

The improvement of children's circle educators aimed at the rehabilitations of scoliosis in from 3 to 6 years
La superación de las educadoras de círculo infantil dirigida a la rehabilitación de la escoliosis en niños de 3 a 6 años de edad

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ABSTRACT

The research addresses the need to solve the insufficiencies that arise in the improvement of the educators of day care centers for the rehabilitation of Scoliosis in children, as a way of solving this problem, a methodological strategy is proposed from the practical point of view for the improvement of nursery school educators aimed at the rehabilitation of Scoliosis in children from 3 to 6 years. An initial verification diagnosis was made to measure the level of preparation of the educators, for which different scientific research methods were used that allowed reaching the final results, expressed in the strategy that allowed greater preparation of the educators of daycare centers.

RESUMEN

La investigación aborda la necesidad de resolver las insuficiencias que se presentan en la superación de las educadoras de círculos infantiles para la rehabilitación de la Escoliosis en los niños, se propone una estrategia metodológica para la superación de las educadoras de círculo infantil dirigido a la rehabilitación de la Escoliosis en niños de 3 a 6 años. Se realizó un diagnóstico inicial para medir el nivel de preparación de las educadoras, se emplearon diferentes métodos de investigación científica que permitieron arribar a los resultados finales, expresados en la estrategia que permitió mayor preparación de las educadoras de círculos infantiles.

Keywords

Scoliosis; Strategy; Methodological; Rehabilitation; Preparation.

Palabras clave

Escoliosis; Estrategia; Metodológica; Rehabilitación; Preparación.

INTRODUCTION

Cuban society has the responsibility of training competent professionals with the active practice of the socialist construction of the country. This very important task in the school must be attended to as one of the main educational aspects of its *raison d'être*, for this reason Commander-in-Chief Fidel Castro Ruz has stated: "Today it is about perfecting the work carried out and starting from ideas and concepts entirely new. Today we are looking for what in our opinion should be and will be an educational system that corresponds more and more to equality, full justice, self-esteem and the moral and social needs of citizens in the model of society that the people of Cuba have for themselves. has proposed to create.

Preschool Education in our country clone the implementation of the Third Educational Improvement faces a series of transformations that constitute favorable conditions to conduct an educational process with greater influence mainly due to a reduced number of enrollment in classrooms, and by the insertion of educational technology; the latter completely significant for the educational processes that are developed.

It is important to prepare the teacher to develop the capacity for constant observation and assessment of the possible physical or biological risks to which children are subjected; In this way, anticipate problems and find from their own actions the measures aimed at preventing them from getting worse. Periodically update the group and individual diagnosis with a more effective intervention system.

What leads to the necessary perception of risks in early childhood, (considered from 0-6 years); as well as the realization of reflections and questions about the preparation of teachers of Preschool Education, not only to make the most of the ideal sensitive period to stimulate the psychomotor apparatus, but also to prevent the appearance of malformations in this area, which will require the attention and treatment by a specialist when they reach school age.

In the world and in Cuba, many investigations have been carried out on postural and breech deviations, however there are no references to the conduct of investigations, in which a population survey is carried out, through a comprehensive diagnosis for the detection of postural deviations. more frequent in schoolchildren, taking into account variables such as: age, sex and the area of origin, causes that originate it as well as the contexts or scenario in which schoolchildren carry out their activity; of great importance for education and prevention as well as its treatment using fundamental means of physical rehabilitation, physical exercise for therapeutic purposes based on the integral postural re-education of the subject.

Authors such as: Añorga (1996); Varcarcel (1998); Ferrer (2000); Rock (2001); Vine (2002); Santiesteban (2003) and Santos (2005), have addressed the issue related to the role of the teacher, their performance and development in the profession, as well as working conditions, their training, their improvement and teacher evaluation. There is a coincidence among all, in the need to overcome the teaching staff that works in the Children's Circles so that they can give treatment from their work those children who have a diagnosis of Scoliosis and need rehabilitation.

Being consistent with the importance of maintaining an adequate posture and the development of psychomotor skills in children from 3 to 6 years of age, it is necessary for educators to appropriate the tools that allow them to plan Scoliosis rehabilitation activities from the pedagogical process.

The objective is the elaboration of a strategy to improve the nursery school educators for the rehabilitation of Scoliosis in children from 3 to 6 years of age.

