

EMBROIDERY TECHNIQUE AT THE LESSONS OF MANUAL LABOR AS A CORRECTIVE METHOD FOR EMOTIONAL SPHERE ADOLESCENT GIRLS.

МЕТОДИКА ВЫШИВАНИЯ НА УРОКАХ РУЧНОГО ТРУДА КАК МЕТОД КОРРЕКЦИИ ЭМОЦИОНАЛЬНОЙ СФЕРЫ ДЕВОЧЕК ПОДРОСТКОВОГО ВОЗРАСТА.

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Abstracts

The theme of this article is embroidery technique at the lessons of manual labor as a corrective method for emotional sphere adolescent.

The main goal of the research is to describe correlation between manual labor and emotional sphere of adolescent girls.

Key words: *emotional sphere, occupational burnout, manual labor, embroidery, antidepressant effect.*

Аннотация

Тема данной статьи – методика вышивания на уроках ручного труда как метод коррекции эмоциональной сферы девочек.

Основная цель исследования заключается в описании взаимосвязи трудотерапии и эмоционального состояния девочек подросткового возраста.

Ключевые слова: *эмоциональная сфера, эмоциональное выгорание, трудовая терапия, вышивка, антидепрессивное действие.*

Everyone knows that art is a form of artistic and aesthetic learning of the world that plays a huge role in forming artistic culture of a child. As practice shows, the art has a curative effect, it is a way of preventing and correcting different deviations in development.

In this regard, the occupational therapy has a great impact on children and adolescents. It helps to emotional deal with traumatic situations by using different means of art, with the help of the teacher finds its outward expression, brought to katarsisticheskoy discharge, resulting in easier condition for both children and adults [1].

Drawing something or creating a diagram gives a teenager an opportunity to express his thoughts, it facilitates his past emotions about something he has experienced before and helps to fight frightening fantasies. It promotes improvement in his behavior and his well-being.

Emotional sphere is one of the areas of manifestation of temperament. It's manifestations are expressed in a variety of different emotions [5]. The emotional sphere of adolescents is characterized by very high emotional excitability, so teenagers have short temper, they are more violent and passionate. The young men and women have a greater resistance to emotional experiences as compared to younger students; in particular, young

people forget their grudges for a long time. They tend to have fears that manifests itself in anxiety (VN Kislovskaya 1972 found that the highest anxiety occurs in adolescence). Increased anxiety in late adolescence is associated with the appearance of intimate personal relationship, causing a variety of emotions, including fear of appearing ridiculous.

Girls suffer from stress more than men, because their bodies are more vulnerable and weaker. Psychologists recommend that teenagers who suffer from depression and emotional instability should master the technique of embroidery. Why exactly embroidery kits are among the most effective tools to combat the blues, depression, chronic fatigue against the background of permanent stress? The whole point is the unique ability of this craft to calm the nerves and bring harmony and balance to the soul [3].

As a result of methodology "Diagnosis of burnout personality" (V.V. Boyko) a high level of burnout was found in 86% of girls [4]. These girls were divided into two groups: control and experimental. After the last group took a course of occupational therapy, we tested again. The girls, who were regularly engaged in embroidery for 2 weeks the results of the questionnaire are normal. Girls become calmer, more attentive, focused. In the control group, the level of burnout has remained the same.

Embroidery - almost like a jeweler, delicate handwork, which requires maximum concentration and attention span. This is what makes needlewomen completely cut off their thoughts and to drown themselves into the beautiful world of creation something with their own hands.

This is an antidepressant effect of cross stitching.

Before you look for inspiration in the vast sea of schemes for cross stitch and start to work, you must make sure that you have all the necessary tools.

The main tools that are necessary for embroidery are scissors, needles, hoop or other frame to stretch the canvas, markers for marking, as well as the proper accessories for embroidery - yarn, canvas, beads or other trim elements. Also, do not forget to add a set of thimble, needle bar handy, or ruler, magnifying glass and, if possible - a special lamp for illumination [2].

In our study we have proved that occupational therapy method is productive, has a positive effect on the emotional sphere and can be widely used in practice.

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