semcireba SesaZlebelia, Tu: **1.** moswavleebs sakontrolo samuSaoebisas winaswar CautardebaT saubari, romlis mizani iqneba sakontrolo samuSao gauTanabrdes klasSi Catarebuli damoukidebeli samuSaos dones; **2.** sakontrolo samuSao masala iqneba gacilebiT ioli, vidre sxva davalebebi; **3.** moixsneba drois deficiti; **4.** klasSi Seiqmneba mSvidi atmosfero, moswavleebi maswavleblisagan igrZnoben Tanadgomas, daxmarebas; **5.** mkacrad iqneba daculi bavSvTa individualuri SesaZleblobebi, ris safuZvel zec bavSvebs sakontrolo samuSao miewodebaT 3 variantad - maRali qulisaTvis, saSualo qulisaTvis, dabali qulisaTvis da bavSvebi sakuTari SesaZleblobebidan gamomdinare Tavad SearCeven tests; **6.**

sakontrol o samuSaos Semdgom bavSvebs CautardebaT moswavl isaTvis
sasiamovno sxva gakveTil i (makaraZe 2009:140-143).

arcTu iSviaT SemTxvevaSi **moswavl eebi** arian didaqtogenuri
nevrozebisadmi winaswar ganwyobil ni. didaqtogenuri nevrozebis
ganviTarebis xel Semwyobad al eqsandre zaxarovs miaCnia moswavl is
pirovnul i Taviseburebebi: emociuri l abil oba, STambeWdaoba, foriaqi,
sakuTari „me"-s gaZl ierebul i SegrZneba, impresiul oba, daucvel oba
(Захаров 1988). a. l . gaismani nevrozul i pirebis damaxasiaTebl ad Tvl is
gaZl ierebul ambiciurobas, egocentrizms, gaZl ierebul TviTSegrnebas,
dabal i xarisxis TviTkontrol s (Матвеев … 1987). andrei sel ecki
aRniSnavs, rom nevrozebisadmi winaswarganwyobl ni arian umaRl esi
nervul i moqmedebis susti gauwonaswo rebel i tipebi, foriaqa, eWviani,
Tavdauj erebel i adamianebi, dabal i TviTSefasebiT (Селецкий… 1981). n. s.
sazonova ki miiCnevs, rom nevrozebisadmi winaswarganwyobil ni arian
Zl ieri gauwonaswo rebel i tipebi, sakuTari SesaZl obebSi zedmetad
daj erebul ebi (aseTi adamianebi sakuTar Tavze iReben iseT daval ebebs,
romel Ta Sesrul ebis potencial i nakl ebad gaaCniaT) (Сазонова 1998).

aRniSnul i pirovnul i Taviseburebebis ganviTareba didadaa
damokidebul i moswavl eTa memkvidreobiT gadmocemul qcevis tipze,
magram am Tvisebebis sabol oo formirebas biZgs aZl evs araswori
aRzrda. metad mniSvnel ovania skol asa da ojaxSi moswavl eTa
SezRudvebisa da Tavisufl ebis xarisxis gansazRvra. zedmeti SezRudvebi
da Tavisufl ebis dabal i xarisxi emociebis Cagubebas iwvevs organizmSi.
es bavSvSi aviTarebs emociur l abil obas, foriaqs, daucvel obas. xol o
Tavisufl ebis maRal i da Warbi xarisxi iwvevs moswavl eSi sakuTari „me"-
s gaZl ierebul SegrZnebas.

maswavl ebel i-moswavl is komunikaciisas fsiqotramvul ad aRiqmeba
maswavl ebel sa da moswavl es Soris urTierToba, roca irRveva
TanamSroml obis, urTierTpativiscemisa da tol erantobis atmosfero
kl asSi.

didaqtogenur nevrozebs xSirad win uswrebs **didaqtogenia** (berZ.
Didaktikos - swavl eba, genes — dabadeba). mas mokl e saganmanaTl ebl o
didaqtikur l eqsikonSi ase ganmartaven: „moswavl is negatiuri fsiqikuri

mdgomareoba, romelic gamowveulia maswavleblis mxridan pedagogiuri taqtis darRveviT (yuradRebis aqcenti defeqtze)" (basilaZe ... 2009:40). igi gamoixateba frustraciaSi, SiSebSi, ganwyobilebis daqveiTebaSi da a. S., uaryofiTad moqmedebs moswavleebis qmedebaze, arTulebs pirovnebaTa Soris damokidebulebebs. fsiqologiur leqsikonSi **didaqtogenia** ganmartebulia, rogorc aRmzrdelis (pedagogis, treneris, xelmZRvanelis da a. S.) mier pedagogiuri taqtis darRveviT gamowveuli negatiuri fsiqikuri mdgomareoba moswavlisa (daTrgunuli, danaRvlianebuli ganwyobileba, SiSi, frustracia da sxva), romelic uaryofiTad aRibeWdeba mis qmedebasa da pirovnul damokidebulebebze (Психологический... http://psychology.net.ru/dictionaries/psy.html?word=256).

mkvlevarTa jgufs miaCnia, rom didaqtogenia istoriuli movlenaa, avtoritaruli pedagogikis gadmonaSTia, gulqva da usulgulo damokidebulebaa bavSvebTan (Подласый 2002:298).

didaqtogenia jer kidev ar aris nevrozi, magram igi sakmaod advilad SeiZleba gadavides tipur nevrozSi, romelsac sakmaod xangrZlivi mkurnaloba esaWiroeba. moswavlis sajaro SeniSvnebi, dacinva aqveiTebs maswavleblis avtoritets da moswavlis TvalSi igi usamarTlo, arakeTil mosurne pedagogad iqceva, moswavle kargavs fsiqologiuri daculobis SegrZnebas, rac aucilebelia misi emociuri wonaeworobisaT-vis (Педагогический... http://enc-dic.com/pedagogics/Didaktogenija-504.html).

moswavleebSi nevrozul ganwyobas aZlierebs saswavlo gegmebisa da sagnobrivi programebis xSiri cvla, pedagogebi ver aswreben garkveuli erTi saswavlo gegmisa da sagnobrivi programebis mimarT adaptacias da igi axliT icvleba, romelic SesaZloa ufro daxvewili aris, magram moswavleTa mier Znelad Sesaguebelia (mag.: 2004 wels ganaTlebisa da mecnierebis saministros mier skolebSi saeqsperimentod daiSva saeqsperimento sagnobrivi programebi „sapilote" klasebisaTvis: mkveTradiyo Semcirebuli fizikis, qimiis, istoriisa da geografiis saswavlo kursebi. rogorc Cans eqsperimentma ver gaamarTla da sagnobrivi programebi Seicvala axliT, romelic iTvaliswinebda yvela zemoaRniSnuli sagnebis Zireuli codnas. moswavleebi aRniSnul sagnebSi codnis mwvave deficitis winaSe aRmoCndnen, ramac stresul situaciaSi

aRmoaCina saeqsperimento klasebis moswavleTa didi nawili, gansakuTrebiT mas Semdeg, rac aRniSnul sagnebSi saatestato gamocdebi dainiSna. yovel ivem mozardebSi mkveTrad gazarda nevrozuli foni).

gansakuTrebuli mniSvneloba eniWeba swavlisadmi moswavlis uaryofiT damokidebulebasac, romelic Tavis mxriv moswavlis akademiur moswrebaze zemoqmedebs. profesori nodar baramiZe miiCnevs, rom: „swavlaSi CamorCenilobis erT-erTi ZiriTadi mizezi swavlisadmi (skolisadmi) uaryofiTi damokidebulebaa" (baramiZe 1999:55).

didaqtogenuri nevrozebis ganviTarebis xel Semwyobi faqtorebs Soris aucilebelia dasaxeldes arajansaR garemoSi arahigienurad dagegmili saswavlo-saaRmzrdelo procesi (aq mniSvnelovania dRis, kviris, wlis datvirTvebi, ardadegebis xangrZlivoba, saskolo da saojaxo reJimi, gakveTilebis Tanmimdevroba da raodenoba asakis mixedviT da a. S. anu yvela is faqtorebi, romlebic daRla-gadaRlas aviTarebs moswavleSi, zrdis didaqtogenuri nevrozis aRmocenebis saSiSroebas.)

2.3. didaqtogenuri nevrozebis subieqturi da obieqturi niSnebi

didaqtogenuri nevrozebi bavSvis nervul-fsiqikuri aSlilobaa, romelic arRvevs bavSvis Camoyalibebis process. mimdinareobs fasꬶuli obaTa gadafaseba, icvleba mozardTa interesebis sfero, sustdeba TviTSefaseba, icvleba moswavlis damokidebuleba swavlisadmi, irRveva subieqturi da obieqturi statusi skolaSi da ojaxSi. skolis pedagogma skolis eqimis daxmarebiT unda SeiZinos codna am daavadebebis Sesaxeb.

sayuradRebod migvaCnia **o. a. bogdanovas** kvlevebi, romelic didaqtogenias ganixilavs rogorc fsiqikur travmas da aRniSnavs, rom e. w. „dazaralebul" moswavles axasiaTebs: 1. araadekvaturi TviTSefaseba; 2. TanatolebTan kontaqtis sirTuleebi; 3. konfliqturoba ufrosebTan da TanatolebTan urTierTobebisas; 4. swavlis interesebis dakargva; 5. TviTSTagoneba (Внушаемость); 6. sxvaze damorCileba (konformulobis ganviTareba); 7. dogmaturi azrovneba (ar viTardeba SemoqmedebiTi azrovneba); 8. agresiuli qmedeba (SesaZlebelia deviaciuri qceva da suicidis mcdeloba). mkvlevari samarTlianad miuTiTebs, rom yovelives

Sedegad, bavSvs uqveiTdeba TviTreal izaciis unari, romlis Sedegic SesaZlebelia samgvari iyos: **1. Tavis TavSi Caketva**; **2. daavadebisaken gadaxra**; **3. danaSaulebriv jgufebSi gawevrianeba** (Богданова 2010: http://school620rostok.ucoz.ru/publ/stati/didaktogenija_i_neobkhodimost_ee_profilaktiki/3-1-0-9).

saskolo nevrozebiT daavadebuli bavSvebi umizezod avlenen agresias, kargaven skolaSi siarulis xaliss, gakveTilze daswrebis, gakveTilSi CarTulobis survils. arian aforiaqebul mdgomareobaSi, megobrebisagan da maswavleblebisagan mudmivad usiamovno damokidebulebebsa da Sefasebebs moelian.

didaqtogenuri nevrozis damaxasiaTebeli niSnebia: **somato-vegetaciuri**, **emociuri labiloba**, **inteleqtualuri procesebis Seferxeba**, **yuradRebis Seneleba**, **Zilis darRveva**, **nevrozuli SiSebi** (sibnelis SiSi, film is personaJebis SiSi, martoobis SiSi, da a. S.).

internet-resursebis monacemebiT, konkretuli faqtorebis zemoqmedeba konkretul fsiqikur cvlilebebs iwvevs mozardebSi. mag.: maswavleblis widauxedavma da gaufrTxilebelma moqmedebam SeiZleba **sociofobiamde** miiyvanos aRsazrdeli, rasac axlavs **Seuferebel dros emociur-vegetaciuri reaqciebi: gawiTleba, oflianoba, xelebis kankali, metyvelebis gaZneleba** da sxva.

gardatexis asakSi, roca mozardebi did yuradRebas aqceven TavianT garegnobas, didaqtogeniiis Sedegad SeiZleba ganviTardes **dismorfofobia** (**SiSi arasasiamovno fizikuri naklis, defeqtis gamo, romelic SeiZleba dacinvis sagani gaxdes**). sajaro SeniSvnebs mohyveba **arasrul fasovnebis kompleqsi**.

didaqtogenuri nevrozebis ganviTarebis erT-erTi umniSvnelovanesi xelSemwyobi aris **arahigienur garemoSi saswavlo-saaRmzrdelo procesis higienuri moTxovnebis Seusabamo marTva. saswavlo-saaRmzrdelo procesis higienuri moTxovnebis daucvelobiT gamowveuli datvirTva-gadaZabva iwvevs mZime gancdebs, romelsac axlavs gamoxatuli somato-vegetaciuri gadaxrebi.**

kvlevebiT dasturdeba, rom didaqtogenuri nevroziT daavadebuli

mozardebisaTvis damaxasiaTebelia **arabunebrivi qaraqterologiuri da paTologiuri qaraqterologiuri reaqciebi**. (Ковалёв 1979; Личко 1985)

arabunebrivqaraqterologiuri reaqcia jer kidev ar aris daavadeba, igi daavadebis wina stadiaa. arabunebrivi qceva Cveulebriv grZeldeba ramdenime kviras, Tves, irRveva adaptacia, Cndeba calkeuli nevrozuli simptomebi. **arabunebrivi qaraqterologiuri reaqciebia**: 1. **afeqtur reaqcias** axlavs Semdegi qmedebebi - saxlidan gaqceva da xetiali, adreuli gataceba alkoholiT, nervuli sistemebis sxva damrTgunveli saSualebebis moxmareba, suicidaluri (TviTmkvlelobis) mcdelobebi, gardamavali seqsualuri deviacia; 2. **uaryofis reaqcia** - perspeqtivis dakargva, sasowarkveTileba, pasiuroba.

paTologiur qaraqterologiur reaqciebs miekuTvneba: agresiuli (eqstrapunituri) reaqcia — bavSvi agresias axorcielebs gare samyaros mimarT. **autoagresiuli (intrapunituri) reaqcia** - bavSvi vnebs sakuTar Tavs, aqvs suicidis (TviTmkvlelobis) mcdeloba; **impunituri afeqturi reaqcia** - gaqceva situaciidan, raTa dausjeli darCes, saxlidan wasvla, da a. S.; **demonstraciuli reaqcia** - wamlebis demonstraciuli miReba, venebis gadaWra, sakuTari daavadebiT spekulireba, sakuTar TavSi arasaSiSi daavadebebis gamowveva; **hob-reaqciebi, protestis reaqcia, orpozicia** - uari Wamaze, **amorCeviTi an totaluri mutizmi** — dumili, da a. S.; **imitaciis reaqciebi** - mavne CvevebSi garemomcvelebze ayola, mibaZva; **kompensaciis reaqcia** - xelmocarulobis SemTxvevaSi fantaziur samyaroSi cxovreba; **hiperkompensacia** — uxeSoba, gamomwvevi saqcieli mxdal, mSiSara bavSvebSi (Хохлов ... http://www.megabestref.ru/11/dok.php?id=0123).

2.4. didaqtogenuri nevrozebis prevencia

mas Semdeg, rac, ase Tu ise, skolis eqimTan konsultaciis Semdeg cnobili gaxda didaqtogenuri daavadebebis sakmaod farTo speqtri da pedagogebisaTvis cnobilia maTi gamovlenis formebi, axla, logikuria, vifiqroT am daavadebebis Tavidan acilebis pedagogiuri saSualebebis Sesaxeb.

rogorc aRiniSna, didaqtogenur nevrozs xSirad win uZRvis

didaqtogenia. misi Tavidan acilebis saSualebaa moswavleebTan urTierTobisas pedagogis maqsimalurad taqtiani qmedeba da aRzrdisas moswavleTa pirovnebis, asakobrivi da individualur-fsiqologiuri Taviseburebebis gonieri gaTvaliswineba.

saskolo cxovrebaze mraval wliani dakvirvebis safuZvelze, Cveni Sexedulebit, didaqtogenuri daavadebebis Tavidan acilebis erT-erT optimalur saSualebas **kargad swavleba** warmoadgens. es termini mecnierebaSi pirvelad akademikosma giorgi jiblaZem Semoitana, roca moswavleTa esTetikuri aRzrdis pedagogiur saSualebebze I aparakobda. mogvianebiT kargad swavlebis meToduri daxasiaTeba daamuSava profesorma iuri bibileiSvilma naSromSi „swavlebis funqciebi" da miuTiTa, rom Tanamedrove skolaSi swavleba mravalnairi sistemiT mimdinareobs. TiToeuli gonieri maswavlebeli dReniadag eZebs kargad swavlebis mowyobis gzebsa da saSualebebs, magram ZiriTadad mainc ori variantis saxiT SeiZleba swavlebis procesis axlandeli mdgomareobis daxasiaTeba:

    1. swavleba informaciis doneze;

    2. swavleba Ziebis doneze.

profesor iuri bibileiSvilis Sexedulebit swavleba informaciis doneze „SezRudulia Sinaarsis gadmocemiT. maswavlebeli Tavs ar iwuxebs problemis dasmiT da misi amoxsniT. Sesabamisad, moswavle gulgrilia mis mimarT da daswavla meqanikur xasiaTs atarebs. daiswavlis Sinaarss, daiswavlis wesebs, magram ver grZnobs misi codnis aucileblobas, mis mniSvnelobas axlandeli da momavali cxovrebisaTvis. bunebrivia, codnis Sefasebis dros, maswavlebeli, romel sac saazrovnod araferi dauvalebia moswavlisaTvis, moswavlis codnas mxolod mexsierebis doneze afasebs" (bibileiSvili 2008:191).

aqedan iRebs saTaves stresebic. moswavlis mTeli yuradReba gadatanilia damaxsovrebaze, radgan maswavlebeli mxolod im codnas afasebs, rac moswavles axsovs. mexsiereba ki, zog moswavles Zlieri aqvs, zogs - susti. susti mexsierebis mqone moswavleebi, bunebrivia, ufro Zlieri stresis qveS aRmoCndebian.

rodis grZnobs moswavle mxned da xalisianad Tavs? ra Tqma unda,

roca kargad aswavlian. aswavlian kargad, roca Sesaswavli masala Ziebis doneze aris mowodebuli da aRqmuli moswavlis mier. sagnis maswavlebeli aRweris nacvlad moswavleebs sTavazobs movlenaTa Soris mizezSedegobrivi kavSirebiT axsnas, rac moswavlis cxovel azrovnebas iwvevs. amitom saskolo praqtikaSi erTmaneTisagan ganasxvaveben **swavlebas informaciis doneze** da **swavlebas Ziebis doneze**. roca swavleba **informaciis** doneze, anu movlenaTa aRweriT mimdinareobs, moswavlis daintereseba dabalia, xolo daswavlis dros imaxsovrebs mxolod faqtebs, TariRebs, wesebs da gulgrilad inaxavs mexsierebaSi. Sesabamisad, saSinao davalebis Semowmeba-Sefasebis doneze maswavlebeli kmayofildeba mxolod imiT, rac axsovs moswavles, magram SeiZleba ar esmodes misi Sinagani azri. magaliTad, Zneli ar aris damaxsovreba imisa, rom sxivi usasruloa. daimaxsovrebs moswavle am wess, etyvis maswavlebels meore dRes da maswavlebeli mas codnad CauTvlis. sinamdvileSi es ar aris codna, Tu moswavlem ver upasuxa kiTxvaze, „ratom aris sxivi usasrulo?" samwuxarod, universitetSi Semosuli bevri studenti pirvel da meore kursebzec ki ver axerxebs sruli pasuxis gacemas am kiTxvaze. magram maswavlebeli, romelic swavlebas Ziebis doneze warmarTavs, aucileblad miiyvans Tavis moswavles iqamde, rom sxivis usasruloba gamowveulia samyaros usasrulobiT. maS, ratom aris sxivi usasrulo? sxivi usasruloa imitom, rom samyaroa usasrulo.

sruliad jansaR pirobebs uqmnis moswavleTa ganviTarebas kargad swavleba, romelic profesor iuri bibileiSvilis gamokvleviT, Ziebis doneze swavlebaSi gamoixateba. Ziebis doneze swavlebis dros maswavlebeli SemoqmedebiTad udgeba moswavlisaTvis damaxasiaTebeli jansaRi cnobismoyvareobis unaris aqtiurobas da nebismier Temis swavlebisas problemuri situacias warmoqmnis. moswavles yovelTvis itacebs problemis arsSi garkveva, Sesabamisad, daswavlis etapze gancdiT swavlobs programul masalas, anu icis, ras swavlobs da risTvis swavlobs. amasTan dakavSirebiT, sagulisxmo STabeWdilebebi gauziara mweralma nodar dumbaZem saqarTvelos maswavlebelTa V yrilobis delegatebs. misi Sexedulebit, maswavlebelma ise unda gadasces codna, rom moswavlem Tqvas: ,,es rom ar mcodnoda, ra fasi

eqneboda Cems sicocxl es" (dumbaZe 1984:171). bunebrivia aseTi swavl ebisa da daswavl is Semdeg moswavl is codnas maswavl ebel i aucil ebl ad **azrovnebis doneze** Seafasebs. ,,azrovnebis doneze miRebul i Sefaseba, – wers profesori iuri bibil eiSvil i, - garda imisa, rom moswavl is intel eqtual uri samyaros ganviTarebas uwyobs xel s, amasTan sakuTari Zal ebisadmi rwmenasac ganamtkicebs masSi" (bibil eiSvil i 2008:192). xol o **sakuTar Zal ebSi darwmunebul i moswavl e yovel Tvis xal isiani, yovel Tvis imediania, mas arasdros daeufl eba SiSisa da arasrul fasovnebis gancda.**

bavSvis rogorc nervul i sistemis, ise emociurisa da sisxl is mimoqcevis optimal uri moqmedeba mTl ianad aris dakavSirebul i kargad swavl ebasTan, romel ic gamoricxavs stresebs, SiSs, gaubedaobas, arasrul fasovnebis kompl eqsis gancdas. mecnierul i pedagogikis fuZemdebel i ian amos komenski swored amas moiTxovda skol isagan: ,,skol ebSi unda iyos nakl ebi xmauroba, moduneba, unayofo Sroma, samagierod, meti Tavisufal i dro, sixarul i da mtkice warmateba" (komenski 1949:2).

didaqtogenuri daavadebebis Tavidan acil ebis nacad pedagogiur saSual ebas warmoadgens aRzrdaSi **dadebiTze dayrdnobis principi**; moswavl eSi yovel Tvis unda veZebdeT misi bunebisTvis damaxasiaTebel saukeTeso Tvisebebs, unarebs, niWs da vendobodeT mas. moswavl e, romel ic darwmunebul ia imaSi, rom aRmzrdel i da maswavl ebel i masSi xedaven garkveul Rirsebebs, afaseben da endobian mas, bunebrivia, saswavl o-aRmzrdel obiTi procesisadmi aseTi moswavl e dadebiTi emociebiT aris ganwyobil i da exsneba yovel gvari SiSi da arasrul fasovnebis SegrZneba. saj aro SeniSvnebi xSirad aramdgradi fsiqikis mozardebSi iwvevs fsiqikur cvl il ebebs, zogj er gadaxrebsac, aviTarebs arasrul fasovnebis kompl eqss. (baramiZe 1999:62)

aseve dadebiT Sedegebs iZl eva moswavl is ganviTarebisaTvis **,,TanamSroml obis pedagogikaze"** damyarebul i saswavl o-saaRmzrdel o procesi. misTvis damaxasiaTebel i moTxovnebia – ,,swavl eba iZul ebis gareSe," ,,Tavisufal i arCevanis idea."

,,TanamSroml obis pedagogikis" ideebiT SeiaraRebul i maswavl ebel i

moswavl es TanamSroml ad miiCnevs missave aRzrdaSi, xel mZRvanel obs ra
principiT – „swavl eba iZul ebis gareSe." maswavl ebel i moswavl eSi pativs
scems mis SesaZl ebl obebs. „TanamSroml obis pedagogikaSi" ase dgas
sakiTxi: „Tu bavSvs Secdoma mosdis, ese igi, raRacaSi maswavl ebel i
cdeba - man Sesabamisi xerxi unda ipovos. ar kmara is, rom maswavl ebel ma
icodes Tavisi sagani. man **bavSvuri aracodnac unda icodes** da pativi
sces mas – gaigos misi WeSmariti mizezi da aRmofxvras ise, rom
Zal ismier xerxebs ar mimarTos. zarmaci bavSvebi bevrad nakl ebia, vidre
gvgonia; bavSvebi zarmacebi xdebian, rodesac maT winaSe daismis amocana,
roml is gadawyvetac maT ar Zal uZT. bavSvuri sizarmace, umravl es
SemTxvevaSi, maswavl ebl is pedagogiuri agresiisagan Tavdacvaa" (Cqvania…
1988:13).

didaqtogenuri daavadebebi ar warmoiSoba mxol od skol aSi. es
daavadebebi warmoiqmneba yvel gan, sadac mozardis aRzrda da ganviTareba
mimdinareobs. igul isxmeba, rom skol asTan erTad aq mxedvel obaSi unda
gvqondes sazogadoeba da oj axi.

oj axSi bavSvTa aRzrda special uri dargia pedagogikisa. am
sakiTxebze uamravi naSromia gamoqveynebul i. magram Cveni Sexedul ebiT,
kidev ufro unda gamaxvil des yuradReba bavSvis mimarT oj axis wevrTa
erTiani momTxovnel obis principebis dasamuSavebl ad. mama ar unda iyos
oj axSi SiSis wyaro, daSinebis iaraRi. oj axi unda iyos ara dasjis,
aramed aRzrdis kera. es sakiTxi kargad aris gaSuqebul i anton
makarenkos naSromSi „mSobel Ta avtoriteti" (makarenko 1950).

didaqtogenuri daavadebebis erT-erTi mTavari wyaro, Cveni
dakvirvebiT, aris e. w. **„akrZal vis pedagogika".** igi ZiriTadad oj axSi
batonobs da aRzrdaSi mSobl is umweobas gamoxatavs. aRzrdaze
arasrul i (ufro zustad araswori!) warmodgenis mqone mSobel i bavSvTan
urTierTobis mTavar instrumentad „akrZal vis meTodebs" miiCnevs. roca
bavSvi raime survil s gamoxatavs, mSobel i, romel sac am survil is
dakmayofil ebis SesaZl ebl oba ar aqvs, nacvl ad imisa, rom bavSvisaTvis
cxadi gaxados misi survil ebis Sesrul ebis SeuZl ebl oba, martivad
ukrZal avs mas xmis amoRebas. bavSvebs xSirad ukrZal aven TamaSsac ki,
romel ic araviTar riskTan ar aris dakavSirebul i, magram ukrZal aven

mxolod imis SiSiT, rom an waiqceva, an ofli gamouva. piriqiT bavSvma unda iTamaSos. TamaSis procesSi oflic gamouva, waiqceva kidec da SeiZleba muxlebic dausisxliandes, magram amis gareSe ar aris bavSvis TamaSi da igi araviTar safrTxes ar uqmnis bavSvis sicocxles da fizikur ganviTarebas.

„akrZalvis pedagogika" ar xsnis problemas, piriqiT, SeiZleba boRma daugrovos bavSvs da waaqezos farulad miaRwios imas, rasac windauxedavad ukrZalavs mSobeli. uares SemTxvevaSi, ki „akrZalvis pedagogikas" SeuZlia gamousworebeli daRi daasvas bavSvis fsiqikur ganviTarebas.

bavSvis aRzrda-ganviTarebaSi gansakuTrebuli roli unda mieniWos **qristianul pedagogikas**. mecnierul siaxled unda CaiTvalos saqarTvelos kaTolikos-patriarqis, uwmindesisa da unetaresis ilia II SemoTavazeba aRzrdis tradiciul garemoSi „skola, ojaxi, sazogadoeba" erT-erT garemod eklesiis dasaxeleba. eklesiur cxovrebaSi locvac aRzrdaa, aRsarebac aRzrdis saSualebaa, axal gazrdobis aRzrdas emsaxureba saeklesio dResaswaulebSi monawileoba. amieridan aRzrdis garemos oTx elementze unda vilaparakoT: „skola, ojaxi, eklesia, sazogadoeba". „marTlmadidebluri qristianuli wesiT bavSvis aRzrdas mniSvnelovani roli eniWeba aRzrdis problemis gadawyvetaSi, radgan bavSvs ara mxolod mSoblebi zrdian, aramed masze mniSvnelovan zegavlenas axdens garemo pirobebic," – wers profesori imeri basilaZe (basilaZe 2010:140). am Tval sazrisiT, karg samsaxurs uwevs ojaxsa da skolas: ilia II-is Segonebebi, romelic Seadgines profesorebma iuri bibileiSvilma da nani gugunavam (bibileiSvili… 2012) da „zneobrivi RvTismsaxureba", romelic Seadgina da gamosca profesorma ciala megrelaZem (megrelaZe 1982).

am krebulSi zneobrivi RvTismetyvelebis 21 gakveTilis Temaa mocemuli da yvela maTgani dakavSirebulia bavSvis pirovnebis CamoyalibebasTan. maT Soris me-19 gakveTili „Seiwynare[T] nergi sityvisa" karg samsaxurs uwevs rogorc skolis maswavlebels, ise ojaxSi mSobels. am gakveTilSi naTqvamia: „adamianebs araferi aqvT sityvaze metad patiosani da gasafrTxilebeli. sityva eniT gamouTqmuli gonebis

msaxuria, rac adamians surs, sityvac imasve gamoxatavs xol me. gonieri sityva sasargebloa sulisaTvis, carieli usagno sityva aris warmonaSobi amaod damaSvrali adamianebisa da araviTar sargblobas ar moitans. " ,,yoveli xe Tavisi nayofiT icnoba, imitom, rom arc ekalze krefen leRvs da arc narisagan moiTvlian yurZens. keTil kacs Tavisi gulis saunjidan gamoaqvs keTili sityva, borot kacs Tavisi gulis boroti salarodan amoaqvs boroti, radgan gulis siavisagan metyvelebs misi bage" (megrel aZe 1982:28).

erT-erTi umniSvnelovanesi gza didaqtogenuri daavadebebis Semcirebisa aris **pedagogis mier sakuTari Tavis aRzrda da emociebis marTva.** profesori iuri bibileiSvili sruliad marTebul ad aRniSnavs maswavleblis mier sakuTari Tavis aRzrdis Sedegebs: „kargad aRzrda (TviTaRzrda) aris saimedo Zala, romelic adamianTa Soris urTierTobaSi advilad agvarebs mosalodnel garTulebebs" (bibileiSvili 2011:19). pedagogi garedan unda akontrolebdes sakuTar emocias. mudmivad unda amowmebdes sakuTar Tavs, grZnobebs, qcevebs. gakveTilis msvlelobisas uxilavi simebi ibmeba moswavlesa da maswavlebels Soris, maswavleblis emocia da xasiaTi am simebis gavliT Seuferxeblad gadaecema aRsazrdelebis grZnobaTa sistemas da Sesabamis cvlilebebs iwvevs maTSi. Cvens mier gamokvleul bavSvTagan TiToeuli zustad grZnobda maswavlebelTa guneba-ganwyobas da maTgan sakmaod did nawils masTan SesabamisobaSi ecvleboda xasiaTi da swavlebis Sedegic sxvaiyo.

pedagogi valdebulia swavlebis **meTodebi da teqnologiebi Seusabamos moswavleTa asakobriv da funqciur SesaZleblobebs da swavlebaSi TiToeuli moswavlis CarTulobis xarisxi aamaRlos.**

erT-erTi umniSvnelovanesi prevenciuli saSualeba didaqtogenuri nevrozebisa aris **maswavleblebsa da mSoblebs Soris jansaRi, TanamSromlobiTi urTierTobebi.** pedagogikaSi am Temas yvela Teoretikosi exeba da aRniSnavs, rom skolasa da ojaxs Soris mWidro kavSiri unda arsebobdes, skola am mSoblebs Soris unda gaavrcelos pedagogiuri ganaTleba. mSobelTa pedagogizacia skolis muSaobis erT-erTi mTavari mimarTulebaa. skolis maswavlebeli kargad unda icnobdes

Tavisi moswavleebis ojaxur garemos, rogor aqvT bavSvebs samecadino kuTxe mowyobili, aqvT Tu ara mecadineobisaTvis xel sayreli pirobebi.

magram es, umetes SemTxvevaSi, mxolod „undas pedagogikis“ farglebs ver cdeba. yvela maswavlebeli amas ver akeTebs, an ar icis rogor gaakeTos. piriqiT, bevri maswavlebeli fiqrobs, rom man sruli simarTle unda uTxras moswavlis mSobels da am simarTleSi igi bavSvis ancobas, udisciplinobas, ucodinrobas gulisxmobs. mecnierul ad ki dadgenilia, rom Tu skola unda iyos ojaxis mokavSire da, Tavis mxriv, ojaxs Tu surs iyos skolis mokavSire, yvela mimarTulebis kavSiris veqtori gadis maswavlebeli-moswavle-mSoblis urTierTobaze. maswavlebelma mSobels Svili ar unda gaulanZRos, yovel Sexvedraze mSobels misi Svilis mxolod uaryofiT Tvisebebze ar unda elaparakos. am SemTxvevaSi miviRebT uaryofiT Sedegs. mSobeli SeiZulebs skolas da maswavlebels. amis gamo maswavleblis mxriv aseT pozicias Cven **pedagogiur wuns** vuwodebT. yalbia yvelaferi, rac ukuSedegs iZleva aRzrdaSi. maswavlebeli, pirvel rigSi, optimisti unda iyos. SeiZleba mSobelma SesCivlos sando da avtoritetul maswavlebels, rom misi Svili ojaxSi saWiro dros ar uTmobs saSinao davalebebis Sesrulebas, ar kiTxulobs klasgareSe literaturas, dros xSirad umiznod da uSedegod xarjavs. optimistma maswavlebelma mSobeli unda daaimedos misi TanadgomiT da gaaZlieros moswavlesTan aRmzrdelobiTi muSaoba. aseT maswavlebels cnobili qarTveli mwerali otia ioseliani **„deda-maswavlebels“** uwodebs: „deda-maswavlebelma“ icis bavSvis Zlieri da susti mxareebi,Aicis ratom igvianebs gakveTilze da ratom ver asrulebs saSinao davalebebs. magram arian **„dedinacvali-maswavleblebi“**, romlebic mkacrad moiTxoven, rom moswavle ar agvianebdes gakveTilze, miT umetes ar acdendes gakveTilebs da igi valdebulia yovel dRe asrulebdes saSinao davalebebs (ioseliani t. I:289-290). „dedinacvali-maswavlebis“ arc erTi es moTxovna usafuZvlo da ukanono ar aris, magram ar aris pedagogiuri. igi ar iTvaliswinebs moswavleTa individualur Taviseburebebs da ar cdilobs daicvas pedagogiuri moTxovna - **bavSvis pirovnebaSi dadebiTze dayrdnobis principi**. piriqiT, cnobilia, rom aRmzrdelobiTi procesi warmatebiT xorcieldeba, Tu aRmzrdeli dadebiTze dayrdnobiT

cdilobs pirovnebis aRzrdas. arada, ar arsebobs bavSvi, raoden zarmaci, daudegari da Tavneba iyos, masSi erTi kargi Tviseba ver aRmoaCinos profesionalma aRmzrdelma. aseTi aRmzrdelis gavlena moswavlis pirovnebis Camoyalibebaze ganuzomelia. q. baTumis erT-erT skolaSi moswavlem gabmuli wera-kiTxva ar icoda. bavSvs codnisadmi siyvaruli ver Caunerges dawyebiT klasebSi, cxadia, arc saSualo skolis V klasSi apirebda es ymawvili swavlisaTvis Tavis Sewuxebas. erT dRes maswavlebels dasWirda saubari „kai biWis" Sesaxeb da xazgasmiT aRniSna, rom kargia biWi, romelsac ar eSinia da romelsac raimes gakeTeba SeuZlia, (cekvavs, mReris, ukravs, fexburTs TamaSobs, kargi tanmovarjiSea da a. S.). es wera-kiTxvis ucodinari biWi wamodga da uTxra maswavlebels: me vcekvavo. profesori iuri bibileiSvili, romelic am moswavles aswavlida baTumis yofili #6 saSualo skolis V klasSi, igonebs: „mec Sevaqe da vuTxari: Zalian vafaseb niWier mocekvaveebs-meTqi. erTi kviris Semdeg erT Zlier wvimian dRes ojaxSi mestumra es ymawvili da miTxra: dRes televizorSi gamovdivar da mnaxeT, rogor vcekvavo. bavSvi Zalian dasvelebuli iyo, Semoviyvane saxlSi, gamovucval eT tansacmeli da davel odeT aWaris televiziiT ansambl „gazafxulis" koncerts. saRamos 6 saaTze daiwyo gadacema. vnaxe da momewona. moswavlec CemTan erTad xarobda. meore dRes es moswavle da misi mSobeli erTad mividnen skolaSi. ainteresebdaT, uSualod maswavleblisagan moesminaT kmayofilebisa da mowonebis sityvebi. amiT visargeble mec da ise, rom sityva „ucodinari" ar gamomiyenebia, movilaparakeT, rom da da deda yovel dRe avarjiSebdnen wera-kiTxvaSi. aseTi muSaobis Sedegad, IX klasSi es ymawvili erT-erT muyaiT moswavled Camoyalibda."

maswavleblisa da moswavlis mSoblebs Soris **TanamSromlobiT** urTierTobas sakmaod myari safuZveli aqvs. es gaxlavT **ojaxsa da skolas Soris arsebiTi ganmasxvavebeli niSnebis dadgena da muSaobis ageba am gansxvavebuli niSnebis gaTvaliswinebiT**. ojaxis mTavari sazrunavia bavSvis fizikuri gazrda da aRzrda, ufro fizikuri gazrda. am cnebaSi igulisxmeba kveba, Cacma-daxurva, saWiroebis SemTxvevaSi mkurnaloba. ojaxis mSoblebis saqmianobaSi aRzrdis es mxare imdenad

did dros moiTxovs, rom mSobels kidevac rom SeeZlos SvilTan pedagogiuri saubrebisa da RonisZiebebis Catareba, mas amisTvis 24 saaTian dRe-Ramis ciklSi, yvel aze ukeTes SemTxvevaSi, sociologebis gamokvleviT, 10-12 wuTi Tu rCebaT. magram es maSinac uqmad ikargeba, Tu mSobels pedagogiuri ganaTleba ara aqvs da mxolod aRzrdis xalxuri tradiciebiT kmayofildeba. aRzrdis xalxuri tradiciebi ki emyareba **Cvenebas** da **mibaZvas**. mSoblebma da ojaxis sxva wevrebma Tu undaT kargi aRzrda miaRebinon Svilebs, kargi saojaxo da piradi urTierTobebis magaliTebi unda **uCvenon**. mozardebi maTi **mibaZviT** iZenen warmodgenas adamianebs Soris kargi urTierTobebis Sesaxeb.

