

students can learn about science and to appreciate their own cultural values and those of others. School grounds are mini science field stations and provide opportunities to engage students in authentic, experiential, place-based learning. While culture and biodiversity are generally not taught together, biocultural diversity combines them in a “common world.” (Taylor and Giugni, 2012) Through a biocultural diversity mindset, students can rethink relationships with other species and how we need each other to co-exist.

How can we facilitate these relationships? A new curriculum developed by the author, Schoobio, combines science, technology, art, and communications tools and activities. Middle and high school students will exchange scientific data and cultural traditions with each other while envisioning and advocating for their own bioculturally diverse school ground that reflects the values toward nature of their school community. School grounds hold great potential for increasing biodiversity and connection to nature for students and communities. By including the study and exchange of cultural traditions with traditional curriculum topics, our students will have an enriched experience with nature and each other, benefiting the environment and the human spirit.

USE OF PRINT SOURCES IN PSYCHOLOGICAL SUPPORT OF THE ELDERLY DURING QUARANTINE

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The COVID-19 pandemic has been a serious test for all of humanity. Prolonged quarantine has significantly affected everyone's life and changed the information field for many people. Quarantine and self-isolation, as a consequence, have become a special test for the elderly. The negative information field in which they found themselves, causes a state of anxiety. These manifestations characterize the crisis of the elderly, and therefore they need help and support.

Providing psychological support means creating conditions and opportunities that will promote the development of a person capable of optimal existence in the current life circumstances. We consider psychological support as a process and as a result. As a process, it is the creation of conditions and opportunities that will promote the development of a person capable of accepting the situation in which he or she finds himself or herself and accepting himself or herself in this situation, as well as – to conscious and active work to overcome the problems that arise. A social situation of development, which corresponds to the age and individual person's characteristics and provides conditions for the tasks of his or her development is the result of psychological support [1].

An elderly person who receives psychological support is able, firstly, to analyze and evaluate life events and what happens to him or her; secondly, to organize one's own living space and time, to regulate one's emotions and experiences; thirdly, to establish and maintain the contacts he or she needs with other people.

There are various means of psychological support for the elderly. One of them is intellectual activity. It includes analysis and systematization of memories of his or her life, reading, watching various information programs and movies, searching for information et al. It is common for many older people to receive information in print. In addition, a small number of them have access to the Internet, can use gadgets. Therefore, in order to provide psychological assistance to the elderly during the pandemic in forced quarantine, recommendations were created in the form of a brochure, the content of which is supplemented and clarified by booklets.

The brochure consists of 10 parts («My years are my wealth», «The meaning of life is my life resource», «Quarantine, self-isolation! What should I do when I cannot reach people?», «Keep the windows of your soul clean. How to perceive negative information? », «Secrets of emotional balance», «Obsessive thoughts: how to get rid of them?», «And again I have bad dreams...», «We keep good relations with family in quarantine», «Personal security during the pandemic – strategy and tactics», «How to support others») [2]. The logic of each part follows a common algorithm and contains motivational, informational and cognitive, goal-setting components that correspond to the overall structure of an individual. The motivational component is aimed at activating desires and aspirations of the elderly to learn about interesting scientific facts. The informational and cognitive component reveals modern scientific knowledge about certain phenomena and events related to the pandemic, quarantine and the development of the elderly person in these conditions. The motivational component. The goal-setting component encourages decision-making, choosing the optimal behavior, choosing ways to solve real problems of old age in quarantine. Each part ends with a specific brief piece of advice that can be applied in practice.

The brochure contains information that motivates the elderly to a positive perception of their age, finding answers to questions about the meaning of life and the causes of negative dreams, awareness of their own reaction to quarantine and the need for self-isolation, careful attitude to information sources, better knowledge of their feelings and emotions to master the art of maintaining emotional balance, paying attention to their own thinking, including negative thoughts that are often repeated, establishing understanding in the family, choosing effective means of self-defense in a pandemic, finding effective means to support others in difficult times.

2 booklets have been prepared. The first booklet «How to cope with the stress in the elderly during the pandemic COVID-19?» aims to inform older people about various measures that will help maintain psychological balance and effectively combat stress caused by the COVID-19 pandemic and quarantine [4]. It consists of 4 main sections: emotional support; take care of health to effectively combat stress during the COVID-19 pandemic; how else to help yourself; exacerbation of family conflicts during the COVID-19 pandemic (where to go for help). The information in it has a clear logical structure and is presented in an accessible and easy to understand form. Its design and illustrations contribute to a better understanding of the content, as well as the creation of positive associations. Its advantages are the availability and traditional form of content (booklets will be distributed primarily in print). It will promote wider coverage and information of different people.

The second booklet «How to help your elderly parents, relatives and friends cope with stress during the COVID-19 pandemic?» aims to provide relatives and friends of the elderly with practical advice on psychological support and counteraction to stress caused by the COVID-19 pandemic and quarantine restrictions [3]. It consists of 3 main sections: emotional state; care about safety, health and mental balance of our relatives; how to support relatives and avoid conflicts. The information in the booklet has a clear logical structure and is presented in an accessible and easy to understand form. Its design and illustrations contribute to a better understanding of the content, highlight those aspects that are important to pay special attention to.

The advantages of brochures and booklets are that the accessibility and traditional appearance of content (the booklets will be distributed primarily in print). It will help to reach and inform the target audience of all ages, including those with limited access to electronic media.

The practical value of brochures and booklets is that they are presented in an interesting and easily accessible form, contain useful information for the elderly and their relatives. The use of advice in practice will allow older people to survive forced quarantine with less loss, using their life time properly.

The brochure is an effective means of social protection for the elderly during the pandemic, as the implementation of these recommendations will help preserve both the physical and psychological health of the elderly. Booklets will help raise awareness among the general population, including older people on ways to maintain and restore the mental health and well-being of older people.

Therefore, the brochure and booklets are presented in an interesting and easily accessible form, containing useful information for the elderly and their relatives. The use of the advice in practice helps the elderly to survive forced quarantine with less loss, making the right use of their life time.

References:

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