



Харківський національний
педагогічний університет
імені Г.С. Сковороди

СУЧАСНІ ТЕНДЕНЦІЇ В ДОСЛІДЖЕННЯХ МОЛОДИХ НАУКОВЦІВ

МАТЕРІАЛИ

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tasks that can be done in that odd ten minutes between meetings: might it be the ideal time to send that email confirming your holiday dates?

Don't procrastinate, but do ask why you're tempted! If a task is genuinely urgent and important, get on with it. If, however, you find yourself making excuses about not doing something, ask yourself why. You may be doubtful about whether you should be doing the task at all. Perhaps you're concerned about the ethics, or you don't think it's the best option. If so, you may find that others agree. Talk it over with colleagues or your manager, if at work, and family or friends at home, and see if there is an alternative that might be better.

Don't try to multi-task! Generally, people aren't very good at multi-tasking, because it takes our brains time to refocus. It's much better to finish off one job before moving onto another. If you do have to do lots of different tasks, try to group them together, and do similar tasks consecutively.

Stay calm and keep things in perspective! Perhaps the most important thing to remember is to stay calm. Feeling overwhelmed by too many tasks can be very stressful. Remember that the world will probably not end if you fail to achieve your last task of the day, or leave it until tomorrow, especially if you have prioritized sensibly.

Going home or getting an early night, so that you are fit for tomorrow, may be a much better option than meeting a self-imposed or external deadline that may not even matter that much.

Take a moment to pause and get your life and priorities into perspective, and you may find that the view changes quite substantially!

Horbatykh Hanna, 35 Psy/Eng, KhNPU

PLAY AS AN IMPORTANT PART OF OVERALL HUMAN DEVELOPMENT

Scientific adviser – Bezkorovaina O.L.

Have you ever noticed how medical doctors, psychologists, and other wellness experts uniformly agree that exercise can improve our mood and overall health? It's almost as if they're saying it's the golden ticket to good health. If this is true (and we have lots of evidence to support it) why do we have so much resistance to their advice?

Could it be because exercise feels more like work, than play? What if the real golden ticket to good health is playing?

To look deeply at play and to place it in evolutionary, biological, cultural and contemporary context is to partially answer the question, what, really does it mean to be fully human? Or, to state it another way, if play is lost or missing, in a complex changing and demanding world, are there serious negative consequences individually and culturally that affect all who miss out on it? The eminent play scholar, Joe Frost, in his compelling book, "A History of Childhood Play and Play Environments" tellingly shows that the diminution, modification, and/or disappearance of play during the latter 20th and beginning of the 21st century is

presenting a crisis threatening our societal overall welfare [1].

Why is play so important? Let's deconstruct it for a moment. To start with, it's associated with childhood, laughter, fun, and freedom. For many of us, childhood was a time in our lives when we effortlessly ran, rode bikes, jumped on trampolines, and slid into homebase. (As you can see, we got a ton of exercise – without making any effort to exercise.)

If you find it hard to take play seriously, consider this: renowned American psychologist, Abraham Maslow, included *play* among fourteen being-values we need to fulfill our ultimate potential. Maslow defined play with these words: fun, joy, amusement, gaiety, humor, exuberance, and effortlessness [2].

The urge to play is embedded within all humans, and has been generated and refined by nature for over one hundred million years. With the flood of information from many disciplines it is now possible to specify and integrate many of play behavior's contributions to overall human development and long-term survival. Where tradition has often relegated play as non-essential or at least a very elective human luxury, that general cultural misperception is no longer viable. In this essay, the focus will not be on what is being discovered and validated as the benefits of play, such as self regulation, curiosity, increased perseverance, progressive mastery and optimism, but the emphasis will be on the effects of play deprivation [4].

You may have noticed that the word *play* doesn't necessarily involve moving our physical bodies. We can play a card game or video game; we can play by telling jokes, going to the movies, yes, even by coloring in a coloring book. To use play as a "consciousness hack" however, we can find two ways to play – one that's mental and one that's physical – dancing, yoga, swimming, tennis, hula-hooping, and so on. By letting your inner child take a seat at the grown-up table, you'll not only have more fun, studies show that it reduces stress. Researchers have even found that play is a "powerful deterrent, even an antidote to prevent violence".

But what of those whose lives have been overwhelmed by the demands of contemporary responsibilities, and who would enjoy more play, have a personal history of healthy childhood play, but now just can't seem to find time for it? The consequences of prolonged personal adult play deficiencies are privately evident and have been shared repeatedly in many studies. Though early play may have been their heritage, the consequences of adult play deprivation are: lack of vital life engagement; diminished optimism; stuck-in-a-rut feeling about life with little curiosity or exploratory imagination to alter their situation; predilection to escapist temporary fixes...alcohol, excessive exercise, (or other compulsions); a personal sense of being life's victim rather than life's conqueror [3].

To sum up, at any age assessment of play and the recognition of its deficiency, along with the provision of the conditions necessary for its sustenance are basic requirements for health, wellness and full expression of what it means to be human. By making time to play, you'll find the golden ticket in your very own hand.

LITERATURE

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*Gorbunov Dmytro, 42-FC,
Kharkiv Educational and Research Institute
of the University of Banking*

THE PROBLEM OF LANGUAGE BARRIER OVERCOMING

Scientific adviser - Shevchenko V.I.

Communication requires an investment of time and effort. The process may have difficulty of overcoming the language barrier. It may occur while visiting different countries, at multinational meetings and even at school. Language difficulties influence our life. Lack of proficiency in English (the most widespread language in the world) can be a major concern for people as it relates to asking for and receiving assistance.

You know the phrase "It's Greek to me". People must understand each other for communication to work. When two people cannot understand one another, they experience a language barrier. A language barrier can occur within a language or between speakers of different languages.

Difference in language is the most obvious barrier. For example, Ukrainians go to China. They do not understand Chinese and most people in China do not understand Ukrainian. Therefore, when the person speaks, the communication is worthless, as the other person does not understand it.

These are some of the most common causes of language barriers in communication: physical and psychological. Physiology is the state of human body and mind. Physiological barriers of communication occur due to the physical condition of a person. It includes sensory dysfunction and other physical dysfunctions.

Psychological barriers affect communication more as information is formed in the brain and is sent by people with various psychological condition, which differs from one moment to another.

Every person's mind is unique and communication does not work like that in machines or in numbers. Communication is successful when the communicators trust each other but each person has his own perception of reality shaped from mental and sensory experiences. Attitude is the established way in which we think and feel about things and ideas which also creates a psychological communication barrier. Various other emotions like fear, nervousness, confusion, mistrust and jealousy affect communication process. Moreover, the language barrier greatly