DEVELOPMENT

Despite the fact that today the contemporary world is characterized by an accelerated scientific-technological development, in contrast to the globalizing and unipolar trend, the economic, political and values crisis, Preschool Education contributes strongly to initial training in the country of the individual. In this context, the positive results obtained in the pilot programs and the political commitment to universalize preschool education prompted a rapid deployment of the program and the national educational policy.

However, the efforts made on the subject of improvement today underlie limitations that make it a recurring theme, since its conception was not as comprehensive as current times demand, especially when it comes to such important topics in Education. Preschool as Scoliosis rehabilitation.

The theme of overcoming has been addressed in several investigations in which the definitions of the term are made explicit by different authors, who refer to the beginning of the chapter. In these, ideas such as: it constitutes a process, its purpose is aimed at the acquisition of knowledge, the development of skills, cultural training and enabling better performance are appreciated.

Sojin (1985.), declares the main modalities in which overcoming can be developed:

- Directed: it is carried out through diploma courses, courses, workshops, training or other variants that are planned, directed and evaluated through a program that is taught with an established one. This type of overcoming, in most cases, has been organized by other people according to certain

regularities or previously considered and that, generally, is carried out under the direction of a teacher.

- Self-improvement: it is determined, by the self-assessment that the teacher himself makes of his shortcomings, which determine his needs for improvement in a specific sphere. This overcoming is self-regulated by the teacher, who assigns his own tasks, the routes and the time that he will use to fulfill them. Generally, the teacher voluntarily joins others in performing it, exchanging ideas, conducting research cycles, doing experiments.

In short, the overcoming of the teacher part of the continuous and permanent process that develops throughout the professional life in practice, and that leads to unlimited personal and human growth in the context of the social environment in which it operates.

In this sense, Rodríguez (2008), refers that the central object of Cuban Preschool Education at the present time, from the new transformations and the importance of education in values from an early age, the improvement of work and orientation to the family as the main stimulator of the development of their children, both through the institutional and non-institutional path.

Therefore, a network of local early childhood services has been established throughout the country, which interact frequently with children and their families, and are responsible for creating the best possible conditions for child development. Thanks to this system, universal access to quality preschool education has been achieved through institutional and non-institutional modalities, universal maternal and child health care and the creation of environments that protect the child.

Early Childhood Development has implications for human development throughout life. Safe and supportive environments are one of the three factors recognized as the cornerstones of sustained health and development, along with stable and responsive relationships and proper nutrition. These pillars generate adaptations or physiological alterations that influence health, learning and behavior throughout life.

All this indicates that early childhood is a key period of opportunities for interventions aimed at stimulating child development and positive interactions between the child and the child's environment to be highly effective and have an impact throughout life.

Early childhood spans from birth to the child's entry into primary school. Early childhood development is a cross-sectoral concept that encompasses all interventions and services for early childhood children and their families. In fact, research highlights the need for an integrated approach to Early Childhood Development that includes: learning and education programs,

maternal and child nutrition, protection, health interventions, and support services for families. Therefore, it is necessary to prepare the educators in aspects that allow them, from their recreational activities, to be able to develop exercises that enable the rehabilitation of Scoliosis in children of Early Childhood.

In the first months of life, the ability to raise and hold the head high in the position of lying in front develops, the work of the muscles of the back and neck in these movements leads to the formation of cervical lordosis.

Scoliosis is the most frequent of spinal deformities, it is associated with a rotation of the vertebral bodies in the case of structural ones, which may be accompanied by an increase in the curvatures of the spine having a three-dimensional conception. This is a non-communicable disease caused by musculoskeletal disorders, the problem of people with Scoliosis is that the spine is twisted or curved, it can be seen on an x-ray more like an S or C than a straight line.

In some cases, Scoliosis exists from birth due to a congenital vertebral anomaly, sometimes the development of Scoliosis during adolescence is not due to an underlying anomaly such as a tethered spinal cord but instead insists on the congenital anomaly that can be aggravated by posture but most often the cause is unknown or idiopathic which have been inherited through multiple factors including genetics.

It is fundamentally based on Rehabilitation as a global and continuous process of limited duration and with defined objectives, aimed at promoting and achieving optimal levels of physical independence and functional abilities of people with disabilities, as well as their psychological, social, vocational and that allow him to lead his own life freely and independently.