SvilebTan aRmzrdelobiTi muSaobis warmarTvaSi mSoblTa umravlesobis umweobis Sesaxeb ian amos komenskic miuTiTebda: „cotaa iseTi mSoblebi, romlebsac SeuZliaT TavianT bavSvebs raime sikeTe Seaswavlon an imitom, rom TviTonac araferi amis msgavsi ar uswavliaT, an imitom, rom garTuli arian sxva saqmeebiT da amaze ar zrunaven" (komenski 1949:22). sxva adgilas isev exeba am sakiTxs komenski da aRniSnavs: mSoblebi iSviaTad arian dauflebuli bavSvis aRzrdis xelovnebas, an iSviaTad aqvT mocaleoba (komenski 1949:72).

skolisagan gansxvavebuli Sinagani ganwyobiT cxovrobs ojaxSi bavSvi. ojaxSi is yvel asaTvis **mTavari zrunvis sagania** da Sesabamisad, bavSvic ojaxis wevrebisagan mxolod mzrunvelobas, moferebas da mosiyvarulebas moelis. skolaSi mosuli ki – piriqiT, maswavleblisagan rCeva-darigebas, swavlebas moelis da naklebad mofereba-mosiyvarulebas. aqedan gamomdinare, aRzrdis efeqti, miuxedavad imisa, rom bavSvi ojaxTan Sedarebis skolaSi drois mcire monakveTs atarebs, mainc metia skolaSi. amrigad, ojaxis ZiriTadi funqcia aris **gazrda**, xolo skolis ZiriTadi funqcia aris **aRzrda**. ra Tqma unda, ojaxSic garkveuli dro eTmoba aRzrdas da Sesabamisad, skolac ar aris CamoSorebuli bavSvis gazrdas, radgan fizikuri kulturisa da sportis gakveTilebi bavSvis swored fizikur gazrdas uwyobs xels. ojaxisa da skolis funqcia-misiebs Soris gansxvavebas ufro detalurad warmogidgenT cxrilSi:

ojaxisa da skolis funqcia-misiebis cxrili

ojaxi	skola
ojaxis yvela wevrs pedagogiuri ganaTleba ara aqvs.	skolaSi profesionali pedagogebi muSaoben.
ojaxi bavSvis fizikuri gazrdis, janmrTelobis dacvis, kvebis keraa.	skolaSi swavlebac aRzrdaa. yvela saswavlo sagani aRzrdasac aZlevs moswavles.
ojaxSi bavSvi ojaxis wevrebis zrunvis sagnad miiCnevs Tavs. rCevadarigebebis mosmenis ganwyobileba naklebad aqvs.	skolaSi mosuli bavSvi Sinaganad aris ganwyobili, rom mas aswavlon da rCevadarigeba miscen. moswavle im pedagogs afasebs, vinc mets aswavlis da ukeTes rCevebs aZlevs.
ojaxSi bavSvi Tavisuflebis samyaroSi grZnobs Tavs.	skolaSi mosuli bavSvi mowesrigebulia da saval debulo wesebs emorCileba.
ojaxSi bavSvi praqtikul magaliTebze dakvirvebiTa da ojaxis wevrebis cocxal qcevebze mibaZviT iZens codnas.	skolaSi movlenebs Soris mizez-Sedegobrivi kavSirebis Seswavland iZens codnas bavSvi.
ojaxSi SeZenili codna empiriul xasiaTs atarebs.	skolaSi mecnierul codnas iZens bavSvi da yalibdeba ganaTlebul pirovnebad.

skolasa da ojaxs Soris kidev meti gansxvavebis CamoTvla SeiZleba, magram axla xazgasmiT unda vilaparakoT skolasa da ojaxs Soris mWidro TanamSromlobaze. am Tval sazrisiT, pirvel adgilze dgas bavSvis fizikuri ganviTarebis, fizikuri wrTobis da janmrTelobis dacvis mimarT erTiani midgomis principi.

mecnierebaSi didi xania aRiarebulia, rom kargi ganwyobileba da Rimili Tu saskolo da saojaxo cxovrebis gabatonebuli wesia, moswavlis inteleqtualuri unarebis ganviTarebisaTvis xel sayreli garemo warmoiqmneba. inteleqtualuri unarebis ganviTareba da higienuri moTxovnebis Sesabamisi gonebrivi Sroma, Tavis mxriv, gansazRvravs organizmSi mimdinare fiziologiur procesebs. konstantine uSinski naSromSi „Sromis fsiqikuri da aRmzrdelobiTi mniSvneloba" wers: „mtkiceba ar sWirdeba imas, rom fizikuri Sroma aucilebelia adamianis sxeulSi fizikuri Zalebis, janmrTelobisa da fizikuri Tvisebebis ganviTarebisa da SenarCunebisaTvis. magram is, rom gonebrivi Sroma aucilebelia adamianis ZalTa ganiTarebisa da misi sxeulis saRi da

normaluri mdgomareobisa – yvela as ara aqvs naTlad Segnebuli... magram
uamravi magaliTiT SeiZleba davamtkicoT is, rom sulier Zal Ta
umoqmedoba fizikuri Sromis pirobebSic ki cud gavlenas axdens
adamianis sxeul ze.... adamianis fizikuri organizmi mowyobilia ara marto
fizikuri, aramed sulieri cxovrebisaTvisac. yovel gvari gonebrivi
Sroma... keTil nayofierad moqmedebs sisxlis mimoqcevasa da saWmlis
monel ebaze imiT, rom moZraobaSi mohyavs nervuli sistema... gonebrivi
SromiT nervuli sistemis Zlieri ganviTareba araCveulebriv sicocxlis
unarianobas aZlevs adamianis sxeuls... adamianebi, romlebic gonebriv
Sromas arian SeCveulni, aranakleb da zogjer ukeTesadac itanen
klimaturi pirobebis gamocvlas, cud haers, saWmlis naklebobas da
umoZraobas, vidre is adamianebi, romel Tac Zlier ganviTarebuli aqvT
kunTebi, magram romel Ta nervuli sistema sustad da duned moqmedebs"
(uSinski 1974:173). gonebrivi Sroma fiziologiur procesebs sworad
aviTarebs, Tu misi ganxorcieleba dadebiT emociebs warmoSobs bavSvSi.

moswavleebSi kargi ganwyoba da Rimili izrdeba, roca kargad
aswavlian. Tumca maswavleblis mier sakuTari misiis srulad Sesruleba
ar amoiwureba kargad swavlebiT skolaSi. maswavleblis muSaoba
mSobelTan miznad isaxavs skolasTan ojaxis organuli kavSiris
gantkicebas, rac isev moswavlis axali codnis gamdidrebaSi gamoixteba.
skolis kval dakval ojaxic unda cdilobdes moswavlis muSaoba saSinao
davalebebis Sesasrulebl ad iyos saqmiani, gaazrebuli, praqtikaSi
codnis gamoyenebis unar-Cvevebis ganmtkiceba xdebodes. es sakiTxic
aqtualurad JRerda klasikur pedagogikaSi da mas **sxvisTvis swavleba
hqvia.** ian amos komenski wers: „roca moswavles mudam eqneba saSualeba
Seasrulos, ase vTqvaT, maswavleblis movaleoba, is igrZnobs erTgvar
mxneobas da swavlis xaliss da gamoumuSavdeba gambedaoba, rom
sazogadoebis winaSe gatacebiT ilaparakos yovel gvar mniSvnelovan
sakiTxebze, xolo es gansakuTrebiT sasargeblo iqneba cxovrebaSi"
(komenski 1949:187).

klasikuri pedagogikis wiaRidan momdinare es idea, samwuxarod,
jerjerobiT, farTod ver dainerga ojaxebSi, pirvel rigSi, imis gamo,
rom mSobelTa pedagogizacia, rasac skolis maswavleblebi atareben,

umetesad formalur xasiaTs atarebs. maswavlebel Ta urTierToba moswavleTa mSobl ebTan swored imitom dgas dRis wesrigSi, rom amaRldes moswavleTa akademiuri moswrebis done. ramdenjerac unda Sexvdes skolis maswavlebeli mSobels, gaukritikos Svili da mSoblisagan moiTxovos yuradRebis gaZliereba, problema - moswavlis akademiuri moswrebis done - mainc ucvleli darCeba, pirvel rigSi imitom, rom **yvela sagans yvela mSobeli ver aswavlis Svils**. meore, yvela mSobels ar gaaCnia codnisis maragi, Tundac erT saganSi Tanamedrove pirobebSi zedmiwevniT aswavlos Svils ojaxSi. mesame, kidec rom icodes mSobelma is sagani, romelSic moswavles CamorCenilobis gamo sayvedurs eubneba maswavlebeli, mSobels ojaxSi ara aqvs imdeni Tavisufali dro, daujdes Svils da ara mxolod auxsnas, aramed daaswavlos kidec. Cven vicnobT erT ojaxs, romlis diasaxlisma samsaxurs Tavi daaneba, Tavisi Svilis CamorCenilobisaTvis rom eSvela. es „Svela" ki gamoixateboda imaSi, rom skolidan dabrunebul Svils asadilebda, Semdeg cotas daasvenebda da erTad Seudgebodnen „muSaobas". deda aiRebda xelSi saxel mZRvanelos da sanam sityva-sityviT mocemul Sinaars ar gaizuTxavda misi Svili, manam orive kiTxul obda sagakveTilo masalas. Sedegad ki miviReTis, rom Svili faqtiurad gamoyeyeCda, SeZenil (ufro sworad, damaxsovrebul) codnas cxovrebaSi ver iyenebda, pirad cxovrebaSi, TanatolebTan iqneboda es Tu ufrosebTan, verc erT literaturul saxes an mecnierul debulebas veraferSi iyenebda. ian amos komenskis rekomendacia ki SedarebiT advil meTods gvTavazobs, da amave dros ufro Sedegians. magram yvel aferi damokidebulia **TviT moswavlis aqtiurobaze**: „Tu moswavle bevrs SeekiTxeba, SekiTxuls daimaxsovrebs, damaxsovrebuls sxvas aswavlis, es sami sakmarisia imisaTvis, rom man ajobos maswavlebels. **SekiTxva** imas niSnavs, rom raime ucnobi sakiTxis gasarkvevad rCevisaTvis mimarTo maswavlebels, amxanags an wigns. **SeTviseba** niSnavs imas, rom mexsierebas gadasceis, rac gamoican da gaige, xolo mis gansamtkiceblad igi rveulSi Caitano (radgan cota iseTi bednieri niWis patroni, rom SeeZlos yvel aferSi mexsierebas daendos); **swavleba** (sxvisTvis – avt.) kidev niSnavs imas, rom yvel aferi, rac SegiTvisebia, mouyve amxanags an

sxva vinmes, romelsac surs mogisminos… vinc sxvas aswavlis, amiT
TviTonac swavlobs, ara mxolod imitom, rom ganmeorebis saSualebiT
amtkicebs Tavis codnas, aramed imitomac, rom saSualeba eZleva ufro
Rrmad Cawvdes sagnebs. amitom uniWieresi ioaqime forci TavisTavze
ambobs, rom mas erT TveSi aviwydeboda is, rac odesme mousmenia an
waukiTxavs, xolo is, rac sxvisTvis uswavlebia, mas ise kargad axsovs,
rogorc Tavisi xuTi TiTi da ara mgonia, rom sikvdilis garda rames
SeeZlos waarTvas mas es codna. amitom is urCevs, rom im moswavlem,
romelsac surs meti warmateba hqondes mecadineobaSi, gamonaxos
TavisTvis moswavleebi, romel Tac yovel dRiurad aswavlis imas, rac
TviTon iswavla; ase unda moiqces igi, Tugind saWiro gaxdes, rom man
maT fuli gadauxados" (komenski 1949:185).

axla Tu am rCevas da rekomendacias SemoqmedebiTad miudgeba
maswavlebeli, mSobels moamzadebs imisaTvis, rom mousminos Svils,
romelic mas „auxsnis axal gakveTils"; es ki asea SesaZlebeli:
nasadilevs, dasvenebis Semdeg, Svili iswavlis masalas, romelic xval
unda Caabaros maswavlebels da dRes dedas, mamas an ojaxis romelime
sxva wevrs, romelsac evaleba izrunos bavSvis akademiuri moswrebis
donis amaRlebisaTvis, auxsnis. imis mixedviT, Tu rogor auxsnis is am
masalas Tavis ojaxis wevrs, unda Sefasdes misi momzadeba xval indeli
SemowmebisaTvis. es mosmena, bunebrivia, ar unda iyos pasiuri, msmenel ma
Segnebul ad unda dausvas gzadagza kiTxvebi cal keul debul ebebSi kidev
ufro garkvevisaTvis. darwmunebuli varT, aseTi „saojaxo swavlis"
Sedegi iqneba myari, mtkice da Segnebuli. warmatebis SemTxvevaSi
moswavle ganicdis siamovnebas, rac mis saqmianobas gakveTilze
gaaTavisuflebs iseTi Sromisagan, romelsac Tan axlavs uimedoba,
gulgatexiloba, sakuTari arasrulfasovnebis kompleqsis gancda.

amasTan dakavSirebiT, friad saintereso da sagulisxmo cnobas
vkiTxul obT profesor nodar baramiZis naSromSi „fsiqologiuri codna
maswavleblis samsaxurSi". misi cnobiT fsiqologma a.lipkinam Caatara
eqsperimenti sust moswavleebSi swavlisadmi dadebiTi damokidebulebis
Camoyalibebisa Tvis. eqsperimenti Caatara dawyebiTi klasebis iseT
moswavleebze, romlebic Zalian moisustebdnen swavlaSi da verafriT ver

aRwevdnen Tavs amas: „**fsiqol ogma-maswavlebelma aseTi moswavleebi Caayena maswavleblis mdgomareobaSi**, saxeldobr, TiToeul maTgans miamagra erTi an ramdenime susti moswavle da **daavala maT maswavlebloba** am moswavleebis mimarT. aman Zalian male gamoiRo dadebiTi Sedegi: **susti** moswavleebi, e. i. maswavleblebi amoqmeddnen, daiwyes mecadineoba da sabolood gamoswordnen. ra moxda? **maswavleblis poziciaSi Cayenebam**, maswavleblis momxibvleli „rolis" Sesrulebam, arsebiTad Secvala susti moswavlis damokidebuleba sakuTari Tavisadmi. Secvala misi socialuri adgili cklasSi da, rac mTavaria, **gaizarda am moswavlis saerTo pasuxismgebloba**" (baramiZe 1999:62).

amrigad, **kargad swavlebas rogorc skolaSi, aseve ojaxSi,** Cven ganvixilavT, rogorc moswavlis janmrTelobis gaumjobesebis realur faqtors. moswavlis gonebrivi Sromis warmateba aris erT-erTi **wyaroc** moswavlis nervuli sistemis sworad funqcionirebisaTvis da igi, amave dros, aris **Sedegic** imave nervuli sistemis sworad funqcionirebisa, Sesabamisad, didaqtogenuri nevrozebis prevenciuli saSualebaa.

maswavleblisa da moswavlis mSobels Soris normaluri urTierTobis damyarebis mTavari motivia maswavleblis **erudicia.** erudicia saerTod yovelTvis karg rols TamaSobs adamianebs Soris kargi urTierTobis dasamyareblad. magram gadamwyveti mniSvneloba eniWeba mas moswavlis mSobelTan urTierTobaSi. maswavlebelma ara mxolod codniT, aramed ganaTlebis ZaliT, erudiciiT unda daarwmunos mSobeli Tavisi rekomendaciebis WeSmaritebaSi. Amas medicinaSic farTod iyeneben da mas logoTerapias, anu sityviT mkurnalobas uwodeben, magram gana yvela mkurnal-eqims SeuZlia gamoiyenos Tavis praqtikaSi logoTerapia. logoTerapias mxolod maRali erudiciis mqone eqimebi mimarTeven da avadmyofebsac sjeraT maTi.

maswavlebels kidev ufro metad sWirdeba farTo erudicia, radgan, eqimebisagan gansxvavebiT, mas medikamenturi mkurnalobis saSualeba ara aqvs, maswavlebelma mxolod sityviT unda gadawyvitos mTavari amocanebi. maswavleblis erudicias warmoqmnis, pirvel rigSi, sakuTari profesiisadmi damokidebuleba.

didi pasuxismgeblobiT unda ekidebodes maswavlebeli mSoblebTan

Sexvedras. misi pedagogiuri rCeva-rekomendaciebi, gansakuTrebiT, bavSvis fizikuri ganviTarebisa da janmrTelobis dacvis sakiTxebze, aucilebelia iyos sarwmuno. skolis eqimTan mWidro TanamSromlobiT pedagogi guldasmiT unda ecnobodes skolis higienis Sinaarss, unda icnobdes moswavleTa janmrTelobis dacvis sakiTxebs, unda flobdes moswavleTa janmrTelobis xelSemyob kompetenciebs. icodes ojaxSi saswavlo-saaRmzrdelo garemos (fizikuri da fsiqikuri Tval sazrisiT) higienuri normebi da maTi Sesrulebis aucilebloba. skolaSi cdilobdes daamyaros sanimuSo higienuri wesrigi, rac gulisxmobs saklaso oTaxebSi higienuri wesebis dacvas, haeris normalur gaTbobas da ventilacias, inventarizacias, skolaSi sportuli moednebis keTilmowyobas, sportuli TamaSebisa da Sejibrebebis regularulad Catarebas, saswavlo-saaRmzrdelo procesis higienuri moTxovnebis Sesabamisad Catarebas (gulisxmeba gakveTilebis raodenoba, Tanmimdevroba, Sesvenebebisa da ardadegebis organizeba, saskolo da saSinao davalebebis normireba, klasgareSe da skolisgareSe muSaobis sworad organizeba, saswavlo programebis SemuSaveba, moTxovnilebisamebr saswavlo resursebis uzrunvelyofa, TiToeuli sagakveTilo procesisadmi higienuri moTxovnebis Sesruleba). amasTan, saWiroa ojaxic axorcielebdes mkacr zedamxedvelobas bavSvis dRis reJimis dacvasa da ojaxSi saswavlo-saaRmzrdelo proceze. aqve aucilebad gasaTvaliswinebelia, rom informireba da ganaTleba mSoblebisa, Tuki amis saWiroeba arsebobs, unda moaxdinos pedagogma. amitom **skolis eqimis** muSaoba pedagogebTan gansakuTrebul mniSvnelobas iZens. skolis eqimi saTiTaod ver Sexvdeba skolis 1000 moswavlis mSobels, magram klasis xelmZRvaneli advilad Sexvdeba Tavisi klasis 10-20 moswavlis mSobels da mSoblTa pedagogizaciis problemaman unda gadawyvitos. roca es erToblivi moTxovnebi skolisa da ojaxisa bavSvis fizikuri ganviTarebis mimarT pedagogiurad gamarTlebul safuZvelze aris damyarebuli, maSin warmatebul Sedegs unda velodoT bavSvTa janmrTelobis ganmtkicebaSi.

maswavleblisa da moswavlis mSoblis urTierToba cocxali saqmea. igi sistematurad unda ixvewebodes da mdidrdebodes SinaarsiT.

maswavlebel Tan Sexvedras unda natrobdes mSobeli. aseT pedagogs SeuZlia gaRizianebisa da nevrozuli situaciebisagan daicvas aRsazrdelebic.

dakvirvebebisa da kvlevebis analizma migviyvana im daskvnamde, rom moswavleebSi **didaqtogenuri nevrozebis da zogadad janmrTelobis dacvis prevenciuli saSualebebia:**

1. **materialuri mdgomareobis mowesrigeba ojaxSi;**

2. **fsiqologiuri komfortis Seqna ojaxSi;**

3. **fsiqologiuri garemos gajansaReba skolaSi, rac gulisxmobs maswavlebelsa da moswavles, moswavleebs Soris da maswavlebelsa da mSobels Soris komunikaciebis mowesrigebas;**

4. **saganmanaTleblo procesis jansaRi organizacia (saswavlo programebis, saxelmZRvaneloebis, gakveTilis Catarebis meTodikis swori SerCeva, ganaTlebis pirobebis: gakveTilis cxrili, klasgareSe samuSaos, saswavlo garemos mowesrigeba higienuri moTxovnebis Sesabamisad);**

5. **samuSao garemoSi (rogorc skolis, aseve ojaxis) srul fasovani mikroklimatis uzrunvelyofa (haeris fizikuri da qimiuri maCveneblebis Tval sazrisiT);**

6. **higienuri moTxovnebis Sesabamisi interieri da aveji, swori jdomis Cvevis Camoyalibeba;**

7. **moswavleTa fizikuri, fsiqikuri da inteleqtualuri janmrTelobis SenarCuneba da gakaJeba, jansaRi cxovrebis kulturis aRzrda, regularuli kveba, srul fasovani Zili, janmrTelobis dacvis Sesaxeb ganaTlebis sistemis Seqmna.**

jansaRi wesiT cxovrebis unar-Cvevebis Camoyalibeba bavSvobidan momdinareobs. kanadeli mecnieri albert bandura, swavlobda ra socialur-kognitur urTierTobebs, srul iad samarTlianad aRniSnavda, rom adamianis qcevas gansazRvravs magaliTi, anu adamianebi akvirdebian ras Svrebian sxvebi da Semdeg imeoreben mas. (Rolla ... http://www.neurolinguistic.com/proxima/articoli/art-14.htm) aqedan gamomdinare, bavSvebSi jansaRi cxovrebis unar-Cvevebis formirebisaTvis didi mniSvneloba eniWeba im adamianTa qcevas, vis garemocvaSic imyofeba aR-

sazrdeli.

skola araris is dawesebuleba, sadac bavSvi mxolod ganaTlebas iZens. skola samyaroa, sadac bavSvi Tavisi cxovrebis mniSvnelovan nawils atarebs da sadac yalibdeba igi srulfasovan pirovnebad. amitomac Tanamedrove skolis saganmanaTleblo garemo umniSvnelo negatiur faqtorsac ki ar unda Seicavdes, raTa ganaxorcielos qveynisTvis umniSvnelovanesi amocana: aRzardos harmoniulad ganviTarebuli, jansaRi momavali Taoba. Zalze saWiroa **skolis saqmianobaSi** moswavleTa gonebriv ganviTarebasTan erTad **prioritetad** iqces:

1. **moswavleTa janmrTelobaze sistematuri dakvirveba;**

2. **moswavleTa daavadebianobis profil aqtika;**

3. **moswavleTa somaturi, fizikuri, fsiqikuri da zneobrivi janmrTelobis SenarCuneba da ganviTareba;**

4. **jansaRi cxovrebis wesis Sesaxeb ganaTlebis sistemis Seqmna;**

5. **saskolo garemos higienuri normebisa da moTxovnebis Sesabamisi mowyoba da sistematuri organizacia;**

6. **arajansaRi komunikaciebis mizezTa kvleva da dauyovnebeli regulacia.**

samwuxarod, Tanamedrove skolebSi mniSvnelovnadaa Senelebuli am mimarTulebiT muSaoba. yvela zemoaRniSnuli procesis marTva skolis pedagogiuri personalisTvis dauZlevel sirTules warmoadgens. am rTuli situaciidan karg gamosavlad migvaCnia Cvens mier SemoTavazebuli axali tipis **„skolis eqimis"** momzadeba jansaRi Taobis aRzrdisaTvis. axali tipis **„skolis eqimis"** saqmianobaSi prioritetuli iqneba ara marto moswavleTa samedicino daxmareba, aramed igi Caereva da daexmareba moswavleebs manam, sanam maTSi ganviTardeba esa Tu is paTologiebi, rac imas gulisxmobs, rom **„skolis eqimi"** skolaSi gaatarebs prevenciul RonisZiebebs, riTac daicavs aRsazrdelebs saswavlo procesTan dakavSirebuli daavadebebisa da anomaliebis warmoSobisagan.

**$3. bavSvis janmrTel obisTvis usafrTxo garemos
Seqmna skolaSi**

skolis eqimis mTavari profesiuli misia dakavSirebulia skolaSi bavSvis janmrTel obisaTvis usafrTxo garemos SeqmnasTan.

rogorc cnobilia, adamianis ganviTarebaSi sami faqtori – memkvidreoba, garemo, aRzrda da aRzrdis oTxi garemo – skola, ojaxi, eklesia, sazogadoeba – organul kavSirSia erTmaneTTan. TiToeuli maTganis daxasiaTeba samedicino-pedagogiuri TvalsazrisiT Sordeba Cveni naSromis farglebs, magram skolaSi bavSvis janmrTel obisaTvis usafrTxo garemos Seqmnis problemas gverds ver avuvliT, radgan masTanaa dakavSirebuli Cveni koncefcia axali tipis skolis eqimis momzadebis Sesaxeb.

kacobriobis ganviTareba, dasabamidan dRemde, adamianis ganviTarebisTvis brZolis istoriaa. adamians ganusazRvreli SesaZleblobebi gaaCnia, romlebsac garemosTan rTul refleqsur erTierTobebSi gamoavlens. ibadeba ra axal Sobili, ixsneba da viTardeba misi gonebrivi da fizikuri SesaZleblobebi. srul yofilebis gasaRebs igi garemoSi eZebs. Mam ZiebaSi, ganviTarebis sxvadasxva etapze myofs, mis irgvliv arsebuli garemo da adamianebi exmarebian.

,,cocxali - es iseTi sistemaa, romelic gamudmebul kavSirSia saarsebo garemosTan da mis gareSe arseboba ar SeuZlia... erTi mxriv, cocxalis gavlena aracocxal (abiotur) garemoze, rac gansakuTrebiT gaZlierda adamianis warmoSobis Semdeg, xolo, meore mxriv, TviT cocxali organizmebis urTierTgavlena (bioturi garemo) mniSvnelovnad aZlierebs da momaval Sic kidev ufro sagrZnobs gaxdis cvlilebebs saarsebo garemoSi" (diasamiZe 2008:326). aseT viTarebaSi cocxal organizms, miT umetes, adamians, didi Zal isxmeva sWirdeba imisaTvis, rom gauZlos cvlilebebs da SeinarCunos Sinagani organoTaSorisi wonaswororoba, moaxdinos garemosTan adaptacia.

udidesia skolis mniSvneloba janmrTeli da qveynis sasargeblo mamuliSvilebis AaRzrda-ganviTarebisaTvis, xolo fizikurad srul yofili moqalaqis Camoyalibebaze daxarjuli energia sazogadoebas asmagad ubrundeba ukan.

adamianebis janmrTeloba mosaxleobis keTil mdgomareobis mniSvnelovani maCvenebelia. zrunva janmrTelobisaTvis gansazRvravs ara marto adamianebis sicocxlis xangrZlivobas, aramed mis Sromisunarianobas. amitom rac maRalia mosaxleobis janmrTelobis mdgomareoba, miT maRalia SromiTi resursebis potenciali qveyanaSi.

demokratiul saxelmwifoSi demokratiuli unda iyos mozardis aRzrdis, ganaTlebisa da fizikurad ganviTarebis garemoc. dRes bevrs fiqroben da msjeloben swavlebisa da aRzrdis sistemis srulyofaze, mecnierebi da meTodistebi kamaToben: ,,ra vaswavloT? rogor vaswavloT? risTvis vaswavloT?" es marTlac mniSvnelovani kiTxvebia cxovrebisaTvis mozardebis mosamzadeblad. magram raoden paradoqsuladac ar unda mogeCvenoT, am reformebis ganxorcielebis proeqtebSi daviwyebulia TviT bavSvi. ar gvesmis kiTxvebi: ,,vis vaswavloT? rogor movamzadoT bavSvi swavlisaTvis, rogor pirobebSi unda iyvnen bavSvebi, rom warmatebiT ganxorcieldes axali codnis ara mxolod gadacema pedagogebis mxriv, aramed gadacemuli codnis aTviseba moswavleebis mxriv?" sxvaTaSoris, am problemas ilia WavWavaZem jer kidev me-19 saukunis meore naxevarSi miaqcia yuradReba da naSromSi ,,pedagogiis safuZvlebi," evropuli skolis magaliTis gaTvaliswinebiT, werda: ,,gazeTebma mogvitanes amaswinaT ambavi da Cvens ,,iveriaSic" Tavis drozed movixsennieT, rom prusiaSi dedaTa saswavleblebSi SeunisnavT daqancva gonebisa moswavleTa qal TaTvis metis-meti swavlebis gamo... Tu ara meti, eseTive qancgawyveta suliTa da xorciTa didi xania SehniSnes evropaSi moswavle vaJebsaca..." Semdeg ganagrZobs ilia WavWavaZe: ,,am ukanasknel xanebSi sapedagogio literaturaSi gaxSirda xmamaRlad RaRadeba, rom exlandelis skolis yofa-mdgomareoba evropaSi Tavs ar modis da axals mozards Taobas sCagravs, radganac cal mxrivia da cal-kerZoo. yvelani amazed Tanaxmani arian, rom exlandeli skola ufro imazea mimarTuli, rom rac SesaZloa, bevri codna aZlios moswavlesa da zne-xasiaTis wrTvna, sworeba da gamarTva-ki (fizikuri aRzrda – avt.) mTlad uyuradRebod aris datovebuli... TiToorola magaliTis garda, exlandeli ymawvili kaci janiT metad uZluria, saSinlad ZarRvmoSlili da modunebuli, TiTqo sneuliao. sakmaoa mcire ram dabrkoleba

daxvdes da maSinve uRonobisagan xelebs Camohyris...“ (WavWavaZe 1938:318).

es imdenad didmniSvnelovani problebaa, miT umetes, dRes, rom saerTaSoriso organizaciebma special urad SeimuSaves „bavSvTa eflebebis dacvis konvencia,“ sadac miTiTebulia, rom bavSvs aqvs ufleba cxovrobdes janmrTelobisTvis esafrTxo garemoSi.

mxolod jansaR garemoSi yalibdeba janmrTeli organizmi. janmrTel organizmSi yvela organo SeTanxmebulad moqmedebs, myardeba wonaSworoba organizmsa da garemos Soris. mozardi reagirebs yvela im cvlilebaze, romelic mis garSemo xdeba. igi ganicdis haeris, garemos temperaturis, ganaTebis, sakvebis, garkveuli saxis mcenareebisa da cxovelebis mudmiv zemoqmedebas, rac uSualod gavlenas axdens mozardis fizikur da gonebriv ganviTarebaze, organoTa fiziologiur funqciebze.

garemos umniSvnelo negatiuri cvlilebebi uaryofiTad aisaxeba bavSvis janmrTelobaze da igi fsiqo-somaturi (fizikuri da fsiqikuri) gadaxrebis da daavadebebis mizezi xdeba. amitom aucilebelia fizikuri da fsiqikuri garemos sistematuri organizacia da Sedegebis analizi.

adamianis srulyofili, harmoniuli ganviTarebisaTvis aucilebelia aRzrdis xuTi Semadgeneli nawilis _ gonebrivis, zneobrivis, esTetikuris, SromiTisa da fizikuris, _ Sexameba. romelime erTis uguleblyofa arRvevs aRzrdis process da aferxebs ganviTarebas.

aRzrdis procesSi fizikuri ganviTarebisa da janmrTelobis gaTvaliswineba erT-erTi aucilebelia. janmrTeloba yovel gvari Sromis safuZvelia da amitom swavla-aRzrdisas erT-erTi umTavresi sazrunavi aris swored mozardi Taobis janmrTelobis ganmtkiceba.

mozardi Taobis janmrTelobis dacva-ganmtkiceba garemos (fizikuri da fsiqikuri Tval sazrisiT) gajansaRebiTaa SesaZlebeli. dimitri pisarevi, ibrZoda ra swavlebis antihigienur pirobebaSi Catarebis sawinaaRmdegod, miuTiTebda: „keTilgonieri adamianis mTeli Zal-Rone mimarTuli unda iyos ara iqiTken, rom SeakeTos da akowiwos Tavisi organizmi, rogorc Zveli daCvretili navi, aramed iqiTken, rom moiwyos cxovrebis iseTi racionaluri pirobebi, roca organizmi, rac SeiZleba, iSviaTad iqneba Cayenebuli daZabul mdgomareobaSi da, maSasadame, rac

SeiZleba iSviaTad dasWirdeba SekeTeba" (sovetovi 1951:26-27). jansaRi garemo jansaRi ganviTarebis sawindaria.

garemos Taviseburebebi mWidro kavSirSia bavSvis asakTan, misi ganviTarebis donesTan. Tu skol amdeli asakis bavSvis social ur-fsiqikuri ganviTarebisaTvis mniSvnelovania social ur-sayofacxovrebo garemo, saskolo asakis mozardis formirebaSi mniSvnelovani adgili eTmoba skolis keTilmowyobas, moswavleTa Soris disciplinis ganmtkicebas, swavlisadmi interesis gaRviZebas, rac sabolood aucilebl ad gamovlindeba bavSvis qcevaSi. - wers profesori giorgi sturua naSromSi „saskolo higiena" (sturua 1981:9-10).

skolis keTilmowyobaSi igulisxmeba skolis garemos (rogorc fizikuri, aseve fsiqikuri Tval sazrisiT) gajansaReba da saWiroebisamebr inventarizacia. situaciuri analizi cxadyofs, rom skolaSi bavSvis janmrTelobaze moqmedi faqtorebi SeiZleba daiyos Semdeg jgufebad:

1. higienuri faqtorebi:

1. 1. ganaTeba;

1. 2. haeris garemo;

1. 3. xmauri;

1. 4. Senobis moculoba;

1. 5. dizaini, feri;

1. 6. samSenebl o masalisa da saRebavebis xarisxi;

1. 7. aveji;

1. 8. videoekranuli saSualebebi – kompiuterebi, televizorebi;

1. 9. kvebis organizacia, sakvebis xarisxi, asortimenti;

1. 10. skolaSi gamoyenebuli sasmeli wylis xarisxi;

1. 11. skolis mimdebare teritoriis ekologiuri mdgomareoba;

1. 12. santeqnikuri aRWurvilobis mdgomareoba.

2. saswavlo-organizaciuli faqtorebi:

2.1. saswavlo datvirTvis moculoba, misi Sesabamisoba moswavlis asakobriv da individualur SesaZleblobebTan;

2.2. GgakveTilebis ganrigi, saswavlo programiT gaTvaliswinebuli datvirTvebis gadanawileba saswavlo welze, semestrebze, kvirebze da dReebze;

2.3. gakveTilis Catarebis organizaciul-pedagogiuri pirobebi – gakveTilis simkvrive, saswavlo saqmianobis saxeebis monacvleoba, fizkulturis wuTebis Catareba, mxedvelobis varjiSebis Catareba da a. S.

2.4. fizikuri datvirTvis moculoba fizaRzrdis (sportis) gakveTilebze, dasvenebebze, arasaswavlo periodebSi dRis, kviris, Tvis ganmavlobaSi;

2.5. skolis wesdebis Taviseburebebi da skolis cxovrebis normebi;

2.6. skolis samedicino da fsiqologiuri momsaxureobis uzrunvelyofa;

2.7. skolis cxovrebaSi mSobelTa CarTulobis xarisxi;

2.8. moswavleTa janmrTelobis SenarCunebisa da gakaJebis sakiTxebSi xelmZRvanelTa pozicia da kompetenturobis xarisxi;

2.9. skolaSi mozardebis jansaRi cxovrebis wesisa da janmrTelobisaTvis zrunvis kulturis Camoyalibeba-ganviTarebisaTvis samuSao sistemis arseboba;

2.10. garemo sociumTan skolis integrirebis xarisxi; qalaqis, regionis an raionis administraciisa da sxva organizaciebTan skolis urTierTze-moqmedeba.

3. fsiqo-pedagogiuri faqtorebi:

3.1. pedagogiuri koleqtivis fsiqologiuri klimati;

3.2. klasSi fsiqologiuri klimati;

3.2. pedagogTa avtonomiurobis xarisxi da inovaciuri moqmedebis SesaZleblobebi;

3.3. moswavlesa da maswavlebels Soris pedagogiuri urTierTobis stili;

3.4. gamokiTxvisa da CaTvla-gamocdebis Catarebis stili, Sefasebis sistema da misi kriteriumebi;

3.5. maswavleblis mier moswavleebisadmi da gansakuTrebiT riskis bavSvebisadmi individualuri midgomis xarisxi;

3.6. e. w. „rTul bavSvebTan" urTierTobis Taviseburebebi klasSi;

3.7. swavlebisas gamoyenebuli meTodebisa da teqnologiebis Sesabamisoba moswavleTa asakobriv da funqcionalur SesaZleblobebTan;

3.8. gakveTilze moswavleTa emociis, fizikuri, da gonebrivi moqmedebis gamovlinebis Tavisuflebis xarisxi;

3.9. maswavlebelTa pirovnul-fsiqikuri Taviseburebebi, maTi xasiaTi;

3.10. maswavlebelTa mier sakuTari problemebis flobisa da fsiqoemociuri gadarTvis unari;

3.11. pedagogebSi janmrTelobis dacvis saganmanaTleblo teqnologiebis profesiuli dauflebis xarisxi;

3.12. maswavlebelTa janmrTelobis mdgomareoba, cxovrebis wesi.

saganmanaTleblo sistemis dRevandeli situaciuri analizi cxadyofs, rom zrunva bavSvTa janmrTelobis dacvasa da profil aqtikaze saTanado doneze ar dgas.UsagangaSod migvaCnia moswavleTa arahigienuri mikroklimatis pirobebSi swavleba-swavla. skolebSi ar xorcieldeba higienuri moTxovnebis Sesabamisi ventilacia (gakveTilis msvlelobisas haeris samjeradi cvla fanjris 3-jer 5 wuTiani SeRebiT; gakveTilis msvlelobisas derefnis ganiaveba 15-20 wT-is ganmavlobaSi; mTlianad saswavlo procesis dawyebisas da dasrulebisas yvela saklaso oTaxis da derefnebis sarkmlebis gaReba, raTa uzrunvel yofili iqnes ama Tu im mizeziT Seucvleladad darCenili haeris gandevna). Sesabamisad, moswavleebs uxdebaT arahigienuri haeris garemoSi xangrZlivad yofna. mizezi aRniSnul sakiTxebSi **pedagogTa da teqnikur personalTa** arakompetenturobasTan erTad zogierT skolaSi klasebis araswori ganlagebac aris (saklaso oTaxebi derefnis orive mxares aris ganlagebuli, rac ar iZleva derefnebis srulfasovani ganiavebis saSualebas). raSi vlindeba dabinZurebuli haeriT sunTqvis mavne Sedegebi? profesor sovetovis redaqciiT gamoqveynebul naSromSi „saskolo higiena" dasabuTebulia, rom dabinZurebuli haeris mavned moqmedebis mizezia masSi Sxamiani daSlis produqtebis arseboba da misi fizikuri Tvisebebis (temperatura, tenianoba) Secvla. aseTi haeriT sunTqvisas adamians ewyeba moduneba, Tavis tkivili, gulisa da sunTqvis moqmedebis Seneleba. irRveva adamianis normaluri cxovel moqmedeba, icvleba adamianis guneb-ganwyobileba, romelic adamianis organizmis Tboregulaciaze haeris fizikuri Tvisebebis (temperatura, tenianoba, moZraoba) gavleniT ganisazRvreba (sovetovi 1951:211–212). kvlevebma daadastures, rom aRniSnuli subieqturi da obieqturi cvlilebebi arasrulad ventilirebul klasebSi gamokiTxul moswavleTa (100 aRsazrdeli) maRali (85%) procentiT aRiniSneboda.

dakvirvebisas yuradReba mivaqcieT skolebis gaTbobas. imisTvis, rom mozardma komfortulad igrZnos Tavi da SeinarCunos rezistentoba, aucilebelia saswavlo dawesebulebebi Tbebodes 16-18 gradusamde. dRes skolebSi gaTbobis problema mogvarebulia. Tumca gauniaveblobis da haeris umoZraobis gamo temperatura zamTarSic ki 24-25 gradusia. dabinZurebuli, zedmetad gamTbari, umoZrao haeris garemo aqveiTebs organizmis rezistentobas, imunitets da Sromis unars.

organizmisaTvis rogorc haers, aseve didi mniSvneloba aqvs wyals. aucilebelia skolebi maragdebodes xarisxiani sasmeli wyliT, TiToeul moswavleze 50 l. onkanuri sistema bevr skolaSi mowesrigebulia mxolod sapirfareSoebSi, magram dRemde problemad rCeba saklaso oTaxebSi maTi mowyoba, raTa moswavleebma da pedagogebma SeZlon xelebis damuSaveba dafasTan muSaobis Semdgom. aseve problemad rCeba sasmeli wylis Sadrevnebis mowyoba derefnebSi. am problemis mougvareblobis gamo bavSvebi saswavlo dawesebulebebSi sargebloben erTmaneTis naxmari WurWlebiT, an iSvelieben xelebs, rac infeqciuri daavadebebis gavrcelebis saSiSroebas qmnis.

mozardis srulyofili da jansaRi ganviTarebisaTvis aucilebelia higienuri moTxovnebis Sesabamisi saskolo inventari. sayuradReboa, rom dRes skolebis umravlesobaSi ar arsebobs moswavleTa simaRlis Sesabamisi merxebi, ar aris gaTvaliswinebuli merxebis 14-15 gradusani daxrilobis aucilebloba, yovelive xels uSlis xerxemlisa da mxedvelobis normalur ganviTarebas.

fizikuri garemos sijansaRis garda, bavSvis srulyofili ganviTarebisTvis didi mniSvneloba aqvs fsiqikuri garemos gajansaRebas.

fsiqikuri moqmedeba Tavis tvinis qerqSi xorcieldeba. adamianis didi naxevarsferoebis qerqs aqvs garemos movlenebis mraval mxrivi aRqmis Tviseba, cnebebis warmoSobis, gonebaSi maTi ganmtkicebis (aRqma, mexsiereba da sxva) da rTuli fsiqikuri funqciebis (azrovnebis) unari. es procesebi ganuyreladaa dakavSirebuli nervuli sistemis yvela funqciasTan.

bavSvTa da mozardTa nervuli sistemis, pirvel rigSi, Tavis tvinis normaluri srulyofili ganviTareba friad mniSvnelovania, radgan

zrdasruli adamianis fsiqika bavSvobis, yrmobisa da Wabukobis mTel manZilze yalibdeba.

nervuli sistemis normaluri ganviTareba mniSvnelovnad aris damokidebuli garemo pirobebze. garemo unda iyos iseTi, rom ar Seicavdes bavSvTa da mozardTa nervuli sistemis metismetad gamRizianebel, damaZabunebel momentebs. skolisa da ojaxis mowyobilobam bavSvebs unda Seuqmnas mxne da xalisiani ganwyobileba. pedagogebisa da mSoblebis keTil ganwyobili da mSvidi damokidebeba bavSvebTan da mozardebTan xels uwyobs nervuli sistemis sifxizles da normalur ganviTarebas (sovetovi 1951:137).

organizmis metismetad gamRizianebeli faqtorebis - stresorebis moqmedebiT gamoiwveva reaqcia - **stresi**. igi organizmis araspecifikur faqtorTa erTobliobaa, romlis drosac viTardeba neiro-endokrinuli da metaboluri cvlilebebi. am dros organizmis yvela sistema mimarTulia rezistentobis (gamZleobis) gazrdisaken. stresoris xangrZlivad moqmedebisas ki organizmis dacvisunarianoba ifiteba, iTrguneba imunuri sistema, irRveva wonaswororoba organizmsa da garemos Soris da viTardeba daavadeba, irRveva nervuli sistemis normaluri ganviTareba, ziandeba fsiqika. jerold grinbergi Tavis kvlevebSi aRwers stres-faqtorebis moqmedebis Sedegad adamianSi ganviTarebul paTologiur procesebs da daavadebebs (Гринберг 2004:59-81).

stresorad - stresis gamomwvev araxel sayrel faqtorad - xSirad **pedegogsa da moswavleebs Soris mouwesrigebeli urTierTobebi iqceva**. gansakuTrebiT aRsaniSnavia urTierTobebis sirTule **Znel ad aRsazrdelTa** mimarT, miT umetes, Tu is swavliTac ar gamoirCeva. daZabul ma urTierTdamokidebulebam SeiZleba savalalo Sedegebamde miiyvanos aRsazrdelic da pedagogic, radgan oriveni stresoris zemoqmedebis qveS aRmoCndebian. xangrZlivma konfliqturma situaciebma SesaZlebelia aRsazrdelis darRveuli fsiqika kidev ufro daazianos, igi agresiuli gaxados pedagogisa da zogjer megobrebis mimarTac da misgan damnaSave Camoyalibdes. igi saSiSi gaxdeba sxva bavSvebisaTvis.

rTul bavSvebTan konfliqtis mowesrigebaSi **pedagogs** unda daexmaros **fsiqologi da fsiqiatri**, roml ebic sasurvelia TiToeul skolaSi

arsebobdes. bavSvebTan momuSave **fsiqol ogebi** Seiswavlian maTi gonebrivi ganviTarebis dones, aTvisebis unars, cudad swavlis mizezebs da moZebnian maTi aRmofxvris saSual ebebs. **fsiqiatrebi** ki gamoikvleven da umkurnaleben araswori qcevis tipebs da emociur problemebs. „fsiqiatrebi karga xania im daskvnamde mividnen, rom seriozuli, Zneli problemebi yovel dRiuri problemebidan warmoiqmneba. amitom isini meti yuradRebiT swavloben yovel dRiur problemebs, vinaidan droulad miRebul zomebs udidesi warmateba moaqvs umokles vadaSi,“ – wers saxel ganTqmuli amerikeli eqimi benjamin spoki (spoki 1991:419). aucilebelia eqim-fsiqiatris Careva manam, sanam bavSvis fsiqikuri mdgomareoba seriozuli gaxdeba.

srul iad gamarTlebulia benjamin spokis mosazreba imis Sesaxeb, rom Tuki skolebSi imuSaveben fsiqiatrebi, mSoblebsa da maswavleblebs SesaZlebloba miecemaT kvalificiuri daxmareba da rCeva miiRon nebismier yovel dRiur problemebze (spoki 1991:420).

dRes mxolod erTeul kerZo da sajaro skolebSi muSaoben **fsiqol ogebi**, magram **fsiqiatrebi arc erT skolaSi ara hyavT**. mozardTa suli eri gajansaReba ki xSirad scil deba maswavleblTa, mSoblTa, fsiqol ogTa Zalebs da saWiroebs swored fsiqiatriul Carevas.

Zal ze saWiroa pedagogebs hqondeT srul yofil i ganaTleba yvel a zemoaRniSnul sakiTxebSi, SeeZl oT codnis praqtikaSi gamoyeneba, radgan maswavlebel Ta saqmianobisas moTxovnebidan umniSvnel o gadaxvevac ki metad uaryofiTad isaxeba bavSvTa janrTel obaze. aucil ebl obam moitana saganmanaTl ebl o sistemis saqmianobaSi saswavl o procesis higienis Sesaxeb ganaTl ebis CarTva, saskol o higienisa da social uri medicinis Tanamedrove miRwevebis danergva, pedagogTa daxel ovneba samedicino higienasa da fsiqosomatikis safuZvl ebis dauflebaSi, rac srul fasovani moqalaqis momzadebis interesebiT aris gapirobebul i, magram isic unda iTqvas, rom saWiroa ufro seriozuli proeqtis SemuSaveba. Cveni azriT, Tanamedrove pirobebSi, roca Zal ian bevri faqtori negatiurad moqmedebs mozardis fsiqikur samyaroze, izrdeba arasrul wl ovanTa danaSaul obani, izrdeba mozardTa fsiqikuri da fizikuri gadaxrebis SemTxvevaTa raodenoba da a.S. mdgomareobis

gajansaRebis efeqtur saSualebad migvaCnia pedagogiuri profilis **skolis eqimis** momzadeba.

rogorc cnobilia, amJamad aqtiurad mimdinareobs ojaxis eqimis momzadeba, es aris adamiani, romelsac urTierToba aqvs ama Tu im ojaxis yvela wevrTan. aqamde samedicino profesiebi iyo pragmatuli, kompetenciebi - viwro da fokusirebuli, orientirebuli pacientze da ara mis ojaxze, pirveladi jandacvis funqcia praqtikulad amovardnili iyo saerTo sistemidan. ojaxis eqimis specialobis SemotaniT ki pirveladi jandacvis funqcia Tavis Tavze iRebs yvela im funqcias, rac yvela ganviTarebul qveyanaSi unda iyos.

analogiurad gvaqvs warmodgenili **pedagogiuri profilis skolis eqimis** momzadebis sakiTxi. is unda iyos eqimi, romelic samedicino ganaTlebasTan erTad Rrmad iqneba dauflebuli fsiqologiis (gansakuTrebiT, ganviTarebis fsiqologiis), fsiqiatriis, higienis da aucileblad pedagokikis mecnierul codnas. igi, pedagogiuri koleqtivTan erTad, izrunebs skolis fizikuri da fsiqikuri garemos gajansaRebisTvis, gaiTvaliswinebs ra mozardTa fsiqofizikuri ganviTarebis aqseleracias, moaxdens garemos sistematur organizacias, Sedegebis analizs, Seiswavlis asakobrivi fsiqologiis sakiTxebs, Znelad aRsazrdelTa tipebs, qcevis Taviseburebebs, gamomwvev mizezebs da gaiTvaliswinebs ra bavSvTa individualobas, droulad miiRebs zomebs.

skolis eqimi karg daxmarebas gauwevs pedagogebsa da mSoblebs mozadrebTan konfliqturi urTierTobebis mowesrigebaSi.

