

БИСЕРОПЛЕТЕНИЕ КАК МЕТОД СНЯТИЯ ТРЕВОЖНОСТИ У УЧЕНИКОВ СТАРШИХ КЛАССОВ В ПЕРИОД ПОДГОТОВКИ К ШКОЛЬНЫМ ЭКЗАМЕНАМ BEADWEAVING AS A METHOD FOR REDUCING ANXIETY IN HIGH SCHOOL STUDENTS IN THE PERIOD OF PREPARATION FOR SCHOOL EXAMS

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Abstract

The article discusses the beadweaving method as an effective way to relieve anxiety in the period of the preparing for the school's exams. Anxiety is presented as one of the most important components of a person's emotional sphere, which affects of student's attitude to study, his expectations about the future and his academic performance. The application of the method in the situation of preparation for the exams is justified. A method for creating bead jewelry is described.

Key words: beadweaving, art-therapy, color therapy, anxiety, well-being, emotional background.

Аннотация

В статье рассмотрен метод бисероплетение как эффективной способ снятия тревожности в период подготовки к сдаче школьных экзаменов. Тревожность представлена как один из важнейших компонентов эмоциональной сферы человека, которая, в свою очередь, влияет на отношение школьника к учебе, на его ожидания относительно будущего и на его успеваемость. Обосновано применение метода в ситуации подготовки к экзаменам. Описан метод создания украшений из бисера.

Ключевые слова: бисероплетение, цветотерапия, тревожность, самочувствие, эмоциональный фон.

1 BEADINGWEAVING AS A PART OF ART THERAPY

Art therapy is a direction in psychotherapy and psychological correction based on the use of art and creativity for the purpose of psychological therapy. At the beginning of its development, art therapy reflected the psychoanalytic views of Sigmund Freud and Carl G. Jung, according to which the final product of the client's artistic activity expresses his unconscious mental processes.

One of the types of art therapy is beadweaving. This is the creation of artistic two-dimensional and three-dimensional compositions using beads and metal wire. This technique allows you to significantly reduce the level of anxiety in schoolchildren in the period of preparation for school exams and is simply realized in labor lessons.

The main goal of art therapy is to harmonize the mental state through the development of the ability of self-expression and self-knowledge. The value of using art for therapeutic purposes lies in the fact that it can be used to symbolically express and explore a variety of feelings and emotions: love, hate, resentment, anger, fear, joy, etc.

The technique of art therapy is based on belief that the contents of the inner "I" of a person are reflected in visual images every time he draws, paints a picture or makes a sculpture, during which the state of the psyche is harmonized.

This psychological defence mechanism is called sublimation. It is considered the healthiest way to resolve psychological difficulties for two reasons: first, it develops beneficial behaviors for the person and, second, it discharges the impulse instead of spending a lot of emotional energy converting it into something else, or to counteract it with the help of the opposite force (McWilliams, 2015, pp. 211).

Art therapy is carried out if a person has: stress, depression, low mood, emotional instability, impulsivity of emotional reactions, increased anxiety and fear. We can observe such states in schoolchildren during their preparation for exams and the main goal of therapy is to reduce the level of anxiety in students for more successful passing of the upcoming exams.

1.1 ANXIETY IN THE PERIOD OF PREPARATION FOR THE EXAMS

At the end of school in Russia, school students take final exams. Exams for students are always stressful situations. The Unified State Exam is a modified form of university entrance exams. According to the results of this exam, it will become known for the future student what specialty he is going to according to the points he has received, which university he will enter and with which profession he will connect his life.

According to the survey, 92% of specialists emphasized that this form of final exam is the cause of fear, insecurity and anxiety among graduates. Among the main reasons were noted: insufficient awareness of children about the exam procedure, anxiety and exaggerated requirements of teachers and parents. Consequently, the uniform state exam can become quite anxious and stressful period for graduates.