It is necessary that the educators who work in children's circles have all the necessary tools so that from their classes they can treat scoliotic disorders, for which symmetrical exercises are used more extensively, among the general development exercises they are used more widely. frequently those of coordination and balance, those appropriate for the muscles of the rib cage, as well as those related to all muscle groups from the different starting positions gradually increasing the dosage.

The educators of the Children's Circles to rehabilitate Scoliosis from the scheduled activities that they teach are responsible for organizing the care in correspondence with the supports that they require, such as: displacement and mobility, communication, self-validation, food, sanitary hygienic care and positive emotional climate. , in function of achieving a school insertion, from

the union of the agents; All this leads to an essential theoretical-methodological preparation for the organization and execution of said activity to take place.

Methods and instruments.

The diagnosis made was applied to 15 educators of the Dos Príncipe Children's Circle, who care for children from 3 to 6 years old, 1 director and a speech therapist. The results made it easier to identify the following regularities in their qualitative analysis.

- The educators confirm that not everyone feels sufficiently prepared to develop Scoliosis rehabilitation exercises.
- The bibliographical material on the rehabilitation of Scoliosis in children from 3 to 6 years is insufficient.
- It is insufficient from the planning of the Scoliosis rehabilitation exercises classes.
- The regularities that are appreciated in the result of the application of the instruments allowed the elaboration of a strategy of improvement to the educators of Círculo Infantil for the rehabilitation of Scoliosis in children from 3 to 6 years of age.

In the strategy elaborated from the pedagogical point of view, the teacher is conceived as an organizer of the teaching-educational process, which structures it into a system to facilitate the understanding of all the components that one has and wants to take to the one being educated.

In the improvement strategy, the mediating role of the educator and the selection of the different paths offered by the cooperative work executed through the methodological orientations are conceived, for which theoretical and methodological resources are offered so that they can plan and direct in an efficient rehabilitation of Scoliosis.

The strategy's mission is to guarantee the improvement of the Círculo Infantil educators regarding the rehabilitation of Scoliosis in children from 3 to 6 years of age.

The general objective is to contribute to the improvement of the nursery school educators, through the strategy, for the rehabilitation of Scoliosis in children from 3 to 6 years of age.

The proposed strategy consists of four stages: diagnosis, planning, instrumentation, evaluation. Diagnosis.

Diagnosis and characterization of the improvement needs of the teachers of Círculo Infantil and determination of the objectives of the strategy.

Objective: To characterize the professional pedagogical performance of the Nursery School educators to determine their improvement needs in the application of Scoliosis rehabilitation exercises in children from 3 to 6 years of age.

The main actions that distinguished this stage were:

- Document review.
- The survey: to know the dissatisfactions and needs for improvement of educators of Circulo Infantil.
- Observation: to classes and to methodological activities to check in practice the improvement needs that are manifested.
- The interview: with managers to find out the state of opinion they have about the preparation and improvement of the educators of Circulo Infantil.
- Tabulation of the instruments, data interpretation and determination of individual and group regularities.
- Determination of needs.
- Drawing general conclusions.

The comprehensive analysis of the diagnostic instruments made it possible to determine the improvement needs of the Nursery School educators for the rehabilitation of Scoliosis in children from 3 to 6 years of age and laid the foundations for the search for a solution to them.

Planning.

Its objective is: to plan the ways of overcoming and material resources to be used for the development of the overcoming strategy for the educators of Círculo Infantil for the rehabilitation of Scoliosis in children from 3 to 6 years of age.

The proposed actions are:

- Establishment of the schedule of improvement activities to be developed from the Dos Príncipe Children's Circle and its concretion in the Municipal Methodological Preparation for Preschool Education Educators.
- Determination of ways to overcome. Select the objectives, contents, forms, methods, means and forms of evaluation of the improvement activities based on the identified problems.
- Design of the self-improvement course program, workshops, debates and exchanges of experiences and guidelines for self-improvement.
- Determination of the human and material resources to be used in the development of the strategy.

Action #1. Preparation of educators in relation to the characteristics of the strategy.

Action #2. Holding a meeting with directors of Círculo Infantil Dos Príncipe in order to analyze the structural components of the strategy.