Tavi II

moswavl eTa fsiqofizikuri ganviTarebis Tanamedrove problemebi

$1. moswavl eTa fizikuri ganviTarebis problemebi

bavSvTa fizikuri ganviTarebis sistematuri kvleva metad saSuri saqmea, radgan kvlevis Sedegebi migvaniSnebs konkretulad romel faqtorTa zemoqmedeba aumjobesebs an auaresebs bavSvis organizmis ganviTarebas. fizikur ganviTarebaSi igulisxmeba organizmis morfologiuri da funqciuri niSnebis erToblioba da maTi urTierTdamokidebuleba. bavSvTa fizikur ganviTarebaze moqmedebs ra memkvidreobiTi faqtori, konstituciis tipi, nivTierebaTa cvla, hormonaluri da fermentuli foni, igi amave dros didadaa damokidebuli organizmis janmrTelobis mdgomareobaze, romelsac gansazRvravs gare samyaros klimaturi pirobebi, ekologiuri pirobebi, socialuri, ekonomikuri da kulturuli garemocva, sayofacxovrebo pirobebi, kveba, cxovrebis wesi da dRis reJimi.

bavSvis **fizikur ganviTarebaSi** gamoyofen **sam periods**: **1. adreuli bavSvoba**; **2. Sua da gviani bavSvoba**; **3. simwifis xana da mozardobis asaki.**

adreuli bavSvoba iwyeba 1 wlidan da grZeldeba 6 wlis CaTvliT. am asakis bavSvisaTvis damaxasiaTebelia yovel wliurad 6,4 sm-iT simaRleSi da 2,5-3 kg-iT wonaSi mateba. bavSvebs tanTan Sedarebit Tavi didi aqvT. gogonebs cximovani qsovili aqvT metad ganviTarebuli, vaJebs – kunTovani. saskolo asakisaTvis tanisa da Tavis Sefardebis proporcia swordeba.

zrdis siswrafes bavSvebSi gansazRvravs genetikuri faqtorebi da garemo, rogorc fizikuri, aseve socialuri Tval TaxedviT. adamianis simaRleSi zrdas safuZvlad udevs genetikuri midrekileba, magram zrda SeiZleba Seaferxos arasrul fasovanma kvebam, qronikulma infeqciebma (am ukanasknelTa ganviTarebas xels uwyobs arasaxarbielo klimaturi da ekologiuri pirobebi, cudi sayofacxovrebo pirobebi, mwvave daavadebis SemTxvevaSi araswori taqtikiT mkurnaloba, mSoblebis mxridan imunuri sistemis gaZlierebaze naklebi zrunva). fizikur zrdas aferxebs bavSvis

mimarT siyvarulis deficiti da stresebiT gamowveuli emociebi. organizmSi am dros mimdinareobs hormonaluri darRvevebi, hormonebi ki, rogorc cnobilia, organizmSi mimdinare yvela procesis maregulireblebi arian. medicinam gamoikvlia, rom bavSvis zrda SeiZleba Seferxdes stresul garemoSi xangrZlivad yofnis dros. amerikeli eqimi orvil grini wlebis manZilze swavlobda bavSvebis zrdis Semaferxebel mizezebs. man mkacr aRzrdasa da bavSvis zrdis Seferxebas Soris garkveuli mizez-Sedegobrivi kavSiri daadgina. SoTa kuWuxiZem Seiswavla grinis mecnieruli kvlevebi da Tavis naSromSi „kargi yrmisa aRmzrdeli" aRwers SemTxvevas, ramac am sayuradRebo daskvnamde pirvelad miiyvana cnobili eqimi: „erTxel masTan Svidi wlis biWuna miiyvanes, romelic tanadobiT oTxi wlisas hgavda. biWunas xelisgulze iarebi aCnda. Turme, bavSvs unebarTvod uWamia Sokoladis fila, risTvisac mSoblebma gazquris cecxliT daudaRes xelis gulebi. pirvelad am wylulebisTvis yuradReba ar miuqceviaT, amitom zrdis daCqarebisaTvis mkurnalma am biWunas, Cveulebriv, hormonis ineqcia gamouwera. wamali, garkveuli mizezis gamo, klinikaSi ar aRmoCnda.

gadioda dro. bavSvi saavadmyofoSi daawvines. momvlel ad saTno, gul keTili qali miuCines. aseT pirobebSi bavSvma ori weli dahyo. moxda saswauli: bavSvis organizmma yovel gvari xelovnuri Carevis gareSe daiwyo zrdis hormonebis gamomuSaveba, ris safuZvel zec bavSvi yovel dRe matulobda simaRleSi. saWiro iyo am konkretuli cxovrebiseuli SemTxvevis mecnieruli ganzogadeba, saidumloebis sxva eqsperimentebiT ganmtkiceba. am misniT eqimma grinma mTeli rigi gamokvlevebi Caatara juja aRnagobis bavSvebze da daaskvna, rom mTel rig SemTxvevebSi bavSvis zrdis paTologiuri Senelebis ZiriTadi mizezia ojaxSi gamefebuli mZime fsiqikuri atmosfero, ... " (kuWuxiZe 1984:21). eqimi grini yovel ives xsnis imiT, rom mZime fsiqikur situaciebSi bavSvis organizmi ver gamoyofs da sisxlis gziT organizms ver awodebs sakmao raodenobis zrdis hormonebs.

1-6 wlis asakSi bavSvebs uviTardebaT msxvili kunTebi. or xelze ekidebian, darbian, daxtian. asakis matebasTan erTad TiToeuli moZraobis Sesrulebisas gabeduleba ematebaT. xuTi wlis bavSvebs SeuZliaT cal

fexze xtunva, xolo eqvsi wlis asakis patarebs - swrafi sirbili. skolamdel asakSi bavSvebs aqvT Warbi energia da maTTvis Zalze saWiroa yovel dRiuri fizikuri varjiSebi.

am asakis bavSvebs wvrili kunTebi SedarebiT sustad aqvT ganviTarebuli, Sesabamisad, natifi moZraobebi SezRuduli aqvT. TumcaRa am jgufis kunTebis ganviTareba mniSvnelovani siswrafiT mimdinareobs. oTxi wlis bavSvebs SeuZliaT martivi figurebis xatva da kubikebiT sxvadasxva konstruqciebis Seqmna. xuTi wlis bavSvi danas, Cangals da kovzs kargad xmarobs, Rilebsa da fexsacmelebs sakuTari xeliT ikravs.

Sua da gviani bavSvoba iwyeba 6 wlidan da grZeldeba 11 wlamde. am periodSi rogorc wonaSi, aseve simaRleSi zrda TandaTan mimdinareobs. bavSvebi xdebian tanadebi. msxvili kunTebis moqmedeba koordinirebulia. bavSvebs aqvT mraval ferovani fizikuri moqmedebis Sesrulebis saSualeba – sirbilis, curvis, velosipedis tarebis, cigurebze srialis da sxva. SeuZliaT sakuTari sxeulis gakontroleba, erT adgilze xangrZlivad jdoma da yuradRebis mobilizeba. Tumca aRsaniSnavia isic, rom erT adgilze xangrZlivi jdomisas bavSvi ganicdis statikur zewolas, rac iwvevs daRl-agadaRlas, rogorc kunTebis mxriv (bavSvi xdeba mousvenari, iwyebs adgilze wrials), aseve gonebis mxriv (ewyeba yuradRebis gafantva, aqvs mexsierebisa da aqtiuri gonebrivi moqmedebis Seferxebebi). am asakisTvisac metad mniSvnelovania bavSvTa fizikuri aqtiuroba, gonebrivi Sromis Canacvleba fizikuri aqtiurobis wuTebiT. wvrili kunTebis ukeT ganviTarebis gamoisini xelebs ukeT imorCileben, iwyeben da TandaTan xvewen weras, ar uZneldebaT samuSao iaraRebis gamoyeneba.

simwifis xana da mozardobis periodi 11-dan 16 wlamde asaks moicavs. Tumca individualur SemTxvevebSi SeiZleba ufro adrec daiwyos, adre damTavrdes, an gvian daiwyos da gvian damTavrdes. simwifis xanaSi organizmSi mimdinareobs hormonaluri da sxeulis aRnagobis cvlilebebi. mas gansazRvravs swori kveba, janmrTeloba, genetika. simwifis xana hormonebis moWarbebiT xasiaTdeba, romlebic fizikur cvlilebebTan erTad fsiqologiur ganviTarebasac aregulirebs. magaliTad mamakacis sasqeso hormonis testosteronis siWarbe sakuTar

SesaZlebl obebSi darwmunebas aZlierebs vaJebSi, xolo gogonebSi estradiolis siWarbe gabrazebisken midrekilebas zrdis. Tavis mxriv, hormonTa raodenobas gansazRvravs mozardis cxovrebis wesi, cxovrebis xarisxi, emociuri mdgomareoba. mozardebi iwyeben wonasa da simaRleSi intensiur zrdas (janaSia 2009:5-12).

ufro dakonkretebul periodizacias gvTavazobs samedicino-biologiuri klasifikacia. igi Semdeg asakobriv periodebs gamoyofs:

1. mucladyofnis periodi (40 kvira) - kriteriumebi: zigotis ganayofiereba da formireba. ZiriTadi morfofunqciuri cvlilebebia: zigotidan organizmis formireba. ujredebis, qsovilebis, organoebisa da organoTa sistemebis swrafi zrda da diferencireba. kveba warmoebs dedis organizmidan. am periodSi gamoiyofa:

1.1. embrionaluri periodi (8kvira) – aqvs kritikuli periodebi: VII-XII dRe – implatanciis periodi; III-VI kvira – organoebis Canasaxebis warmoSoba da me-8 kvira – gulis funqcionirebis dasawyisi.

1.2. placentaruli periodi (32 kvira) - kritikuli periodebia: III Tve – placentisa da Zval-tvinovani sisxlwarmoqmnis formireba, warmoiqmneba Tavis tvinis qerqis Canasaxebi; VI Tve – yvela organoebi ZiriTadSi formirebulia da IX Tve – nayofi iWers mudmiv mdgomareobas.

2. dabadebis Semdgomi periodi (dabadebidan sikvdilamde); am periodSi gamoiyofa:

2.1. axalSobilobis (0-10 dRe) periodi – mimdinareobs filtvismieri airTa cvlis Camoyalibeba; adaptacia axal pirobebTan. Tavdapirvel ad sasunTqi sistema iwyebs funqcionirebas, irTveba Termoregulaciis meqanizmi, garemosTan kavSiri xorcieldeba upirobo refleqsebiT, TandaTan yalibdeba pirobiTi refleqsebi.

2.2. ZuZus wovis periodi (10 dRidan 1 wlamde) – kriteriumebi: jdomisa da dgomis realizacia da gamtkiceba. aRiniSneba intensiuri zrda, xerxemlis nadrekebis formireba, sarZeve kbilebis amoWra, grZnobaTa organoebis moqmedebis TandaTan ganviTardeba, yuradRebis, mexsierebis, pirobiTi refleqsebis safuZvelze azrovnebis ganviTareba; daavadebebisadmi maRali mgrZnobeloba da organizmis dabali winaaRmdegobis unari.

2.3. adreuli bavSvobis periodi (1-3 ww.) – kriteriumebi: lokomotiuri

aqtivobis – siarulis, sirbilis – daufleba, metyvelebis daufleba. organoTa sistemebi intensiurad viTardeba, moZraobebi srulyofili xdeba, srulyofili xdeba umaRlesi nervuli moqmedeba, izrdeba Sromisunarianoba, winaaRmdegobis gawevis unari garemos mavne faqtorebisadmi jer kidev sustia.

2.4. bavSvobis pirveli periodi (4-7 ww.) – kriteriumebi: Tavis tvinis qerqis intensiuri ganviTareba da maRali plastikuroba. ZiriTadi morfo-funqciuri cvlilebebia: 4-6 wlamde - zrdis tempis Seneleba, 6-7 wlidan - gaZliereba; moZraobis koordinaciis gazrda; sarZeve kbilebis ZiriTadi kbilebiT Secvlis dawyeba; swavlebisa da esTetikuri aRzrdis ganmapirobebeli analizatorebis maRali plastikuroba; metyvelebis ganviTareba da abstraqtuli azrovnebis dawyeba; swavleba TamaSiT; mimbaZveloba; yvel afrisadmi interesisa da cxovrebiseuli gamocdilebis naklebobis gamo xSiri travmebi.

25. bavSvobis meore periodi (gogonebi 8-11 ww., biWebi 8-12 ww.) – kriteriumebi: organizmis adaptacia saskolo garemosTan, abstraqtuli azrovnebis ganviTareba. sarZeve kbilebis mocla mTavrdeba, gogonebi metad intensiurad viTardebian, vidre vaJebi, saswavlo datvirTvis moqmedebiT nervuli procesebis Zala da wonasworoba izrdeba, viTardeba Sinagani metyveleba da abstraqtul-logikuri azrovneba; emociur, gonebriv da fizikur gadatvirTvas mivyavarT nevrozamde da janmrTelobis sxva saxis darRvevebamde.

2.6. mozardobis periodi (gogonebi 12-15 ww., vaJebi 13-16 ww.) – kriteriumebi: sqesobrivi momwifeba, meoradi sasqeso niSnebis gaCena, intensiuri zrda, sqesobriv momwifebasTan dakavSirebuli endokrinuli gadaxrebi da nervuli sistemis moqmedebis cvlilebebi, sasqeso jirkvlebis moqmedebis gaZliereba, vegetaciuri darRvevebi, cns-is agznebadobis momateba, qerqqveSa struqturebis aqtiurobis gaZliereba, Tavis tvinis qerqis tonusis Sesusteba, pirobiTi refleqsebis warmoSobis gauareseba, abstraqtul azrovnebasTan SedarebiT konkretuli azrovnebis metad ganviTareba, lakonuroba, metyvelebis Seneleba, sityvaTa maragis gaRaribeba; moTxovnilebasa da fiziologiur SesaZleblobebs Soris SeuTanxmebloba iwvevs gadaRlas.

2.7. axal gazrdobis periodi (gogonebi 16-20 ww., biWebi 17-21 ww.) - kriteriumebi: organizmis da misi yvela sistemis ganviTarebis dasruleba. ZiriTadi morfo-funqciuri cvlilebebia: zrdis Seneleba,

sqesobrivi momwifebis dasruleba, Tavis tvinis qerqisa da qerqqveSa nawilebis harmoniuli ganviTareba, abstraqtuli azrovnebis gaaqtiureba (Лысова… 2009:15-16).

bavSvTa cxovrebis asakobriv periodebad dayofa metad pirobiTia, Tumca periodebisaTvis damaxasiaTebeli niSan-Tvisebebisa da am niSan-Tvisebebis Camoyalibebis xel SemwyobI da xel SemSleli pirobebis codna auciIebelia, raTa SesaZlebeli gaxdes saswavlo-saaRmzrdelo procesSi TiToeuli asakobrivi jgufisaTvis ganviTarebis xel Semwyobi pirobebis Seqmna da gaZliereba.

TiToeul asakobriv periodSi bavSvTa normaluri fizikuri ganviTarebisaTvis auciIebelia zustad iqnes daculi bavSvTa gonebrivi da fizikuri Sromis higiena, fizikuri aRzrdis higiena, kvebis higiena, saswavlo-saaRmzrdelo dawesebulebis dagegmarebis, movla-dasufTavebis, saswavlo-saaRmzrdelo procesis higiena. romelime higienuri moTxovnis mciredi darRvevac ki uaryofiTad aisaxeba bavSvTa janmrTelobasa da, Sesabamisad, fizikur ganviTarebaze.

Catarebuli kvlevebiT Tanamedrove skolebSi higienuri moTxovnebi TiToeuli zemoT CamoTvlili faqtorisadmi mkveTrad irRveva, risi Sedegic aris darRvevebi moswavleTa fizikur ganviTarebaSi.

higienur normaTa darRveva gansakuTrebiT cudad aisaxeba aWaraSi mcxovreb bavSvTa kontingentze, radgan aWarisaTvis damaxasiaTebeli klimaturi Taviseburebebi - **naleqebis Warbi raodenoba, Rrublianoba, tenianoba** - Taviseburad uaryofiT gavlenas axdens **bavSvTa fizikur ganviTarebaze.**

adgil mdebareobis landSaftTan dakavSirebulia **WiebiT dainvazirebis** saSiSroeba da sixSire, radganac gansakuTrebiT zRvispira sanapiro zolis niadagi Wiebis kvercxebis gamravlebisa da sicocxlisunarianobis SenarCunebisaTvis xel Semwyob saSualebas iZleva. paraziti Wiebi cxovroben adamianis organizmSi da iwveven sxvadasxva organos dazianebas. dazianebis xarisxi da gamovlenili simptomebi damokidebulia Wiebis saxeobaze, maT lokalizaciasa da raodenobaze. dazianebas xSirad Tan axlavs wonaSi dakleba, fizikuri sisuste, gaRizianebadoba, Sekruloba, aSliloba, gulisreva, Rebineba, siyviTle, SeSupeba, xvela, cxviridan gamonadeni, **Sromis unarisa da mexsierebis**

daqveiTeba, zrdis SeCereba, Senelebuli sqesobrivi ganviTareba da sxva (parazituli 2007 http://forum.interes.ge/lofiversion/index.php?t1367.html).

aWaris regionis garemoSi (wyalSi, haerSi, kvebis produqtebSi, niadagSi) mikroelementebis, kerZod, **iodis** naklebobis gamo maRalia **CiyviT** daavadebulTa procenti. iodis nakleboba farisebri jirkvlis hormonebis naklebobas iwvevs. maTi normaluri raodenoba ki aucilebelia organizmis yvela organos normaluri ganviTarebisaTvis. farisebri jirkvlis hormonTa naklebobisadmi gansakuTrebiT mgrZnobiare aris Tavis tvini da misi qerqi – **ferxdeba gonebrivi da fizikuri ganviTareba**, gansakuTrebiT adreul asakSi am hormonTa mkveTri nakleboba iwvevs **kretinizmisa da jujobis** ganviTarebas (ioddeficitis http://mkurnali.ambebi.ge/index.php/daavadebebi-mkurnaloba/nivthierebatha-cvla/753-2009-02-26-12-51-33.html).

endemuri Ciyvis Camoyalibebas iwvevs ara marto iodis deficiti, aramed **araracionaluri kvebac** – cilebis ukmarisoba, saWmelSi strumogenuri nivTierebebis moxvedra (Tiocianitebi, Tioqsizolidoni), an iseTi mikroelementebis ukmarisoba, rogoricaa bromi, cinki, kobalti, spilenZi, molbdeni, iseTi nivTierebebis siWarbe, rogoricaa kalciumi, ftori, qromi, manganumi. didi mniSvneloba aqvs am mikroelementTa Tanafardobas. strumogenuri nivTierebebi xels uSlian iodidebis organul iodSi gadasvlas, riTac mcirdeba iodirebuli hormonebis sinTezi. es iwvevs farisebri jirkvlis kompensaciur hiperplazias. mniSvnelovania genetikac (tatiSvili ... 1998:592). yvelive zemoaRniSnulidan gamomdinare, didi yuradReba unda mieqces moswavleTa menius sworad SerCevas da kvebis sworad organizebas. kvlevebiT dgindeba, rom dReisaTvis moswavleTa kvebis higienuri normebi metismetad irRveva rogorc skolebSi, aseve ojaxebSi, rasac emateba garemoSi, wyalSi da produqtebSi iodis deficiti, Sesabamisad gazrdilia endemuri Ciyvis SemTxvevaTa raodenoba. am problemis mogvarebaSi **skolis eqimis roli** aseTnairad gvesaxeba: igi, yvela aucilebeli moTxovnebis dacviT, skolaSi Seadgens moswavleTa menius, kvebis reJims; izrunebs produqtis vargisianobisaTvis, xarisxisaTvis, meniusa da kvebis reJimis dacvisaTvis.

aWaris regionis mosaxleobaSi, gansakuTrebiT, bavSvebSi, haeris gadaWarbebuli tenianobis gamo xSiria gripi, angina, revmatizmi da sxva daavadebebi, rac uaryofiTad isaxeba moswavleTa fizikur ganviTarebaze.

2010-2011 wlebSi q. baTumis saojaxo medicinis centrma ganaxorciela skolis moswavleTa fizikuri ganviTarebisa da janmrTelobis monitoringi. Cven aviReT aRniSnuli organizaciis 2010-2011 wlis ori skolis moswavleTa monacemebi, gavakeTeT monacemTa analizi da, SesaZleblobebis farglebSi, SeviswavleT gamokveul moswavleTa saskolo Tu saojaxo garemo pirobebi. **kvlevis mizani** iyo moswavleTa fizikuri ganviTareba Segvefasebina garedan moqmedi faqtorebis gaTvaliswinebiT. vagrovebdiT anamnezur monacemebs gadatanili daavadebebis Sesaxeb, mavne Cvevebis, dRis reJimis, fizikuri aqtiurobis, ojaxSi saswavlo garemos, ojaxSi Sromis, saswavlo da skolisgareSe datvirTvis Sesaxeb da a. S. vakvirdebodiT skolis garemo pirobebs, inventarizacias, kvebis bloksa da menius, fizikuri aqtiurobis sistematurobas saswavlo procesSi. miRebuli cnobebi da dakvirvebis Sedegebi fizikuri ganviTarebis obieqturi Sefasebis saSualebas gvaZlevda.

moswavleTa fizikuri ganviTarebis maCveneblebis (simaRle, wona) cxrili

2010-2011 ww   cxrili #3

asaki, sqesi, moswavleTa raodenoba	saSualo simaRle	saSualo oze maRali da ufro maRali erTad	saSualo oze dabali da ufro daba-li erTad	wona kg-Si	Warbi wona simaRlesTan SefardebiT
8 wlis gogona sul 126	126,381±5 sm 58,73016%	132-142 sm 20,63492%	113-120 sm 20,63492%	Min - 22 Max - 43 saS.: 25,80952	25,39683%
8 wlis vaJi sul 107	127,4766±5 sm 62,61682%	133-146 sm 19,62617%	112-121 sm 17,75701%	Min - 22 Max - 37 saS.:25,88785	24,29907%
9 wlis gogona sul 96	134,1818182±5 sm 65,1515151%	140-148 sm 16,66667%	120-128 sm 18,18182%	Min - 21 Max - 50 saS.: 30,22727	21,21212%
9 wlis vaJi sul 91	134,3803±5 sm 84,50704%	140-148 sm 15,49296%	117-128 sm 12,67606%	Min - 22 Max - 60 saS.: 30,16901	22,53521%
10 wlis gogona sul 107	138,8182±5 sm 51,94805%	145-154 sm 24,67532%	122-133 sm 23,37662%	Min - 23 Max - 63 saS.: 35,72727	33,76623%

10 wlis vaJi sul 95	138,1684±5 sm 61,05263%	144-150 sm 22,10526%	125-132 sm 16,84211%	Min - 21 Max - 57 saS.: 34,32292	33,33333%
11 wlis gogona sul 98	145,5294±5 sm 52,94118%	152-161 sm 20,58824%	130-140 sm 26,47059%	Min - 26 Max - 65 saS.: 38,5	29,41176%
11 wlis vaJi sul 108	143,4655±5 sm 68,96552%	149-158 sm 18,96552%	131-137 sm 12,06897%	Min - 28 Max - 70 saS.: 38,51724	24,13793%
12 wlis gogona sul 96	149,5111±5 sm 54,34783%	156-166 sm 19,56522%	132-144 sm 23,91304%	Min - 32 Max - 95 saS.: 53,5	38,09524%
12 wlis vaJi sul 94	150±5 sm 44,59459%	156-177 sm 28,37838%	128-144 sm 27,02703%	Min - 26 Max - 120 saS.: 45	28,37838%
13 wlis gogona sul 98	153±5 sm 71,42857%	159-162 sm 9,52381%	140-147 sm 19,04762%	Min - 34 Max - 95 saS.: 53,5	45,2381%
13 wlis vaJi sul 92	156,1905±5 sm 59,52381%	162-168 sm 16,66667%	140-150 sm 23,80952%	Min - 36 Max - 92 saS.: 56,21429	38,09524%
14 wlis gogona sul 99	159,1525±5 sm 54,23729%	165-172 sm 23,72881%	140-153 sm 22,0339%	Min - 39 Max - 80 saS.: 54,53333	33,89831%
14 wlis vaJi sul 105	164,7231±5 sm 40%	171-185 sm 26,15385%	150-159 sm 33,84615%	Min - 40 Max - 83 saS.: 57,75385	24,61538%
15 wlis gogona sul 98	162,5455±5 sm 67,27273%	169-174 sm 14,54545%	144-157 sm 18,18182%	Min - 39 Max - 82 saS.: 53,61818	20%
15 wlis vaJi sul 89	174,7917±5 sm 62,5%	181-190 sm 16,66667%	158-169 sm 20,83333%	Min - 46 Max - 95 saS.: 64,83333	35,41667%
16 wlis gogona sul 97	163,963±5 sm 66,66667%	170-176 sm 20,37037%	150-158 sm 12,96296%	Min - 42 Max - 78 saS.: 56,05556	14,81481%
16 wlis vaJi sul 87	176,9787±5 sm 53,19149%	183-188 sm 21,2766%	160-171 sm 25,53191%	Min - 55 Max - 112 saS.: 69,3617	29,78723%
17 wlis gogona sul 95	162,4±5 sm 65,44445%	168-170 sm 13,85185%	152-156 sm 20,26026%	Min - 49 Max - 69 saS.: 55,5	20,51282%
17 wlis vaJi sul 92	172,0769±5 sm 63,15789%	178-188 sm 19,29825%	160-166 sm 17,54386%	Min - 51 Max - 104 saS.: 62,92308	15,38462%

2011-2012 wlebSi igive organizaciam moswavleTa 15-16-17 wlis asakobriv jgufebSi kvlav Caatara fizikuri monacemebis (simaRle, wona)

kvleva, romelTa analiziT aRmoCnda Semdegi:

moswavleTa fizikuri ganviTarebis maCveneblebis (simaRle, wona) cxrili

2011-2012 ww   cxrili #4

asaki, sqesi, moswavleTa raodenoba	saSualo simaRle	saSualoze maRali da ufro maRali erTad	saSualoze dabali da ufro daba-li i erTad	wona kg-Si	Warbi wona simaRlesTan SefardebiT
15 wlis gogona sul 288	162,8056±5 sm 60,76389%	169-184 sm 18,751%	145-157 sm 20,48611%	Min - 38 Max - 110 saS.: 55,48958	21,875%
15 wlis vaJi sul 293	171,1399±5 sm 57,60751%	177-198 sm 21,50171%	148-165 sm 23,89078%	Min - 37 Max - 114 saS.: 61,50512	25,59727%
16 wlis gogona sul 145	163,0435±5 sm 63,76812%	169-182 sm 18,84056%	145-157 sm 17,3913%	Min - 40 Max - 100 saS.: 57,39614	26,57005%
16 wlis vaJi sul 203	173,4975±5 sm 54,6798%	179-195 sm 26,60099%	152-167 sm 18,71921%	Min - 39 Max - 110 saS.: 63,85644	29,555665%
17 wlis gogona sul 269	164,1896±5 sm 59,8513%	170-180 sm 23,79182%	146-158 sm 16,35688%	Min - 36 Max - 105 saS.: 55,5	22,30483%
17 wlis vaJi sul 240	175,8667±5 sm 69,16667%	182-194 sm 17,08333%	158-170 sm 13,75%	Min - 47 Max - 120 saS.: 65,975	38,75%

aRniSnuli Sedegebi SevadareT internetresursebiT moZiebul monacemebs. kerZod, http://www.child-psy.ru/kalendaremo/303.html el eqtronul misamarTze ganTavsebuli bavSvTa simaRlis cxriliT:

• **8 wlis gogonaTa** saSualo simaRle unda meryeobdes **123-131 sm**-Si; Cveni kvleviT igi meryeobs **121,381-131,381 sm** Soris; **Zalian dabal simaRled iTvleba 116 sm**, Cvens SemTxvevaSi **minimaluri simaRle 113 sm**-ia **(113-116 sm - 6,349206%)**;

• **8 wlis vaJebSi** cxril Si saSualo simaRled miCneulia **122,1-130,8 sm,** Cveni kvleviT – **122,4766-132,4766 sm**. **Zalian dabal simaRled** miCneulia **116,3 sm**-ze naklebi, Cvens SemTxvevaSi **minimaluri simaRlea 112 sm (2,803738%)**;

• **9 wlis gogonebSi** saSualo simaRled cxril Si miCneulia **128,4-137,0 sm**, Cveni kvleviT - **129,18...-139,18... sm, Zalian dabal simaRled** cxriliT miCneulia **122 sm** da masze naklebi, Cveni kvleviT **minimaluri simaRle**

aris **120 sm (120-122 sm - 4,545455%)**;

- **9 wlis vaJebSi** saSualo simaRle cxril Si meryeobs **125,6-136,3 sm**-ebSi, Cveni kvleviT – **129,38-139,38 sm**. cxriliT **Zalian dabali simaRled** miCneulia **121,5 sm**-ze naklebi, Cveni kvleviT am asakis vaJebSi **minimaluri simaRle** aris **117 sm (2,816901%)**;

- **10 wlis gogonasTvis** cxril Si saSualo simaRled miCneulia **134,3-142,9 sm**, Cveni SedegebiT - **133,8182-143,8182 sm**, **Zalian dabal simaRled** cxriliT iTvleba – **127 sm**-ze naklebi, Cveni kvleviT – **122 sm (6,493506%)**;

- **10 wlis vaJis** saSualo simaRle cxriliT – **133-142 sm**, Cveni kvleviT – **133,1684-143,1684 sm**, **Zalian dabal simaRled** cxriliT iTvleba – **126,3 sm** da masze dabali, Cvens kvlevaSi am asakis biWebSi **minimaluri simaRle** aris **125 sm (5,208333%)**;

- **11 wlis gogonebSi** saSualo simaRle cxriliT – **140,2-148,8 sm-ia**, Cveni kvleviT – **140,5294-150,5294 sm**, **Zalian dabal simaRled** cxriliT iTvleba **131,8 sm**, Cveni kvleviT **minimaluri simaRle** aRniSnuli asakis gogonebSi aris **130 sm**; **(130-132sm - 4,545455%)**;

- **11 wlis vaJebSi** saSualo simaRled cxriliT miCneulia – **138,5-148,3 sm**. Cveni kvleviT am asakis biWebis saSualo simaRlea – **138,4655-148,4655 sm**, **Zalian dabal simaRled** cxriliT iTvleba **131,3 sm**, Cvens kvlevaSi **minimaluri simaRle** aRmoCnda **131 sm**; **(131sm -4,4712%)**

- **12 wlis gogonebSi** cxriliT saSualo simaRle TamaSobs **145,9-sa da 154,2sm-s** Soris, Cveni kvleviT – **144,5111-154,5111sm**, **Zalian dabal simaRled** cxrilis avtorebi miiCneven **137,6 sm**-s, Cveni kvleviT **minimaluri simaRle** aRmoCnda **132 sm**; **(132-138sm -** 13,33333%)

- **12 wlis vaJebisTvis** saSualo simaRled cxriliT miCneulia **143,6-154,5 sm**, Cvens kvlevaSi es maCvenebeli meryeobs **145-sa da 155 sm**-s Soris. **Zalian dabal simaRled** cxriliT iTvleba **136,2 sm**, Cvens kvlevaSi **minimaluri simaRle** dafiqsirda **128 sm**; **(2,702703%); (128-137sm – 5,405405%)**;

- **13 wlis gogonebisaTvis** saSualo simaRled iTvleba **151,8-159,8 sm**, Cveni SedegebiT – **148-158 sm**, **Zalian dabal simaRled** cxriliT iTvleba – **143,0 sm** da masze dabali, Cvens kvlevaSi **minimaluri simaRle** aRmoCnda **140 sm**; **(140-143sm – 4,3467%)**;

- **13 wlis vaJebis** saSualo simaRle cxril Si aris **149,8-160,6 sm**, Cveni kvleviT ki – **151,1905-161,1905 sm**, **Zalian dabali simaRle cxriliT – 141,8 sm**, Cveni kvleviT – **140 sm**; **(4,761905%)**;

- **14 wlis gogonebisaTvis** saSualo simaRliT – **155,4-162,6 sm**, Cveni kvleviT – **154,1525-164,1525 sm**, **Zalian dabali simaRle cxriliT – 147,6 sm**, Cveni kvleviT – **140 sm**; **(140-148sm – 11,90476%)**;

- **14 wlis vaJebis** saSualo simaRliT – **156,2-167,7 sm**, Cveni kvleviT - **159,7231-169,7231 sm**. **Zalian dabali simaRle cxriliT – 148,3 sm**, Cvens kvlevaSi **minimaluri simaRle** am asaki vaJebSi aRmoCnda **150sm**; **(6,52407%)**;

- **15 wlis gogonebSi** cxriliT saSualo simaRled miCneulia **157,2-166,0 sm**, Cveni kvleviT – **157,5455-167,5455 sm** (2010-2011 ww); **157,8056-167,8056 sm** (2011-2012 ww). **Zalian dabal simaRled** cxrilSi iTvleba – **150,7 sm**, Cvens kvlevaSi **minimaluri simaRle** 2010-2011 ww-Si aRmoCnda **144 sm**; 2011-2012 ww-Si - **145 sm**; **(145-150sm - 5,208333%)**;

- **15 wlis vaJebSi** saSualo simaRle cxriliT aris 162,5-173,5 sm, Cveni kvlevibiT – 169,7917-179,7917 sm (2010-2011 ww); 166,1399-176,1399 sm (2011-2012 ww). **Zalian dabal simaRled** cxrilSi miTiTebulia 154,6 sm, Cvens kvlevebSi **minimalur simaRled** 2010-2011 ww-Si dafiqsirda 158 sm; 2011-2012 ww-Si - 148 sm; **(148-155sm - 2,730375%)**;

- **16 wlis gogonebSi** saSualo simaRled cxrilSi iTvleba – **158,0-166,8 sm**, Cveni kvlevebiT – **158,963-168,963 sm** (2010-2011 ww); **158,0435-168,0435 sm** (2011-2012 ww). **Zalian dabal simaRled** iTvleba – **151,6** sm, Cvens SemTxvevaSi **minimaluri simaRlea 150 sm** (2010-2011 ww); **145 sm** (2011-2012 ww); **(145-152 sm - 5,797101%)**;

- **16 wlis vaJisaTvis** saSualo simaRle cxriliT aris **166,8-177,8 sm**, Cveni kvleviT – **171,9787-181,9787 sm** (2010-2011 ww); **168,4975-178,4975 sm** (2011-2012 ww). **Zalian dabal simaRled** cxriliT iTvleba – **158,8 sm**, Cvens SemTxvevaSi **minimaluri simaRle** aRmoCnda – **160 sm** (2010-2011 ww); **152 sm** (2011-2012 ww); **(152-159sm - 4,433498%)**;

- **17 wlis gogonebisaTvis** saSualo simaRled cxrilSi iTvleba – **158,6-169,2 sm**, Cveni kvleviT - **157,4-167,4 sm** (2010-2011 ww); **159,1896-169,1896sm**

(2011-2012 ww). **Zalian dabal simaRled** cxril Si mocemulia **152,2 sm**, Cveni gamokvleviT **minimaluri simaRle** aRmoCnda – **152 sm (10%)** (2010-2011 ww); **146 sm** (2011-2012 ww); **(146-153sm - 2,973978%)**;

• **17 wlis vaJebisaTvis** saSualo simaRled cxril Si CaTvlilia – **171,6-181,6 sm**, Cveni kvleviT – **167,0769-177,0769 sm (2010-2011ww)**; **169,8667-179,8667sm (2011-2012ww)**. **Zalian dabal simaRled** am asakis vaJebSi cxrilis monacemebiT iTvleba **162,8 sm**; Cveni kvleviT **minimaluri samaRle** dafiqsirda **160 smM (7,692308%) (2010-2011ww)**; **158 sm (2011-2012ww)** ; **(158-163sm - 2,5%)** (Таблица ... http://www.child-psy.ru/kalendaremo/303.html).

ama Tu im simaRlis bavSvTa Warbwonianobis Sesafaseblad gamoviyeneT http://www.child-psy.ru/kalendaremo/303.html eleqtronul misamarTze ganTavsebuli 7-dan 17 wlamde asakis bavSvTa simaRlisa da wonis cvlilebis cxrili (Таблица ... http://www.child-psy.ru/kalendaremo/303.html). rogorc kvlevebidan irkveva, bavSvTa **Warbwonianobis maCveneblebi** sxvadasxva asakobriv periodebsa da sqesSi meryeobs **14,81481%-dan 45,2381%-is farglebSi**.

q. baTumis saojaxo medicinis centris **2010 wlis** monacemebiT, saxeze gvaqvs aseTi suraTi: gasinjul moswavleTa raodenoba: **9974**; **paTologiebiT gamovlenil moswavleTa raodenoba: 2911 – 29%**. aqedan - **sqoliozi: 720 – 7,21%**; **kifozi: 1 – 0,01%**; **lordozi: 0**; **brtyel terfianoba: 2 – 0,02%**; **gulmkerdis paTologiebi: 5 – 0,05%**; **sul Zval-saxsarTa paTologiebi: 728 – 7,25%**; **Ciyvi: 738 – 7,399%**; **zrdaSi CamorCena: 102 – 1,02%**; **mxedveloba: 536 – 5,37%**; **qronikuli tonziliti: 436 – 4,37%**; **kariesi: 667 – 6,69%**; **asTma: 4 – 0,04%**; **adenoiti: 5 – 0,05%**; **saxis asimetria: 2 – 0,02%**; **gonebrivi CamorCena: 5 – 0,05%**; **dislalia: 2 – 0,02%**; **Tankbilvis darRveva: 15 – 0,15%**.

igive organizaciis **2011 wlis** monacemebiT, gasinjulia **9744** moswavle; paTologiebiT gamovlenil moswavleTa raodenoba aris **3703 - 38,00287%**; **sqoliozi** gamouvlindaT **1678 - 17,22085%-s**; **gulmkerdis paTologiebi - 6 - 0,061576%-s**; **Ciyvi - 797 - 8,179392%-s**; **mxedvelobis darRvevebi - 851 - 8,73358%-s**; **alergiuli riniti - 677 - 6,947865%-s**. orive wlis monacemTa SedarebiT aRiniSneba TiTqmis yvela **gamovlenil paTologiaTa** procentuli maCveneblis **zrda**, gansakuTrebiT yuradsaRebia **sqoliozis** maCvenebelis

zrda **7,21%-dan 17,22085%-mde**; **Ciyvis – 7,399%-dan 8,179392%-mde**; **mxedveli obis darRvevebisa – 5,37%-dan 8,73358%-mde.**

kvlevebiT dadginda, rom aRniSnuli Sedegebis mizezad klimaturi Taviseburebebisa da sxva etiologiuri faqtorebis garda aucileblad unda dasaxeldes ojaxSi, skolaSi sayofacxovrebo da saswavlo-saaRmzrdelo pirobebisadmi higienuri moTxovnebis daucveloba – saklaso an sacxovrebeli oTaxis arasasurveli temperatura, tenianoba, ganaTeba, higienuri moTxovnebis Seusabamo saswavlo da mosasvenebeli aveji, arasworad marTuli saswavlo-aRmzrdelobiTi procesi rogorc ojaxSi, aseve skolaSi (ureJimoba, datvirTva-gadatvirTvebi an dabali intensivobis swavleba, fizikuri aqtiurobis ugulebelyofa, Sesvenebebis araracionalurad gamoyeneba), skolasa da ojaxSi arasrul fasovani da uwesrigo kveba, arasrul fasovani Zili, daZabuli fsiqologiuri garemo, mSobelTa materialuri problemebis gamo eqimebTan dagvianebuli konsultaciebi da arasruli mkurnalobebi. zemoaRniSnuli faqtorebi aferxebs, xSir SemTxvevaSi, azianebs fizikur ganviTarebas da amave dros iwvevs amaTu impaTologiis Camoyalibebas.

kvlevebis Sedegebs Tu gadavxedavT, naTlad Cans, rom sakmaod maRalia xerxemlis araswori ganviTarebis SemTxvevebi. Cveni dakvirvebiT, xerxemlis gamrudebebis umTavresi mizezi aris skolebSi bavSvis simaRlesa da avejis zomebs Soris Seusabamoba, merxTan bavSvis arasworad jdoma, merxisa da skamis araswori konstruqcia (aRniSnuls adasturebs literaturuli wyaroebis kvlevac).

erT-erTi umniSvnelovanesi faqtori xerxemlis swori ganviTarebisa aris **saswavlo merxis sworadASerCeva da masTan swori jdomis Cvevis gamomuSaveba**. merxTan yovel dRiurad momswavleebi atareben sakmaod did dros (umcrosklaselebi 4-6 saaTs, ufrosklaselebi 8-10 saaTs) da ganicdian statikur zewolas, romlis mimarTac gamZleobis xarisxi dabali aqvT (magaliTad, umcrosklaselebs 5-10 wuTSi ewyebaT daRla da kunTebis daWimulobas cvlis moduneba, Sesabamisad, bavSvebi iwyeben wrials da uwesrigo jdomas). statikuri datvirTvisadmi gamZleoba mcirdeba da **xerxemlis araswori ganviTarebis** saSiSroeba izdeba, Tu moswavle higienuri moTxovnebis Seusabamo merxTan da skamze zis, rac

gul isxmobs:

1. **ar aris daculi merxis aucilebeli daxriloba** - aseT dros moswavle weris an kiTxvis dros Tavs garkveuli xangrZlivobiT zedmetad dabla xris, rac kisris kunTebis xangrZliv daWimulobas da daZabvas iwvevs. es, sxva cvlilebebTan erTad, uaryofiTad moqmedebs kisris nadrekis swor ganviTarebaze;

2. **merxisa da skamis zoma moswavlis simaRlis Seusabamoa** - kvlevebiT, Tu moswavl eebi simaRl esTan Sedarebi T maRal magidasTan sxedan, maTgan 44%-s aReniSneba sxeulis araswori wyoba da mxrebis asimetria, xol o Tu simaRlesTan SedarebiT dabal merxTan zian — 70%-s. garda amisa, viTardeba zurgisa da kisris kunTebis daWimuloba с (Лысова ... 2009:306).