It should be noted that educational psychologists in their answers especially emphasize the need for special work with teachers and parents. Consequently, the psychological support of graduates in the preparation and passing of the exam should be aimed at the formation of optimal functional mental states in students and the reduction of neuro-emotional stress during the exam. Students should definitely be taught the techniques and methods of regulating educational activity and self-regulation, taking into account their individual, psychological and personal characteristics.

1.2 ANXIETY

Anxiety is one of the most important components of a person's emotional sphere, which affects the student's attitude to learning, his expectations about the future and his academic performance. At the same time, the anxiety of the high school student increases as the exams approach (Eryomin & Vinarchik, 2020, pp. 94).

The problem of school anxiety is currently interdisciplinary. It belongs not only to the field of pedagogy and psychology, but also to the sphere of interests of developmental and medical psychology. Anxiety is considered both as a transient mental state that arises under the influence of stress factors, and as a phenomenon accompanying the frustration of social needs, and as a specific personal property (Eryomin & Vinarchik, 2020, pp. 94).

Consider the understanding of anxiety in the theory of Charles Spielberger (Spielberger, 1983):

1. Situations that pose a certain threat to a person or are personally significant, cause a state of anxiety in him. Subjectively, anxiety is experienced as an unpleasant emotional state of varying intensity;
2. The intensity of the anxiety is proportional to the degree of threat or the significance of the cause of the anxiety. The duration of the experience of anxiety depends on these factors;
3. Highly anxious individuals perceive situations or circumstances that potentially contain the possibility of failure or threat more intensely;
4. The situation of anxiety is accompanied by changes in behavior or mobilizes the defense mechanisms of the personality. Frequently repeated stressful situations lead to the development of typical defense mechanisms.

2. ALGORITHM FOR CREATING A JEWELRY FROM BEADS

To make a bead jewelry, you will need: beads of different colors and shapes, fishing line and a needle. Medium and large beads can also come in handy to make our jewelry more attractive and beautiful.

When you'll be choosing a color for beads, we recommend using colors whose therapeutic properties have been proven by multiple studies (Lusher, 2003).

For example, we offer you the following color palette:

1. White - provides a positive charge of good and good luck.
2. Green - pacifies, calms, renews.
3. Orange - helps to loosen up and get rid of internal contradictions. Promotes a tolerant attitude towards others, strengthens the will.
4. Yellow - stimulates vision and nervous system, tones, improves mental and logical abilities, inspires a sense of optimism.

The jewelry creation algorithm consists of 4 steps:

1. Take a line and cut as much as necessary to fit comfortably on your wrist. The size is chosen individually. We recommend leaving a small margin so that you can tie or fasten both ends together.
2. We choose those color combinations that we like and that we would like to see in our decoration. It is worth focusing on the colors that we offer above.
3. Now we take and string the beads in the order in which we have chosen. You can choose a specific sequence, or you can do it in a chaotic manner.
4. When you have filled all the fishing line with colored beads and tied its two ends, your decoration is ready.

3. CONCLUSION

As a result, we can say that the anxiety of schoolchildren during the preparation for exams is an important problem of educational psychology. Many experts emphasize that the preparation period and the exam can be the causes of fear, uncertainty and anxiety among graduates.

An important point in preparing schoolchildren for the exam should be teaching students the techniques and methods of regulating educational activity and self-regulation, taking into account their individual, psychological and personal

characteristics. An excellent mechanism for protecting the psyche from stressful situations and anxiety is sublimation, which allows the schoolchildren to channel his negative energy into the mainstream of creativity, and as a result, mental stress is relieved.

To reduce the level of anxiety, we propose to conduct art therapy of beading during labor lessons. It helps to focus on a specific task, let go of existing problems and sublimate fear of the exam by creating a kind of creative product with your own hands.

In this regard, we consider this technique useful and that it should be applied in practice to relieve anxiety in schoolchildren in the process of preparing for exams. It is also worth conducting empirical research in order to prove its therapeutic effectiveness in relieving anxiety in schoolchildren.

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