Action #3. In the planning of the improvement strategy, the design of the different forms of improvement for teachers was carried out. They are assumed as fundamental organizational

forms for the development of the actions of the strategy and the achievement of its purposes: an improvement course, workshops, debates and exchanges of experiences and self-improvement. The workshops are selected because they constitute an organizational form that makes it possible to integrate theoretical and practical knowledge, exchange, professional interaction on what is analyzed, the presentation of proposals that endorse the work of the educators of Circulo Infantil, the confrontation of ideas, judgments and opinions, the exercise of criticism, as well as the dissemination of the knowledge acquired.

Action # 4. The presentation of the educators in the Municipal Methodological Preparation to Educators of Preschool Education will be carried out with the support of the computer media. Dialogue will be used as a method, to promote the exchange around the real need to apply the strategy and negotiate about its terms and characteristics.

Instrumentation.

It is proposed as objective: Execute the actions proposed for the improvement strategy as part of the methodological work system of teachers. The proposed actions are:

- Exchange with the educators who will participate in the improvement actions.
- Execution of the forms of improvement.

Action # 1. Holding a coordination meeting with the educators who will participate in the realization of the improvement strategy, in which there will be an exchange on the ways of teaching the themes in the different forms of improvement and specify the aspects to be dealt with in each of them, the contents, means, and forms of evaluation.

Action # 2. The implementation of the planned forms of improvement will be carried out taking into account the aspects specified for each of them in the design of the strategy.

- Give the improvement course. With a weekly frequency.
- Realization of the workshops. With a fortnightly frequency.

Workshop program.

In the planning of the workshops, the individual experience of the teachers was considered, enhanced with the preparation received in the improvement course, self-improvement and other alternatives. These contribute to the theory-practice link, through individual and collective reflection, to the development in the participants of values such as cooperation, solidarity, responsibility, among others. The workshops that are presented consist of variants of exercises that make possible the rehabilitation of Scoliosis, which can be implemented in any programmed activity.

1st Workshop

Theme: The general characteristics of Scoliosis.

Objective: Explain the general characteristics of scoliosis that occurs in children from 3 to 6 years.

Time. 4 hours.

Themes:

1. Scoliosis.
2. Therapeutic treatment of Scoliosis in children from 3 to 6 years.
3. Role of the Circulo Infantil teacher in the Rehabilitation of Scoliosis.

Methodological indications.

1. Part of a brief exposition of the contents
2. Each participant will make a presentation on her practical experiences.
3. Generalizations will be made on the topic addressed, as well as the evaluation of the planned objective and promptly guide the deepening, expansion and consolidation of those deficient aspects that were debated.
4. Orientation of the contents of the next workshop.

2nd Workshop.

Topic: The benefits of exercises for the rehabilitation of Scoliosis

Objective: to argue the benefits of exercises for the rehabilitation of Scoliosis in children from 3 to 6 years of age.

Time. 4 hours.

Professor: Author of the thesis.

Themes:

1. Psychological benefits.
2. Social benefits.
3. Physiological benefits.

Methodological indications.

1. The teacher in charge of directing the workshop will make a brief presentation of the contents.

Emphasizing the following aspects.

Psychological Benefits: self-confidence, emotional balance, personal independence, sociability, the anxiety, welfare.

Decreases: the depression, aggression, the excitement, sleep disorders.

Social benefits: improves interpersonal relationships, improves the spirit of help, cooperation and solidarity.

Physiological benefits: decreases heart rate, blood pressure, maximum oxygen volume.

Strengthening exercises favor all the muscles of the back, contributing so that the curves do not continue to progress through them, the spine achieves an optimal position and greater flexibility.

- There will be a presentation on their practical experiences in relation to the contents taught.
- Generalizations will be made on the topic addressed, as well as the evaluation of the intended objective and promptly guide the deepening, expansion and consolidation of those deficient aspects that were debated.
- Orientation of the contents of the next workshop.

3rd Workshop.

Theme: The planning of exercises for the rehabilitation of Scoliosis from the class.

Objective: Explain how exercises for the rehabilitation of Scoliosis are planned from class

Time. 4 hours.

Themes:

1. Exercises for the rehabilitation of Scoliosis.
2. methodological indications.
 1. Part of a brief exposition of the contents.
 2. Presentation of the exercises that can be used in class for the rehabilitation of Scoliosis.