3. **skamis sazurge araswori konstruqciisaa** - sazurge ar aris maRali da ar imeorebs xerxemlis nadrekebis mimarTulebas. aseT dros torsis kunTebi, sivrceSi sxeulis jdomiTi pozis SenarCunebis mizniT, xangrZlivad SekumSul mdgomareobaSia, adgili aqvs kunTebis daRlas, Sesabamisad, bavSvi iwyebs merxTan wrials da araswor jdomas.

metad mniSvnelovania **merxTan da skamze swori jdoma** - jdomisas bavSvi skamis sazurges mTeli zurgiT unda eyrdnobodes da merxTan uaryofiTi distanciiT unda ijdes. werisa an kiTxvis dros xerxemali skamis sazurges ar unda mocildes. mxol od aseT poziciaSi SeuZl ia moswavl es xangrZlivad dauRl el ad jdoma, rac amavdroul ad xerxemlis swori ganviTarebis aucilebeli saSualebacaa.

merxTan araswori jdomisas cvlilebebi mimdinareobs Sinagan organoebSic: ferxdeba gulis, filtvebis, kuW-nawlavis traqtis moqmedeba, mcirdeba filtvis sasicocxlo tevadoba, irRveva nivTierebaTa cvla. bavSvs ewyeba Tavis tkivilebi, madis daqveiTeba, naadrevad uviTardeba daRlis niSnebi, xdeba hipodinamiuri — igi kargavs moZraobis survils.

zemoT CamoTvlilidan araferia axali da ucxo, magram sirTules warmoadgens **miTiTebuli rekomendaciebis praqtikuli ganxorcieleba**.

xerxemlis swori ganviTarebisaTvis Zalze sayuradReboa moswavleTa mier **asakis Sesabamisi simZimis CanTebis tareba**. internetresursebis monacemebma aCvenes, rom am problemaze dafiqrebul an rogorc Cvens

qveyanaSi, aseve ucxoeTSic. magram Cvens qveyanaSi dafiqrebas jerjerobiT Sedegi ar mohyolia, ucxoeTSi ki, magal iTad estoneTSi, xelisuflebis mier dawesebulia, rom **meore-mesame klasis** CanTa, saxelmZRvaneloebsa da sxva SigTavsTan erTad, **sams**, **meoTxeklasisa – samnaxevar kilograms** ar unda aRematebodes (http://www.delfi.ee/). estoneTSi ar dgas mZime saxelmZRvaneloebis problema. Cvens qveyanaSi sainformacio saagento „faqtis" kvleviT: „meSvide klasis istoria-geografiis wigni 500 gverdamdea, qarTuli enisa da literaturis – 300 gverdamde, maTematikis, romelic geometriasac moicavs, 328 gverdia, merve klasis geografiis wigni 300-gverdiania, mecxre klasis istoriis saxelmZRvanelo ki 354 gverdisagan Sedgeba da a. S." amave saagentos kvleviT **pirvel klasis** CanTa **4 kilograms** iwonis, **mesameklasis – 5 kilograms**, **meSvide klasis** ki - **9 kilograms.**

yovelive aRniSnuli bavSvebSi warmoqmnis janmrTelobis problemas. am problemaze sainformacio saagento „faqti" gaesaubra samkurnalo fizkulturis specialists givi jinWaraZes, romelic sworad aRniSnavs, rom „amxela simZimis CanTebis tarebam SeiZleba gamoiwvios xerxemlis gamrudeba-sqoliozi, lordozi da SeiZleba kifozic ki. roca bavSvs orive mxares eqaCeba iseTi simZimis CanTa, romlis Tavisuflad tarebac bavSvs uWirs, is iZulebulia win wamoixaros da poza icvleba. Zalian xSiria, rom bavSvs aqvs kifozuri forma. es niSnavs, rom metadaa beWebSi moxrili. Semdeg ukve CanTis tarebis gareSec, siarulisas bavSvi Secvlili formiT dadis. adre skolebis Semowmebisas aseTi SemTxvevebi 1000-Si 15–20 iyo, axla ki 500 bavSvidan 100-150 bavSvSi gvxvdeba" (ganaTlebis ...2009, http://internet.ge/index.php?action=news&category=3&news=36379). revmatologi, medicinis mecnierebaTa doqtori qeTevan oniani Jurnal „sarkis" Jurnalistis
Tvis micemul interviuSi aRniSnavs: „radgan mozardis Zval-saxsarTa sistema bolomde Camoyalibebuli ar aris, simZimis aweva xerxemals gansakuTrebul safrTxes uqmnis: safrTxe gansakuTrebiT grZeliogovani xerxemlis aparatis mqone bavSvebs emuqrebaT. egreT wodebuli hipermobilobis sindromis dros xdeba faqtobrivad sqoliozebis, kifozis anu e. w. kuzis Camoyalibeba. simZimis aweva aseve Zalian cudia menj-barZayis saxsrisaTvis" (advaZe 2010:23).

avstriis ganaTlebis saministros 1996 wlis gadawyvetilebiT, **saskolo CanTebis wona** ar unda aRematebodes **bavSvis wonis 10%-s.** internetresursebze dayrdnobiT, dRes saskolo CanTebis wona I-III - klasel TaTvis — sami kilogrami, IV-VI-klasel TaTvis — samnaxevari kilogrami, VII-IX-klasel TaTvis — oTxnaxevari kilogrami unda iyos. am wonis tvirTis tareba miRebulia zurgCanTebiT (jaiani 2010: http://www.presa.ge/new/?m=society&AID=1683).

metad aqtualuria saqarTvelos moswavleTa fizikuri ganviTarebis Sesabamisad ganisazRvros CanTebis dasaSvebi masis raodenoba, unda dadgindes TiToeuli saxel mZRvanelos wona. am kvlevebSi mniSvnelovnad migvaCnia **skolis eqimis CarTva**.

xSirad moswavlebis CanTebSi saxel mZRvaneloebis garda sxva saswavlo Tu arasaswavlo daniSnulebis nivTebic ideba, rac unda mowmdebodes pedagogebisa da mSoblebis mier, magram ufro Sedegiania TviT bavSvis gaTviTcnobiereba da dajereba, raTa sakuTari Tavi Tavad gaakontrolos. efeqturia magaliTebze dayrdnobili saubrebi, Ria leqciebi, rasac warmatebiT gaarTmevs Tavs **skolis eqimi**.

xerxemlis gamrudebis xel Semwyob mizezTa Soris unda dasaxeldes kunTebis sisuste, moswavleTa hipodinamia, brtyel terfianoba, araswori konstruqciis sawolze araswori wola. profil aqtikur saSualebebs miekuTvneba: moswavleTa fizikuri aqtiuroba, moZravi TamaSobebi, sufTa haerze seirnoba. rogorc medicinis mecnierebaTa doqtori akademikosi giorgi CaxunaSvili miuTiTebs: „elementaruladg, sqoliozis prevenciisaTvis bavSvebs kviraSi ramdenjerme mainc sWirdebaT varjiSebi. ...saxlSi TiTqmis arc erTi bavSvi ar varjiSobs, amitom bavSvebs gamajansaRebeli varjiSebi aucilebelad esaWiroeba, metadre — patarebs." (versia 2010:7). Cven vadasturebT gamajansaRebeli varjiSebis yovedRiurobis aucileblobas, rac ukve danergili iyo sabWoTa saganmanaTleblo sistemaSi. 80-ian wlebSi saskolo cxovreba iwyeboda gakveTilebis dawyebamde 30 wuTiT adre da karg amindebSi skolis ezoSi da cud amindebSi gaRebul fanjrebian derefnebSi tardeboda dilis gamamxnevebeli varjiSebi. vfiqrobT, es metad mniSvnelovani da aucilebelad aRsadgeni gamocdilebaa.

xerxemlis gamrudebebis prevenciul RonisZiebebSi Sedis: magar sa-
wolze sxvadasxva gverdze wola, brtyel terfianobis profilaqtika
varjiSebiT, fexebis abazanebiT, zafxulSi fxvier, uswormasworo
niadagze fexSiSveli siaruliT, saWiroebisas - orTopediuli
fexsacmelebis tarebiT. mkvlevarebi miuTiTeben, rom 3 Tvemde
dauSvebelia bavSvis vertikalur mdgomareobaSi Wera, 6 Tvemde - bavSvis
jdoma, 9-10 - Tvemde fexze didxans Seyeneba, didxans erT fexze dogma an
erT fexze TamaSi, didxans jdoma, mcire asakSi did manZilze siaruli
da simZimeebis tareba (Лысова ... 2009:41).

gamokiTxviT dadginda, rom aRniSnul sakiTxebSi pedagogebs aqvT
mwiri samedicino ganaTleba. aucilebloba moiTxovs, rom vzrunavdeT
maTi codnis sistematur ganaxlebasa da SeZenili codnis praqtikaSi
gamoyenebis unarebis ganviTarebaze. aRniSnuli funqciis karg
Semsruleblad gvesaxeba kvalificiurad momzadebuli **skolis eqimi**,
romelic ara mxolod moaxdens maswavleblTa sistematur gadamzadebas
aRniSnul sakiTxebSi, aramed miiRebs monawileobas am sakiTxebis
praqtikul danergvaSi, amave dros, igi kontrols gauwevs skolis
higienuri moTxovnebis Sesabamisad inventarizacias.

xerxemlis swori ganviTarebis xel Semwyobi da xel SemSleli
faqtorebis codna evalebaT mSoblebsac. gamokiTxuli mSoblebidan
mxolod samedicino ganaTlebis mqone personalebisaTvis iyo cnobili
zemoT xsenebuli moTxovnebi. **skolis eqimis** erT-erT funqciad
moviazrebT Sexvedrebs mSoblebTan da am da moswavleTa
janmrTelobasTan dakavSirebuli sxva sakiTxebis gaSuqebas.

rogorc kvlevebidan Cans, moswavleebSi maRalia mxedvelobis
darRvevebis procentuli maCvenebeli. mxedvelobis darRvevebis genetikur
safuZvlebs ar uarvyofT, magram Camoyalibebis gzaze myofi bavSvis
rogorc yvela organos, aseve Tvalis ganviTareba didadaa damokidebuli
garemo pirobebze – ganaTebaze, werisa da kiTxvis higienaze, Tvalis
dasasvenebeli varjiSebis gamoyenebaze, asakis mixedviT kompiuterTan da
televizorTan bavSvis jdomis xangrZlivobaze. moswavlis mxedvelobis
ganviTarebaze cud gavlenas axdens saklaso oTaxSi mudam erT adgilze
jdoma da dafamde manZilisa da xedvis kuTxis ucvleloba. moswavlem

TveSi erTxel mainc unda Seicvalos adgili. gadaadgileba unda xdebodes ara marto xedvis manZilidan, aramed xedvis kuTxis centridan, marjvnidan, marcxnidan. yvela aRniSnuli moTxovna met-naklebad irRveva ojaxebSic da skolebSic. **skolis eqimis** funqciad miviCnevT skolaSi ganaTebis, weris, kiTxvisa da kompiuterTan muSaobis xangrZlivobisadmi higienuri moTxovnebis Sesrulebis sistematur Sefasebas, aRniSnul sakiTxebSi mSoblebis ganaTlebas.

kvlevebis Sedegebis analiziT, moswavleebSi Zalze maRalia Warbwonianobis procentuli maCvenebeli (igi asakisa da sqesis mixedviT meryeobs 14,81481%-dan 45,2381%-is farglebSi). simsuqnes adgili aqvs sxvadasxva daavadebebisa da mdgomareobebis dros, magaliTad: hipogonadizmTan dakavSirebuli genetikuri sindromebis, hipoTireozis, kuSingis sindromis, Stein-leventalis sindromis, glukokortikoidebis miRebis SemTxvevebSi. literaturaSi miTiTebulia simsuqnis genetikur faqtorebze. mosaxleobis farTo populaciebsa da tyupebze Catarebulma gamokvlevebma aCvenes, rom simsuqne dakavSirebulia genetikasTan. cxovelebSi aRmoCenili iqna geni, romlis mutaciac iwvevs simsuqnis ganviTarebas. normaluri geni gamoimuSavebs protein **leptins**, romlebic akontrolebs madas. adamianebSi aRmoCenilia TiTqmis identuri geni. eqimebi fiqroben, rom igi gavlenas axdens simsuqnis ganviTarebaze (tatiSvili … 1998:394). aqve misaTiTebelia, rom simsuqnis ganviTarebas xSirad warmoSobs adamianis kvebiTi Cvevebi da dieta. msuqnebi xSirad zedmet naxSirwylovan da cximian sakvebs Rebuloben da naklebad moZraoben. Cvenma gamokiTxvam aCvena, rom arsebiTi **mizezi** gamokvleul moswavleTa Warbwonianobisa aris **fizikuri aqtiurobis uguleblyofa da ureJimo da higienuri moTxovnebis Seusabamo kveba.**

fizikur aqtiurobas moswavle unda awarmoebdes rogorc skolaSi, aseve skolisgareSe cxovrebaSi. es moTxovnebi mas Cvevad unda hqondes Camoyalibebuli. am Cvevis gamomuSavebaze ojaxTan erTad aucilebelia skolac zrunavdes. klasis damrigeblis saubrebSi fizikuri aqtiurobis aucileblobaze prezentaciebi, hipodinamiis dros organizmSi mimdinare cvlilebebze Ria leqciebi, fizikurad gamaaqtiurebeli RonisZiebebis sistematurad da saxalisod Catareba, maswavlebelTa piradi magaliTebi

– kargi saSualebebia moswavleebis Segnebamde fizikuri aqtiurobis aucileblobis dayvanisa.

sadamrigeblo gakveTilze fizikuri aqtiurobis rolze, mniSvnelobasa da dozirebaze saubrebi damrigeblis kompetenciaa. am sakiTxebTan dakavSirebiT man kompetenturi rCevebi unda miiRos **skolis eqimisagan**. Ria leqciebisa da prezentaciebis Catareba **skolis eqimis** movaleobad gvesaxeba. eqimis mier warmodgenili saleqcio Tu saprezentacio masala, sadac saubari iqneba ara marto zogadad araaqtiurobiT gamowveul darRvevebze, aramed konkretul daavadebebze da maT garTulebebze, Zlier fsiqologiur zemoqmedebas moaxdens moswavleebze.

sxva faqtorebTan erTad, bavSvTa normaluri ganviTarebis ganmsazRvrelia skolaSi fizkulturis (sportis) gakveTilis sworad organizeba. savsebiT misaRebad migvaCnia profesor SoTa malazonias Sexedulebaimis Sesaxeb, rom: „rogorc gonebrivi ganviTareba ver iqneba sruli sistematuri swavlisa da ganmaviTarebeli meTodikis gareSe, aseve verc fizikuri ganviTareba miaRwevs sasurvel maCvenebels saTanadod organizebuli fizikuri aRzrdis gareSe" (malazonia 2001:332).

normaluri fizikuri da gonebrivi ganviTarebis xel Semwyobi fizikuri kulturis (sportis) gakveTilis sworad organizebisaTvis aqtualuria moswavleTa individualuri moTxovnebisa da saWiroebebis gansazRvra, romlis drosac moswavleTa individualur monacemebTan erTad aucilebelia moswavleTa janmrTelobis mdgomareobis gaTvaliswineba. moswavleTa fizikuri ganviTarebisa da janmrTelobis mdgomareobis SefasebiT, **skolis eqimi** karg samsaxurs gauwevs fizikuri kulturis maswavleblebs bavSvTa individualuri moTxovnebis gansazRvraSi.

samwuxarod, aWaris avtonomiur respublikaSi dResac problemad rCeba skolebisaTvis kvalifikaciuri fizikuri aRzrdis maswavleblTa momzadeba. aWaraSi arc erTi umaRlesi sasdavlebeli ar amzadebs fizikuri aRzrdis maswavlebls, verc samedicino da verc pedagogiuri Tvalsazrisit, garda baTumis SoTa rusTavelis saxelmwifo universitetisa, magram aqac abiturientebis simciris gamo kursebi ver

kompleqsdeba (es kidev calke kvlevis sagania). fizikuri aRzrdis maswavlebels ver Caenacvleba sportis ostati, romelic sportuli TamaSebis erT-erT saxeobaSi wrTvnis skolis moswavleebs. moswavleTa interesebidan gamomdinare, aucileblad migvaCnia saxelmwifo uwyebebis dainteresa fizikuri aRzrdis maswavlebelTa momzadebisa da skolebSi maTi dasaqmebis sakiTxebis mogvarebiT.

bavSvTa normaluri fizikuri ganviTarebisaTvis (Warbwonianobis prevenciisaTvis) mniSvnelovani faqtoria swori kveba, rac gul isxmobs menius sworad Sedgenas da kvebis reJimis dacvas.

gamokiTxvebiT, dRes ojaxebSi saskolo asakis bavSvTa menius Sedgenisas naklebad sargebloben eqimTa konsultaciebiT. sakvebis Sedgenilobas, raodenobasa da xarisxs gansazRvravs ojaxis biujeti. kvebis reJimis Sedgenasa da dacvazec mosaxleobis didi nawili naklebad zrunavs. bavSvebis umravlesoba ara erTsa da imave dros da kvebisadmi higienuri normebis darRvevebiT ikvebebian, rac erT-erTi mizezia bavSvTa organizmSi nivTierebaTa cvlis darRvevisa da Warbwonianobis ganviTarebisa.

problemad rCeba skolebis sakvebi blokis higienuri moTxovnebis Sesabamisad mowyoba da bavSvTa srulfasovani kvebis uzrunvelyofa. daTvalierebuli yvela skola maragdeba mxolod funTuSeuliT, tkbileuliTa da civi wvenebiT, wvenebis xarisxobriv maCveneblebze rom araferi vTqvaT, mxolod comeuliT da civi sasmeliT moswavleTa kveba cudad moqmedebs rogorc saWmlis momnelebel traqtze, sakvebis miRebidan garkveuli drois ganmavlobaSi gonebriv Sromazec (mSrali sakvebis gadamuSavebisas kuW-nawlavi aqtiurad iwyebs funqcionirebas, Zlierdeba misi sisxliT momarageba. am dros ki tvini ganicdis sisxlis deficits, bavSvs ewyeba moTenTiloba, Zliianoba da uqveiTdeba gonebrivi aqtiuroba).

literaturuli wyaroebi adasturebs, rom **cxeli sauzmiTa da sadiliT** moswavleTa kveba dadebiTad moqmedebs rogorc moswavleTa **fizikur da gonebriv ganviTarebaze**, aseve **janmrTelobaze**. Sesabamisad, gadasawyvet problemad gvesaxeba skolebSi **kvebis organizebisas aRniSnulis gaTvaliswineba**.

skolis sauzme da sadili aucileblad unda Seicavdes yvela saWiro produqts – xorcs, rZes, karaqs, bostneuls, mwvanils, xils (sovetovi 1951:437; sturua 1981:40, gabunia ... 1971:277). menius Sedgenisas aucilebelia **skolis eqimis** CarTva. mis mierve unda warmoebdes sistematuri kontroli sakvebis vargisianobaze.

rogorc vxedavT, bavSvTa fizikuri ganviTarebis normaluri pirobebis Seqmna skolebSic da ojaxebSic jer kidev mougvarebel problemad rCeba. problemis mogvarebis erT-erT karg saSualebad migvaCnia sakiTxebis Rrmad mcodne **skolis eqimis** skolebSi Seyvana.

skolis eqimi, sistematurad gamoikvlevs ra bavSvTa zrda-ganviTarebas, moiZiebs masze moqmed dadebiT faqtorebs, am faqtorTa gaTvaliswinebiT moaxdens skolis garemos sistematur organizacias.

skolis eqimis profesiul movaleobebad moswavleTa samedicino momsaxurebasTan erTad gvesaxeba:

1. **kontrolis daweseba skolis inventarizaciaze; moswavleTa simaRlis Sesabamisi merxebis sworad SerCeva da merxebTan swori jdomis zedamxedveloba;**

2. **fizikuri ganviTarebis Sesabamisad, asakobriv jgufebSi moswavleTa saskolo CanTebis simZimis gansazRvra, risi gaTvaliswinebiTac dadgindeba TiToeul asakSi saxelmZRvanel oebisa da damxmare saswavlo nivTebis maqsimaluri wona (aRniSnulis gaTvaliswineba aucileblad unda moeTxovoT gamomcemlobebs);**

3. **fizikuri kulturis (sportis) gakveTilis efeqtianobis amaRlebis mizniT, janmrTelobis mdgomareobis Sefaseba da moswavleTa individualuri saWiroebebis gansazRvra;**

4. **skolis sakveb blioksa da meniuze monitoringis warmoeba;**

5. **maswavlebelTa da mSobelTa Tanmimdevruli ganaTleba moswavleTa fizikur ganviTarebaze moqmed faqtorTa sworad organizebis sakiTxebSi.**

$2. moswavleTa fsiqikuri ganviTarebis kanonzomierebebi

skolis eqimis momzadebis koncefciaSi didi adgili uWiravs moswavleTa fsiqikuri ganviTarebis problemas. skolis eqimi moswavleTa

fsiqikuri ganviTarebis Sesaxeb unda fl obdes mecnierul codnas. amitom Cven SedarebiT vrcl ad ganvixil avT ganviTarebis Teoriebs.

Cven mTl ianad viziarebT profesor nodar baramiZis SeniSvnas, rom „dRes Cvens qveyanaSi arsebobs sol iduri fsiqol ogiuri codna, romel ic srul yofil ad rodia gamoyenebul i pedagogiur saqmianobaSi. arada, am codnis aTviseba-gamoyenebaze bevradaa damokidebul i warmatebebi saswavl o-aRmzrdel obiT muSaobaSi" (baramiZe 1999:55).

bavSvis fsiqikuri ganviTarebis mraval i Teoria arsebobs. TiToeul i maTgani fsiqikur ganviTarebas ganixil avs garkveul faqtorebTan kavSirSi. magal iTad, **nativisturi Teoriis** mixedviT, bavSvi ibadeba gansazRvrul i unarebiT, garemo ki an xel s uwyobs am unarebis ganviTarebas, an, piriqiT, aferxebs maT. **empiristul i Teoria**, nativisturis sapirispirod, bavSvs warmogvidens „sufTa dafad". am „sufTa dafaze" ra da rodis daiwereba, mTl ianad garemozea damokidebul i.

amerikel i fsiqol ogi **jeims bol duini** bavSvTa ganviTarebis umniSvnel ovanes faqtorebad miiCnevda **memkvidreobasa** da **social ur garemos.** mecnierma bavSvis ganviTarebaSi gamoyo samoZrao refl eqsebis ganviTarebis stadia, metyvel ebis ganviTarebis stadia, l ogikuri azrovnebis stadia. misma Sexedul ebebma gavl ena iqonia J. piaJes Sexedul ebebze (Шаповаленко: http://www.psyarticles.ru/view_post.php?id=136).

germanel i fsiqol ogi **uil iam Sterni** (1871-1938), **„konvergenciis Teoriis"** (konvergencia l aTinurad Tanxvedra, SeTanxmebas niSnavs) avtori, Tvl ida, rom bavSvs ama Tu im unaris Canasaxi mekvidreobiT gadaecema da mis gaRvivebasa da ganviTarebas **mTl ianad garemo pirobebi** gansazRvravs (gogiCaiSvil i 2005:28).

sociol ogi da eTnofsiqol ogi **margaret midi** cdil obda daemtkicebina **sociokul turul i faqtorebis** wamyvani rol i bavSvis fsiqikur ganviTarebaSi. Migi gamoyofda kacobriobis istoriaSi sam kul turas – **postfiguraciul s** (bavSvebi swavl oben maTi wina Tobidan); **kofiguraciul s** (bavSvebi swavl oben Tanatol ebisagan), **prefiguraciul s** (ufrosebi swavl oben patarebisagan) (Шаповаленко:

http://www.psyarticles.ru/view_post.php?id=136).

bavSvis ganviTarebis Tanamedrove TeoriebiT, bavSvis fsiqikur ganviTarebas gansazRvravs mravali faqtori: biologiuri, anTropologiuri, socialuri da fsiqologiuri. rogorc **greis kraigi** miuTiTebs, garemo faqtorTa zemoqmedebis Sedegad bavSvis organizmSi adgili aqvs cvalebadobas, rac aisaxeba sxeulis aRnagobaze, fsiqikasa da qcevaze (Крайг... 2005:11; http://www.alleng.ru/d/psy/psy023.htm).

nora niukombi Tvlis, rom bavSvebi **saerTo kanonzomierebebiTac** viTardebian da **individualuradac.** ganviTarebaze mniSvnelovnad moqmedebs garemo: ojaxi, skola, megobrebi, mezoblebi da a. S. cvlilebebs ganapirobebs mudmivmoqmedi faqtorebi - bavSvis organizmis biologiuri simwife da fsiqofiziologiuri mdgomareoba, misi adgili adamianTa socialur urTierTobebSi (gogiCaiSvili 2005:29; Ньюкомб 2002). **Salva CxartiSvili** da **greis kraigi** adamianis ganviTarebaSi sam sfers gamoyofen: **fizikurs, kogniturs da fsiqosocialurs**.

fsiqikis ganviTarebas **darvinis** Teoriis mimdevrebi miiCnevdnen **evoluciur** procesad (mimdinareobs TandaTan). ganviTarebis tempebi mkacrad fiqsirebulia. Tumca, pirobebisgan gamomdinare, SesaZloa, nawilobriv daCqardes an Seneldes. **pavle blonski** fsiqikis ganviTarebis temps akavSirebda mxolod momwifebasTan, amiT asabuTebda, rom fsiqikis ganviTarebis daCqareba SeuZlebelia (Движущие... http://psylist.net/age/00003.htm). magram genetikosebis, fsiqiatrebis, fsiqoanalitikosebis kvlevebma daasabuTes, rom **nervuli sistemis** ganviTarebaze moqmedi **socialuri garemos mizanmimarTuli cvlilebebiT** SesaZlebelia mivaRwioT bavSvis fsiqikuri **ganviTarebis daCqarebas**. aqedan gamomdinare, bavSvis fsiqikuri ganviTareba SesaZloa evoluciuradac warimarTos da revoluciuradac (raodenobrivi cvlilebebi iwvevs naxtomisebur ganviTarebas da Tvisobriv cvilebas). ganviTarebaze moqmedi nebismieri faqtori saWiroebs aucilebel Seswavlas, saWiroebisas ki - koreqcias, rac fsiqikis ganviTarebis aqseleraciis saSualebas iZleva.

specialuri kvlevebis Sedegad dadgenilia, rom ganviTarebis **biologiuri** faqtoriT – **memkvidreobiT** adamians gadaecema ama Tu im unar-Cvevis **potenciuri** SesaZlebloba, xolo am unar-Cvevebis

ganviTarebis xarisxs **social uri garemo** gansazRvravs. social ur garemoSi adamiani memkvidreobiT gadacemul i unarebis safuZvel ze iZens codna-Cvevebs, ganwyobas, xasiaTs, kul turul i faseul obebisadmi damokidebul ebas. amave dros sazogadoebasTan Tanacxovrebisas igi Tavadac qmnis garkveul faseul obebs.

daswavl is TeorebiT adamianis fsiqikur ganviTarebaSi warmarTvel ia **codnis SeZena**, roml is safuZvel zec xorciel deba unar-Cvevebis gamomuSaveba. **daswavl is Teoriebidan** erT-erTia **biheviorizmi**, roml is fuZemdebel i, fsiqol ogi **jon brodes uostoni** Tvl is, rom adamianis qcevis Seswavl isas unda ganisazRvros **stimul i,** romel ic gansazRvrul situaciaSi aRZravs ama Tu im **reaqcias.** amerikel i fsiqol ogi **edvard Torndaiki** prioritetul ad miiCnevs stimul isa da reaqciis kvl evas da maT Soris kavSiris ganmtkicebas. **biheviorizmis** TeoriiT, **qcevebis** safuZvl ia **Cvevebi**, roml ebic yal ibdeba social ur garemoSi. qcevis gamomwvevi stimul ebis gamorkveva da maTi ganmtkiceba adamianSi sasurvel i Cvevebis gamomuSavebas ganapirobebs. biheviorizmis Teoriis nakl i is aris, rom Teoria ar aRiarebs qcevis aracnobier da genetikur mxares (gogiCaiSvil i 2005:31-32).

beres frederik skineri gamoyofs qcevis 3 saxes: 1. upirobo refl eqsur qcevas; 2. pirobiT refl eqsur qcevas; 3. operantul qcevas. **upirobo** da **pirobiT** refl eqsur qcevas mecnierma uwoda **respodenturi (sapasuxo qceva).** isini gamoiwvevian garegani stimul ebis zemoqmedebiT. magram gare samyarosTan Seguebisas mniSvnel ovania Tavad organizmis zemoqmedebis mcdel oba gare samyaroze, romel ic ar xorciel deba stimul iT. misi Semsrul ebel ia Tavad organizmi. aseT qcevebs **beres skineri operantul s** uwodebs da qcevis sabol oo formirebisaTvis mniSvnel ovnad miiCnevs mis ganmtkicebas. **beres skineris daswavl is TeoriaSi** ugul ebel yofil ia adamianis Sinagani samyaro, misi emociebi, misi cnobiereba, azrovneba, motivebi, Segnebul i daswavl is procesi da zogadad moswavl is pirovnebis rol i sakuTari qcevis regul aciaSi (Б. Ф. Скиннер... 2008: http://psihoanalitiki.ru/occupations/teorii-lichnosti/bihevarizm; Шиян 2001: 32 http://srinest.com/book_665_chapter_32_6.3._So%D1%81ialnye_Tekhnologii_i_teorija_lichnost i_B._Skinnera_(bikheviorizm):algoritmy_upravlenija_chelovekom.html).

albert banduram Semoitana **socialuri daswavlis** cneba, romlis mixedviT, adamianebi swavloben ara marto sakuTari gamocdilebiT, aramed sxvebze dakvirvebiTac. Sesabamisad, adamianis qcevis ganmsazRvrelia garegani stimulebic da Sinagani bunebac (Бандура 2000: http://www.twirpx.com/file/238263/).

kognituri mimdinareobis (XX saukunis dasawyisi) mimdevrebi Tvlian, rom adamiani aris arseba, romelsac SeuZlia iseTi **operaciebis** warmoeba, rogoricaa logikuri azrovneba, problemis gadaWra, informaciis miReba, gadamuSaveba da organizacia. **kognituri TeoriiT**, adamianis ganviTareba aris evoluciur-stadiuri procesi, romelic eyrdnoba genetikur programas da icvleba asakis Sesabamisad.

kognituri Teoriis Sveicarieli fuZemdebeli **Jan piaJe** ganviTarebas warmogvidgens erTmaneTze mibmuli stadiebisagan Semdgar uwyvet procesad, romelsac gaivlis yvela bavSvi, magram ara erTnairi siswrafiT. ganviTarebis TiToeuli fazis siswrafe damokidebulia nervuli sistemis ganviTarebaze, gamocdilebaze da socialuri faqtorebis - metyvelebisa da aRzrdis moqmedebaze. **Jan piaJes** miaCnda, rom organizmi ganviTarebas axorcielebs **sqemebis (sensomotoruli da kognituri)** saSualebiT. inteleqtis ganviTarebas Tan axlavs **asimilacia** (axali gamocdilebis interpretacia arsebuli sqemebis safuZvelze) da **akomodacia** (garemos Sesabamisad xorcieldeba arsebuli sqemebis reorganizacia, modifikacia da axali sqemis Seqmna). am ori procesis erToblivi moqmedeba aviTarebs inteleqts. Tumca asimilaciisa da akomodaciis procesiT inteleqtis gamdidreba Tavad inteleqtis ganviTarebis xarisxzea damokidebuli (Периодизация...: http://mypsychology.ucoz.ru/index/periodizacija_intellektualnogo_razvitija_rebenka_po_zh_pia zhe/0-23).

Jan piaJes mier gamoyofili bavSvTa kognituri ganviTarebis oTxi stadiidan **sensomotoruli** (dabadebidan or wlamde) da **preoperaciuli** (2-dan 7 wlamde) stadiebi skolamdel asaks miekuTvneba, amitom Tavs avaridebT maT daxasiaTebas. saskolo asakis bavSvebi ki gaivlian:

- **konkretul operaciul** stadias (7-dan 11-12 wlamde) - bavSvebs uviTardebaT logikuri azrovneba; ar gaaCniaT abstraqtuli azrovnebis

unari; SeuZliaT sagnebis martivi klasifikacia; egocentruli azrovnebidan gadadian obieqturi azrovnebisaken;

• **formal uroperaciuli** stadia (11-12 wlidan mozrdil asakamde) – am stadiaze bavSvebs uviTardebaT abstraqtuli, hipoTezuri azrovnebis, warmosaxvisa da idealizirebis unari, SeuZliaT movlenaTa logikuri axsna, hipoTezebis formulireba, maTi gaanalizeba da gamocda. am stadiaze Tavs iCens Taviseburi formis egocentrizmi – uyal ibdebaT sakuTari Tavis unikalurobis SegrZneba, sakuTari uvneblobis SegrZneba (amitom xSirad sCadian windauxedav qmedebebs – iwyeben narkotikebis moxmarebas, aqvT TviTmkvlelobis mcdeloba da sxva) (Гальперин... 1992:232-292 http://www.twirpx.com/file/208779/).

Jan piaJes miaCnda, rom TiToeul stadiaze bavSvebi avlenen stadiis Sesaferis ganviTarebas. stimulebi xels uwyobs fsiqikur ganviTarebas, magram amisaTvis aucilebelia bavSvi imyofebodes ganviTarebis garkveul stadiaze, anu stimulebi unda iyos ganviTarebis Sesabamisi. am sakiTxze kvleva Caatara **gezelma**, romelmac Seadara homozigoturi tyupebis ganviTareba, romel Taganac erTs avarjiSebda 46 kviridan, meores 53 kviridan. ori kviris ganmavlobaSi meore Zma daewia pirvels. mkvlevari swavlobda bunebriv reaqciebs: siarulis, sagnis aRebis, laparakis, sakvebis aRebis unarebs. aqedan keTdeba daskvna imis Sesaxeb, rom ama Tu im unar-Cvevis ganviTarebas sWirdeba biologiuri ganviTarebis gansazRvruli done (Баллон 1967:Глава третья http://www.search-results.com/web?atb=sysid%3D406%3Aappid%3D113%3Auid%3D0c3bc5d60da224d2%3Auc%3D1329942723%3Aq%3DA.БАЛЛОН%2C+ПСИХИЧЕСКОЕ+РАЗВИТИЕ+РЕБЕНКА%2C+ИЗ**).**

Semdgom kvlevebSi aRmoCnda, rom msubuqi savarjiSoebiT SesaZlebelia bavSvTa ganviTarebis daCqareba. ganviTarebis **kognituri** mimarTulebis Tval saCino warmomadgeneli rusi fsiqologi **lev vigotski** bavSvis ganviTarebaze moqmed faqtorTa jgufSi ganixilavda rogorc **memkvidreobas,** aseve **socialur garemosac**. memkvidreobiT gadacemuli fsiqikuri funqciis ganviTarebaSi umniSvnelovanesad miiCnevda socialuri garemos rols (Движущие... http://psylist.net/age/00003.htm).

mraval wliani kvlevebis Sedegad **lev vigotskim** daaskvna, rom adamianebi Tanacxovrebisas qmnian faseulobebs, romlebic gavlenas axde-

nen TviT adamianis kulturul ganviTarebaze. adamianis kulturul ganviTarebazea damokidebuli bavSvis mier sakuTari reaqciebis floba, pirovnebisa da msofl mxedvelobis ganviTareba. adamianis **kulturuli ganviTarebis** gzaze mecnieri **axal Sobils** Tvlis bunebriv arsebad, romlis kulturuli ganviTarebisas mimdinareobs instinqtebidan pirobiTi refleqsebis Camoyalibeba. am periodSi bavSvs ar gaaCnia msoflmxedveloba. **siarulisa da metyvelebis dawyebidan** bavSvi iwyebs sakuTari me-s gacnobierebas, yalibdeba msoflmxedvelobis pirveli formebi. **gardatexis asakSi** iwyeba **myari** pirovnuli Tvisebebisa da msoflmxedvelobis formireba (Выготский 2005:169-179

http://yanko.lib.ru/books/psycho/vugotskiy-psc_razv_chel-4-istoriya_razvitiya_vysshyh_psih_funkciy.pdf).

    Tuki **Jan piaJes** miaCnda, rom bavSvebi **Tavad marTaven kognituri ganviTarebis process**, **lev vigotski** Tvlida, rom **bavSvis kognitur ganvi-Tarebaze did gavlenas axdens social uri komunikacia** da **metyveleba**. **piaJes** azriT bavSvi **jer viTardeba** da **mere swavlobs**, **vigotski** ki fiqrobs, rom bavSvi **kognitur ganviTarebas** aRwevs **swavliT** (igi swavlobs sxva adamianTa codnasa da gamocdilebaze dakvirvebiT).

    lev vigotski ganasxvavebs bavSvis ganviTarebis **aqtiur** (arsebul) da **uaxloes** (perspeqtiul) zonas. bavSvis ganviTarebis **aqtiur** zonaSi bavSvi swavlobs **damoukideblad**. ganviTarebis **perspeqtiul** zonaSi ki igi gadadis, Tu mas **daexmarebian** da xel sayrel pirobebs Seuqmnian (Айсмонтас: http://www.bsu.ru/content/hec/aismontas/4.html). swavlebisas ganviTarebis uaxloesi zonis farglebSi bavSvis gadasvla xels uwyobs kognitur ganviTarebas. Tumca swavlebaSi sirTuleebis mudmivad dasaxva uaryofiTad moqmedebs bavSvTa TviTSefasebaze, iwvevs gadaRlas da arRvevs rogorc fsiqikur ganviTarebas, aseve mis janmrTelobas.

    kognituri Teoriebi ganixilavs bavSvis inteleqtualur ganviTarebas. pirovnuli da emociuri ganviTarebis mxriv sayuradReboa **fsiqoanalitikuri Teoriebi**, romel Tagan sayuradReboa **froidizmi**. **zigmund froidis** mixedviT, yvela garegani informacia cnobieridan swrafad gadadis qvecnobierSi da aracnobierSi (adamianis qcevis ganmsazRvrel instinqturi ltolvebis sferoSi). es ukanasknel i

warmoadgens adamianis fsiqikis froidiseul „igi" dones, romelic Seicavs seqsualur energias da siamovnebaze damorCilebuli donea. „igi"-s I tol vebs Trgunavs cnobierebis „me" done, romelsac mbrZaneblobs „ze-me" — sindisi, zneoba. kargad ganviTarebuli „ze-me" mTlianad axSobs „igi"-dan wamosul amoralur qcevebs. rac mcire asakisaa bavSvi, miT metad eqvemdebareba misi qceva „igi" donidan wamosul survils - miiRos siamovneba. ganviTarebaSi „me" done adamians aiZulebs uari Tqvas siamovnebaze da ganaxorcielos sazogadoebisaTvis miRebuli qceva. 5-6 wlidan iwyeba superergos „ze-me"-s ganviTareba. „ze-me"-Si froidma gamoyo 2 nawili: sindisi da ego-ideali. ego-idealis wyalobiT adamiani maRal-moralurad iqceva, SeuZlia ganaxorcielos TviTkontroli. froidis TeoriiT, libidos energiam Tu ver hpova gamosavali, ver moaxdina sublimacia da transformacia, romlis wyalobiTac adamianis qceva sazogadoebisaTvis misaRebi xdeba, iwyeba fsiqikuri aSlilobebi, nevrozebi (Бахтин 2000:114-168; http://www.twirpx.com/file/323385/).

froidis Teoriam ganviTareba hpova **neofroidistul** TeoriebSi (**e. eriksoni, k. horni, e. fromi**), rac mniSvnelovnad afarToebs skolis eqimis warmodgenas bavSvis ganviTarebaze. mxedvelobaSi gvaqvs e. eriksonis mier mocemuli adamianis detalizebuli fsiqologiuri daxasiaTeba asakobrivi ganviTarebis mixedviT.

erik eriksonis monacemebiT, individis fsiqikur ganviTarebas stimuls aZlevs socialuri problemebis gadaWra. amitom, misi Sexedulebs, ganviTarebas safuZvlad udevs biologiuri procesebisa da sazogadoebis moTxovnaTa urTierTqmedeba. **erik eriksoni** ganviTarebas sikvdilamde uwyvet procesad ganixilavs. igi bavSvobis xanas yvel aze mniSvnelovnad miiCnevs. adamianis ganviTarebaSi mecnieris mier gamoyofili rva fsiqosocialuri stadiidan saskolo asaks Seesabameba ori:

- **bejiToba arasrul fasovnebis grZnobis winaaRmdeg (6-dan 11-12 wlamde).** saskolo asakSi Tavdajerebulobis ganviTareba mTlianad garemozea damokidebuli. Tu mSoblebi aqeben da iwoneben bavSvTa nebismier miRwevas, amxneveben maT - CaerTon sxvadasxva saqmianobaSi, aRsazrdelebi bejiTebi da Tavdajerebulebi izrdebian.

- **pirovnebis identoba sakuTar rolTan dakavSirebuli gaurkvev-**

l obis grZnobis winaaRmdeg (11-12-dan 20 wl amde). am asakSi bavSvebi iwyeben fiqrs imaze, Tu vin arian da rogor daimkvidreben Tavs sazogadoebaSi. Tavs gamocdian sxvadasxva saqmianobaSi da uyal ibdebaT individual urobis SegrZneba (janaSia ... 2009:144-147; Концепции ...2010: http://pro-psixology.ru/edinstvo-mira-i-problema-razvitiya-psixiki/25-koncepcii-razvitiya-rebenka-vydvinutye-l-s.html).

praqtikul i Tval sazrisiT, mniSvnel ovania **karen hornis** Sexedul ebebi. misi dasabuTebiT daZabul i social uri garemocva (SiSi, SfoTianoba) adamianSi nevrotul qcevebs ayal ibebs: adamiani cdil obs an moipovos siyvarul i, an gaeriyeba sazogadoebas an agresiul i qcevebiT cdil obs yuradRebis miqcevas (Ярошевский 1996: Глава VII; http://www.gumer.info/bibliotek_Buks/Psihol/Jaroschev/index.php).

bavSvis cxovrebas kargad icnobs **erix fromi**. misi Sexedul ebiT, adamianis pirovnul Tvisebebs ayal ibebs iseTi social uri warmoSobis grZnobebi, rogoricaa siyvarul i, siZul vil i, Zal aufl ebisadmi l tol va, morCil eba. imis gamo, rom adamianis sazogadoebasTan urTierTobisas Cndeba probl ema – rogor adgil s daikavebs igi sazogadoebaSi, adamianSi xSirad amoqmeddeba „Tavisufl ebidan gaqcevis" meqanizmebi: e. w. **sadizmi** - adamiani Zal aufl ebis mopovebis mcdel obaSia, **mazoxizmi** – individi sxvebis morCil ebaSi yofnis mcdel obaSia, **destruqtivizmi** – cdil obs daangrios qveyana, oRond TviTon ar gamtyundes, **konfromizmi** – mTl ianad garemos morCil ebaSia, kargavs individual izms. e. **fromis** Sexedul ebiT, adamianis **pirovnebis** Tvisebebs mTl ianad gansazRvravs **social uri garemo** (Фромм 2012: http://my-shop.ru/shop/books/675311.html?partner=02022&pin=7155075139819004509;).

XX saukunis meore naxevridan safuZvl ebi eyreba ganviTarebis **humanistur Teoriebs**. maTi mimdevrebi uaryofen adamianis qcevaSi instinqtebisa da l tol vebis, amavdroul ad, garemos gavl enas da Tvl ian, rom adamianebi moqmedeben sakuTari nebis Sesabamisad – Tavad irCeven moqmedebis, cxovrebis saxes. humanisturi Teoriis warmomadgenel i **abraham masl ou** adamianis srul yofil ganviTarebaSi udides mniSvnel obas aniWebs **TviTaqtual izaciis** (TviTreal izaciisa da upiratesobis) **Tandayol il i moTxovnebis Sesrul ebas**, romel Ta dakmayofil ebisaTvis

aucilebel ad miiCnevs adamianis **moTxovnaTa ierarqiaSi** ufro dabal safexurze mdgomi moTxovnilebebis (esTetikuris, codnisa da gagebis, urTierTzrunvis da siyvarulis, usafrTxoebis, fiziologiuri moTxovnilebebis) Sesrulebas (Maslow's 2012: http://en.wikipedia.org/wiki/Maslow's_hierarchy_of_needs). moTxovnaTa ierarqiis safuZvlad **mecnieri** sasicocxlod mniSvnelovan - **fiziologiur da usafrTxoebis moTxovnebs miiCnevs.**

humanisturi Teoriis meore warmomadgeneli **karl rojersi** Tvlis, rom adamianebi, romlebic sakuTar me-s kargad Seicnoben, TviTrealizacias kargad axorcieleben. misi SexedulebiT, pirovnebis gazrdisaTvis aucilebelia gulwrfeloba, keTilganwyobili damokidebuleba da empaTia. (empaTia aris adamianis unari - uTanagrZnos da gaugos sxva adamianebis fsiqologiur mdgomareobebs) (empaTia 2011 http://ka.wikipedia.org/wiki/%E1%83%94%E1%83%9B%E1%83%9E%E1%83%90%E1%83%97%E1 %83%98%E1%83%90). rojersi pirovnuli Tvisebebis Camoyalibebisavis mniSvnelovnad miiCnevs sxva adamianebis (mSoblebis, maswavleblebis da a. S.) Sefasebebs, orientirebulT aRsazrdelTa qcevebze da ara pirovnebaze. adamianis xasiaTs gansazRvravs dabadebidan moqmedi dadebiTi impulsebi. humanisturi Teoriebis mimdevrebs miaCniaT, rom adamianis mier maqsimaluri TviTrealizaciisaTvis aucilebelia sxva adamianTa daxmareba (Rogers 2012 http://en.wikipedia.org/wiki/Carl_Rogers).

metad sainteresoa qarTvel fsiqologTa mosazrebebi bavSvTa ganviTarebis Sesaxeb. **dimitri uznaZis koincindenciis** Teoria bavSvis **ganviTarebas** ukavSirebs rogorc **memkvidrul faqtorebs**, aseve **garemo faqtorebis zemoqmedebas** da am faqtorTa **erTian moqmedebas** usvams xazs, gansxvavebiT uiliam Sternis konvergenciis Teoriisagan, romlis Tanaxmadac es ori faqtori ki moqmedebs bavSvis ganviTarebaze, magram erTmaneTisagan mowyvetilad.

dimitri uznaZis mixedviT, bavSvis SesaZleblobebis ganmaviTarebeli garemo pirobebi asakis moTxovnis Sesatyvisi unda iyos. Tavis mxriv asakobriv garemoSi stimulebis saxeobasa da Sinaarss bavSvis ganviTarebis done gansazRvravs. uznaZis mixedviT bavSvis ganviTarebis uSualo ganmsazRvreli aris Tavad bavSvis aqtivoba. **Tu bavSvma ar**

gamoiyena genetikuri SesaZleblobebi, ar SevuqmeniT ganviTarebis Sesabamisi garemo da am garemoSi ar ganaxorciela aqtivoba, misi ganviTareba Seferxdeba (uznaZe 2003:33-36 http://bin.ge/file/54111/dinitri-uznadze-bavsvis-fsiqologia--By-mrevli-ge.pdf.html).

