

## **X.STRESZCZENIE W JĘZYKU ANGIELSKIM**

### **INFLUENCE OF THE FAMILY ENVIRONMENT AND TEACHERS FOR THE ATTITUDES OF CHILDREN FOREIGNERS TO HEALTH AND SICKNESS**

School can be an important environment promoting health-promoting behavior, especially in the context of multiculturalism. Unfortunately, the data on the number, characteristics, state of health and health preferences of immigrants in Poland are incomplete and often contradictory.

The **main objective** of the study was to attempt to assess the impact of families and teachers in shaping the attitudes of foreign children 's health and illness. **The specific objectives** included learning about the impact of the family environment of foreign children on shaping healthy attitudes, obtaining information whether, in the opinion of the respondents, Polish nurses and doctors are sufficiently prepared to look after children at the Center for Foreigners, learning about the impact of teachers on shaping healthy attitudes in foreign children, obtaining information on the cooperation of children and their parents with teachers and about the health problems of children from the Center for Foreigners and checking whether the above is affected by life satisfaction, preferred health behaviors and dimensions of the location of health control.

The research was carried out after obtaining the consent of: Bioethics Committee R-I-002/23/2019 of the Medical University of Białystok, Director of the Center for Foreigners in Biała Podlaska, Directorate of Primary School No. 3 in Biała Podlaska and Directorate of General Education Complex No. 3 in Biała Podlaska. It included a group of 200 people - 100 parents of foreign children and 100 teachers working with children in the Center for Foreigners in Biała Podlaska at Primary School No. 3 in Biała Podlaska, General Education Complex No. 3 in Biała Podlaska.

The study used the diagnostic survey method using the author's own questionnaire for teachers, the author's own questionnaire for parents, standardized Satisfaction With Life Scale (SWLS), standardized Health Behavior Inventory (HBI) and standardized Multidimensional Health Locus of Control (MHLC -B).

Based on the conducted research, the following conclusions were drawn: The surveyed parents considered the most important point for their children during their stay in the refugee

center is to provide them with safety, education and medical advice, and claimed that Polish doctors and nurses are sufficiently prepared to care for the children, and teachers to teach them. The children of most of the parents surveyed were diagnosed by a doctor and had contact with a nurse, but were not diagnosed by a psychologist in the context of multiculturalism and multilingualism. Most teachers were not informed about the subject of conversation with the child before admitting him or her to a particular stage of education, they did not know the reason for placing the family in the center and they were not informed about the health condition of the children from the center. Most parents were rather dissatisfied, and teachers rather satisfied with their lives. The largest part of parents and teachers was characterized by undifferentiated weak type of health control and average severity of health behaviors in all subscales of the HBI questionnaire. Most parents and teachers declared that they had provided their children / students with knowledge about health behaviors, primarily about hygiene needs, proper nutrition, harmful effects of stimulants and the need for physical activity. In the parents' opinion, the best prepared to provide children with knowledge about health-related behaviors is a doctor, teacher and nurse, and in the teachers' opinion - a nurse, teacher and doctor. A relationship was found between the degree of satisfaction with parents' lives and their opinions on the preparation of Polish teachers to care for their children. There was no statistically significant relationship between preferred health behaviors, parents' life satisfaction and type of health control placement, and their opinion on whether teachers should provide their children with knowledge about healthy behaviors and whether they have so far given their children knowledge of healthy behaviors. Definitely more parents than teachers wanted to deepen their knowledge about health behaviors, mainly in the form of lectures and talks (parents) or books / leaflets (teachers). Teachers, in self-esteem, compared with the parents surveyed, statistically significantly higher rated their family's state of health, their nutritional status, more often attended the doctor and dentist, washed their teeth, consumed coffee, smoked cigarettes, more often exercised and presented a higher level of life satisfaction and more often achieved high results on the HBI scale. There was also a postulate that it is advisable to conduct systematic research of teachers on their preferred health behaviors and to transfer their skills in the broadly understood promotion of such behavior among young people and their parents, including in new circles of students and their families, which are refugees.

**Keywords:** health behaviors, foreigners, family, teachers, health education