Exercise 1

- Title: the vaporous ball.
- Objective: to maintain the mobility of the upper limbs and control the balance from an adequate posture.
- Media: In a classroom or classroom.
- Materials: A balloon or ball.
- Organization: A circle of diameters with a radius of 2 meters.
- Participants: 5 to 6 children.
- Development: The children will stand behind the line of the circumference marked in the classroom or hall, the teacher will throw the balloon in a volley, the children will not be able to enter inside the circumference.
- Rule: Whoever passes inside the circumference will be applied a correction with a Physical capacity. (squat, jump, etc.).

Exercise 2

- Title: The earthworm.
- Objective: Strengthen vertebral and abdominal muscles.
- Responsible: group teacher.
- Means: in a comfortable place on flat ground and in contact with the natural environment.
- Organization: two to three rows.
- Participants: depending on the number of children.
- Development: The children will get into a plank position behind the starting line at a distance of three meters and they will start doing the movement of the worm.
- Rule: The team that does it best will get a point.

It has to reach the three-meter line.

Whoever does not arrive will be deducted a point.

The team that gets the most points wins.

Exercise 3

- Title: Ball through the tunnel.
- Objective: Seek precision and flexion of the trunk from an adequate posture.
- Responsible: group teacher.
- Media: in the patio of the room in contact with the natural environment.
- Organization: two rows, one in front of the other at a distance of two to three meters from the implement (a bottomless basket).
- Participants: depending on the number of children.
- Development: The implement will be placed in the center of each row at a distance of two to three meters from it, the children will stand behind the throwing line and throw the small ball (made of cloth) under their arms and try to pass it. the ball into the basket.
- Rule: Whoever manages to pass the ball will get a point.

The team that gets the most points wins.

Exercise 4

- Title: Buddha position.
- Objective: correct posture.
- Responsible: group teacher.
- Media: in the living room patio in contact with the natural environment.
- Organization: dispersed.
- Participants: depending on the number of children.

- Development: The children dispersed in a limited area will obtain the Buddha position with the arms at the sides of the body, the shoulders back, the chest erect and the view forward. This activity will be carried out at the end of the class with a method recovery in class
- Rule: The child must adopt the correct posture.

Exercise 5

- Title: Stretch like the emperor penguin.
- Objective: adopt the correct posture during the activity and strengthen the trunk muscles.
- Responsible: group teacher.
- Means: patio of the hall and in contact with the natural environment.
- Organization: scattered.
- Participants: depending on the number of children.
- Development: active axial stretching of the spine, first in the sitting position, then in the supine position, and then in the standing position.
- Rule: The child who adopts the posture correctly will get five points.

Self-improvement.

1. Self-improvement actions are indicated throughout the development of the strategy.
2. Meetings to exchange experiences (May – June. Biweekly.)

Evaluation.

The evaluation of the strategy is carried out throughout the implementation process and is carried out at each of the levels and the preparation actions with an integrating character.

Objective: To evaluate the mastery reached by the educators of the necessary knowledge to direct the rehabilitation of Scoliosis, from the implementation of the preparation actions.

Action # 1 Evaluation of the results achieved by the teachers, from the realization of the activities conceived in the improvement course, the workshops and the self-improvement, taking into account the self-evaluation, the results of teamwork and in the discussions that are done

Action # 2 Follow-up on the implementation of the strategy, in correspondence with the improvement needs detected in the diagnosis, evaluate the results of the educational teaching work, the quality of the improvement activities carried out and the impact on the improvement of teachers.

Action #3 Assessment of the way in which educators incorporate what they have learned into their professional performance.

Action # 4 Readjustment of the strategy, according to the results obtained by the educators

RESULTS

In a general sense, it is considered that the results obtained are satisfactory and correspond to the interests of the investigation when solving a current problem for the rehabilitation of Scoliosis in children from 3 to 6 years of age where transformations have been seen in the actions of the teacher and the possibilities offered by the classes.

CONCLUSIONS

From the research carried out, the role of the educator and his involvement in the rehabilitation of Scoliosis in children from 3 to 6 years of age is recognized, as the essential base in the healthiest lifestyles, based on this the fundamentals are systematized theoretical-methodological that support the work and that are taken from those contributed by various researchers of the World Health Organization depending on the content and other social groupings.

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