Salva CxartiSvils miaCnda, rom bavSvis aqtivobis mastimulirebeli Zala aris **aqtivobis moTxovnileba** da swored igi udevs safuZvlad bavSvis fsiqo-fizikur ganviTarebas. ganviTarebisaTvis aucilebelia **aqtivobis fsiqofizikuri SesaZleblobebi, Sesatyvisi obieqturi garemo da aRzrdisas bavSvSi aqtivobis ganwyobis aRZvra** (gogiCaiSvili 2005:50-53).

bavSvis **aqtivobis ganwyobis aRZvra** didadaa damokidebuli socialur garemoze – ojaxze, Tanatolebze, axloblebze, masobriv sainformacio saSualebebze, cxovrebis pirobebze, sazogadoebis socialur-ekonomiur mdgomareobaze.

qarTvel fsiqologTa mixedviT, sworad warmarTuli swavla-aRzrdis procesi ganviTarebis daCqarebis saukeTeso saSualebaa.

moswavleTa fsiqikuri ganviTarebis kanonzomierebebi unda ganvixiloT ori Tvalsazrisit: **1) wminda fsiqologiuri da 2) pedagogiuri.** radgan disertacia skolis eqimis kompetenciebze iwereba, TavisTavad gvkarnaxobs, moswavleTa fsiqikuri ganviTarebis kanonzomierebebSi gamovyoT ganviTarebis pedagogiuri koncefcia da vuCvenoT, ra unda ganviTardes moswavleSi imisaTvis, rom misi fsiqikuri ganviTareba iyos myari da orientirebuli moswavlis akademiuri moswrebis amaRlebaze. **axali tipis skolis eqimis** erT-erTi mTavari sazrunavi aris **xel Sewyoba akademiuri warmatebisaTvis.**

moswavleTa **fsiqikuri ganviTarebis pedagogiuri koncefcia** pirvelad daamuSava profesorma iuri bibileiSvilma naSromSi „ganviTareba da aRzrda" da miuTiTa, imisaTvis, rom moswavlem warmatebiT SeZlos saskolo programuli masalis aTviseba, mas unda ganuviTardes bunebiT Tandayolili fsiqofizikuri unarebi – **aRqma, mexsiereba, yuradReba, warmosaxva, azrovneba, metyveleba, moqmedeba, nebisyofa.** profesori revaz naTaZe am unarebs „inteleqtualur unarebsac" uwodebs. **aRqmis** unarebis ganviTarebam moswavle unda uzrunvelyos srul fasovani informaciis

miRebiT gare sinamdvilis Sesaxeb. **aRqmis** (xedva, smena, ynosva, Sexeba, gemo) ganviTarebis saukeTeso meTodad profesori gvTavazobs dakvirvebas, rasac aucilebl ad axlavs analizi da ganzogadeba. pedagogebisaTvis mniSvnelovania **mexsierebis** aqtiuri formebis – **mogoneba, daswavla** – ganviTarebis saSualebebis codna. mogoneba, daswavla bavSvis nebelobiT Zalebzea damokidebuli, romlebsac, Tavis mxriv, gansazRvravs nebisyofa, inteleqtualuri faqtori, interesis faqtori, gamocdilebis faqtori, fiziologiuri faqtori da sxva. yvela am faqtoris ganviTarebaze zrunva skolis muSakTa movaleobaa. azrovnebis da pirovnuli Rirsebebis Camoyalibeba didadaa damokidebuli **yuradRebis** unaris ganviTarebis xarisxze. skolis muSakebisaTvis aucilebelia **yuradRebis** gamowvevis garegani da Sinagani faqtorebis gageba-gaanalizeba (yuradRebas izidavs garemoSi momzadebuli gamRizianeblebi: saganTa zomebi, gancalkevebuloba, siaxlove, nacnoboba. Sinagani faqtorebi ki bavSvis nebis ganmsazRvreli faqtorebia: moTxovnileba, interesi, ganwyoba, molodini, nebisyofa). profesori iuri bibileiSvili **yuradRebas** ganixilavs, rogorc **movlenebs Soris kavSiris damyarebis unars** (yuradRebiania moswavle, Tu akavSirebs adre da axal mosmenilsa da wakiTxuls erTmaneTTan, poulobs sagnebis msgavseba-gansxvavebas). igi moiSveliebs akademikos daviT lorTqifaniZis rekomendaciebs, Tvlis, rom am unaris ganviTarebisaTvis arsebiTia axali SeZenili codna daemyaros Zvels da moxdes ganzogadoeba, rac mTlian warmodgenas Seuqmnis moswavles ama Tu im sagnis an movlenis Sesaxeb. **warmosaxvis** unaris – fantaziis gareSe SeuZlebelia bavSvis cxovreba. SemoqmedebiTi da teqnikuri wreebi skolasa da skolisgareSe dawesebulebebSi, mxatvruli nawarmoebebis Sinaarsis gagrZelebaze moswavleTa muSaoba, sakuTari nawarmoebebis Seqmnaze moswavleTa xel Sewyoba – **warmosaxvis ganviTarebis** saukeTeso saSualebebia. **azrovnebis** unarebs aviTarebs TamaSiT swavleba, problemaze dafuZnebuli swavleba, Ziebis doneze swavleba. **metyvelebis** ganviTareba gulisxmobs sityvebisa da bgerebis zust warmoTqmaze zrunvas, leqsikuri maragis gamdidrebas, weriTi metyvelebis ganviTarebas Temis Sinaarsis, wakiTxulis STabeWdilebebis, SeniSvnebis, dRiurebis weriT

(razec yvela pedagogi erToblivad unda zrunavdes). moqmedebac
(dawyebuli siaruliT da xel weriT) ganviTarebas saWiroebs. cnobieri
moqmedeba ver ganxorcieldeba srulfasovnad nebisyofis gareSe.
nebisyofis ganviTarebis xerxebis CamoTvlisas profesori iuri
bibileiSvili moiSveliebs daviT l orTqifaniZis Sexedulebebs –
saswavlo muSaoba unda emyarebodes mtkice reJims, saswavlo muSaobis
mizani cxadad unda iyos CamoyalibebuIi, sagakveTilo procesSi
aucilebelia moswavlis zneobriv aRzrdaze zrunva, mniSvnelovania
fizikuri aRzrdis sworad dayeneba gakveTilze, maswavlebeli unda iyos
mtkice da TanmimdevruIi Tavis gadawyvetilebebSi da maT Sesrulebasi
(bibileiSvili 2011:54-76).

    Jan piaJes Teoriis analitikuri damuSaveba gvaZlevs saSualebas
davaskvnaT, rom **swavlebis procesSi mniSvnelovania yuradReba**
gamaxvildes saswavlo procesSi bavSvTa kogniuri ganviTarebis doneze,
moswavleTa azrovnebis procesze, iniciativaze da saswavlo procesSi
aRsazrdelTa aqtiur CarTulobaze, moswavleTa ganviTarebis tempebis
gansxvavebul obaze da saswavlo procesSi mis gaTvaliswinebaze (janaSia
2009:33).

    lev vigotskis Teoria gvTavazobs davadginoT **moswavleTa uaxloesi**
ganviTarebis zona (amas vaxerxebT, Tu moswavleebs vaZlevT sxvadasxva
sirTulis davalebebs, da varkvevT, ra sirTulis davalebebs ver
axerxebs damoukideblad Seasrulos, magram SeuZlia misi gadawyveta
maswavleblis daxmarebiT), swavlebis dros aucilebelia am zonis
gaTvaliswineba.

    dimitri uznaZis „ganwyobis Teoriis" (uznaZe 2009:
http://temida.do.am/load/el_ts'ignebi/dimit_39_ri_uznadze_gants_39_qobis_psikologia/8-1-0-761)
analiziT, bavSvis ganviTareba saswavlo procesSi gamoyenebuli
nebismieri aqtivobisadmi bavSvis dadebiTi ganwyobis SeqmniTaa
SesaZlebeli, rac, Tavis mxriv, swavlisadmi bavSvis **dadebiTi ganwyobis**
Seqmnas uwyobs xels. **saswavlo masala** aucilebl ad unda Seesabamebodes
moswavlis **samoqmedod ganwyobil Zalebs**: igi unda iyos moswavleTa
ganviTarebis aqtualuri zonis Sesaferisic da daSorebulic, raTa
moxdes moswavleTa winsvla, aucilebelia saswavlo garemo moswavleTa

ganviTarebis Sesaferisi iyos. swavleba moswavleze orientirebuli unda iyos, rac gulisxmobs moswavleTa survilebis, miswrafebebisa da interesebis gaTvaliwinebas.

biheviorizmis ZiriTadi principebidan gamomdinare aucilebelia **wamaxalisebeli saswavlo garemos Seqmna**, mniSvnelovania dadgindes stimuli, romelic iwvevs moswavleTa qcevas; saWiroa stimulisa da sapasuxo qcevis droSi Tanxvedra; aucilebelia efeqturi ganmamtkiceblebis gamoyeneba asakobrivi Taviseburebebis gaTvaliswinebiT: I-II klasSi es SeiZleba iyos Seqeba, stikerebi, privilegiebi; III-V klasSi – tkbileuloba, flomasterebi, patara saTamaSoebi, Tavisufali dro saTamaSod an saxatavad, kviris gmiris serTifikatebi; VI-VIII klasSi – Tavisufali dro megobrebTan, megobrebis mowoneba, maswavleblis mowoneba, akademiuri warmatebis konkretuli Sefaseba (konfidencialurad); IX-XII klasSi – megobrebTan urTierTobebisa da komunikaciis SesaZlebloba, akademiuri warmatebis Sefaseba, jgufuri miRwevebis sajaro aRiareba (janaSia… 2009:82-84).

bavSvis fsiqikuri ganviTareba mWidro kavSirSia pirovnul ganviTarebasTan. saswavlo garemo, rogorc socialuri garemos organuli nawili, gansazRvravs bavSvis rogorc fsiqikuri, aseve pirovnuli ganviTarebis mimdinareobasa da siswrafes. pirovnebis CamoyalibebisaTvis yuradsaRebia swavlebis procesSi bavSvTa emociuri ganviTarebis xelSewyoba, romelzec pozitiurad moqmedebs dadebiTi emociebi: sixaruli, siamovneba, simSvide, aRtaceba, xolo negatiurad moqmedebs SiSi, SfoTianoba, gabrazeba, danaSaulis grZnoba. negatiurad moqmed faqtorTa uaryofiTi Sedegis Semcirebisswis mniSvnelovania bavSvebSi emociebis regulaciis unaris ganviTareba.

fsiqologi **nensi aizenbergis** mixedviT emociuri regulaciis wyaro Tavdapirvelad gare samyarodan momdinareobs (magaliTad mSoblebi amSvideben patarebs), magram asakis matebasTan erTad bavSvi Tavad iZens emociebis TviTregulaciis unars, raSic mas exmareba situaciebis dadebiTi mxareebis danaxva. bavSvebSi, zrdasTan erTad, viTardeba sibrazis feTqebadi gamovlinebis daregulirebis, stresisadmi efeqturi

gamklavebis unarebi (janaSia 2009:152). Tumca am unarebis ganviTarebis siswrafe gansxvavebulia bavSvebSi da didia maswavleblis roli maT Ca-moyalibebaSi.

rac metad marTavs sakuTar emociebs mozardi, miT maRalia masSi **emociuri inteleqti**, romelSic fsiqologi **daniel goulmani** oTx sferos gamoyofs: 1. **emociur TviTgamorkvevas** (misi ganviTarebis Sedegad vRebulobT: sakuTari emociis gacnobiereba; grZnobis mizezebis ukeT gageba; grZnobebsa da qmedebebs Soris gansxvavebebis gacnobiereba); **2. emociebis marTvis unars** (misi ganviTarebisas vRebulobT: gabrazebisas sakuTari Tavis marTvas; klasSi mecadineobebze feTqebadi situaciebisas damamcirebeli da sibrazis gamomxatveli sityvebis nakleb gamoyenebas; Cxubze TavSekavebis unaris ganviTarebas; agresiuli an TviTdamangreveli qmedebebis Semcirebas; met pozitiur grZnobebs; stresebisadmi ukeT gamklavebis unars; nakleb martosulobas da socialur SfoTianobas; skolidan garicxvis SemTxvevebis raodenobis Semcirebas. **emociebis damorCileba** zrdis pasuxismgeblobis grZnobas, mozardi yuradRebis koncentracias axdens Sesasrulebel davalebaze, mcirdeba impulsuroba, izrdeba TviTkontroli, umjobesdeba Sefasebebi); 3. **empaTias – sxvisi emociebis amocnobisa da gaTvaliswinebis unari** (mozardi iTvaliswinebs sxva adamianis poziciias, grZnobebs; ukeT usmens maT); **4. urTierTobis marTvis** unars (izrdeba urTierTgagebis, azrTa sxvadasxvaobisas konfliqtebis marTvis, urTierTzemoqmedebisas problemebis mogvarebis unarebi; mozardi xdeba Tavdajerebuli, farTovdeba misi megobrebis wre, matulobs megobrebis saqmeebSi CarTuloba. mozardebi sainteresoni da windaxedulni xdebian; kargad erTvebian sazogadoebriv cxovrebaSi, arian koleqtiurebi, SeuZliaT TanamSromloba da daxmareba, urTierTobebSi arian demokratiulebi) (Гоулман 2009: 433-434 http://www.arhibook.ru/39554-jemocionalnyjj-intellekt.html).

emociur inteleqts gansazRvravs **emociuri unar-Cvevebis** ganviTareba. sainteresoa fsiqolog **karolin saarnis** mier mowodebuli **emociuri kompetenciebi: 1. emociuri TviTcnobiereba** (mocemul momentSi arsebuli grZnobis gamorkveva); **2. sxva adamianTa grZnobebis amocnoba; 3. emociebis aRmniSvneli sityvebis socialur da kulturul formebSi gamoyeneba; 4.**

gacnobireba imisa, rom ar aris aucilebeli Sinagani emociuri mdgomareoba garegans Seesabamebodes; gaanalizeba imisa, Tu ra zemoqmedebas axdens emociuri gamovlineba irgvliv myofebze da misi Sesabamisi marTvis unari; 5. TviTregulaciis strategiebiT uaryofiTi emociebis gamklavebis unari; 6. gacnobiereba imisa, rom emociebis gamovlena gavlenas axdens adamianTa urTierTobaze; 7. zogadad iseT Sinagan mdgomareobaSi yofna, rogorSic gsurs grZnobde Tavs. aRniSnuli kompetenciis unar-Cvevebs aviTarebs urTierTpativiscemaze da pasuxismgebl ur damokidebul ebaze agebul i urTierTobebi (Saarni 1999 http://books.google.ge/books?id=nHRqbmVgQK4C&printsec=frontcover#v=onepage&q&f=false).

emociuri ganviTareba SeiZleba daiyos periodebad: **2-dan 6 wlamde, 6-dan 11-12 wlamde da 12-dan 18-22 wlamde - mozardobis xana.** sakvlevi Temidan gamomdinare, Cven ganvixilavT saskolo periods. **6-dan 11-12 wlamde** asakis bavSvebs TandaTan uyalibdebaT gacnobierebuli emociebi. am asakSi Zlieri sircxvilis SegrZnebis aRZvra iwvevs sakuTar TavSi Caketilobisadmi, depresiisa an agresiisadmi midrekilebis ganviTarebas. aRmzrdelebis yuradReba unda gamaxvildes ara sircxvilis grZnobis aRZvraze, aramed daSvebuli Secdomis gamoCworebaze. aRmzrdelebis mier sworad aRzrdil-ganviTarebuli 6-dan 11-12 wlamde asakis bavSvebi stresTan SebrZolebis or gzas mimarTaven: **problemaze fiqsirebuls** da **emociaze fiqsirebuls**. pirvel SemTxvevaSi bavSvi eZebs stresis gamomwvev mizezs da cdilobs mis daZlevas. meore SemTxvevas ki mimarTavs maSin, roca stresis daZlevis pirveli gza araefeqturi gamodgeba.

arsebobs stresis daZlevis **arasaxarbielo mesame** gzac - **gaqcevis strategia**, roca adamiani uars ambobs stresis daZlevaze da gadainacvlebs sxva saqmianobaze. fsiqologTa umravlesoba sworad Tvlis, rom yvelaze Sedegiania stresi daZlevis problemaze fiqsirebuli gza, radgan problemis gaanalizeba da aRmofxvra bavSvTa ganviTarebis saSualebas iZleva (janaSia 2009:158-163).

mozardobis xanaSi (12-dan 18-22 wlamde) bavSvebi Warbi emociebiT xasiaTdebian. aReniSnebaT emociebis mkveTri cvalebadoba, emociebis intensivobasa da obieqtur realobas Soris Seusabamoba. maTTvis

bunebriv maxasiaTebl ad iTvl eba yovel dRiuri gamokiTxvisa da
Sefasebis, Sual eduri CaTvl ebisa da gamocdebis SiSi, cudi moswrebis
gamo mSobl ebis dasjis SiSi, Tanatol ebis wreSi damkvidrebis SiSi,
emociebis umarTavobis SiSi, sibraze, danaSaul is grZnoba da eWvianoba,
emociebis gamoxatva da sxva. yovel ive aRniSnul is mizezad mecnierebi
intensiur hormonal ur da fizikur ganviTarebas asaxel eben (janaSia
2008:167-168). mozardebi cdil oben gamovidnen mSobel Ta zegavl enidan,
iswrafvian damoukidebl obisaTvis, Tanatol ebis azrs, Sexedul ebebs met
pativs scemen. icvl eba moswavl e-maswavl ebl is komunikaciis xasiaTi.
nawil i bavSvebisa maswavl ebl ebTan megobrul urTierTobas amyarebs,
nawils konfl iqturi urTierToba uyal ibdeba. zogic kargavs swavl isa
da skol aSi siarul is interess. mozardebSi aqtiurad mimdinareobs
pirovnul i Tvisebebis Camoyal ibeba. rogorc fsiqol ogi **jeims marsia**
miuTiTebs, pirovnebis miRwevamde mozardebi **4 statuss** gaivl ian:
winaswari gadawyveta - mozardebi al ternativis gareSe Rebul oben
mSobl ebis an sxva avtoritetul i pirebis mier gadmocemul
Rirebul ebebs, miznebs, profesiul mimarTul ebebs; **pirovnebis difuzia
(gafantva)** – mozardebs arc profesia da arc ideol ogiuri Sexedul ebebi
ar aqvT arCeul i; **moratoriumi (gadadeba, dayovneba)** – mozardebs
dawyebul i aqvT profesiul i da ideol ogiuri arCevanis gakeTeba, magram
ara aqvT miRebul i sabol oo gadawyvetil ebebi; moratoriumis stadiaSi
mozardebSi SeimCneva mRel vareba, Tumca Tavdajerebul oba da
damoukidebl oba gamomuSavebul i aqvT. **pirovnebis miRweva** - mozardebs
damoukidebl ad aqvT arCeul i profesiul i mimarTul ebebi da
ideol ogiuri Sexedul ebebi (janaSia 2009:166; James … 2012;
http://en.wikipedia.org/wiki/James_Marcia;
Oswalt...2010: http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=41164&cn=130).

Tu mozardi ipovis sakuTar pirovnebas, misgan miviRebT
Tavdajerebul, kritikul i azrovnebis unariT dajil doebul adamians.

pirovnul i niSnebis ganviTarebaze did gavl enas axdens emociuri
konfl iqtebi da maTTan gamkl avebis unarebi. am unarebis dabal xarisxs
mozardebi danaSaul is Cadenamde, adreul al kohol izaciamde,

narkotikuli saSualebebis moxmarebamde, TviTmkvlelobamde mihyavs (janaSia 2009:167).

yovelive zemoaRniSnulidan gamomdinare, vakeTebT daskvnas: mozardTa normalur pirovnebebad Camoyalibebisatvis aucilebelia maTSi Warbi emociebis marTvis unarebis ganviTarebis xelSewyoba. am mxriv isini saWiroeben daxmarebas. es daxmareba maT unda gauwion aRmzrdelebma - maswavleblebma, mSoblebma, meurveebma, sazogadoebam. umniSvnelovanesia emociis gamomwvev stres-faqtorTa da emociur konfliqtTa Semcireba, risTvisac pedagogebsac da mSoblebsac aucilebldad dasWirdebaT **skolis eqimis** konsultacia.

dRes skolebSi Seyvanilia mandaturebi, romlebic moswavleTa usafrTxoebas uzrunvelyofen, Tumca aris erTi garemoeba, moswavleebi mandaturTa SiSiT skolaSi eridebian emociebis gamovlenas, magram, skolis miRma kvlav xSiria SemTxvevebi bavSvis pirovnul ganviTarebaze moqmedi esoden mniSvnelovani emociebis umarTaobisa da konfliqtebisa. mizezi amisa is aris, rom mandaturTa funqcia ar aris bavSvTa emociur ganviTarebasa da stres-faqtorTa Semcirebaze zrunva. skolaSi es funqcia akisriaT pedagogebs, xolo pedagogebma Sedegianad rom warmarTon moswavleTa emociuri ganviTareba, aucilebelia skolis samedicino personalisagan – **skolis eqimisagan** miiRon kompetenturi rCeva.

skolis eqims kargad eqneba gacnobierebuli bavSvTa tipebisaTvis damaxasiaTebeli asakobrivi fizikur-fsiqikuri Taviseburebebi, ama Tu im asakSi mosalodneli emociuri gamovlinebebi, arasasurveli emociis ganviTarebis xelSemwyobi garemo pirobebi, igi daexmareba pedagogebs garemos swor organizaciaSi. amiT moxdeba arasasurveli emociis prevencia. ukve ganviTarebuli uaryofiTi emociebis gamovlenisas gantvirTvis saSualebebis (fizikuri aqtiurobis, musikis mosmenis, klasgareSe Temebze diskusiis da sxva) SeTavazebiT minimumade daiyvaneba uaryofiTi emociebis mavne zemoqmedebis Sedegebi.

saswavlo procesSi uaryofiTi emociis warmomSob mizezTa Semcirebis erT-erTi gzaa bavSvebSi **Segnebuli disciplinis** aRzrda. igi bavSvebSi TavSekvebis, simtkicis, daTmobis unars ayalibebs.

disciplina sazogadoebrivi urTierTobis Sedegad dadgenili kanonebis, wesebis, qcevis normebis aRiareba da dacvaa, rasac Tan axlavs Sinagani Zalebis maqsimaluri mobilizebiT saswavlo drois racionaluri gamoyeneba, wesrigi da reJimi. garda imisa, rom yovelive aRniSnuli saswavlo muSaobis nayofierebas da efeqturobas zrdis, amave dros, mcirdeba gakveTilis mimdinareobisas uaryofiTi emociebis gamomwvevi garemoebebi. klasSi iqmneba mSvidi, gonebrivi ganviTarebis xelSemwyobi sasargeblo garemo. meqsikaSi, italiaSi, slovakeTSi, estoneTsa da espaneTSi gamokiTxul pedagogTa 70%-ze meti aRniSnavs, rom disciplinis problemebi xels uSlis gakveTilis warmatebiT Catarebas (internetmasala).

disciplinis darRvevis mraval mizezTagan pirvel rigSi unda dasaxeldes moswavleTa Warbi raodenoba klasSi. kvlevebma aCvenes, rom miuxedavad imisa, rom ganaTlebis saministro ar miiCnevs gamarTlebul ad 30 bavSvze mets klasSi, skolebis did nawilSi darRveulia es moTxovna. gamokiTxul maswavlebelTa 80% moswavleTa qcevebisa da emociebis umarTavobis erT-erT mTavar xelSemSel faqtorad klasSi moswavleTa simravles miiCnevs.

didi mniSvneloba eniWeba efeqtur swavlebas, romlis ucilobeli pirobaa moswavleTa interesebis Sesabamisi saswavlo garemo da am garemoSi TiToeuli moswavlis maqsimaluri CarTulobis uzrunvelyofa, dainteresebul, saswavlo procesSi aqtiurad CarTul moswavles mTeli yuradReba saswavlo procesisaken gadaaqvs da naklebad iclis disciplinis darRvevisaTvis.

obieqturi Sefasebebi da samarTlianoba, maswavleblisadmi siyvaruli, romel sac miRweva sWirdeba, maswavleblisa da mSoblis TanamSromloba, romelsac aucilebad grZnobs bavSvi, maswavlebelTa piradi magaliTi da sasurveli qcevis miRwevisas moswavleTa Seqeba aris prevenciuli sa-Sualebebi, romlebic Tavidan agvacilebs disciplinis darRvevebs.

aranakleb sayuradReboa qcevis wesebis darRvevisas maswavlebelTa reaqcia, romlis ganxorcielebaSi umniSvnelovanesia maswavleblis simSvide, taqtianoba da samarTlianoba. kvlevebma aCvenes, pedagogebi disciplinis darRvevis aRmkveTi RonisZiebebis SerCevaSi uSveben

Secdomebs, roml ebic uaryofiTad aisaxeba bavSvTa fsiqikur ganviTarebasa da pirovnuli Tvisebebis Camoyalibebaze. magaliTad, xSiria SemTxveva, roca moswavlis mier disciplinis darRvevis gamo maswavlebeli Jurnal Si wers dabal niSans. maswavlebeli uxeS Secdomas uSvebs, roca yofaqcevis niSans codnaSi uwers moswavles. „saqarTvelos kanonSi zogadi ganaTlebis Sesaxeb" miTiTebulia: „skola valdebulia miiRos yvela gonivruli zoma moswavleTa codnis samarTliani Sefasebis uzrunvelsayofad. dauSvebelia moswavleTa akademiuri Sefaseba ganpirobebuli iyos misi discipliniT" (muxli 9, punqti 7) (saqarTvelos... 2005; http://www.ncac.ge/index.php?m=785).

baTumis erT-erT skolaSi Seveswari T meoTxeklaseli vaJisa da maswavleblis kamaTs. acremlebuli bavSvi maswavlebels saklaso samuSao rveuls ar awodebda da iTxovda pedagogTan erTad direqtorTan Sesvlas, egeb direqtorTan amixsnaT ra Secdoma maqvs daSvebuli namuSevarSi daris gamo damakeliT qulao.

maswavleblis gamokiTxviT, namuSevari maRal Sefasebas imsaxurebda, magram bavSvs ancobis gamo Sefasebis daqveiTebiT sjida. mSoblis CareviT bavSvma daubruna rveuli maswavlebels, magram vaJi garkveuli xnis ganmavlobaSi protestis niSnad aRniSnul sagans saswavlad aRar ekareboda, rac mis codnasac daetyo da, Sesabamisad, akademiur moswrebazec aisaxa. bavSvma maswavleblis pativiscema da siyvaruli dakarga da mTlad umarTavi gaxda. pedagogi vaJs „Znelad mosaTviniereblad" miiCnevda, arc ki ucdia, mis mier gatarebuli „aRmkveTi" RonisZiebis samarTlianobaze dafiqrebuliyo da daZabuli urTierToba raime saSualebiT ganemuxta.

mesameklaseli celqi biWuna mousvenrobis gamo dasajes da ar gauSves misTvis yvelaze sasiamovno fizikuri aRzrdis gakveTilze. bavSvma ar daayovna da sapasuxod yvela bavSvis saswavlo nivTebs adgilebi ucvala. saklaso oTaxSi dabrunebul arc erT bavSvs sakuTari nivTebi Tavis adgilze ar daxvda. nivTebis Tavisi patornebisaTvis dabrunebas erTi gakveTilis dro dasWirda, ris gamoc momdevno gakveTili CaiSala.

Cadenilis gamo moswavles xangrZlivad tuqsavdnen rogorc mSoblebi,

aseve pedagogi. bavSvi maRali akademiuri moswrebis iyo. semestris bolos pedagogma kidev erTi damsjeli RonisZieba moifiqra: semestruli Sefasebis daqveiTeba. protestis niSnad bavSvi gamoeTiSa skolaSi dagegmil saxaliso RonisZiebas, xangrZl ivi drois ganmavlobaSi uars acxadebda aRniSnul saganSi gakveTilis procesSi CarTul obaze, mTeli gulisyuri iqeTken hqonda miqceuli, rogorme raimeTi xeli SeeSala aRniSnuli pedagogis gakveTilis msvlelobisaTvis, maswavlebeli moswavlis TiToeul saprotesto qmedebas mkacri sapasuxo qcevebiT - kuTxeSi dayenebiT, Ria karis ukan dayenebiT da iqedan mosmeniT, an kidev sul acklasidan gaZevebiT pasuxobda.

mSobeli iZulebuli gaxda skola SeecvalaT vaJisaTvis. miuxedavad imisa, rom bavSvs gauWirda megobrebisagan ganaSoreba, kmayofilebas mainc gamoxatavda, saswavlo procesSi aRniSnul pedagogs rom aRar Sexvdeboda. „sxva klasSi rom gadavsuliyavi esec ar miSvelida, radgan derefanSic ki rom Semxvedroda es pedagogi, mTeli dRe xasiaTi gamifuWdebodao". – aRniSna man ojaxSi saubris dros.

moswavleTa gamokiTxviT, maswavleblebi disciplinis darRvevas pasuxoben yviriliT, magidaze xelis dartymiT, moswavleTa Seuracxmyofeli sityvebis gamoyenebiT, Tmebis dawiwkvniT, kuTxeSi dayenebiT, gareT gagdebiT, mandaturTan miyvaniT, iyo faqtebi, roca silac ki gauwnia maswavlebels umcrosklaselisaTvis.

maswavlebelTa arapedagogiuri qceva, gansakuTrebiT maSin, roca bavSvs eufleba usamarTlobis gancda, biZgs aZlevs moswavleTa araswor qmedebas da aferxebs bavSvTa moralur ganviTarebas.

pedagogiuri ganaTlebis ukmarisobas avlens maswavlebeli, roca ver arCevs adekvatur zomebs moswavleTa mier disciplinis darRvevebisas. moswavleebma unda icodnen disciplinis darRvevisas ratom da rogor isjebian. Sedegis misaRwevad maswavlebeli unda iyos Tanmimdevruli da principuli. qcevis nebismieri wesis darRvevas unda mohyves winaswar gansazRvruli zomebis gatareba, miuxedavad imisa, vin Caidina danaSauli da ra ganwyobazea maswavlebeli (aris SemTxvevebi, roca pedagogi karg guneb-ganwyobazea da qcevis wesebis damrRvevisadmi ar iyenebs winaswar gansazRvrul e. w. „sasjels").

erT-erTi mTavari iaraRi bavSvTa qcevis marTvisa aris simSvide. zedmeti risxva bavSvebSi agresias iwvevs usamarTlobis gancdis gamo.

moswavleSi Segnebuli disciplinis Camoyalibeba dakavSirebulia mis moralur ganviTarebasTan. kvlevebma migviyvana daskvnamde, rom moswavleTa moralur ganviTarebaze gavlenas axdens zogadi kognituri ganviTareba. warmatebuli moswavleebi mets fiqroben moralur sakiTxebze da cxadad ebrZvian usamarTlobas. sxvaoba kidev ufro didia im SemTxvevaSi, roca bavSvs qcevis problemebi adreuli asakidan aReniSneba. Tumca aris SemTxvevebi, roca niWierebSi moraluri ganviTarebis xarisxi dabalia, arian egoisturebi da bevr problemas warmoSoben.

moralur ganviTarebas aCqarebs miuRebeli saqcielis axsna da dasabuTeba da, rogorc mkvlevari **lorens kolbergi** aRniSnavs, mozardis iseTi moraluri dilemebis winaSe aRmoCena, romelTa gadawyveta mas adekvaturad ar SeuZlia da romlis gadawyvetaSic mas maswavlebeli daexmareba (moraluri...2011: http://orioniblog.blogspot.com/2011/06/blog-post_3397.html). kargi Sedegi moaqvs, roca moralur sakiTxebze da dilemebze mTeli jgufi msjelobs.

mniSvnelovania TviTSegnebis aRzrda, moswavleTa mier situaciebis danaxva sxva adamianTa TvaliT, aRsazrdelTa waxaliseba, roca isini sxva adamianTa mimarT TanagrZnobas da Tanadgomas gamoiCenen, Uufrosi Taobis, maT Soris, pedagogebis, mier moraluri saqcielis magaliTebis Cveneba (janaSia 2009:190-192).

disciplinaruli Cvevebis ganviTareba problemad rCeba Znelad aRsazrdelebSi, bavSvebSi, romlebSic, rogorc vasil suxomlinski aRniSnavs, „friad sxvadasxvanairi mizezebis gamo vxedavT aranormalurobas, anomaliebs gonebriv da moralur ganviTarebaSi" (suxomlinski, 1981:67). mamia yolbaias SexedulebiT, Znelad aRsazrdelia bavSvi, romelsac fsiqikuri ganviTarebisaTvis saWiro normaluri monacemebi gaaCnia, magram araswori pedagogiuri da socialuri garemos zemoqmedebiT ganuviTarda xasiaTis rigi uaryofiTi Tvisebebi, ris Sedegadac is adekvaturad ver pasuxobs socialuri garemos moTxovnilebas, ver icavs sazogadoebaSi miRebul wesebsa da normebs

(yol baia 2008:207). K

metad saintereso rCevas gvaZlevs vasil suxomlinski Tavis wignSi „mSobelTa pedagogika“: „Cven, maswavleblebma, aRmzrdelebma, mSoblebma – yvelam, visac saqme aqvs bavSvebTan, unda vicodeT da Cvens SromaSi gaviTval iswinoT zogierTi didmniSvnelovani WeSmariteba. bavSvi ibadeba ganviTarebadaumTavrebeli nervuli sistemiT. misi ganviTareba grZeldeba 17-18 wlamde da ufro met xansac, amasTan, yvelaze rTuli, Rrma procesebi xdeba 1-dan 7-8 wlis asakSi. ususuri Cvili bavSvis adamianad qcevaSi gansakuTrebul rols asrulebs adamianuri urTierTobani misi sicocxlis pirvel wlebSi. mecnierebisaTvis cnobilia 32 SemTxveva, roca patara bavSvebi gareul nadirebTan – mglebTan, vefxvebTan, lomebTan izrdebodnen, romelTac bal Rebi moitaces da mzrunvelobiT uvlidnen maT. SemdegSi sazogadoebas rom daubrundnen, verafriT ver moxerxda am „veluri bavSvebis“ adamianebad gadaqceva. es samwuxaro faqtebi kidev erTjer mowmobs imas, Tu ramdenad didi mniSvneloba aqvs gonebriv aRzrdas bavSvobaSi“ (suxomlinski, 1981:70).

cnobili pedagogi aRmzrdelobiTi muSaobis rvawliani praqtikis manZilze bavSvTa gonebrivi Sromisa da mraval mxrivi sulieri cxovrebis kvlevam miiyvana daskvnamde, rom umniSvnelovanesi mizezi, romlis gamoc aRsazrdelebi an „rTul“ bavSvebad an akademiurad CamorCenilebad ylibdebian, aris im garemo pirobebSi, romlebSic bavSvebi cxovroben adreul asakidanve. „maSasadame, 1-dan 7-8 wlis asakamde patara arsebis moazrovne materiam ver miiRo raRac arsebiTi ram am ganviTarebisaTvis. skolaSi saqme uaresdeba gansakuTrebiT maSin, Tu maswavlebel ma ar icis, ra xdeba bavSvis TavSi, romelic mTel Tavis gonebriv Zalebs Zabavs, magram ar Zal uZs daZlios mecnierebis WeSmaritebani, misi sibrZne da sasowarkveTilebiT ukan ixevs“ (suxomlinski, 1981:70).

„rTul“ bavSvTa qcevis wesebis darRveva maTdami araswor midgomebSia. vasil suxomlinski pedagogTa danaSauladac miiCnevs imas, rom „ar cdiloben mividnen saTaveebTan, Tu ratom gaxda bavSvi Zneladaღzrdeli. ise, rogorc eqimi gulmodgined ikvlevs avadmyofis organizms, eZebs da poulobs daavadebis warmoSobis mizezs, raTa Semdeg mkurnalobas Seudges, maswavlebelmac, Tu igi namdvili maswavlebelia,

mofiqrebiT, yuradRebiT, moTminebiT unda gamoikvlios, Seiswavlos bavSvis gonebrivi, emociuri, moraluri ganviTareba... pedagogikis namdvili azri imaSi mdgomareobs, rom is adamianic ki, romlisTvisac Zneli gasakeTebelia is, rasac sxvebi advilad Zleven, ar grZnobdes Tavs arasrul fasovan adamianad, ganicdides maRal adamianur sixaruls – SemecnebiT sixaruls, inteleqtualuri Sromis sixaruls, Semoqmedebis sixaruls" (suxomlinski, 1981:69).

„rTul" bavSvTa qcevis wesebisadmi damorCilebis saSualebebia individualuri midgomebi, problemis danaxva, mis saTaveebTan misvla da arsebuli situaciis gamosasworeblad swori strategiebis SemuSaveba. dagegmili strategiebis ganxorcielebisas pedagogTan erTad unda moqmedebdes ojaxi. aucilebelia, maswavlebelma konsultaciebi gaiaros sxva gamocdil pedagogebTan da **skolis eqimTan**, romelsac SeeZleba bavSvis diagnostireba da raki Znelad aRsazrdelobis mizezi zogjer fsiqiatriuli daavadebebisadmi midrekilebebSi unda veZeboT, fsiqiatriis karg codnaze dayrdnobiT **skolis eqimi** saWiroebisas bavSvis medikamentozur mkurnalobasac Caatarebs. Tu ki aseTi SemTxveva gamoiricxeba, **skolis eqimi** pedagogTan erTad Seiswavlis bavSvis fsiqologiuri ganviTarebis dones, mis emociur mdgomareobas, ama Tu im miuRebeli gamovlinebisa Tu qmedebis mizezebs da erToblivi koordinirebuli moqmedebiT daigegmeba prevenciuli RonisZiebebi.

nebismieri moswavlis moralur ganviTarebas xels uwyobs skolaSi miRebuli qcevis wesebisadmi damorCileba, romelTa SemuSavebaSi moswavleebi unda Rebulobdnen monawileobas. n. niJaraZe Tvlis, rom qcevis wesebis raodenoba ar unda aRematebodes 4-6-s, unda gadmoices pozitiuri formiT, wesebi naTlad da konkretulad unda iyos formulirebuli, qcevis wesebis ganxilvas maswavlebeli aqtiurad unda axorcielebdes swavlis dawyebidan 2-3 kviris ganmavlobaSi, moswavleebs maswavlebelma unda dausabuTos, rom am wesebisadmi damorCileba maTive miznebis miRwevas emsaxureba, wesebi unda gamoikras TvalsaCino adgilas, qcevis wesebis SemuSavebisas gaTvaliswinebuli unda iqnes asakobrivi maxasiaTeblebi. aucilebelia mSoblebTan TanamSromloba, moswavleebSi qcevis TviTmarTvis unaris ganviTareba samizne qcevis gansazRvriT,

TviTdakvirvebis meTodis SemuSavebiTa da gamoyenebiT, waxalisebis formebis SerCeviT da TviTganmtkicebiT (janaSia 2009:67-79).

rogorc vxedavT, bavSvis normalur fsiqikur ganviTarebas mravali faqtori gansazRvravs. aucilebelia aRsazrdelma memkvidreobiT miiRos **jansaRi genetika** da dabadebis Semdgomis irgvliv SevqmnaT ganviTarebis xel Semwyobi **jansaRi garemo**, sadac uxvad iqneba ganviTarebis xel Semwyobi biologiuri an socialuri motivebi. socialur motivebs qmnis sazogadoeba, skola, ojaxi, maTi yofa, qmedeba, mdgomareoba, romlebsac bavSvebi advilad eqvemdebarebian. **genetikur programaze** dayrdnobili bavSvis **fsiqikuri ganviTarebis** donis sabolooo **ganmsazRvrelia bavSvis asaki da garemo pirobebi** (Tanamedrove sazRvargareTis fsiqologiaSi, mniSvnelobas aniWeben ra memkvidreobas, memkvidruli niSnebis ganviTarebis xarisxs mTlianad garemos ukavSireben) (I. pervini, o. joni) (Движущие ...2012 http://psylist.net/age/00003.htm).

g. m. dulnevma da a. r. luriam bavSvis normaluri fsiqikuri ganviTarebis 4 piroba SeimuSaves:

1. aucilebelia Tavis tvinis normaluri muSaoba, rac gulisxmobs paTologiuri mdgomareobebis gamoricxvas, radgan paTologiebis dros irRveva agznebisa da Sekavebis procesebi, Sesabamisad, miRebuli informaciis analizi, sinTezi, adamianis fsiqikuri procesebis ganmapirobebeli Tavis tvinis sxvadasxva nawilebs Soris urTierTqmedebis procesi.

2. meore pirobaa bavSvis normaluri fizikuri ganviTareba, rac ganapirobebs mis normalur Sromisunarianobas.

3. mesame pirobaa grZnobaTa organoebis normaluri mdgomareoba, rac uzrunvelyofs bavSvis mier gare samyaros srul yofil aRqmas;

4. meoTxe – ojaxSi da saswavlo-saaRmzdelo dawesebulebebSi bavSvis swori, sistematuri swavla-aRzrda (Кузнецова ... 2002:16 http://pedlib.ru/Books/3/0031/3_0031-16.shtml).

Tu gavaanalizebT oTxive am pirobas, naTeli gaxdeba, rom jansaRi genetikis adamianisaTvis oTxive pirobis Sesasrulebelad aucilebelad mniSvnelovania jansaRi garemo.

skolis eqimis mudmivi sazrunavia imis gamokvleva, Tu ra meqanizmiT moqmedebs gare faqtorebi bavSvis fsiqofizikur ganviTarebaze. skolis eqimma unda icodes, rom gare faqtorebi cvlian endokrinuli sistemis mier gamoyofil nivTierebebs hormonebs, romelTa garkveuli doza aucilebelia genetikuri programis srulyofiladSesrulebisaTvis. maTi an gazrda an Semcireba gamoiwvevs genetikuri programis cvlilebas - Seicvleba organoTa struqturizaciis procesi da Sesabamisad, maTi (organoTa) funqcia an gaizrdeba, an Semcirdeba. es asaxvas hpovebs ara marto fizikur ganviTarebaze, aramed fsiqikurzec.

rogor garemoSi unda cxovrobdes bavSvi? pirvel rigSi, bavSvi gare samyarosgan unda ikmayofilebdes moTxovnilebebs, romelTagan pirvel safexurze **abraham masloum** savsebiT sworad fiziologiuri moTxovnebi daayena, radganac isini adamianis fizikur gadarCenasTan aris dakavSirebuli – adamiani uzrunvelyofili unda iyos sakvebiT, wyliT, Jangbadi T, Zi li T, siTboTi, TavSesafari T. am moTxovnaTa dakmayofilebis xarisxi gansazRvravs adamianis janmrTelobas da Sesabamisad, adamianis rogorc fizikuri, aseve fsiqikuri ganviTarebis xarisxs.

fiziologiur moTxovnebs emyareba usafrTxoebis moTxovna. moswavleebis normaluri ganviTarebisaTvis aucilebelia, Tavs daculad grZnobdnen. garemo ar unda SeicavdeSeicavdes janmrTelobisa da sicocxlisaTvis saSiS faqtorebs.

bavSvebisTvis aranakleb mniSvnelovania, garemos wevrebisagan Rebulobdnen siyvaruls, pativiscemas da dafasebas, romelTa miReba maTSi aZlierebs TviTrealizaciisaken swrafvas. TviTrealizebas adamianTa mcire procenti aRwevs da isini gamoirCevian SemoqmedebiTi unarebiT, gaxsniliT, keTilganwyobili xasiaTiT, damoukidebl obiT.

masous mier dadgenili moTxovnaTa ierarqiis piramidis mwverval ze rac SeiZleba meti adamianis mosaqcevad, mniSvnelovania Semcirdes fsiqikur ganviTarebaze moqmedi garemos uaryofiTi faqtorebi, romelTa Soris sayuradRreboa dasaxelebis garemomcveli pirebisagan – mSoblebisagan, axloblebisagan, pedagogebisagan siyvarulis, Tavisuflebis met-naklebeoba.

zedmeti siyvaruli da Tavisufleba bavSvSi iwvevs me-s gaZlierebul

SegrZnebas, bavSvi yal ibdeba zedmetad Tamam, ambiciur, mbrZanebel, nakl ebad marTvad pirad. nakl ebi siyvaruli da Tavisufleba bavSvs agresiul an mSiSara, sakuTar TavSi Caketil arsebad aqcevs. bavSvi xSirad kargavs daculobis SegrZnebas da eufleba arasasurvelobis gancda.

fsiqikis ganviTarebaze moqmed uaryofiT faqtorTa Soris aucilebel ia dasaxel des gadaWarbebuli simkacre, roca bavSvs gadatvirTvisa da Tavisufal i drois simciris gamo ar SeuZl ia akeTos is, rac mas surs, an igi misi asakis Sesaferisi qcevis gamo isjeba. kvl evebisas SevxvdiT II-kl asel bavSvs, romel sac gakveTilebis msvl elobis dros saTamaSoebiT TamaSis survili uCndeboda (saTamaSoebs igi mSoblebisagan dafarulad saskolo CanTiT atarebda). gamokiTxviT gamoirkva, rom bavSvs ar hyofnida TamaSisTvis gamoyofili dro (skolis Semdgomis dadioda xel ovnebis studiaSi, ucxo enaze, cekvaze, musikalur skolaSi). roca bavSvs dRis ganmavlobaSi TamaSis dro SeezRudeba, igi am moTxovnilebis dakmayofilebas nebismier misTvis xel sayrel situaciaSi Seecdeba - skolaSi an saxlSi mecadineobebisas, Wamis dros, CaZinebamde sawolSi yofnisas da a. S. maswavleblebi, aRniSnuli qmedebis mizezis gamourkvevlad, sayvedurebiT avsebdnen bavSvsac, mSoblebsac, rasac mSoblis mier bavSvis dasja mohyveboda. yovel i dasjis Semdgom gaborotebul i bavSvi pedagogebis mimarT agresias avl enda – fexebTan fanqars gaugorebda, qaRal dis TviTmfrinavebs cxvirwin aufrialebda. aseTi Sedegis Tavidan acilebis saSualebaa maswavleblisa da mSoblis mier mizezebis erTobl ivi kvleva da droul i prevencia.

cudad aRibeWdeba bavSvis fsiqikaze usamarTlobis gancda. is mwvaved ganicdis pedagogis mier arapedagogiur qcevebsa da usamarTlo Sefasebebs. arcTu iSviaTad, pedagogis aseTi qmedeba moswavl eebs swavlis, aRniSnul pedagogTan urTierTobis, skolaSi siarulis survils ukargavs.

aseve cudad isaxeba bavSvis fsiqikaze bavSvebis erTmaneTTan Sedarebebi. kargi moswrebisa da nakl ebi moswrebis SemTxvevebSi, Sedarebebisas orive mxare ziandeba. kargi moswrebis bavSvi vardeba

ampartavnebaSi, SesaZlebel ia mis mier aTval iswinebul ic ki iqnes bavSvi, romel sac adareben da masTan komunikacia Sewyvitos. cudi moswrebis bavSvi ki Tavs damcirebul ad grZnobs da uCndeba an arasrul fasovnebis kompl eqsi (izrdeba daTrgunul i, gaubedavi, gul CaTxrobil i), an, piriqiT, yal ibdeba Surian, av, agresiul pirovnebad (Ильина: http://www.defectolog.ru/articles/17/?theme=537).

kargi moswrebis bavSvTa urTierTSedarebebic uaryofiT pirovnul Tvisebebs ayal ibebs aRsazrdel ebSi. Kkvl evisas Cveni yuradReba miiqcia aseTma SemTxvevam: saxel ovan pedagogs, romel ic maRal i profesional izmiT gamoirCeoda, klasSi hyavda maRal i akademiuri moswrebis ori moswavl e. erTi niWierebiT gamoirCeoda, meore akademiur dones xangrZl ivi muSaobiT imaRl ebda. pedagogi ar erideboda moswavl eTa Sedarebebs – niWiers zedmetad aqebda, metad mSromel s ki saj arod eubneboda: „Sen ki gaqvs codna, magram Seni megobris niWi sxva siamovnebas aniWebs msmenel s.“ niWier moswavl es aseTi Sefaseba siamayiT avsebda. mSromel i ki gul dawyvetil i rCeboda. orTave moswavl e xSirad monawil eobda skol isa Tu qal aqis masStabiT gamarTul ol ompiadebze da erTnair maCvenebl ebs aCvenebdnen. erTmaneTTan gaTanabrebas orive moswavl e mtkivneul ad aRiqvamda: niWiT gamorCeul i gaZl ierebul i TviTSefasebis gamo ukadrisobda miRweul Sedegs. mSromel i ki braziT ivseboda, erTxel mainc gadaeswro am „viTom niWierisTvis“, egeb fasi dasdeboda mis amodena Sromas da am gamudmebul Sedarebebs bol o moReboda. bavSvebi mtrad aRiqvamdnen erTmaneTs. maswavl ebl isadmi pativiscema orivem dakarga.

fsiqol ogebi, pedagogebi miuTiTeben, rom dauSvebel ia aRzrdisas mudmivi SeniSvnebi, dacinva, ukmayofil eba, fizikuri Seuracxyofa. aucil ebel ia bavSvis Seswavl a, mis mier ganxorciel ebul i nebismieri saqciel isadmi gagebiT mokideba, SeniSvnebis pozitivze dayrdnoba. dasj is mTl ad amoReba dauSvebel ia, magram damsj el obiTi da aRmkveTi RonisZiebebi klasSi unda SemuSavdes, bavSvebis Tandaswrebi Ta da monawil eobiT. aRniSnul i RonisZiebebi unda iyos asakis Sesaferisi.

yovel ive zemoaRniSnul i araerTxel smeniaT an uswavl iaT pedagogebs, magram saswavl o procesSi mainc Znel ad axerxeben bavSvis normal uri

fsiqikuri ganviTarebis xel SemSl eli garemoebebis moZiebasa da ganviTarebis xel Semwyobi garemos Seqmnas. mizezi pedagogebis arasrul - yofili ganaTl ebaa aRniSnul sakiTxebSi.

advilia marTo bavSvi, Tu ici misi asakobrivi da individualuri SesaZlebl obebi, emociebi. Tu pedagogebi ar arian saTanadod kompetenturni yvela im sakiTxebSi, roml ebic mWidro kavSirSia bavSvis fsiqofizikuri normaluri ganviTarebis moTxovnilebebTan, ar eqnebaT gaTavisebuli, rom nebismieri emociuri daZabul oba SeiZl eba dasrul des fsiqosomaturi darRvevebiT, rasac mohyveba adreuli daRlia-gadaRlis ganviTareba, maRal potenciuri moswavleebis ganviTarebac ki Seferxdeba.

petre malania Tavis naSromSi „skol a, ojaxi, sazogadoeba da mozardi" maswavlebelTa aucilebel maxasiaTeblebad Tvlis urTierTpativiscemas, gagebas, codnis samarTlianad Sefasebas, sakuTari Rirsebis pativiscemas, gul iTadobas, siTbos, mzrunvel obas, ndobas (malania 1987).

kargad swavleba probl emadiyo qceuli yvela TaobaSi. swavleba mxolod wvaleba iyo akaki wereTlisa da vaJa fSavel asaTvisac. „avtobiografiaSi", romelic megobrebis TxovniT dawera vaJam, skolis wlebs ase igonebs: „rva wlisa Telav Si sasul iero saswavl ebel Si mimabares. saswavl ebel Si yofnam Cems gulsa da gonebas veraferi Sehmata. Cems fantazias, gonebis moTxovnilebas ver akmayofilebda l aTinuri da berZnuli frazebis zepiroba. uvargisi sistema swavlisa ver akmayofilebda Cems cnobismoyvareobas, ver awvdida noyier sazrdos."

kidev ufro mkacrad afasebs vaJa-fSavela Zvel skolaSi gabatonebul moralur atmosferos. roca maswavlebelTa pedagogiur Rirsebebze igonebs, vaJa wers: „isini klasSi iqnevdnen muStebs Tvis mowafeTa Soris, roml ebic **gansakacebl ad** miabares da ara **gasamxecebl ad**…" bunebrivia, swavlebis aseTi sistema moswavleTa kanonier protests iwvevda, rac saerTod skolis mimarT daufarav siZul vilSi gamoixateboda. vaJa ase gamoxatavda skolisadmi am siZulvils: „CvenTvis skola sapyrobil e iyo da RmerTs imas vexvewebodiT mTeli Cvenis arsebiT, gaTavebul iyo Cqara swavla… didad ubeduria is maswavlebeli, roml ic skol as sapyrobil ed gadaaqcevs da miT umetes ubedurni arian isini, vinc am sapyrobil eSi

daumwyvdeviaT aRzrda-ganaTl ebis saxel iT. al baT hgrZnoben TviT aRmzrdel nic Zvel ebur aRzrdis simkacres, rom qarTvel ebs ase uTqvamT: „swavl is Ziri mwarea, xol o wverSi gatkbil debao". vin icis, qarTvel ebisagan aris es naTqvami, Tu rusebisagan Seiswavl es: „uCenie-muCenie, a pl odi ego sl adkie" (swavl a tanj vaa, xol o nayofi misi tkbil i ariso). Unu Tu mudam swavl a tanj vad unda warmovadginoT da ar SemuSavdeba iseTi wesebi, rom siamovnebad gadaiqces igi?" (yubaneiSvil i 1937:56-57).

cxadia, Teoriul ad vaJas mowafeobis wl ebSic icodnen, rom swavl eba SeiZl eboda sasiamovno procesic yofil iyo. XVII saukuneSi swored am ideiT Seudga Tavisi „didi didaqtikis" weras ian amos komenski. „didi didaqtika" aseTi sityvebiT iwyeba: „Cveni didaqtikis Tavi da bol o de iyos gamokvl eva da gamonaxva iseTi wesisa, rom maswavl ebl ebma cota aswavl on, mowafeebma ki bevri iswavl on, skol ebSi iyos nakl ebi xmauroba, moduneba, unayofo Sroma. samagierod meti iyos Tavisufal i dro, sixarul i da mtkice warmateba. qristianul saxel mwifoSi iyos nakl ebi sibnel e, arev-dareva, uTanxmoeba, meti sinaTl e, wesrigi, mSvidobianoba da siwynare" (komenski 1949:2). magram cocxal sinamdvil ed es humanisturi pedagogika didxans ver damkvidrda skol ebSi. axl ac bevr maswavl ebel s uWirs gakveTil ze „mtkice warmatebis" miRweva. axl ac natroben „skol ebSi iyos nakl ebi xmauroba, moduneba, unayofo Sroma". saskol o cxovrebaze xangrZl ivi dakvirvebis (vigoneb sakuTari Svil ebis mowafeobis wl ebs, skol ebSi vakvirdebi real ur yovel dRiurobas, vswavl ob pedagogikis kl asikosebis nawarmoebebs…) Sedegad Camogviyal ibda Sexedul eba, rom swavl as moswavl isaTvis sasiamovno procesad ver gadaaqcevs veraviTari saskol o reforma, veraviTari axal i sistemis mofiqreba da danergva. swavl as moswavl isaTvis sasiamovno procesad gadaaqcevs mxol od pedagogiurad ganaTl ebul i adamiani. maswavl ebl is pirovneba yovel Tvis iyo, aris dResac da iqneba momaval Sic sixarul is wyaro skol aSi. maswavl ebl is pirovneba, misi profesiul i momzadeba, ganaTl ebul oba, wigniereba, moswavl eebTan urTierTobis ostatoba Seucvl el i faqtoria saskol o cxovrebaSi. amitom saskol o reformis yvel a etapze mTavari sazrunavi maswavl ebl is

momzadebis gaumjobeseba unda iyos. pirvel rigSi, TviT maswavleblis profesia unda iqces prestiJul movlenad sazogadoebriv cxovrebaSi. maswavlebeli kargad unda cxovrobdes. misi Sromis anazRaurebaa amis mTavari piroba. maswavleblobiT mamakacma unda SeZlos ojaxis rCena. maSin mamakaci maswavleblebis deficitic ar gveqneba skolaSi. axla ki Zalian atyvia skolas mamakaci maswavleblebis simcire. es vlindeba ara mxolod vaJebis, aramed gogonebis aRzrdilobaSic.

skolis momavali maswavleblis momzadeba unda gardaiqmnas universitetebSi. pirvel rigSi, mxedvelobaSi gvaqvs xangrZlivi pedagogiuri praqtika. universitetis kedlebSi oTxi wlis manZilze studenti yovelwliurad erT Tves mainc unda atarebdes skolaSi.

skolis cxovrebis codna xSir SemTxvevaSi warmodgenilia, rogorc universitetSi SeZenili codnis Sedegi. gvaviwydeba, rom universitetSi saswavlad mosvlamde Cveni studentebi 12 weliwads cxovrobdnen saskolo cxovrebiT. es sakmaod didi droa imisaTvis, rom universitetSi mosul axalgazrdas normaluri warmodgena hqondes maswavleblis profesiaze. magram universitetSi Cven amaT TiTqos gangeb vaviwyebT, ar vavalebT warsuli saskolo cxovrebis mogonebas, am mogonebaTa safuZvelze referatebis daweras, samecniero wreSi skolis praqtikul cxovrebaze moxsenebebis daweras. es ar aris wvrilmanebi. maswavleblis momzadebaSi wvrilmanebi ar arsebobs, maswavleblis moRvaweobaSi yvel aferi mniSvnelovania. roca daviwyebulia pedagogiuri saqmianobis es damaxasiaTebeli momentebi, dgeba kuriozuli SemTxvevebis gamovlenis Jami, risi mowmec piradad vyofilvar da ara erTxel.

magram sul sxva suraTi warmodgvidgeba, roca skolas ganaTlebuli maswavlebeli hyavs, roca maswavlebeli, rogorc ukraineli pedagogi vasil suxomlinski ityoda, „guls uZRvnis bavSvebs", moswavle skolas sixarulis saxlad aRiqvams (vitorino da feltre). kargi maswavlebeli, uwinares yovlisa, kargad swavlebas gulisxmobs. normaluri bavSvi savsebiT normalurad afasebs saWiro da saintereso codnis SeZenas. Cven naklebad gvjera gavrcelebuli gamoTqmisa: „axl andel bavSvebs swavla ar undaT". Cven vamtkicebT, rom axl andel bavSvebs cudad swavleba ar moswonT. Tanamedrove civilizaciis pirobebSi moswavle

internetsaSual ebebiT imden saintereso informacias iZens, rom misi SemecnebiTi interesebis gamowveva tradiciul i Sinaarsis doneze swavl ebiT SeuZl ebel ia. maswavl ebel i mudmiv ZiebaSi unda iyos. Cven ar gvegul eba profesia, romel sac srul yofis sazRvars mieRwios. kidev ufro usasrul oa srul yofis sazRvari pedagogikaSi. amis mizezi im sagnis TaviseburebaSi mdgomareobs, razec pedagogika muSaobs. fundameturi mecnierebebis sxva dargebisgan gansxvavebiT, maswavl ebel i moazrovne arsebasTan muSaobs, romel sac SeuZl ia miiRos an ar miiRos maswavl ebl is rCeva-darigeba, miwodebul i informacia da a. S. amis gamo maswavl ebl is profesiul daostatebas ormagi Zal isxmeva sWirdeba. siZnel eebis gadal axvas ki advil ad sZl even cal keul i maswavl ebl ebi. sanimuSod vimowmebT q. baTumis yofil i #6 saSual o skol is (direqtori nunu CauSba) VII kl asis moswavl is - l aSa grigol ias misal oc baraTs, romel ic man 1985 wel s gaugzavna mis qarTul i enisa da l iteraturis maswavl ebel s iuri bibil eiSvil s:

,,didad pativcemul o iuri maswavl ebel o!

gil ocavT dabadebis dRes. am dRes Tqven al baT Zal ian gixariaT da mec Cemi baraTiT wil i minda Sevitano Tqvens sixarul Si. Tqven CvenTan Zal ian kargi urTierToba gaqvT. gviyvars bavSvebs Tqveni sagani.

naTel a maswavl ebel ma gvisayvedura: ,,maTematikis gakveTil ze qarTul s weren da kiTxul obeno". es imis dasturia, rom Tqven Segvayvar eT qarTul i ena da l iteratura. Cvens mier Catarebul i qarTul i enisa da l iteraturis gakveTil ebi mTel skol aSi gamoirCeva azrovnebiT, fiqriT da a. S. vinc dagveswreba gakveTil ze, yvel ani aRtacebul ni midian da, al baT, survil ic ki aqvT, kidev ramdenimejer mousminon am gakveTil s. ra Tqma unda, amaSi Tqven Zal ian didi wvl il i migiZRviT. sasurvel i iqneba ase sainteresod gavataroT dro.

gisurvebT j anmrTel obas, did sixarul sa da warmatebebs.

Tqveni moswavl e l aSa grigol ia."

am baraTidan Cans, rom moswavl eTa Soris iseTi nakl ebad popul aru - l i saswavl o sagani, rogoricaa enis gramatika, maswavl ebl is pedagogi - uri daxel ovnebis gamo moswavl eTaTvis usayvar el es sagnad iqca. es imas niSnavs, rom qarTul i enis gramatikis maswavl ebel iuri bibil eiSvil is

moswavleebi swavlobdnen ara Zaldatanebi T, SiSiTa da movaleobis moxdiT, aramed swored im azriT, ra mniSvnelobac aqvs enis gramatikis codnas swormetyvelebisaTvis, azris sityviT I amazad gadmocemisaTvis. Cveni kvlevis saganic es aris. aseT dros gamoricxulia gakveTilebze didaqtogenuri daavadebebis gamomwvevi mizezebi, gamoricxulia stresebi da SiSi.

maswavleblelTa gverdiT mSoblelTa araswori midgomebi aRzrdisadmi, gaunaTleblelloba, alkoholizmi, narkomania aseve uaryofiT asaxvas hpovebs bavSvis fsiqikur ganviTarebaze.

pedagogi mudmiv kvleva-ZiebaSi unda imyofebodes, raTa SeZlos bavSvTa fsiqikuri ganviTarebis mamoZravebeli faqtorebis amoqmedeba swavlebis procesSi. mas bavSvis asakobrivi fsiqofizikuri maxasiaTeblle-bis Rrma codnasTan erTad, aucilebllad sWirdeba imis gaTvaliswineba, rom sazogadoebis ganviTarebasTan erTad, bavSvTa fsiqikuri ganviTare-bis maxasiaTeblebi icvleba, amitom metad mniSvnelovania miRebuli codnis sistematuri ganaxleba.

fsiqikis sabolloo formirebaze did gavlenas axdens socialuri garemo. mas qmnis sazogadoeba, romelSic izrdeba bavSvi. socialuri garemo umetesad stiqiurad moqmedebs mozardze. socialuri garemos stiqiurad moqmed nawils rac metad marTvads gavxdiT, miT metad SevamcirebT masSi arsebul uaryofiT faqtorTa ricxvs da gavzrdiT ganviTarebis daCqarebis mastimulirebel faqtorebs.

skolaSi arsebul bavSvTa ganviTarebis mastimulirebell socialur garemoze zrunva skolaSi momuSave yvela personalis movaleobaa, Tumca didi wilii amval debulebaSi pedagogebze modis. magram mxollod pedagogebi Tavs ver gaarTmeven am movaleobas, Tu maT kompetenturi rCevis mimcemi areyolebaT skolaSive.

dRes skolaSi momuSave pedagogebs gansakuTrebiT esaWiroebaT am Tval sazrisiT daxmareba, radgan SeiniSneba maswavleblebSi jansaRi socialuri garemos organizebis sakiTxebis codnis deficiti. gamosavals vxedavT axali profilis **„skolis eqimis"** momzadebaSi. **skolis eqims** unda gaaCndes bavSvTa fsiqikuri ganviTarebis xel Semwyobi garemos kargi codna, ris safuZvelzec igi ara marto daexmareba

pedagogebs bavSvTa individualuri monacemebis diagnostirebaSi, aramed miscems maT saWiro rCevebs TiToeuli aRsazrdelis normaluri ganviTarebis xelSemwyobi garemos SeqmnisaTvis.

pedagogebTan erTad bavSvTa fsiqikuri ganviTarebis codnis deficiti SeiniSneba mSobl ebsa da meurveebSi. gamokvleul mSobelTa (meurveTa) 70% arian dabal kompetenturebi aRniSnul sakiTxebSi. interess yvela mSobeli avlens (gansakuTrebiT, dedebi), magram gamokiTxvebSi gamoikveTa, rom skolebSi maswavlebel-mSoblis Sexvedrebi da saubrebi bavSvTa warmatebulobis an warumateblobis, kargi an cudi qcevis SefasebiT iwyeba da mTavrdeba. pedagogic, mSobelic warumateblobis, arasaxarbi - elo qcevis mizezebs erTobl ivad unda ikvlevdnen da prevenciul RonisZiebebs erTiani ZaliT mimarTavdnen. bavSvTa asakobrivi ganviTarebis TaviseburebebSi mSobelTa (meurveTa) codnis deficits aucileblad sWirdeba Sevseba. aucilebelia skolam izrunos am problemis mogvarebaze, raSic did samsaxurs gaswevs **skolis eqimi**. **skolis eqimis** aucilebel funqciaSi Seva periodul i Sexvedrebi bavSvebis mSobl ebTan, garkveul i doziT maTi ganaTleba da kompetenturi daxmarebis gaweva.

Tavi III

skolis eqimis momzadebis aucilebloba. kompetenciebi

$1. fizikurad jansaRi Taobis aRzrdis xelSemwyobi kompetenciebi

skolis eqimis kompetenciebis safuZvelia saswavlo procesis higienis Sesaxeb codnis sistema, romelic qmnis samedicino-pedagogiur garemos da romelic mimarTulia saswavlo-aRmzrdelobiTi procesis srulyofisaken.

saswavlo procesi kompleqsuri movlenaa, igi scildeba pedagogiur CarCoebs. saswavlo procesis higienis Tanamedrove miRwevebis Seswavla da analizi, swavlebis procesSi misi danergva ganapirobebs moswavleTa jansrTelobis SenarCunebas, didaqtogenuri daavadebebis Semcirebas, misi ukve arsebobis SemTxvevaSi - droul gamovlenas da profilaqtikas. igi xels Seuwyobs moswavleTaTvis mniSvnelovnad jansaRi, sasargeblo garemos Seqmnas.

jamrTelobaze zrunva umniSvnelovanesia adamianisaTvis mTeli cxovrebis manZilze. gansakuTrebuli Zalisxmevaa saWiroa bavSvobis periodSi organizmis CamoyalibebisaTvis. jansaRi fsiqosomaturi garemo faqtorebi stimuls aniWebs organizmis normalur ganviTarebas, zrdis organizmis raqtiulobasa (organizmis unari Tavisi cxovel moqmedebiT upasuxos da win aRudges garemo faqtorebis moqmedebas) da rezistentobas (organizmis mdgradoba damzianebeli faqtoris mimarT), Seuvals xdis organizms sxvadasxva mavne faqtorebis zemoqmedebisadmi. garemos umniSvnelo negatiurma cvlilebam SeiZleba Rrma da waruSleli kvali datovos mozardis ganviTarebaze.

jansaR garemoze zrunva erT-erTi umniSvnelovanesi movaleobaa saswavlo-saaRmzrdelo dawesebulebebisa, miT umetes, rom swavlebis Sedegi didadaa damokidebuli fizikuri organizmis mdgomareobaze.

,,kargi jamrTeloba, savseobis SegrZneba, amouwuravi fizikuri Zalebi – xalisiani cxovel moqmedebis, optimizmis, nebismieri siZnelis daZlevisaTvis mzadyofnis mniSvnelovani wyaroa'' - aRniSnavs vasil suxomlinski (Сухомлинский 1980:144).

jamrTel organizmSi cxovel moqmedebis yvela procesi normaluri aqtivobiT mimdinareobs, organoebi da organoTa sistemebi srul fasovnad

moqmedeben, adamianis moqmedeba adekvaturia, ganviTareba warmatebul ad
xorciel deba. umniSvnel od Secvl il i janmrTel oba mniSvnel ovnad
cvl is aqtivobebs.

moswavl eTa janmrTel obisaTvis pedagogiuri zrunvis brwyinval e
magal iTebs vecnobiT me-20 saukunis gamoCenil i ukrainel i pedagogis
vasil suxoml inskis moRvaweobasa da Teoriul SromebSi.

vasil suxoml inski pedagogiuri moRvaweobisas anal itikurad
ikvl evda akademiurad CamorCenil moswal eebSi dabal i moswrebis
mizezebs da miuTiTebda: ,,swavl aSi CamorCenil i bavSvebis fizikuri da
gonebrivi ganviTarebis mecnierul ma kvl evam me mimiyvana im daskvnamde,
rom swavl aSi nakl ebad moswrebul Ta da CamorCenil Ta didi raodenobis
CamorCenil obis, ucodinrobis, saxl Si da gakveTil ebze aradamakmayofi-
l ebel i muSaobis, meorewl ianobis mizezi – aris janmrTel obis cudi
mdgomareoba, romel ime daavadebiT dasnebovneba an SeuZl od yofna,
romel ic ufro xSirad SeumCnevel i iyo eqimebisaTvis da eqvemdebareboda
diagnostirebas mxol od dedis, mamis, eqimis da maswavl ebl is erTiani
Zal isxmeviT" (Сухомлинский 1980:144).A

adamianis organizmis moqmedebas aregul irebs neiro-humorul i
sistema. nervul i sistemis normal uri fiziol ogiuri mdgomareoba
gansazRvravs organizmis normal ur, jansaR mdgomareobas. Tavis mxriv,
organizmis paTol ogiuri procesebi cvl is nervul sistemaSi, kerZod,
Tavis tvinis qerqSi mimdinare normal ur procesebs.

bavSvis gonebrivi Sroma da sul ieri cxovreba uSual od aris
dakavSirebul i bavSvis janmrTel obaze. aRqmis, mexsierebis, yuradRebis,
warmosaxvis, azrovnebis, metyvel ebis, moqmedebis, nebisyofis unarebis
ganviTareba Tavis tvinis normal uri fiziol ogiuri mdgomareobiTaa
ganpirobebul i. Tavis tvini, marTavs ra mTel i organizmis fiziol ogiur
procesebs, Tavad mniSvnel ovnad reagirebs am procesebis cvl il ebebze.

vasil suxoml inski, rogorc pedagogi, akvirdeboda bavSvebs,
romel Tac aReniSnebodaT gul -sisxl ZarRvTa sistemis, sasunTqi sistemis
sisuste, nivTierebaTa cvl is darRveva. aseT bavSvebSi Senel ebul i
azrovneba Sedegi iyo organizmis sisustisa, romel ic, Tavis mxriv,
iwvevda Tavis tvinis naxevarsferos qerqis modunebas da daTrgunvas. Tu

isini gazafxulsa da Semodgomaze didxans imyofebodnen Ria cis qveS, vitaminebiT da fitoncidebiT (fitoncidi I aTinuri sityvaa da niSnavs: phyton- mcenare, caedo- vklav, es aris mcenareebis mier gamomuSavebuli biologiurad aqtiuri nivTierebebi, romlebic klaven an Trgunaven baqteriebis, sokoebisa da umartivesebis zrdasa da ganviTarebas. termini ekuTvnis b. p. tokins, 1928 w.) mdidariAsakvebiT ikvebebodnen, saswaulebrivad umjobesdeboda maTi janmrTeloba da gonebrivi ganviTareba, Era Tqma unda im SemTxvevebSi, Tu paTologia memkvidruli ariyo. G

aRsaniSnavia, rom, Tavis mxriv, janmrTeloba didad aris damokidebuli sulier cxovrebaze, kerZod gonebrivi Sromis kulturaze. Warbi da mouwesrigebeli gonebrivi Sroma iwvevs gadatvirTvasa da zedmet daZabulobas, rac Tavis tvinSi agznebisa da Sekavebis procesebs Soris arRvevs wonasworobas, irRveva tvinisa da aqedan gamomdinare mTliani organizmis funqciebi; fsiqikuri funqciebi, organizmis gamZleoba, reaqtiuloba, garemosTan Seguebis unari, ferxdeba fizikuri ganviTarebac.

cnobili rusi pedagogi konstantine uSinski wers: „Sroma, romelic adamianidan gamodis da bunebaze gadadis, pirukuc moqmedebs adamianze ara marto imiT, rom akmayofilebs da afarToebs mis moTxovnilebebs, aramed Tavis sakuTari, Sinagani ZaliTac, romelic mxolod marto Sromas gaaCnia da romelic damoukidebelia im materialuri Rirebulebebisagan, rasac Sroma eweva" (uSinski 1974:170).

nebismieri saxis Sroma, Tu is jansaR garemoSi xorcieldeba da normirebulia, adamianze ganmaviTarebl ad moqmedebs. fizikuri Sroma aucilebelia fizikuri Zalebis ganviTarebisaTvis, janmrTelobisaTvis, aseve didmniSvnelovania adamianis normaluri cxovel moqmedebisaTvis gonebrivi Sromac. igi iwvevs sulier ZalTa moqmedebas. „gonebrivi SromiT nervuli sistemis Zlieri ganviTareba araCveulebriv sicocxlisunarianobas aZlevs adamianis sxeuls"- wers k. d. uSinski (uSinski 1974:174).

sworad SeniSnavs profesori aleqsandre gobroniZe, roca bavSvis verbaluri da sensomotoruli unarebis ganviTarebis uTanabrobaze

miuTiTebs da Tvl is, rom aRzrdis miznad pedagogebma, aRmzrdelebma maTi erTmaneTTan daweva unda daisaxon (gobroniZe 1993:49). es SesaZlebelia, Tu moxdeba gonebrivi da fizikuri Sromis Serwyma. pedagogi konstantine uSinski miuTiTebs: „cxadia, adamianis janmrTelobisaTvis yvelaze sasargeblo iqneboda, rom fizikuri da gonebrivi Sroma SeerTebuliyo mis saqmianobaSi; magram sruli wonaswaroba maT Soris saWiro arc aris... gonebrivi Sromis yvelaze Zlieri gadafarva fizikur Sromaze, da piriqiT, Cqara Cveulebad iqceva da adamianis organizms ar vnebs: am mxriv mxol od sruli ukiduresobebi aris damRupveli. garda amisa, sazogadoebis axlandeli mdgomareobis pirobebSi Znelia iseTi cxovrebis warmodgena, romel Siac fizikuri da gonebrivi Sroma Sewonasworebuliiyos..." (uSinski 1974:174).

bavSvis unazesi organo – tvini gamudmebul mzrunvel damokidebule-bas moiTxovs. amitom gonebrivi Sromis warmarTvisas gansakuTrebuli yuradReba unda mieqces bavSvis janmrTelobaze zrunvas. arasworad, damaxinjebulad warmarTul i gonebrivi Sroma zogjer mTel i cxovrebis manZil ze uaryofiTad aisaxeba mozardis janmrTelobaze.

gonebrivi Sromisa da dasvenebisadmi higienuri moTxovnebisa da normebis Sesruleba stimuls aZl evs moswavlis fizikur da sulier ganviTarebas. „mZafri fizikuri ganviTareba mozardebsa da yrmebSi aRmzrdelisagan moiTxovs did zrunvas aRsazrdelebSi fizikuri da gonebrivi Sromis harmoniulad warmarTvisaTvis. mraval wlianma dakvirvebebma Cveni koleqtivi miiyvana im daskvnamde, rom yrmobis asakSi did saSiSroebas warmoadgens Camoyal ibebis procesSi myofi mozardis Zalebs qanci gauwyvito SeuZlebel i, damaxinjebul i gonebrivi SromiT" – wers vasil suxomlinski (Сухомлинский 1980:147).

gonebrivi da fizikuri Sromis, aseve dasvenebis reJimze didadaa damokidebuli organizmis sijansaRe da gamZleoba. Cveni SexedulebiT, pedagogikis mecnierebam medicinasTan mWidro kavSirSi saTanado yuradRebiT unda daamuSavos gakveTilebs Soris Sesvenebis pedagogika. dRemde gakveTilebs Soris Sesvenebis wuTebi sruliad umarTavi procesia, maSin roca es wuTebi dasabuTebul pedagogiur marTvas unda eqvemdebarebodes. am procesSi gadamwyveti sityva skol is fizikuri

aRzrdis special istebma unda Tqvan.

Seucvl el ia Jangbadis rol i adamianisaTvis. Camoyal ibebis procesSi myofi bavSvis organizmis moTxovnil eba am sicocxl isaTvis aucil ebel i el ementisadmi gacil ebiT maRal ia, vidre zrdasrul ebSi. vasil suxoml inski skol aSi gazafxul isa da Semodgomis TveebSi pirvel i da mesame kl asebis moswavl isaTvis gakveTil ebis nawil s mwvane kl asebSi – bunebaSi, Ria haerze atarebda, ar uSvebda, rom umcrosi kl asebis aRsazrdel ebs 3 saaTze met xans gaewiaT gonebrivi Sroma daxurul SenobaSi. haerSi Jangbadis gazrdis mizniT, skol is irgvl iv amravl ebdnen gamwvanebas. vasil suxoml inski did mniSvnel obas aniWebda skol is garemos rekraciul i pirobebis gaj ansaRebas.

pavl iSis saSual o skol aSi saswavl o procesisadmi aucil ebel sxva higienur moTxovnebsac did yuradRebas aqcevdnen. gakveTil ebs kargi ganaTebis pirobebSi atarebdnen. mxedvel obis darRvevis SemCnevisas adgendnen wignTan muSaobis gansakuTrebul reJims: iyenebdnen xSir Sesvenebebs, gonebrivi Sromis saxeebis sxvadasxvaobis CarTvas, zogierT bavSvs uSvebdnen gakveTil idan ramdenime wuTiT. xSirad mowmdeboda merxis zoma moswavl is simaRl esTan SefardebiT, saWiroebisa da moTxovnil ebis Sesabamisad xdeboda misi zomisa da formis koreqcia. isazRvreboda merxTan jdomis xangrZl ivoba, romel zec didadaa damokidebul i sxeul is harmoniul i ganviTareba. Yyovel ive dadebiTad isaxeboda mozardTa ganviTarebaze.

bavSvis organizmi advil ad iRl eba, magram advil adve aRidgens dakargul energias swori dasvenebis pirobebSi. sayuradReboa Sromisa da dasvenebis, Zil isa da sifxizl is swori monacvl eoba, rasac mSobl ebTan saubrebiT da maTi darwmunebiT kargad aregul irebdnen suxoml inskis skol aSi. srul iad safuZvl ianad miuTiTebs pedagogi: „yvel aze kargad grZnoben Tavs isini, vinc adre wvebian, sZinavT sakmao dro, adre iRviZeben da intensiurad muSaoben gonebrivad gaRviZebidan pirvel 5 – 10 saaTs (asakis SefardebiT)" (Сухомлинский 1980:149). vasil suxoml inskim Tanmimdevrul i dakvirveba awarmoa im 32 moswavl is gonebriv Sromaze, roml ebic swavl aSi CamorCebodnen. kvl evebma aCvenes, rom akademiurad mouswrebl obis mizezi iyo susti janmrTel obis pirobebSi wignebTan

xangrZlivad jdoma. cxovrebis jansaR wesze gadasvlam es bavSvebi swavlaSi warmatebuli gaxada. „adre dawola da adre adgoma, varjiSisTanave Sromis dawyeba, ara usaqmuroba — ai, erTi mTavari principuli moTxovna Cveni aRmzrdelobiTi saqmianobis sistemaSi." - wers didi pedagogi (Сухомлинский 1980:150).

pedagog vasil suxomlinskis kargad esmis srulfasovani Zilis roli daxarjuli energiis aRdgenisa da janmrTelobis SenarCunebisaTvis. Zilis srulfasovneba mTlianad ganpirobebulia jansaRi cxovrebis wesiT. dRis uwesrigo dagegmva, mavne uaryofiTi zemoqmedebebi, arahigienur fizikur da fsiqikur garemoSi arseboba arRvevs Zilis funqciebs, gansakuTrebiT mozardebSi. karg rCevas gvTavazobs suxomlinski: „intensiuri fizikuri da gonebrivi Sromisas rac met xans dahyof sufTa haerze, miT harmoniulad funqcionirebs da viTardeba yvela organo, miT janmrTelia daRliloba, maRalia aRdgeniTi roli Zilisa" (Сухомлинский 1980:152). bavSvebs unda eZinoT Ria sarkmlis pirobebSi.

metad mniSvnelovnad miaCnia pedagogs Tavisufali drois xangrZlivobis gansazRvra, romel sac bavSvi Tavad unda gankargavdes. es xels uwyobs bavSvebis mraval mxriv ganviTarebas, monacemebis, niWis, unarebis ganviTarebas.

rogorc aRvniSneT, bavSvis normaluri fizikuri da sulieri ganviTareba nervuli sistemis normalur ganviTarebazea damokidebuli. nervuli sistemis normaluri ganviTareba, Tu genetikur daavadebasTan ar gvaqvs saqme, mTlianad garemo pirobebzea damokidebuli. garemo ar unda Seicavdes gamRizianebel, damaZabunebel momentebs. gamRizianebeli faqtorebi — stresorebi organizmSi iwveven reaqcias — stress. xangrZlivad moqmedi stresori fitavs organizms, iwyeba paTologiuri procesebi, ferxdeba organizmis ganviTareba rogorc fsiqikuri, ise fizikuri Tval sazrisiT. mTeli es procesi eqvemdebareba marTvas, Tu marTvis iniciativas Tavis xelSi aiRebs **skolis eqimi**.

uaryofiTad datvirTuli, arapedagogiuri fsiqikuri garemo SeiZleba ojaxSic Seiqmnas da skolaSic. igi aferxebs bavSvis fsiqikuri unarebis ganviTarebas. swavlaSi CamorCenilobis mraval mizezTagan amerikeli

eqimi benjamin spoki Tavis naSromSi „bavSvi da misi movla" asaxelebs swored arapedagogiur garemos da wers: „individualuri warumateblobani umTavresad im skolebSi aqvT, sadac TiToeuli moswavlis saWiroebasa da unars ar iTvaliswineben, sadac bavSvebs uxeSad eqcevian. moiTxoven mxolod da mxolod usityvo morCilebas" (spoki 1991:412).

arajansaRi fsiqikuri garemo mozardSi Rirseul pirovnebad Camoyalibebasac uSlis xels. aseT garemoSi mozardebi an mSiSrebi, daTrgunulebi, gaubedavebi, gulCaxveulebi izrdebian, an piriqiT, TavSeukavebel, Tavxed, utifar, anCxl arsebebad yalibdebian. arajansaRi fsiqikuri garemo ojaxSic SeiZleba Seiqmnas da saswavlo dawesebulebebSic. stresorebis zemoqmedebisagan aRsazrdeli ojaxSic unda davicvaT da saswavlo dawesebulebebSic.

skolasa da ojaxSi saswavlo garemos srulfasovani mikroklimati (Jangbadis Semcveloba, temperatura, tenianoba), saswavlo garemos interieri (saklaso oTaxis zoma, feri, ganaTeba, aveji), gonebrivi da fizikuri Sromis monacvleoba, dasvenebis srulfasovani organizacia, kvebis xarisxi da reJimi, srulfasovani Zili gansazRvravs bavSvis organizmis sijansaRes da gamZleobas.

dRes bavSvTa janmrTelobaze zrunva saswavlo-saaRmzrdelo dawesebulebebSi saTanado doneze ar dgas. mizezi - pedagogTa naklebi kompetenturoba, moswavleTa gonebrivi Sromis higienis arasakmarisi codna da saWiro unar-Cvevebis susti ganviTarebaa. aucilebelia pedagogiuri fakultetis studentebi ukeT movamzadoT am Tval sazrisiT. saswavlo-saaRmzrdelo procesis sworad marTva moiTxovs pedagogTa farTo ganaTlebas rogorc pedagogikisa da fsiqologiis mecnierebebSi, aseve medicinis zogierT sakiTxSi. universitetebi unda zrunavdnen momaval pedagogTa swavlebisas aRniSnul sakiTxebSi kompetenciebis, unar-Cvevebis Camoyalibebis…vis.

kompetenciebis, unar-Cvevebis ganviTarebis karg gzebs gvisaxavs Tuningis proeqti, romelsac 2000 wels boloniis deklaraciaze xelmoweridan erTi wlis Semdeg Caeyara safuZveli. xelmowerebidan ganvlil periodSi masSi meti da meti qveynebi erTvebian. boloniis

procesis mizani aris evropaSi ganaTl ebis erTiani sivrcis Seqmna, romel ic aucil ebl ad aris swavl ebis maRal xarisxian Sedegebze orientirebul i. bol oniis programis gansaxorciel ebl ad Zal ze mniSvnel ovania umaRl esi saganmanaTl ebl o dawesebul ebisa da dargobrivi sferoebis doneze universal uri midgomebis SeTavazeba, roml ebic bol oniis procesSi gaerTianebul ma universitetebma erTobl ivi kvl eviT unda SeimuSavon.

Tuningi aris pl atforma dargobriv sferoebSi swavl ebis Sedegebis SemuSavebisaTvis. swavl ebis Sedegebi ki isazRvreba im unar-CvevebiT da kompetenciebiT, romel sac studenti SeiZens sauniversiteto swavl ebisas, kerZod, Tu ra unda icodes, esmodes da risi demonstrireba unda SeZl os studentma swavl is dasrul ebis Semdeg (gonsal esi … 2008:4, http://www.mes.gov.ge/.../tuningi_cigni_Final%205%20).

Tuningis Tanaxmad, swavl is Sedegebidan isazRvreba studentis mier miRweul i kompenciis done. kompetenciebi Semecnebi Ti unarebis, codnisa da gacnobierebis, interpersonal uri, intel eqtual uri da praqtikul i unarebisa da eTikuri Rirebul ebebis dinamiuri kombinaciaa.

kompetenciebi iyofa dargobriv (specifikur) da zogad kompetenciebad. Tuningi adasturebs, rom sauniversiteto saganmanaTl ebl o programebis safuZvel ia dargobrivi codnisa da unarebis Camoyal ibeba-ganvi Tareba, proeqtiT aseve Zal ze mniSvnel ovnad iTvl eba zogadi kompetenciebis, anu transferul i unarebis ganviTarebac, rac xel s uwyobs studentis ukeT momzadebas sazogadoebaSi misi funqciisaTvis, zrdis dasaqmebis SesaZl ebl obebs.

Tuningis proeqtiT akademiur-profesiul i programiT swavl ebisas studentebma unda miiRon iseTi Teoriul i da praqtikul i codna, romel ic uzrunvel yofs moul odnel situaciaSi maT profesiul qcevasa da midgomas. saqmeze orientirebul i swavl eba dafuZnebul ia gamocdil ebaze, igi uviTarebs studentebs gadawyvetil ebis miRebis unars, gamoumuSavebs l ideris Tvisebebs.

proeqtSi sayuradReboa **berneris** mier SemuSavebul i model i, romel mac Caatara kvl eva dreifusis model is gamoyenebiT da studentis ganviTarebis procesSi xuTi ZiriTadi stadia gamoyo: **1. damwyebi**;

2. garkveuli gamocdilebis mqone damwyebi; **3. kompetenciuri**; **4. pro-**
fesionali; **5. eqsperti.**

es etapebi asaxavs unarebis ganviTarebis sam ZiriTad aspeqts:

1. abstraqtuli principebis codnidan studenti iwyebs konkretuli
gamocdilebis gamoyenebas.

2. swavlebis monakveTebidan midis kompleqsur mTlianobamde, yuradRebas
amaxvilebs mniSvnelovan kompetenciebze.

3. mesame etapze neitraluri damkvirveblidan yalibdeba motivirebul
Semsruleblad (gonsalesi… 2005:254).

swavlebam modelis SesabamisobaSi students unda ganuviTaros
ZiriTadi da dargobrivi kompetenciebi. didi mniSvneloba eniWeba
originaluri kompetenciebis Camoyalibebas.

proeqtSi gamoyofilia originalur kompetenciaTa Semdegi jgufebi:

1. profesiul RirebulebebTan asocirebuli kompetenciebi;

2. praqtikaSi gadawyvetilebis miRebasTan dakavSirebuli kompetenciebi;

3. codna-kognituri kompetenciebi;

4. komunikaciuri kompetenciebi (gonsalesi… 2005:265-271).

mozardTa janmrTelobisaTvis zrunva, rogorc zemoT aRvniSneT,
kompleqsuri sakiTxia. igi **moicavs ara mxolod axali tipis skolis**
eqimis, aramed pedagogiuri mimarTulebis yvela studentis momzadebas
janmrTelobis dacvisaTvis. saswavlo procesSi bavSvTa janmrTelobaze
zrunvis aucileblobam dagvarwmuna, rom metad mniSvnelovania
swavlebis or safexurze pedagogiuri fakultetis studentebSi
zemoaRniSnuli proeqtis kompetenciebTan misadagebulad Semdegi
originaluri kompetenciebis Camoyalibeba/miRweva:

profesiul RirebulebebTan asocirebuli kompetenciebi:

swavlebis I safexuri:

a) profesiul, eTikur, samarTlebriv konteqstSi muSaobis unari.

b) moswavleTa ganaTlebasTan erTad janmrTeli kontingentis
janmrTelobis SenarCunebisa da janmrTelobaSeryeul aRsazrdelTa
saWiroebebze efeqturi reagirebis unari.

swavlebis II safexuri:

a) zemoaRniSnuli kompetenciebis maRali xarisxi.

b) pedagogiur, fsiqologiur da samedicino ganaTlebaze pasuxismgeblobis unari.

praqtikaSi gadawyvetilebis miRebasTan dakavSirebuli kompetenciebi

swavlebis I safexuri:

a) fizikuri da fsiqikuri faqtorebis mniSvnelobis gaTvaliswinebiT garemos sistemuri Sefasebisa da jansaRi, usafrTxo garemos mowyobis unari.

b) aRsazrdelTa janmrTelobis normaluri da cvalebadi mdgomareobis amocnobis, interpretaciis da saWiroebis SemTxvevaSi individualuri programebis SemuSavebis unari.

g) moswavleebSi gonebrivi da fizikuri Sromisadmi, dasvenebisadmi, kvebisadmi, piradi higienisadmi asakisa da fsiqofizikuri ganviTarebis Sesabamisi higienuri moTxovnebis gacnobierebisa da maTSi yovel dRiuri aqtivobebis ganviTarebis unari.

swavlebis II safexuri:

a) zemoaRniSnuli kompetenciebis maRali xarisxi.

b) garemos sistematuri Sefasebisas monacemTa Segrovebis, analizis, dasabuTebuli gadawyvetilebis miRebis unari, raTa SeZlos jandacvisa da usafrTxoebis Tval sazrisiT maRali standartuli saswavlo garemos mowyoba.

g) janmrTelobis dacvisa da gaZlierebis sakiTxebis Sesaxeb bavSvebisaTvis da ojaxebisaTvis informaciis miwodebis unari.

codna-kognituri kompetenciebi

swavlebis I safexuri:

a) sicocxlis Semswavlel mecnierebaTa codnis safuZvelze araswor swavlebasTan dakavSirebul paTologiebSi ganaTlebis unari da aRniSnul paTologiaTa Tavidan acilebis mizniT profilaqtikuri RonisZiebebis gatarebis unari.

b) saskolo higienis mecnieruli rekomendaciebis gaTvisebisa da maTi praqtikaSi gamoyenebis unari.

swavlebis II safexuri:

a) socialur da jandacvis mecnierebebSi codnis damoukidebeli SeZenisa da miRebuli ganaTlebis praqtikaSi Seuferxebeli gamoyenebis unari.

b) problemis gaanalizebis safuZvelze sando praqtikuli gadawyvetilebis miRebis unari.

komunikaciuri kompetenciebi

I safexuri:

a) bavSvis pirovnuli Tvisebebis Sefasebis unari.

b) moswavlesTan da misi ojaxis wevrebTan pedagogiurad gamarTlebuli urTierTobebis unari, maT Soris, komunikaciis sirTuleebis mqone pirebTanac.

d) bavSvTa problemuri qcevis gansazRvris, marTvis, araswori urTierTobis Tavidan acilebis unari.

g) SfoTis, depresiis da stresis amocnobis, mozardis emociuri mxardaWeris, konsultaciebis da sxva saxis Carevis saWiroebebis gansazRvris unari.

II safexuri:

a) zemoaRniSnuli kompetenciebis maRali xarisxi.

b) bavSvebSi problemuri qcevis mizezebis Ziebisa da saWiroebisas profilaqtikuri RonisZiebebis gatarebis unari.

swavlebis yvela safexurze aucilebelia icvlebodes aRniSnul sakiTxebSi kompetenturoba, swavlebis II safexurze studenti unda iZendes kvlevis Catarebis, sauniversiteto swavlebasTan erTad codnis damoukidebeli SeZenisa da praqtikaSi misi gamoyenebis unarebs, sando praqtikuli gadawyvetilebis miRebis unars, liderobis, TviTSefasebisa da maRal profesiul sakomunikacio unarebs.

vfiqrobT, momaval pedagogebSi aRniSnuli kompetenciebis CamoyalibebiT did samsaxurs gavuwevT fizikurad da sulierad jansaRi Taobis momzadebas cxovrebisaTvis.

$2 saswavlo procesSi higienis Tanamedrove miRwevebis CarTvis gzebi, rogorc profilaqtikuri saSualebebi

saswavlo-saaRmzrdelo procesis higienuri moTxovnebis Sesabamis marTvas uzrunvel yofen maRal kompetenturi pedagogebi. maRal kompetentu- robas qmnis kargi momzadeba da codnis praqtikaSi gamoyenebis unar-Cve-vebi. aRniSnul sakiTxebSi Zireuli ganaTlebas safuZvels universiteteb-

ma unda Cauyaron. profesiuli Tval sazrisiT sruliad miuRebelia sasko-
lo higiena universitetis pedagogiuri profilis special obebs arCeviTi
sagnis saxiT SesTavazon. aucilebelia pedagogiuri profilis studen-
tebs saskolo higienas vaswavlideT, rogorc aucilebel da maprofil e-
bel disciplinas. amasTan, ar kmara mxolod Teoriuli swavleba,
saskolo higienaSi SeZenili codnis praqtikaSi gamoyenebasac unda
eufl ebodnen momavali maswavleblebi.

sazogadoeba pedagogiuri profilis studentisagan moiTxovs
moswavleTa janmrTelobis dacvisa da gaZlierebis sakiTxebis Rrma
analitikur codnas da praqtikaSi mis aucilebel gamoyenebas.

swavlis Sedegebsa da kompetenciebis Camoyalibeba-ganviTarebaze
agebul saswavlo programebSi aucilebelia soliduri yuradReba
daeTmos im saganTa swavlebas, romlebic Cvens mier CamoTvlil
kompetenciebze gaiyvans students. zemoaRniSnuli kompetenciebis myari
ganviTarebis erT-erT umaTavres saSualebad migvaCnia Rrma, gaazrebuli
Teoriuli codna iseT sagnebSi, rogoricaa bavSvis anatomia,
fiziologia, saskolo higiena, saswavlo da profesiuli garemo da
mozardTa janmrTeloba, social uri pedagogika.

aucilebelia kompetenciebi uwyvetad ganvaviTaroT swavlebis
periodSi praqtikis meSveobiT. maTi ganviTareba ar SeiZleba dasrul des
swavlebis pirveli safexuris gavlisas, igi unda gagrZel des swavlebis
II safexurzec, sruly ofili daufl eba ki xorciel deba profesiuli
cxovrebis, profesiuli ganviTarebisa da momzadebis periodSi.

orive safexurze aRniSnul saganTa swavleba sasurvelia ase
gadanawil des:

swavlebis I safexurze: bavSvis anatomia, fiziologia; saskolo hi-
gienis safuZvlebi; social uri pedagogikis safuZvlebi.

swavlebis II safexurze: saskolo higiena; saswavlo, profesiuli
garemo da mozardTa janmrTeloba; social uri pedagogika.

yvela zemoT CamoTvlili disciplinebis Seswavla studentebisaTvis
savaldebulo da aucilebelia, gansakuTrebiT yuradReba unda
gamaxvildes saskolo higienis safuZvlian swavlebaze, radgan swored am

Teoriuli kursis Rrmad Seswavla uzrunvel yofs studentebSi saswavlo-saaRmzrdelo procesis higienuri marTvis, moswavl eTa janmrTel obaze zrunvis ZiriTad unar-Cvevebs.

Cven mimovixilT saqarTvelos akreditirebuli universitetebis dawyebiTi ganaTlebis specialobisa da maswavleblis momzadebis saganmanaTleblo saswavlo programebi, ris Sedegadac aRmoCnda, rom aRniSnuli disciplinebis swavleba umetesad an saerTod ar mimdinareobs, an zogierTi maTgani arCeviT kursSia Setanili, rac imas niSnavs, rom yvela students ar miecema am saganTa Seswavlis saSualeba, zogan saganTa nawili iswavleba Semcirebuli formatiT, rasac studenti ver mihyavs yvela, aucileblad saWiro, unar-Cvevebis gamomuSavebamde, aris SemTxvevebi (Zalian iSviaTad), roca sagnebi Setanilia mxolod swavlebis II-samagistro safexurze, samagistro safexurs ki studentTa didi nawili ar an ver gadis.

zemoaRniSnuli sagnebis umetesoba maRali momTxovnelobiT iswavleboda sabWouri periodis pedagogiur institutebSi. maTi swavlebis programidan amoRebam an swavlebis formatis Semcirebam gamoiwvia is, rom dRevandel saskolo saganmanaTleblo sivrceSi mTeli yuradReba gadatanilia mxolod mozardTa ganaTlebaze da yuradRebis miRma darCa zrunva moswavleTa fizikuri gajansaRebisaTvis. axla skolebSi Seqmnili saganmanaTleblo garemo da saswavlo programebi naklebad iTvaliswinebs mozardTa asakobriv fiziologiur SesaZleblobebsa da moTxovnilebebs.

Cven miznad visaxavT baTumis SoTa rusTavelis saxel mwifo universitetis ganaTlebisa da mecnierebaTa fakultetze pedagogiuri profilis specialobebze swavlebis orive safexurze studentebSi moswavleTa janmrTelobis dacvis originaluri kompetenciebis Camoyalibeba-ganviTarebaze zrunvas. Sesabamisad, zemoT miTiTebuli Teoriuli disciplinebi Casmulia rogorc sabakalavro, aseve samagistro programebSi. Tumca migvaCnia, miTiTebul saganTa jgufidan dawyebiTi ganaTlebis specialobaze saskolo higienis gadatana arCeviT disciplinebs Soris gadaxedvas moiTxovs. es kursi aucilebelia gaiaros TiToeulma studentma, Tundac im martivi mizeziT, rom bavSvTa formirebis umniSvnelovanesi etapi aris umcrosi saskolo asaki da am asakSi

pedagogis araswor qmedebas saval al o Sedegebamde mihyavs aRsazrdel Ta
j anmrTel oba. igive SegviZl ia vTqvaT social uri pedagogikis discipl i-
nazec. am sagnis arCeviToba SesaZl ebl obas ukargavs studentTa nawil s
studentobis wl ebSive gamoimuSavos momaval aRsazrdel Ta social ur
garemoSi jansaRi integraciis xel Semwyobi unar-Cvevebi, rac erT-erTi
ganmsazRvrel ia mozardTa fsiqofizikuri Camoyal ibebis procesisa.

vfiqrobT, aseve gadasaxedia maswavl ebl is momzadebis saganmanaTl eb-
l o programaSi saganis „saskol o higiena" Semcirebul i kreditebiT
swavl eba. sagnis aseTi formatiT swavl eba mkveTrad aferxebs sasurvel
Sedegamde pedagogTa miyvanas.

universitetSi swavl ebis maRal i Sedegebis misaRwevad kompenciebis
Camoyal ibeba-ganviTarebaze agebul i „saskol o higienis" Cvens mier
SemoTavazebul i sal eqcio kursebi vcdil obT orientirebul i iyos
momaval maswavl ebel ze. TiToeul i l eqciis umTavresi mizania studentis
mier misaRwevi sakvanZo codna da unar-Cvevebis gamomuSaveba.

moTxovnebi akademiuri l eqciis mimarT amomwuravad da kargad aris
Camoyal ibebul i baTumis SoTa rusTavel is saxel mwifo universitetis
srul i profesorebis i. bibil eiSvil isa da l . TavdgiriZis naSromSi
„studentTa sauniversiteto swavl ebisa da aRzrdis sakiTxebi"
(bibil eiSvil i … 2011:92-102). am moTxovnaTa gaTval iswinebiT, SevarCieT da
davamuSaveT sal eqcio sakiTxebi. Cveni dakvirvebiT, pedagogiuri saqmiano-
bisaTvis aucil ebel moswavl eTa janmrTel obis dacvis kompetenciebamde
studentebi mihyavs „saskol o higienis" Semdegi sakiTxebis ganxil vas
l eqciebze:

<div align="center">

swavl ebis l safexuri:

</div>

I kvira: saskol o higienis sagani, amocanebi. janmrTel oba, misi do-
neebi, misi Sefasebis kriteriumebi, janmrTel obaze moqmedi riskfaq-
torebi, adaptacia da janmrTel oba. adaptaciis gazrdis saSual ebebi.
mosaxl eobis asakobrivi struqtura, asakobrivi periodebis daxasiaTeba.
avadobis maCveneblebi bavSvebSi, reaqtiuloba, rezistentoba, maTze
moqmedi faqtorebi. janmrTel obis indeqsi.

II kvira: sayrden-mamoZravebel i sistemis ganviTarebaze moqmedi
faqtorebi. paTol ogiuri l ordozi, kifozi. sqol iozi. maTi ganviTarebis

xel Semwyobi faqtorebi, prevencia. menjis Zvlebis anomaluri ganviTarebis mizezebi da prevencia. kunTovani sistemis ganviTarebis xel Semwyobi faqtorebi. fizikuri datvirTvis normireba asakis mixedviT.

III kvira: gul-sisxl ZarRvTa sistemis ganviTarebaze moqmedi faqtorebi. gonebrivi da fizikuri datvirTvisa da gadatvirTvis zemoqmedeba gul-sisxl ZarRvTa sistemis funqcionirebaze. sasunTqi sistemis ganviTarebis xel Semwyobi faqtorebi. sasunTqi sistemis anTebiTi procesis xel Semwyobi faqtorebi da prevencia.

IV kvira: gamomyofi sistemis asakobrivi ganviTarebis Taviseburebebi. enurezi, misi profil aqtika. kanis asakobrivi ganviTarebis Taviseburebebi, misi higiena. kanis daavadebaTa profil aqtika.

V kvira: analizatorebis ganviTarebis xel Semwyobi faqtorebi. werisa da kiTxvis higiena. mxedvelobisa da smenis darRvevis mqone bavSvTa swavlebis procesis Taviseburebebi.

VI kvira: nervuli sistemis asakobriv ganviTarebaze moqmedi faqtorebi. gonebrivi Sroma, masze moqmedi faqtorebi. gonebrivi Sromisunarianobis cvlilebebi dRe-Ramis, kvirisa da wlis ganmavlobaSi, misi damokidebuleba bavSvTa bioritmze.

VII kvira: sqesobrivi momwifebis periodis Taviseburebebi. stres-faqtorTa moqmedebis Sedegebi sqesobrivi momwifebis dros. bavSvTa klasifikaciebi qcevis tipebis mixedviT. swavlebisa da aRzrdis procesis Taviseburebebi qcevis tipebis mixedviT.

VIII kvira: saswavlo dawesebulebis higienuri dagegmareba. saswavlo garemos usafrTxo mowyobis higienuri safuZvlebi. saswavlo inventari-sadmi higienuri moTxovnebi.

IX kvira: jansaRi swavlebis organizeba skolaSi. swavlebaze moqmedi fsiqopedagogiuri faqtorebi. bavSvTa da mozardTa reJimis organizeba ojaxSi.

X kvira: daRla, gadaRla, gadaZabva. maTi gamovlinebis subieqturi da obieqturi niSnebi qcevis sxvadasxva tipis bavSvebSi. maTi mizezebi, moqmedebis Sedegebi da profil aqtika.

XI kvira: fizkulturisa da sportis higiena. klasgareSe da skolis-gareSe muSaobis higiena. gamosasvleli dRisa da ardadegebis organizeba

higienuri moTxovnebis gaTval iswinebiT.

XII kvira: saWmlis momnelebeli sistemis asakobrivi ganviTarebis Taviseburebebi, misi paTologiebis gamomwvevi riskfaqtorebi, daavadebaTa profilaqtika. kvebis higienuri safuZvlebi. racionaluri kvebis organizeba saswavlo dawesebulebebSi. kvebis reJimi. sakvebiT mowamvlis saxeebi, profilaqtika.

XIII kvira: infeqciuri daavadebebis gamomwvevebi, gadacemis, organizmSi SeWris gzebi, daavadebaTa stadiebi, profilaqtikuri saSualebebi.

XIV kvira: tuberkulozis gadamdebi da aragadamdebi formebi. tuberkuloziT daavadebulTa swavlebis procesis Taviseburebebi.

XV kvira: arainfeqciuri daavadebebi. maTi profilaqtika. anemiiTa da revmatizmiT daavadebul bavSvTa swavlebis procesis Taviseburebebi. nervuli aSlilobebi. maTi gamovlinebebi, ganviTarebis xel Semwyobi faqtorebi, aRmofxvris gzebi.

swavlebis II safexurze:

I-II-III kvira: garemo da adamiani. janmrTeloba da fizikuri ganviTareba. organizmis ganviTarebis asakobrivi Taviseburebebi. bavSvobis kritikuli periodebi. anTropometriuli gazomvebis mokle wesebi. bavSvTa ganviTarebis kompleqsuri mediko-fsiqo-pedagogiuri diagnostika.

IV-V-VI kvira: saskolo garemosa da swavlebis higienuri organizacia. emociis fiziologiuri safuZvlebi, saxeebi, moqmedebis Sedegebi. stresi da hormonebi. didaqtogenuri nevrozebi. maTi mizezebi, gamovlinebebi, prevencia. sxva saskolo daavadebebi, maTi mizezebi, profilaqtika.

VII-VIII-IX kvira: Wiebi, profilaqtika. bavSvTa infeqciuri daavadebebi: wiTela, wiTura, qunTruSa, Cutyvavila, yivanaxvela, ybayura, difteria, poliomieliti, gripi. maTi profilaqtika. epidemiis sawinaaRmdego RonisZiebebi infeqciur daavadebaTa dros. skolis sanitaruli saqmis organizacia.

X-XI-XII kvira: cilebis, cximebis, naxSirwylebis cvla. maTi mniSvneloba bavSvis normaluri zrda-ganviTarebisaTvis. vitaminebi. mineraluri nivTierebebi. wylis mniSvneloba bavSvis normaluri ganviTarebisaTvis. kvebis racionis Sedgena. arasakmao da Warbi kvebis Sedegebi.

XIII-XIV-XV kvira: pirveladi daxmareba Wrilobis, sisxldenis, dam-

wvrobis, motexil obebis dros. moswavl eTa higienuri aRzrda da swavl a.

l eqciaze aqtiurad vaxorciel ebT vizual uri masal is Cvenebas. viyenebT diskusia/debatebis, induqciis, deduqciis, anal izisa da sinTezis meTodebs. saswavl o masal is kargad aRqmisaTvis studentebs masal a moewodebaT Tezisebis saxiT.

sal eqcio kursTan erTad udides mniSvnel obas vaniWebT jgufSi muSaobis Catarebis xarisxs. orive safexuris studentebisaTvis aucil eb-l obad migvaCnia Temobrivi CaTvl a da Sefaseba, igul isxmeba TiToeul i studentisagan jgufSi muSaobis programiT gaTval iswinebul i TiToeul i Temis CaTvl is aucil ebl oba. jgufSi muSaobisas viyenebT kiTxva-pasuxis, debatebis, probl emis gadaWraze dafuZnebul i swavl ebis, demonstrirebis, gonebrivi ieriSis meTodebs.

sadiskusiod gamogvaqvs Semdegi Temebi: „saswavl o garemos riskfaq-torebi da janmrTel oba", „bavSvis ganviTarebis kritikul i periodebi da maTi sworad marTva", „fizikuri aqtiurobis mniSvnel oba da misi swori organizeba saswavl o procesSi", „organizmis gamowrToba bunebrivi Zal ebiT", „bavSvebSi jansaRi cxovrebis wesiT cxovrebis unarebis gamomuSavebis gzebi da saSual ebebi", „moswavl eTa dRis reJimis swori Sedgenisa da misi zusti Sesrul ebis mniSvnel oba", „gonebrivi Sroma da janmrTel oba", „efeqturi swavl ebis xel Semwyobi garemo faqtorebi", „saswavl o-saaRmzrdel o procesis higienurad organizebis mniSvnel oba", „kvebis reJimi, misi mniSvnel oba", „saskol o daavadebebis prevencia", „nervul i aSl il obebi da maTi prevencia" da sxva.

studentebs praqtikul i mecadineobas vutarebT regionSi arsebul skol ebSi, rac exmareba maT swavl ebisas SeZenil i unar-Cvevebi praqtiku-l ad ganaxorciel on. praqtikul mecadineobebze studentebs aqvT saSu-al eba Tavad moaxdinon skol is fizikur garemoze dakvirveba da Sedegebis Sefaseba, saswavl o-saaRmzrdel o procesis higienuri Sefaseba, anal izis safuZvel ze gamoitanon daskvnebi, daeswron gakveTil ebs, daakvirdnen moswavl eTa daRl a-gadaRl is niSnebs, aRmoaCinon maTi ganviTarebis mizezebi da gaakeTon daskvnebi, Seafason skol is sanitarul i mdgomareoba, Seiswavl on skol is sanitarul i organizacia, sadamrigebl o saaTis xarj ze pedagogebis TandaswrebiT sxvadasxva

klasis moswavleebTan gamarTon diskusia/debatebi moswavleTa gonebrivi Sromis higienis, janmrTelobis SenarCunebisa da gaZlierebasTan dakavSirebul Temebze.

swavlebis I safexuris dasasruls kvlevis unarebiT gamorCeul studentebs SerCeviT eZlevaT sabakalavro Temebi saswavlo procesis jansaRi organizaciis sakiTxebze.

swavlebis II safexurze kvleviTi unarebis ganviTarebis mizniT studentebs eZlevaT sakvlevad da saprezentaciod iseTi Temebi, rogori-caa: „didaqtogenuri nevrozebi", „moswavleTa gonebrivi Sromis higiena", „saswavlo-saaRmzrdelo procesis jansaRi marTvis xelSemwyobi da xelSemSleli faqtorebi", „swavlebasTan dakavSirebuli daavadebebi", „garemos fizikuri da fsiqikuri faqtorebis roli da mniSvneloba mozardTa harmoniuli ganviTarebisaTvis" da sxva. studenti daamuSavebs romelime erT Temas (irCevs Tavisi surviliT, individualuri SesaZleb-lobebis gaTvaliswinebiT), jgufis TiToeuli wevri aucileblad winas-war gaecnoba yvela warmosadgen saprezentacio Temebs da valdebulia garkveulwilad kompetenturi iyos TiToeul maTganSi. studentis mier damuSavebuli masalis srulfasovani prezentaciis SefasebaS emateba sxva gamomsvlelTan debatebSi aqtiuri monawileobis qulebi.

orive safexurze codnis gaRrmavebis mizniT damatebiT wyaroebze damoukidebeli muSaobis xarisxs damatebiT vafasebT, romelic aucileblad moqmedebs saboloo Sefasebaze.

zemoaRniSnuli kompetenciebis Cvevad qcevisaTvis aucilebelia swavlebis orive safexurze pedagogiuri praqtikis gavlisas saswavlo-saaRmzrdelo saqmianobis jansaR organizaciaze yuradRebis koncentri-reba. studentebs moeTxovebaT pedagogiuri saqmianobisadmi sistemuri midgoma da swavlebasTan erTad mozardTa jansaR ganviTarebaze zrunva, usafrTxo, jansaRi garemos uzrunvelyofa, saWiroebis SemTxvevaSi sando gadawyvetilebebis miReba.

vfiqrobT, praqtikis maRal xarisxovnad Catarebis sakiTxi jer kidev kvlevas moiTxovs. Cveni azriT, pedagogiuri praqtikis gavlisas pirveli safexuris studentebs pedagogikisa da fsiqologiis specialistTan erTad aucileblad unda meTvalyureobdes kvalificiuri medikosi −

skolis eqimi, romelic sawyis safexurebze daexmareba studentebs saswavlo-saaRmzrdelo procesis samedicino Tval sazrisiT jansaR da usafrTxo organizaciaSi, bavSvebSi higienuri Cvevebis gamomuSavebaze zrunvaSi, bavSvTa pirovnul Taviseburebebze dakvirvebaSi da Sesaferisi garemos organizebaSi, problemuri qcevis marTvaSi, bavSvebTan da maT mSobl ebTan komunikaciebSi.

praqtikis Semdeg etapze mniSvnelovania meTval yure medikos-special isti – **skolis eqimi** mxolod garedan adevnebdes Tvals da afasebdes studentis damoukidebel qcevas aRniSnul saki TxebSi.

swavlebis II safexurze unda Sefasdes studentebis mier praqtikul i gadawyvetil ebebis sandooba, gadawyvetil ebis miRebisas swrafi anal izis da sinTezis unari, wamoWril i probl emebisadmi SemoqmedebiTi midgomis unari.

universitetSi swavlisas zemoaRniSnul i kompetenciebis ganviTareba praqtikul saqmianobaSi codnis gamoyenebas, TviTganviTarebasa da samu-Sao procesSi jansaRi komunikaciis unars uzrunvel yofs. yovel ives Sedegi ki aris momaval special istTa maRal kval ificiuroba.

pedagogis mier studentobis wlebSi miRebul i codna da ganviTare-bul i unar-Cvevebi rodia sakmarisi imisaTvis, rom iyos maRal kval ifi-ciuri kadri, romelic erTnairi siZl ieriT SeZl ebs rogorc moswavl eTa ganaTl ebas, aseve moswavl eTa janmrTel obis SenarCunebasa da gakaJebas, moswavl eTa normal uri ganviTarebis xel Sewyobas. aucil ebel ia maswavl ebl ebi moswavl eTa janmrTel obis dacvis kompetenciebis ganviTarebas mTel i praqtikul i saqmianobis ganmavl obaSi axorciel ebdnen, sistematu-rad iZendnen axal codnas saswavlo procesis higienis Tanamedrove miR-wevebis saki TxebSi.

moswavl eTa jandacvis saki TxebSi codnis ganaxl ebaSi maswavl ebl ebs karg daxmarebas gauwevs **skolis eqimi**. mis aucil ebel funqciaSi Seva saswavlo wl is ganmavl obaSi aRniSnul saki Txebze **maswavl ebl ebisaTvis Ria l eqcia-seminarebis Catareba**.

periodul i treningebis CatarebiT **skolis eqimi** moaxdens saswavlo-saaRmzrdel o dawesebul ebisa da saswavl o-saaRmzrdel o procesis higi-enaSi maswavl ebel Ta codnis ganaxl ebasa da gadaxal isebas.

treningebs, rogorc swavlebis interaqtiul meTods, **miznad** eqneba dasaxuli maswavlebel Ta profesiuli ganviTareba moswavleTa janmrTe-lobis dacvis sakiTxebis aTvisebisa da gamoyenebis kuTxiT, rac xels Seuwyobs maswavleblebSi moswavleTa jansaRi aRzrdis xel Semwyobi kompetenciebis gaumjobesebas.

treningis Catarebis meTodebs, formebs, kursis xangrZlivobas da periodulobas saWiroebisaebr gansazRvravs **skolis eqimi.**

saswavlo procesis higienis Tanamedrove miRwevebis Sesabamisi efeqtu-ri mowyobis erT-erT saSualebad migvaCnia saswavlo-saaRmzrdelo garemosa da procesis jansaRi marTvis sistematuri **monitoringi**, misi Sedegebis analizi da mis safuZvelze saWiro RonisZiebebis dagegmva da gatareba. aRniSnul xel mZRvanelobas **skolis eqimis** funqciaSi moviazrebT.

saswavlo-saaRmzrdelo dawesebulebaSi **skolis eqimis** xel mZRvane-l obiT Catarebuli monitoringis mizania saswavlo dawesebulebis mowyo-bisadmi, saswavlo-saaRmzrdelo procesis organizaciisa da marTvisadmi Tanamedrove higienuri moTxovnebis Sesrulebis xarisxis, bavSvebSi higienuri codna-Cvevebis ganviTarebis donis Sefaseba. monitoringi Sede-giani iqneba Tu moxdeba ara faqtebis konstatacia, aramed naklovanebis gamomwvev mizezTa gamorkveva da maTasacilebl ad prevenciuli RonisZi-ebebis gatareba. efeqts zrdis monitoringis sistematuroba, romelic sruldeba miRebuli Sedegebis SejamebiT, analiziT, pedagogiur koleqtivSi farTo ganxilviT, sqemebisa da samaxsovroebis damuSavebiT, monitoringis Sedegad miRebuli gadawyvetilebebis danergviT da SemowmebiT.

$3. skolis eqimis kompetenciebi

koncefcia skolis eqimis momzadebis Sesaxeb, romel sac vTavazobT mkiTxvels, dakavSirebulia mraval faqtorTan: pirvel rigSi, igi dakavSi-rebulia ojaxis eqimis momzadebis programasTan da analogiis wesiT, **ojaxis eqimis** momzadebis gamocdilebas gamoviyenebT **skolis eqimis** momzadebis programis SemuSavebisaTvis.

saojaxo eqimis kompetenciebi sakmaod tradiciuli movlenaa. msofli-oSi yvela SeZlebuli da saSualo SeZlebis ojaxs sakuTari eqimi hyavs,

romelic ojaxis yvela wevrs asakis miuxedavad kvalificiurad emsaxureboda da emsaxureba dResac. tradiciuli ojaxis eqimi aris zogadi profilis eqimi da ara viwro specialobis eqimi (gul-sisxl ZarRvTa sistemis, yel-yur-cxviris, endokrinuli sistemis da a. S.).

ruseTSi 1917 wels momxdari saxelmwifo gadatrialebis Semdeg Seqmnili sabWoTa mTavrobis sociauri politikis mixedviT Seiqmna mosaxleobis jandacvis erTiani saxelmwifo sistema, gaixsna ufaso dargobrivi polikllinikebi da saavadmyofoebi. pacients emsaxurebodnen ara ojaxSi, aramed saxelmwifo dargobriv polokllinikebSi. amitom aucilebeli gaxda viwro specialobis mkurnali eqimebis momzadeba, Sesabamisad, Cakvda ojaxis eqimis tradicia da ojaxSi momsaxureba daekisra mxolod saxelmwifo saswrafo daxmarebis samedicino samsaxurs. saswrafo samedicino daxmarebis eqimis funqciaSi Sedioda erTjeradi samsaxuris aRmoCena da konsul taciebis micema avadmyofisaTvis, romel eqimTan ganegrZo momavalSi mkurnaloba, xolo Tu pacienti gadaudebel samedicino mkurnalobas saWiroebda, mas dauyovnebliv gadaiyvandnen maxlobel saavadmyofoSi.

dRes politikuri viTarebis Secvlis gamo jandacvis sistemaSi gatarda axali reformebi, romlebic jer kidev daxvewis procesSia. mkurnaloba fasiani gaxda. am ekonomiuri faqtoris karnaxiT Seicvala jandacvis sistemis struqturuli aRnagobac. pirveli niSani jandacvis axali sistemis Camoyalibebisa aris moTxovna ojaxis eqimze. saqarTvel o-Si ukve Catarda ojaxis eqimis momzadeba-gadamzadebis pirveli RonisZi-ebebi, Catarda eqimTa treningebi, SesarCevi konkursebi da bevrma niWierma medikosma moipova ojaxis eqimis serTifikati.

analogiuri viTareba gvaqvs **skolis eqimTan** dakavSirebiTac. skolis eqimic sabWoTa ufaso jandacvis sistemis Semadgeneli nawilia. eqimis Tanamdeboba sabWoTa skolaSi gaCnda, magram isic saswrafo daxmarebis eqimis movaleobas asrulebda. mxolod erTjerad daxmarebas uwevda bavSvebs da maT mSoblebs urCevda, romel eqimTan ganegrZoT mkurnaloba. postsabWoTa saqarTveloSi arsebiTad Seicvala jandacvis sistema, magram Seucvleli darCa skolis eqimis kompetencia.

Cven ase vayenebT sakiTxs: rogorc Tanamedrove ojaxis eqimis profesi-

ul i profil is srul yofaze mimdinareobs energiul i muSaoba, aseve unda iqnas SemuSavebul i skol is eqimis profil is profesiul i srul yofis programa.

skol is eqimi Cven warmodgenil i gvaqvs ara mxol od rogorc **mkur-nal i**, aramed **ganmanaTl ebel ic**, mxedvel obaSi gvaqvs medikos-ganmanaTl ebel i, romel ic rogorc skol is moswavl eebSi, ise skol is pedagogebSi da mSobl ebSi Seitans samedicino ganaTl ebis aucil ebel el ementarul codnas, Caatarebs saganmanaTl ebl o saubrebs j andacvis, moswavl eTa fi- zikuri ganviTarebis, sezonuri virusul i daavadebebisagan Tavdacvis Se- saxeb da sxva.

gamoCenil i rusi mecnieri, medikosi da pedagogi nikol oz pirogovi (1810-1881) Tvl ida, rom skol aSi pedagogiur Tanamdebobazec eqimebi unda daeniSnaT. kievis saswavl o ol qisadmi gagzavnil cirkul arebSi 1829 wel s n. i. pirogovi werda: ,,baton kol ianovskis winadadeba (saSual o saswavl o dawesebul ebebSi eqimebis pedagogiur Tanamdebobaze daSvebis Sesaxeb) imsaxurebs gansakuTrebul yuradRebas. me vfiqrob, rom aravis ara aqvs imdeni ufl eba daikavos pedagogiuri Tanamdebobebi daxurul saswavl ebl ebSi, ramdenic eqimebs. garda b-n kol ianovskis mier dasaxe- l ebul i mizezebisa (sazogadoebas araswori Sexedul eba aqvs medicinaze, medikosebs SeuZl iaT sxvebze ukeT aswavl on anatomia, fiziol ogia da a. S.), daxurul saswavl ebl ebSi aRzrdas aqvs kidev erTi mniSvnel ovani mxare, romel ic misawvdomia mxol od da mxol od eqimebisaTvis. es aris avxorcobis biwierebani, romel ic imdenad mimal ul ia Cvens saswavl eb- l ebSi, rom ufrosebma maTi arsebobis Sesaxeb TiTqmis arc ki ician, maSin roca es biwierebani dawesebul ebaSi mudam SemoaqvT garedan (Sinauri wesiT aRzrdil moswavl eebs) da masSi viTardeba gansakuTrebu- l i mocul obiTa da sxvadasxva saxiT. am borotebaze, - dasZens n. i. pirogovi, - saTanado yuradRebis miqceva, misi saTavis gamorkvva da iseTi racional uri zomebis miReba, roml ebic Tavidan agvacil ebda da SeaCe- rebda mas, - SeuZl ia mxol od gamocdil eqims. amgvarad, eqimi daxurul saswavl ebl ebSi warmatebiT SeiZl eba erTsa da imave dros iyos moswav- l eTa zneobrivi mxaris zedamxedvel ic, maRal kl asebSi enciklopediur samedicino mecnierebaTa maswavl ebel ic da gimnaziis saavadmyofos mkur-

nal ic" (pirogovi 1956:65).

skolis eqimis Sromis margi qmedebis koeficienti unda ganisazRvros ara imis mixedviT, Tu ramden moswavl es aRmouCina wlis manZilze daxmareba, aramed imis mixedviT, Tu wina wel Tan Sedarebi T ramdenad Semcirda skolaSi samedicino daxmarebis SemTxvevebi, anu rogor gaumjobesda skolis eqimis aqtiuri moRvaweobiT moswavleTa janmrTeloba: **ideal u-rad migvaCnia im skolis eqimis muSaoba, romlis nayofieri prevenciuli RonisZiebebis wyalobiT gamoiricxeba skolaSi akademiuri CamorCeniloba moswavleTa susti janmrTelobis gamo.**

aseTi skolis eqimis momzadeba SeuZlebelia studentisagan, romel sac samedicino samsaxurisadmi interesis garda Tan ar axlavs didi pedago-giuri siyvaruli bavSvis mimarT. aseTi siyvarulis aRzrda eqimsa da pedagogikis klasikoss nikoloz pirogovs xangrZliv procesad hqonda warmodgenili. pirogovi kargi eqimis Tvisebebis aRzrdas skol amdeli asakis bavSvebis TamaSidan gvTavazobs. bavSvebi xSirad unda TamaSobdnen eqimobanas. TamaSi ki bavSvebisaTvis aris cxovreba. TamaSiT swavlobs bavSvi. xolo is, rac mis STabeWdilebebSi dadebiTad aisaxeba, Semdeg mTeli sicocxlis manZilze gahyveba, rogorc mowodeba. ase moxda nikoloz pirogovis pirad cxovrebaSic. masze didi STabeWdileba moaxdina ojaxis eqimis Rirseulma qcevam da Semdeg sul eqimobisaTvis emzadeboda. pirogovi igonebs: „sabavSvo TamaSobebidan da gasarTobebidan yvelaze ufro damamaxsovrda ori ram: erTi iyo omobanas TamaSi skolaSi Cems tolebTan erTad, romel Ta gareSec es TamaSi ver moewyoboda. rogorc Cans, me yoCaRi viyavi, radgan maxsovs, rom ufrosi moswavleebi taSs mikravdnen da maqebdnen, roca mamacobas gamoviCendi. magram meore TamaSoba metad saintereso iyo CemTvis imitom, rom is TiTqos fardas xdida Cems momavals. is iyo bavSvisaTvis ucnauri garToba da ewodeboda mkurnalobanas TamaSi." misi warmoSobisa da ganviTarebis istoria aseTia: nikoloz pirogovis ufrosi Zma loginad iyo Cavardnili, romelic daavadebuli iyo revmatizmiT. avadmyofis mkurnaloba didxans grZeldeboda. erTi eqimi meores cvlida, bolos gamoiZaxes qalaqSi cnobili eqimi efrem osipis Ze muxini, romelic im dros TiTqmis yvelaze ukeTes praqtikosad iTvleboda moskovSi. igi

Zalian didi avtoritetiT sargebl obda mosaxleobaSi. nikoloz pirogovi igonebs: „maxsovs, TuUrogori mowiwebiT emzadebodnen Cvenebi mis misaRebad. me, rogorc mousvenari bavSvi, rasakvirvel ia, mis mol odinSi aqeTiqiT davrbodi. bol os Cveni saxl is kibes moadga oTxcxeniani etl i: Sinaurma l aqiam gaaRo kari da TiTqos axl ac vxedavde, maxsovs, TuUrogor gadmovida etl idan maRal i, TmagaWaRaravebul i batoni, romel sac nikapi Zal ian win hqonda wamoweul i.”

cxadia, bavSvze waruSl el i STabeWdil eba moaxdina eqimis garegnobam, TavdaWeril obam, qcevis Rirseul ma manerebma. pirogovi ganagrZobs: „al baT, mTel ma garegnul ma viTarebam, mol odinma, oTxcxenianma etl ma, Sina l aqiam, SesaniSnavi pirovnebis didebul ma saxem mZl avri STabeWdil eba moaxdina Cemze, magram ara imdenad, rom maSinve aReZra CemSi mibaZvis survil i, rogorc es Cveul ebrivad xdeba bavSvebSi. mkurnal obanas TamaSi me daviwye Semdeg, roca davukvirdi eqimis mopyrobas l oginad Cavardnil i avadmyofisadmi da roca vnaxe, rom mkurnal obis Sedegi brwyinval e iyo.” yovel SemTxvevaSi, nikoloz pirogovi ase xsnis „mkurnal obanas“ TamaSis dawyebas im Rrma da dauviwyari STabeWdil ebis Sedegad, romel ic moaxdina mTel oj axze mkurnal obis swrafma warmatebam. mas Semdeg, roca xuTi-eqvsi eqimis mier miRebul i yvel a RonisZiebis miuxedavad, avadmyofoba sul ufro mwvavdeboda da yovel dRe ismoda oTaxidan avadmyofis oxvra da kvnesa, muxinis mkurnal obis dawyebidan ramdenime dRec ki ar iyo gasul i da avadmyofma ukve daiwyo gamokeTeba. oj axSi yvel ani gancvifrebul ebi darCnen am momaj adovebul i mkurnal obiT da bevrs bWobdnen muxinis saswaul ebriv moqmedebaze. „erTi sityviT, - wers nikoloz pirogovi, - araerTxel gameorebul i STabeWdil eba, romel ic me gadmomeca Tval ebiTac da yurebiTac, ise Rrma iyo, rom Zmis bednieri gankurnebis Semdeg erTxel romel iRac SinaurTagans vTxove Cawol il iyo l oginSi, xol o TviTon miviReEeqimis saxis gamometyvel eba da warmosadegoba, Tavmomwoned mivedi viTom avadmyofTan, gavusinj e maj a, davxede enaze, miveci raRac rCeva, al baT, waml is damzadebis Sesaxeb, gamoveTxove da kidev ufro Tavmomwoned gamovedi „oTaxidan”… Semdeg xSirad vimeorebdi mkurnal obanas TamaSs.” gameoreba namdvil ad gamowveul i iyo mayurebel - Ta yuradRebiTa da kmayofil ebiT, rasac isini iRebdnen „axal beda eqimis”

TamaSisagan.

aseTi stimulis gavleniT TandaTan daxel ovnda nikolozi da Tanda-
Tan daiwyo eqimis rolis Sesruleba. dasvamda ramdenime pirovnebas da
maT Soris qaliviT Cacmul katasac. Camoivlida avadmyofebs, miuj deboda
magidas, werda receptebs da uxsnida, rogor unda mieRoT wamlebi. cxa-
dia, mkurnalobanas TamaSis aseTi xalisi ar SeiZleboda gasCenoda
nikolozs, misi Zma rom ar gankurnebuliyo mtanj veli senisagan. magram
bednierma warmatebam, rasac Tan axlda efeqturi garemo, aRZra bavSvSi
Rrma pativiscema samedicino xelovnebisadmi da man swored xelovnebi-
sadmi am pativiscemiT SemdgomSi daiwyo samedicino mecnierebis pativis-
cemac. rogorc nikoloz pirogovi SeniSnavs, mkurnalobanas TamaSi ar
iyo bavSvuri takimasxaraoba da xumroba. Semdeg Tavad igonebs: „ase iyo
Tu sxvanairad, mkurnalobanas TamaSi ise Semiyvarda, rom is ver
daviviwye universitetSi Sesvlis Semdegac.“

universitetSi swavlis pirvel wels, roca igi stumrobda erT nacnob
oj axs, Sobis dReebSi Tavmoyrili axal gazrdebis garTobis mizniT
moawyo operaciis Catarebis gaTamaSeba im warmodgeniT, rac real urad
Catarebuli operaciis danaxviT Seeqmna. erT-erTi axal gazrda daawvina
magidaze, sadRac iSova xaris buSti, Cado masSi carcis natexi, buSti
miaba fexebs Soris, gadauwia TeZoebi da daniT da kidev raRac oj axuri
instrumentebiT „SeiaraRebulma“ gaWra yvelas sasiamovnod carcis natexi
cel zovis wesis dacviT tuto, cito et jucunde (uSiSrad, swrafad da mxiaru-
lad) (pirogovi 1956:596-597).

didi mecnierisa da pedagogis es vrceli mogonebebi imitom movitaneT,
rom mkiTxvel isaTvis gveCvenebina, raoden didi mniSvneloba aqvs momava-
li profesiisadmi fsiqologiur Semzadebas, rac TamaSis procesSi
xorcieldeba bunebrivi wesiT. **momavali profesiisadmi fsiqologiuri
Semzadeba moiTxovs dros. xangrZlivi drois manZilze SeiZleba
Camoyalibdes ZlIeri ganwyoba momavali saqmianobisadmi.**

bavSvis gonebrivi Sroma da sulieri cxovreba didadaa damokidebuli
organizmis janmrTelobaze. amitom Tanamedrove skolaSi gadamwyveti
mniSvneloba ekisreba diagnostikas, moswavleTa daavadebis Tavidan
acilebis prevenciul zomebs.

aseve izrdeba skolaSi fsiqologis samsaxuris mniSveloba. Tanamedrove cxovrebaSi, romelic axla yalibdeba Tavisufali sabazro ekonomikis sawyisebze da romelsac evropisa da amerikis ganviTarebuli saxel mwifoebis magaliTze, ukeTesi momavlis perspeqtivebi aqvs, jerjerobiT am cxovrebaSi stresuli movlenebi ufro Warbobs da mas uSualo gavlena aqvs mozardis cnobierebaze. stresebis damTrgunveli buneba kargad aris cnobili fsiqologiaSi, magram misi Tavidan acilebisaTvis TiTqmis araferi keTdeba Tanamedrove skolaSi, im martivi mizezis gamo, rom skolas ar gaaCnia kvalificiuri fsiqologiuri samsaxuri. jansaRi Taobis aRzrdis procesis optimaluri pirobebis Sesaqmnelad aucilebl ad migvaCnia **skolis eqims samedicino ganaTlebasTan erTad hqondes pedagogiuri da fsiqologiuri ganaTleba.**

skolis eqimi jansaRi mozardi Taobis aRzrdis procesis optimalur pirobebs ver Seqmnis, Tu is Tavisi funqciis Sesrulebas mxolod maSin Seudgeba, roca mis winaSe janmrTelobaSeryeuli bavSvi dadgeba. Zalze mniSvnelovania man saswavlo garemosa da saswavlo-saaRmzrdelo procesis prevencia bevrad adre ganaxorcielos. **magram skolis Tanamedrove eqimi efeqturad ver ganaxorcielebs profilaqtikur da prevenciul RonisZiebebs, Tu mas eqneba mxolod samedicino ganaTleba.**

amrigad, Cveni Sexedulebi T, unda damuSavdes axali koncefcia **skolis eqimis** kompetenciebis Sesaxeb. koncefcia **skolis eqimis** kompetenciis Sesaxeb emyareba axali tipis skolis eqimis momzadebas.

skolis eqimis kompetencia, Cveni Sexedulebi T, unda daefuZnos samerTiani amocanis gadawyvetas:

1) **skolis eqimis samedicino ganaTleba;**

2) **skolis eqimis pedagogiuri ganaTleba;**

3) **skolis eqimis fsiqologiuri ganaTleba.**

skolis eqimis ganaTlebis es samkuTxedi aucilebelia imisaTvis, rom:

1) **moswavleTa mimarT organizebul ad xorcieldebodes profilaqtikuri samedicino samsaxuri;**

2) **skolis eqimis aqtiuri CarTviT xorcieldebodes skolaSi saswavlo garemosa da saswavlo-saaRmzrdelo procesis mowyoba higienuri moTxovnebis mkacri dacviT;**

3) sistematuri meTval yureoba xorciel debodes stresebisagan moswavl eTa dacvisaTvis.

axali tipis **skolis eqimis** ganaTleba gaiazreba **samedicino, pedagogiuri da fsiqologiuri ganaTlebis sinTezis safuZvelze.**

skolis eqimi uSualod iqneba dakavSirebuli jansaRi Taobebis aRzrdis erovnul amocanebTan. igi sistematurad Seiswavlis skolis fizikur-fsiqikur garemos, moaxdens mis organizacia-gajansaRebas, gaake-Tebs Sedegebis analizs, Seiswavlis bavSvTa janmrTelobis mdgomareobas, gamoarkvevs mis xelSemwyob da xelSemSlel mizezebs, prevenciuli Ro-nisZiebebis CarTviT izrunebs janmrTelTa mdgomareobis SenarCunebasa da janmrTelobaSeryeulTa gajansaRebisaTvis. Seiswavlis yovel dRiur emo-ciur problemebs, araswori qcevis tipebs, droul ad miiRebs aucilebel zomebs, Seiswavlis moswavleTa gonebrivi ganviTarebis dones, aTvisebis unars, cudad swavlis mizezebs da moZebnis misi aRmofxvris saSualebebs.

skolis eqimi did daxmarebas gauwevs bavSvebs, mSoblebsa da maswavleblebs miiRon rCeva da daxmareba nebismier yoveldRiur problemaze.

Cveni Sexedulebit, **skolis eqimis** umTavresi amocanaa ara marto janmrTel bavSvTa janmrTelobis SenarCunebaze zrunva, aramed janmrTe-lobaSeryeul da unarSezRudul bavSvTa SesaZlebobis farglebSi gajansaRebisa da ganviTarebis xelSewyoba. Sesabamisad, metad aqtualu-rad miviCnevT **skolis eqimis** monawileobas **SezRuduli SesaZleblobis mqone moswavleTa** da **specialuri saganmanaTleblo saWiroebis mqone bavSvTa** gajansaRebisa da ganviTarebis xelSemwyobi optimaluri pirobebis SeqmnaSi (rogorc skolaSi, aseve ojaxSi).

jandacvis msoflio organizaciis klasifikaciiT, SezRuduli SesaZ-leblobis mqone bavSvebs miekuTvnebaT individebi, romlebsac dazianebis an darRvevis Sedegad droebiT an qronikulad aReniSnebaT fizikur an fsiqikur sferoSi unarebis SezRudva, rac mniSvnelovan gavlenas axdens cxovrebis sxvadasxva sferoze. SezRuduli SesaZleblobebis statusis mqone bavSvebSi gamoyofen Semdeg ZiriTad kategoriebs: bavSvebs, romlebsac aReniSnebaT gonebrivi ganviTarebis darRveva; metyvelebis ganviTarebis darRveva; mxedvelobis dazianeba/sibrmave; orTopediuli

dazianebebi; emociuri darRvevebi; autizmi; Tavis tvinis tramva; janmrTel obasTan dakavSirebul i sxva probl emebi. am statusis moswavl e- ebs special uri daxmarebis gareSe uWirT swavl asTan dakavSirebul i sirTul eebis daZl eva da asakis Sesabamisi aqtivobebis ganxorciel eba. SezRudul i SesaZl ebl obebis mqone bavSvebs esaWiroebaT iseTi inkl uzi- uri ganaTl eba, romel ic uzrunvel yofs moswavl eTa maqsimal ur CarTvas saswavl o procesSi, maTi ganaTl ebis xel Sewyobas, maT social ur integracias, SesaZl ebl obebis maqsimal ur gamovl enasa da ganviTarebas (I aRiZe … 2009:13-15; kapanaZe …2008:5).

inkl uziuri ganaTl ebis efeqtianobis gazrdisa da optimal uri Sede- gebis miRebisaTvis aucil ebel ia skol aSi jansaRi, usafrTxo, SezRudu- l i SesaZl ebl obebis mqone bavSvTa saWiroebis Sesabamisi, ganmaviTarebe- l i saswavl o garemos (fizikuri da fsiqikuri Tval sazrisiT) formireba, raSic skol as karg samsaxurs gauwevs **skol is eqimi**. igi Seafasebs da gansazRvravs SezRudul i SesaZl ebl obebis mqone bavSvTa saWiroebebs, daexmareba maswavl ebl ebs saWiroebis Sesabamisi garemos optimal ur organizaciaSi.

aucil ebel ia aRiniSnos, rom mxol od skol a ver SeZl ebs SezRudul i SesaZl ebl obebis mqone bavSvebSi swavl ebis procesSi Camosayal ibebel i unar-Cvevebis ganviTarebas. aRniSnul ze skol asTan erTad ojaxic unda zrunavdes, risTvisac mSobl ebs aucil ebl ad sWirdebaT kompetenturi rCevis mimcemi, damrigebel i. aseT damrigebl ad **skol is eqims** miviCnevT, romel ic ara marto gaacnobierebs mSobl ebs ama Tu im diagnozisaTvis damaxasiaTebel gamovl inebebSi, aramed TiToeul i diagnozis SemTxvevaSi daarwmunebs maT bavSvis SesaZl o ganviTarebis real obaSi da dausabu- Tebs ojaxSi am ganviTarebis xel Semwyobi optimal uri pirobebis Seqmnis aucil ebl obas.

skol a da ojaxi SezRudul i SesaZl ebl obebis mqone bavSvTaTvis unda iyos bednierebis gancdisa da sakuTari Zal ebis rwmenis daufl ebis kera. am statusis aRsazrdel ebi unda swavl obdnen imdens, ramdenis gakeTebac Zal uZT. sWirdebaT Seqeba, waxal iseba, megobrebi, social ur aqtivobebSi CarTva – gaseirneba, sanaxaobebis daTval iereba, warCinebul pirebTan Sexvedrebi, roml ebic unda daigegmos maTi survil is gaTval iswinebiT

(aRniSnul ni umdidrebT Tval sawiers da STabeWdil ebebs). saswavl o oTaxi da saswavl o resursebi moswavl eTa unarebis Sesabamisi unda iyos. mniSvnel ovania mSobl ebmac da maswavl ebl ebmac xSirad akontrol on sakuTari damokidebul eba SezRudul i SesaZl ebl obebis mqone bavSvebi-sadmi. higienuri moTxovnebisa da diagnozis Sesabamis jansaR fizikur garemoSi sworad organizebul swavl ebis process, romel ic nazi, mzrun-vel i, siTboTi da siyvarul iT gaj erebul i urTierTobebiT mimdinareobs, mivyavarT SezRudul i SesaZl ebl obebis mqone bavSvTa optimal ur ganvi Tarebamde.

Zal ze mniSvnel ovania special uri saganmanaTl ebl o saWiroebis diagnostireba. mas iwvevs: sxvadasxva saxis sensorul i da fizikuri deficiti (Tu ki is gavl enas axdens saswavl o procesze); grZel vadiani mkurnal oba/hospital izaciis saWiroeba; erovnul i umciresobebis warmomadgenl oba da social uri daucvel oba (l aRiZe... 2009:12). moswavl e-TaTvis special uri saganmanaTl ebl o saWiroebis statusis miniWeba da ganmavi Tarebel i swavl ebis dagegmva-ganxorciel eba did yuradRebasa da sifrTxil es moiTxovs (SesaZl ebel ia moxdes moswavl eTaTvis am statusis arasworad miniWeba an piriqiT). igi unda ganxorciel des samedicino, pedagogiuri, social uri diagnostirebis safuZvel ze. aRniSnul isaTvis metad mniSvnel ovnad mivi CnevT **skol is eqimis**, **pedagogebisa da mSobl ebis** koordinirebul moqmedebas.

Tavi VI

skolis eqimis momzadebis pedagogiuri safuZvlebi

skolis eqimis momzadebis pedagogiuri safuZvlebis Teoriul-meTodikuri daxasiaTeba farTo msjelobis sagania. magram sadisertacio naSromis farglebis SezRuduloba amis saSualebas ar gvaZlevs. amitom problemis maqsimaluri sicxadiT warmoCenisaTvis SevzRudavT msjelobebs da yuradRebas gadasawyvet amocanebze, Camosayalibebeli kompetenciebis Tanmimdevrul CamonaTval ze gavamaxvilebT.

Tanamedrove saswavlo-saaRmzrdelo sivrceSi moswavleTa janmrTelobis dacvis mxriv arsebuli xarvezebis aRmofxvris aucilebel saSualebad migvaCnia TiToeul skolaSi axali tipis skolis eqimis Seyvana, romelic warmatebulad gadaWris Tanamedrove aqtualur da, jerjerobiT, gadaul axav problemas – socialur-ekonomiuri pirobebis dabali donis, dabinZurebuli ekologiuri garemos, jansaRi cxovrebis dabali kulturis gamo moswavleTa Selaxuli janmrTelobis gajansaRebas da janmrTel kontingentTa janmrTelobis SenarCunebas da gakaJebas. igi sistematurad miawvdis pedagogebs mecnierul ad dasabuTebul prevenciul RonisZiebaTa sistemas, riTac uzrunvelyofs skolis Tanamedrove moTxovnebis Sesabamisad higienurad mowyobas da saswavlo-saaRmzrdelo procesis iseTi tipis marTvas, sadac moswavleTa gonebriv da sulier ganviTarebasTan erTad **metad** moTxovnadi gaxdeba moswavleTa fizikur ganviTarebaze, maT janmrTelobaze zrunva. yovelive srulyofili, energiuli, Rirseuli momavali Taobis aRzrdis sawindaria.

axali tipis skolis eqimi unda momzaddes universitetebSi. amisTvis specialurad damuSavebul sauniversiteto saswavlo programaSi sxvadasxva samedicino disciplinebTan erTad vrclad iqneba warmodgeni-li pedagogiuri, fsiqologiuri, fsiqiatriuli da higienis Semswaveli mecnieruli disciplinebi. migvaCnia, rom skolis eqimis warmatebuli saqmianobisaTvis aucilebeli kompetenciebis gamomuSavebis pirobaa Semdegi disciplinebis safuZvliani codna:

1. mozardi Taobis janmrTelobis dacvis samedicino safuZvlebi;
2. bavSvTa daavadebebi;

3. bavSvTa infeqciuri sneulebani;

4. informaciuli teqnologiebi pediatriaSi;

5. kanis daavadebebi;

6. alergiuli daavadebebi;

7. bavSvTa nevrologia;

8. bavSvTa fsiqiatria;

9. bavSvTa ganviTarebis diagnostirebis meTodebi;

10. bavSvTa zrda-ganviTarebis darRvevebi, marTva da reabilitacia;

11. swavleba nevrozebze;

12. gadaudebeli da pirveladi daxmarebis organizacia;

13. bavSvTa da mozardTa higiena;

14. saskolo higiena;

15. kvebis higiena;

16. epidemiologia biostatistikiT;

17. bioeTika;

18. bavSvis qcevis darRvevebi, sareabilitacio-sakoreqcio meTodebi;

19. fsiqikuri daavadebebi bavSvTa da mozardTa asakSi;

20. koreqciuli fsiqologiis principebi;

21. ganviTarebis fsiqologia;

22. bavSvTa neirofsiqologia;

23. bavSvTa paTofsiqologia;

24. kogniuri fsiqologia;

25. sociauri fsiqologia;

26. pedagogiuri fsiqologia;

27. fsiqologiuri konsultirebis, fsiqokoreqciis da fsiqoTerapiis safuZvlebi;

28. pedagogika;

29. ganviTarebisa da swavlebis Teoriebi;

30. aRzrdis Teoriebi;

31. inkluziuri ganaTleba;

32. logopedia;

33. koreqciuli pedagogikis principebi;

34. sociauri pedagogika;

35. saswavlo da profesiuli garemo;

36. praqtika samedicino dawesebulebebsa da skolebSi.

studentTa swavlebisa da swavlis maRali xarisxi, aRniSnul discip-linebSi analitikuri da Sedegze orientirebuli ganaTleba, swavlebis-admi multi- da intradisciplinaruli midgoma, **samedicino**, **pedagogikur** da **fsiqologiur** disciplinebSi Rrma Teoriuli codnis safuZvelze praqtikuli unar-Cvevebis gamomuSaveba saSualebas miscems skolis eqims:

➢ Seafasos bavSvis zrda-ganviTareba, masze moqmedi faqtorebi da gansazRvros ganviTarebis xel Semwyobi individualuri saWiroebebi;

➢ moswavleTa janmrTelobaze sistematuri dakvirvebiT Seafasos bavSvis zogadi mdgomareoba, somaturi, fizikuri, fsiqikuri da zneobrivi janmrTeloba, darRvevebis SemTxvevaSi mizezebis moZiebis safuZvelze, Caataros prevenciuli RonisZiebebi, profilaqtikuri mkurnaloba da dispanseruli meTval yureoba;

➢ saWiroebisas skolis nebismier personals gauwios gadaudebeli da pirveladi daxmareba;

➢ awarmoos saskolo garemos higienuri normebisa da moTxovnebis Sesabamisi mowyobis monitoringi. Seafasos xmauri, Senobis moculoba, dizaini, feri, saamSeneblo masalisa da saRebavebis xarisxi, skolis teritoriis, Senobis mowyoba, ganaTeba, skolaSi gamoyenebuli sasmeli wylis xarisxi, skolis mimdebare teritoriis ekologiuri mdgomareoba, santeqnikuri aRWurvilobis mdgomareoba, Sedegebis analizis safuZvelze moaxdinos misi sistematuri organizacia;

➢ awarmoos skolaSi saswavlo garemos srulfasovani mikroklimatis (Jangbadis Semcveloba, temperatura, tenianoba) uzrunvel yofis monito-ringi, saWiroebisas moiTxovos misi koreqcia;

➢ kontroli daawesos skolis inventarizaciis procesze; saWiroebisas moiTxovos koreqcia;

➢ awarmoos saswavlo-saaRmzrdelo procesis (dRis, kviris, Tvis, semestris, wlis saswavlo datvirTvis moculoba, misi Sesabamisoba moswavlis asakobriv da individualur SesaZleblobebTan; gakveTilebis cxrili, xangrZlivoba, gakveTilis simkvrive, saswavlo saqmianobis saxeebis monacvleoba, fizkulturis wuTebis Catareba, mxedvelobis

varjiSebis Catareba da a. S., skolisgareSe da klasgareSe samuSao) higienuri marTvis monitoringi, Sedegebis analizis safuZvelze pedagogebs kompetenturi daxmareba gauwios misi koreqciisaTvis;

➢ pedagogebTan erTad moaxdinos moswavleTa samedicino-fsiqo-pedagogiuri diagnostireba, gansazRvros bavSvTa konstituciis (Sesabamisad daavadebebisaken midrekileba), qcevis tipebis Sesabamisad maTi individualuri ganviTareba da SesaZleblobebi; moswavleTa gonebrivi Sromis higienis Sefasebis safuZvelze saWiroebisas dagegmos prevenciuli RonisZiebebi; Caataros cudad swavlis mizezebis kvleva da moiZios maTi aRmofxvris saSualebebi;

➢ Caataros moswavleTa fizikuri aqtiurobis dozirebisa da sistematurobis monitoringi; fizkulturis (sportis) gakveTilis efeqtianobis gazrdis mizniT, moswavleTa janmrTelobis mdgomareobis Sefasebisa da fizikuri ganviTarebis gaTvaliswinebiT, gansazRvros maTi individualuri saWiroebebi;

➢ skolis fsiqikuri garemos kvleviT aRnusxos bavSvis fsiqikur ganviTarebaze moqmedi uaryofiTi faqtorebi da organizacia gauwios prevenciuli RonisZiebebis droul gatarebas;

➢ awarmoos yovel dRiuri emociuri problemebis, araswori qcevis mizezebis kvleva da droulad Caataros prevenciuli RonisZiebebi;

➢ awarmoos Znelad aRsazrdelTa kvleva, diagnostireba; fsiqiatriis karg codnaze dayrdnobiT saWiroebisas Caataros bavSvis medikamentozuri mkurnaloba. Tu ki aseTi SemTxveva gamoiricxeba, pedagogTan erTad bavSvis fsiqologiuri ganviTarebis donis, misi emociuri mdgomareobis SeswavliT, ama Tu im miuRebeli gamovlinebisa Tu qmedebis mizezebis aRmosafxvrelad koordinirebuli moqmedebiT dagegmos prevenciuli RonisZiebebi;

➢ awarmoos skolis kvebis blokisa da menius monitoringi, Sefasebisa da Sedegebis analizis safuZvelze moaxdinos koreqcia;

➢ gaanaTlos maswavleblebi da mSoblebi moswavleTa fsiqofizikur ganviTarebaze moqmed faqtorTa sworad organizebisa da janmrTelobis dacvis sakiTxebSi;

➢ SezRuduli SesaZleblobebis mqone bavSvTa (sxvadasxva formis unar-

SezRudul obis GgaTval iswinebiT) daavadebebis da dazianebebis ganviTarebis mizezebis, daavadebebis mimdinareobis, prevenciis, mkurnal obisa da reabil itaciis Sesaxeb codnaze dayrdnobiT, TiToeul i moswavl isaTvis gansazRvros ganviTarebis xel Semwyobi individual uri saWiroebebi.

skol is eqimis momzadebis organizebul formad migvaCnia magistraturis done. rogorc cnobil ia, samedicino universitetisa da sxva universitetebis medicinis fakul tetebis sabakal avro da erTsafexurian swavl ebaze ar iswavl eba pedagogikis cikl is discipl inebi, amitom codnis es dargi momaval ma skol is eqimma magistraturis swavl ebis procesSi unda SeiZinos. saWirod migvaCnia, rom magistraturaSi skol is eqimis momzadebis saganmanaTl ebl o programis (mocul oba 120 krediti) saswavl o komponentebSi pedagogikis discipl inebs daeTmos - 20%; fsiqol ogiis discipl inebs - 20%; medicinis dargis saswavl o kursebs - 60%.

skol is eqimis momzadebis saswavl o programis miznad gvesaxeba: konkurentunariani eqimis momzadeba, romel ic warmatebul ad moemsaxureba saskol o cxovrebaSi medicinisa da higienis Tanamedrove miRwevebis danergvas. miznis miRwevis gzad gvesaxeba studentma SeiZinos Teoriul i codna da praqtikul i unar-Cvevebi, roml ebic uzrunvel yofen mis kval ificiur saqmianobas, dasaqmebas, mTel i cxovrebis ganmavl obaSi swavl asa da warmatebul karieras; gamoimuSaos gaazrebis, kritikul i aRqmis, anal izis, profesiul i amocanebis gadaWris da situaciasTan adaptaciis unari; sworad gaiazros momaval i profesiis arsi, social uri mniSvnel oba, zneobrivi da eTikuri principebi; gamoimuSaos samarTl ebrivi, informaciul i da komunikaciuri kul tura.

ra mniSvnel ovan kompetenciebs unda fl obdes kursdamTavrebul i magistri? swavl ebisas moswavl eTa janmrTel obis dacvis organizaciisa da harmoniul i aRzrdis optimal uri pirobebis uzrunvel sayofad saganmanaTl ebl o programis aTvisebis Semdgom, vfiqrobT, studentma unda SeZl os daeufl os Semdeg kompetenciebs:

dargobrivi kompetenciebi:

dargobrivi codna:

1.1. kl inikuri mecnierebebis codna;

1.2. pedagogikuri mecnierebebis codna;

1.3. fsiqol ogiuri mecnierebebis codna;

1.4. eTikuri da samarTl ebrivi principebis codna.

Cveni mosazrebiT, aRniSnul dargebSi mudmivad ganaxl ebadi, TanamedroveobasTan Serwymul i miRebul i codna studentSi ganaviTarebs:

1. skol is fizikuri garemos higienuri moTxovnebisa da mozardTa fsiqofizikuri ganviTarebis Sesabamisi organizaciis unars;

2. moswavl eTa fizikuri, fsiqikuri da intel eqtual uri janmrTel obis kvl evis, mis gaumj obesebaze zrunvis unars;

3. skol is fsiqikuri garemos kvl evis da saWiroebis SemTxvevaSi prevenciis unars;

4. moswavl eTa fsiqofizikuri ganviTarebis gamokvl evis da Sefasebis unars;

5. kvebis bl okis monitoringis warmoebis unars;

6. kl inikuri azrovnebis da gadawyvetil ebis miRebis unars: skol is moswavl eTa profil aqtikuri gasinj vebis organizebis, kl inikuri SemTxvevebis Sefasebis da gamokvl evebis daniSvnis, gadaudebel i da pirvel adi samedicino daxmarebis, winaswari da mimdinare sanitarul i zedamxedvel obis ganxorciel ebis, epidemiebis SemTxvevaSi sanitarul - higienuri da epidsawinaaRmdego prevenciul i RonisZiebebis dagegmvis da Catarebis, kvebiTi mowamvl ebisas mizezebis gamokvl evis, l ikvidaciis da profil aqtikuri RonisZiebebis gatarebis unarebs;

7. skol aSi janmrTel obis dacvis Sesaxeb ganaTl ebis sistemis Seqmnis unars;

8. TanamSroml ebTan, mSobl ebTan da pacientebTan jansaRi komunikaciis unars;

9. saqmianobisas eTikis principebis gamoyenebis unars;

10. moswavl eTa daavadebebis maprovocirebel i an gamomwvevi fsiqol o- giuri da social uri faqtorebis kvl evisa da Sefasebis unars;

11. praqtikul i saqmianobisas sainformacio teqnol ogiebis efeqturad gamoyenebis unars.

zogadi kompetenciebi:

1. codna da gacnobiereba: probl emebis sistemurad danaxvisa da gadaWris efeqturi gzebis moZiebisaTvis studentebs swavl ebisas mniSvne-

l ovania gamoumuSavdeT:

1.1. kritikuli azrovnebis, movlenaTa analizis, sinTezis, inovaciuri ideebis generirebis unari;

1.2. sakuTar ganaTlebaze pasuxismgeblobisa da profesionaluri zrdis unari;

1.3. codnis mudmivi ganaxlebis unari;

2. codnis praqtikaSi gamoyenebis unari: aucilebelia swavlebam students Camouyalibos saswavlo garemoSi:

2.1. kvlevebis damoukideblad warmoebis unari;

2.2. miRebuli Sedegebis Sefasebis, Sejamebis, integraciisa da dasabuTebuli daskvnebis gamotanis unari.

3. daskvnis unari – skolis eqimis Sedegiani da warmatebuli saqmianobisaTvis erT-erTi mniSvnelovania monacemTa monitoringis, analizis, daskvnebisa da angariSebis wardgenis, msjelobisas sakuTari damokidebulebis argumentirebis unari; mraval mxrivi dargobrivi informaciisadmi kritikuli da analitikuri damokidebulebis, informaciis gaazrebis, movlenebis sistematizirebis, klasifikaciis, analizis safuZvelze dasabuTebuli daskvnebis Camoyalibebis unari; gadawyvetilebis miRebisas Sedegebze pasuxismgeblobis gacnobiereris unari.

skolis eqimis profesiuli srulyofisaTvis, iseve rogorc sxva nebismieri profesionalisaTvis, aucilebelia:

4. komunikaciis unari:

4.1. sakuTari mosazrebis logikurad da argumentirebulad Camoyalibebisa da prezentaciis unari mSobliur da ucxour enebze;

4.2. profesiul saqmianobaSi zepiri, werilobiTi da vizualuri formebiT komunikaciis unari;

4.3. jgufur diskusiebSi mosmenis, kiTxvebis dasmis, Tavisi mosazrebis dasabuTebul ad gadmocemis unari;

4.4. gunduri da individualuri muSaobis unari;

4.5. TanamSromlebTan pozitiuri urTierTobis unari.

5. swavlis unari:

5.1. swavlis damoukidebl ad maRal xarisxovnad dagegmvisa da ganxorcielebis unari;

5.2. sxvadasxva wyarodan informaciis mopovebis, damuSavebisa da profe-
siul saqmianobaSi miznobrivi gamoyenebis unari.

6. Rirebul ebebi – mniSvnelovania skolis eqims gaazrebuli hqondes
sakuTari roli da adgili Tanamedrove sazogadoebaSi; hqondes
miswrafeba, Tavadac miiRos monawileoba Rirebul ebebis Seqmnasa da
damkvidrebaSi.

Sesabamisi codnisa da unar-Cvevebis mqone medikos-mkvlevaris momza-
deba, romelic SeZlebs iyos konkurentunariani dasaqmebis bazarze,
SesaZlebelia, Tanamedrove umaRles saswavleblebSi swavlebis aprobi-
rebuli inovaciuri meTodebiT: problemaze dafuZnebuli swavliT (gani-
xileba problemebi, romelTa gadasawyvetad aucilebelia fundameturi
sagnebis Zireuli codna. studenti Tavad aris pasuxismgebeli codnis
xarisxze, romel sac amowmebs TviTSefasebiT); kvlevebze orientirebuli
swavliT (studentebi erTvebian samecniero kvlevebSi, rac maT exmarebaT
praqtikuli saqmianobis esoden mniSvnelovani mecnieruli azrovnebis
Camoyalibebis).

saswavlo procesSi studentis CarTulobis xarisxs, azris dasabuTe-
bul ad gadmocemis, mosmenis unars aviTarebs da amaRlebs swavleba
diskusia/debatebis meTodiT; gunduri muSaobisa da prezentaciis unars
aviTarebs jgufuri muSaoba; dasaxuli problemis etapobrivi gadawyvetis
unars aviTarebs evristikuli meTodi; gonebrivi ieriSis meTodi xel s
uwyobs problemisadmi SemoqmedebiTi midgomis unarebis ganviTarebas;
rolebiT TamaSiT studenti eCveva sxvadasxva poziciidan movlenebis
xedvas; induqciis (konkretuli SemTxvevebis ganxilviT mimdinareobs
masalis ganzogadoeba), deduqciis (zogadi procesebis axsnas vawarmoebT
konkretuli procesebiT), analizis (mTliani masala iSleba Semadgenel
nawilebad, ris Sedegadac martivdeba rTuli problemis detaluri
ganmarteba da gageba); sinTezis (analizis sapirispirod cal keuli
sakiTxebis SeerTebiT vRebulobT sakiTxs mTlianobaSi; exmareba
students problemisadmi globaluri xedvis Camoyalibebis) meTodebiT
swavlebas Rirebul Sedegebamde mihyavs studentebi. praqtikuli unar-
Cvevebis CamoyalibebisaTvis mniSvnelovania mraval profilur klinikur
bazebsa da kerZo an sajaro skolebSi gansazRvruli xangrZlivobiT

praqtikis gavla (xangrZlivobis dazusteba SemdgomSi sakvlevi Temaa), sadac modelirebuli da realuri SemTxvevebis gamoyenebiT moxdeba studentTa adaptireba praqtikul saqmianobasTan.

skolis eqimis samagistro programaze daSvebis winapirobad migvaCnia saqarTvelos yvela universitetis samkurnalo saqmisa da sazogadoebrivi jandacvis fakultetebis kursis damTavreba, sazRvargareTis qveynebis analogiuri fakultetebis kursis damTavreba.

skolis eqimis momzadebas ar gamovricxavT cxra Tviani **skolis eqimis momzadebis saganmanaTleblo programiTac** (moxdeba mxolod zemoT miTiTebuli programis modificireba da intensiuri swavleba).

skolis eqimis momzadebisas metad mniSvnelovania zrunva mis maRal kvalificiurobaze, radgan rogorc sruliad saqarTvelos kaTolikos-patriarqi ilia II aRniSnavs: „eqimoba RvTivkurTxeuli da kacobriobis istoriis manZilze erT-erTi yvelaze keTilSobiluri saqmianobaa…. iq, sadac eqims ar uWiravs saTanado adgili da ara aqvs dafaseba, pacients ekargeba misdami ndoba, ris Sedegadac pirvel rigSi zaraldeba ara eqimi, aramed avadmyofi da sabolood mTeli sazogadoeba; amitom, vfiqrobT, jandacvis prioritetad unda darCes eqimis kvalifikaciis amaRleba, maTi prestiJis dacva da axalgazrda maRal profesiuli kadris aRzrda" (ilia II 2012: http://www.patriarchate.ge/?action=home&arq=true).

daskvnebi

1. winamdebare naSromi ori mecnierebis mijnaze srul deba. es nakarnaxevia naSromis mTavari sagnis bunebidan gamomdinare. Cveni mizania skolas movumzadoT **pedagogiuri profilis skolis eqimi**.

2. pedagogiuri profilis eqimi, Cveni Tval sazrisiT, axali tipis eqimia, romelic, skolis „samedicino momsaxurebis oTaxidan" gamosuli, skolis „saklaso oTaxSi" ganagrZobs moRvaweobas, anu is ara marto pirvelad daxmarebas gauwevs moswavles, aramed skolis moswavleTa Soris eweva sistematur, Tanmimdevrul, mizandasaxul aRmzrdelobiT da saganmanaTleblo muSaobas jansaRi cxovrebis wesebis damkvidrebisaTvis. skolis eqimi ZiriTadad mkurnalobs janmrTel bavSvebs, rom daicvas isini daavadebebisagan.

3. pedagogiuri profilis eqimis momzadeba medicinisa da pedagogikis mecnierebaTa simbiozis poziciebidan unda gadawydes. skolis eqimis mTavari funqcia unda iyos masobrivi xasiaTis prevencia.

4. Tanamedrove skola memkvidrea im mraval saukunovani saswavlo-aRmzrdelobiTi tradiciebisa, romelic cxovrebis moTxovnebiT yalibdeboda rogorc Teoriuli, ise praqtikuli gamocdilebis saxiT. skola met-naklebi SesaZleblobebiT yovelTvis iyo mowodebuli mozardi Taobis mosamzadeblad cxovrebisaTvis da Tavis am misias igi asrulebda imdenad, ramdenadac amisaTvis mas uqmnidnen xelsayrel pirobebs saxelmwifo, ojaxi da sazogadoeba. magram didxans skola moklebuli iyo da dResac ar aris maqsimalurad uzrunvel yofili im pirobebiT, romelTa Sedegad sruli yofilad gaxorcieldeboda moswavleTa fizikurad da sulierad momzadeba cxovrebisaTvis.

5. ilia WavWavaZe gmobda iseT skolas, romelsac aviwydeboda, rom moswavles gonebis garda gaaCnia sxeulic, romelic saWiroebda mudmiv movlas, ganviTarebas, gajansaRebas eqimis kvalificiuri zedamxedvelobiT.

6. jansaRi mozardi Taobis aRzrdis procesSi optimalur pirobebs ver warmoqmnis is, rom calkeul skolebs emsaxureba eqimi. Tanamedrove eqimi Tavisi funqciis Sesrulebas mxolod maSin iwyebs, roca mis winaSe

janmrTelobaSeryeuli bavSvi dadgeba. Tanamedrove skolis eqimi ver axorcielebs efeqturi xasiaTis profilaqtikur da prevenciul RonisZiebebs imis gamo, rom am procesSi sakmarisi ar aris mxolod samedicino ganaTleba.

7. skolis eqimis kompetencia emyareba samerTiani amocanis gadawyvetas: 1. skolis eqimis samedicino ganaTleba, 2. skolis eqimis pedagogiuri ganaTleba, 3. skolis eqimis fsiqologiuri ganaTleba.

8. skolis eqimis ganaTlebis es samkuTxedi aucilebelia imisaTvis, rom: 1. moswavleTa mimarT xorcieldebodes profilaqtikuri samedicino samsaxuri; 2. skolis eqimis aqtiuri CarTviT xorcieldebodes skolaSi saswavlo garemos mowyoba higienis mkacri dacviT. 3. sistematuri meTvalyureoba xorcieldebodes stresebisagan moswavleTa dacvisaTvis.

9. sakvlevi problema or Tematur Sred gvaqvs gaazrebuli, radgan moswavleTa fizikuri aRzrdisa da gonebrivi ganviTarebis warmatebebi damokidebulia or faqtorze: 1. samedicino ganaTlebiT momzadebuli pedagogiuri kadrebis moRvaweoba skolaSi da 2. pedagogiuri ganaTlebiT momzadebuli skolis eqimis moRvaweoba skolaSi. axali tipis skolis eqimis kompetenciebis gansazRvrasa da Camoyalibebasi Cven pirvelad Semogvaqvs skolis eqimis ganaTlebis Sinaarsis axleburi gaazreba samedicino, pedagogiuri da fsiqologiuri ganaTlebis sinTezirebis safuZvelze.

10. pedagogiuri profilis skolis eqimis momzadeba Zireulad gardaqmnis da gaaumjobesebs moswavleTa fizikuri da gonebrivi ganviTarebis xel Semwyobi saskolo cxovrebis jansaRi wesis damkvidrebis SesaZleblobebs. pedagogiuri profilis skolis eqimis saqmianobaSi prioritetulad iqceva moswavleTa janmrTelobis dacvisa da ganmtkicebis, moswavleTa saswavlo saqmianobisaTvis damaxasiaTebeli daavadebebisagan (didaqtogenuri daavadebebisagan) dacvis prevenciuli mimarTuleba.

11. moswavleTa janmrTelobis mdgomareoba, masze moqmedi faqtorebis da ganviTarebis pirobebis aqtualuri sakiTxebis detalizacia gvaZlevs skolis pedagogiuri profilis specialuri eqimis momzadebis winamZRvrebs.

12. saswavlo procesSi prevenciuli zomebis ganxorcielebis samedicino-pedagogiuri gzebisa da saSualebebis analizi gviCvenebs, rom saswavlo procesSi moswavleTa didaqtogenuri daavadebebis Tavidan acilebis problema arc mxolod skolis eqimisa da arc mxolod skolis pedagogTa Zalisxmevit gadawydeba. Cven pirvelad mivmarTavT am problemis gadawyvetas ori mecnierebis — medicinisa da pedagogikis - mijnaze da vasabuTebT ara mxolod medikosis Tval sazrisiT gavaRrmavoT prevenciis samedicino saSualebebi, aramed SevimuSaoT pedagogisaTvis xelmisawvdomi samedicino ganaTlebis minimumi, romliTac yovel dRe unda xelmZRvanelobdes TiToeuli sagnis maswavlebeli skolaSi. es ki damokidebulia axali tipis skolis eqimis meToduri da organizatoruli xelmZRvanelobis xarisxze.

13. didaqtogenuri daavadebebis Tavidan acilebis erT-erT optimalur saSualebas **kargad swavleba** warmoadgens. amJamad mniSvnelovnad gafarTovda warmodgena kargad swavlebis principze da dadginda, rom swavleba ar unda tardebodes mxolod informaciis doneze, mowinave, ganaTlebuli pedagogebi mimarTaven swavlebas Ziebis doneze.

swavleba Ziebis doneze yovel mxriv uwyobs xels moswavlis SemoqmedebiTi SesaZleblobebis yovel mxriv ganviTarebas. Sesabamisad, aseTi midgoma swavlebisadmi aisaxeba bavSvis fsiqofizikur ganviTarebaze. skolis eqimis monawileoba am saskolo cxovrebis arsebiTi xasiaTis mxaris mowesrigebaSi ganuzomelia. bavSvis rogorc nervuli sistemis, ise emociurisa da sisxlis momoqcevis optimaluri funqcionireba mTlianad aris dakavSirebuli kargad swavlebasTan, romelic gamoricxavs stresebs, SiSs, gaubedaobas, arasrul fasovnebis kompleqsis gancdas.

14. didaqtogenuri daavadebebis Tavidan acilebis nacad pedagogiur saSualebas warmoadgens aRzrdaSi dadebiTze dayrdnobis principis ganuxreladi ganxorcieleba. Tu moswavle darwmunebulia imaSi, rom aRmzrdeli da maswavlebeli masSi xedaven garkveul Rirsebebs, afaseben da endobian mas, bunebrivia, saswavlo-aRmzrdelobiT procesSi iqmneba dadebiTi emociuri garemo da moswavles exsneba yovel gvari SiSi da arasrul fasovnebis SegrZneba.

15. didaqtogenuri daavadebebi ar warmoiSoba mxolod skolaSi. es daavadebebi warmoiqmneba yvelgan, sadac mozardis aRzrda-ganviTareba mimdinareobs. igulisxmeba, rom skolasTan erTad aq mxedvelobaSi gvaqvs sazogadoeba da ojaxi.

16. erT-erTi unmiSvnelovanesi prevenciuli saSualeba - didaqtogenuri nevrozebisagan moswavleTa dacva - damokidebulia maswavleblebsa da mSoblebs Soris jansaRi, TanamSromlobiTi urTierTobebis damkvidrebaze. maswavlebelma mSoblis Svili ar unda gaulanZRos swavlaSi akademiuri Seferxebebis gamo.

17. sxva faqtorebTan erTad, bavSvTa normaluri ganviTarebis ganmsazRvrelia skolaSi sportul-gamajansaRebeli gakveTilebis sworad organizeba. samwuxarod, aWaris avtonomiur respublikaSi dResac problemad rCeba skolisaTvis kvalifikaciuri fizaRzrdis maswavleblTa momzadeba. axal gazrdebi ar gamoxataven survils da interess am dargisadmi da ar irCeven mas Tavis momaval profesiad. baTumis SoTa rusTavelis saxelmwifo universitetis fizaRzrdis specialobaze ar Semodian abiturientebi. fizaRzrdis kvalifikaciur maswavlebls ki verc samedicino da verc pedagogiuri Tvalsazrisiт ver Caenacvleba sportis ostati, romelic sportuli TamaSebis erT-erT saxeobaSi wrTvnis skolis moswavleebs. moswavleTa fizikuri ganviTarebis interesebidan gamomdinare, aucileblad migvaCnia saxelmwifo uwyebebis daintereseba fizaRzrdis maswavleblTa momzadebisa da skolebSi maТi dasaqmebis sakiTxebis mogvarebiТ.

18. bavSvis normaluri fizikuri da sulieri ganviTareba damokidebulia nervuli sistemis normalur ganviTarebaze. nervuli sistemis normaluri ganviTareba, Tu genetikur daavadebasTan ar gvaqvs saqme, mTlianad garemo pirobebzea damokidebuli. garemo ar unda Seicavdes gamRizianebel, damamZimebel momentebs. gamRizianebeli faqtorebi – stresorebi organizmSi iwveven reaqcias - stress. xangrZlivad moqmedi stresorebi fitavs organizms, iwyeba paTologiuri procesebi, ferxdeba organoebis ganviTareba, rogorc fsiqikuri, ise fizikuri Tvalsazrisiт. mTeli es rTuli procesi eqvemdebareba marTvas, Tu marTvis iniciativas Tavis xelSi aiRebs skolis eqimi.

19. skolis eqimis momzadeba SeuZlebelia studentisagan, romelsac samedicino samsaxurisadmi interesis garda, ar amoZravebs didi pedagogiuri siyvaruli bavSvis mimarT. axal gazrdaSi aseTi siyvarulis aRzrda cnobil rus eqimsa da pedagogs nikoloz pirogovs xangrZliv procesad hqonda warmodgenili.

20. specialuri kvlevis sagania skolis eqimis momzadebis pedagogiuri safuZvlebi. axali tipis skolis eqimi unda momzaddes universitetebSi. amisaTvis specialurad damuSavebul samagistro saswavlo programebSi sxvadasxva samedicino disciplinebTan erTad aucilebelia ganTavsdes pedagogiuri da fsiqologiuri mecnierul i disciplinebi.

21. skolis eqimis samagistro programaze daSvebis winapirobad migvaCnia universitetis medicinisa da sazogadoebrivi jandacvis fakultetis kursis damTavreba, sazRvargareTis qveynebis analogiuri fakultetebis kursis damTavreba. skolis eqimis momzadebas ar gamovricxavT cxraTviani saganmanaTleblo programiTac.

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