Narmin Sultanzade,
Management and general studies department
Azerbaijan Sports Academy.
Baku, Azerbaijan.
https://orcid.org/0009-0009-0945-9022
narmin.sultanzada@sport.edu.az

Elnur Pashayev,
Ph.D. Student Department or
Education Khazar University.
Baku, Azerbaijan.
https://orcid.org/0009-0004-6325-3387
elnur.pashayev@khazar.org

THE FUTURE OF HOLISTIC EDUCATION: TRENDS AND PREDICTIONS

Abstract. In today's rapidly changing global landscape, education systems are facing growing pressure to evolve beyond traditional paradigms. The accelerating pace of technological innovation, increasing concerns over student well-being, and the growing demand for life skills such as adaptability, empathy, and critical thinking underscore the urgent need for more comprehensive approaches to education. Within this context, holistic education has emerged as a compelling model that addresses not only academic development but also emotional, social, physical, and ethical growth. The topicality of this research lies in the fact that holistic education offers a solution to many of the pressing educational challenges of the 21st century, including mental health crises among students, limited personalization in instruction, and inadequate preparation for global citizenship and workforce demands. This article analyzes the future of holistic education by identifying key trends and making evidence-based predictions. The study begins with a theoretical framework that traces the origins of holistic education through the works of Maria Montessori, Rudolf Steiner, Carl Rogers, and Abraham Maslow, who emphasized the need to educate the whole child. Drawing on both historical perspectives and modern developments, the research examines how contemporary education systems are integrating holistic principles into curriculum design, teaching strategies, and school environments. The scientific novelty of the article is also confirmed by the increasing inclusion of components such as emotional intelligence, mindfulness, and personalized

learning in international education documents and policies. The article analyzes successful implementation models of holistic education in various countries, including Waldorf, Montessori, Reggio Emilia, and the International Baccalaureate (IB). A significant portion of the research focuses on current and emerging technological tools, such as artificial intelligence (AI), virtual and augmented reality (VR/AR), gamification, and adaptive learning platforms. These tools are transforming the way students interact with content, fostering more immersive and customized learning experiences. Additionally, the integration of mindfulness practices, social-emotional learning (SEL), and mental health support is shown to enhance student resilience, self-regulation, and interpersonal skills – key attributes for both academic success and future employability. The methodology of the study involves a qualitative content analysis of recent literature, case studies, and educational policy reviews. This multi-dimensional approach allows for a holistic understanding of how different systems implement and adapt holistic principles. The results demonstrate that educational institutions adopting holistic models report improvements in student engagement, creativity, emotional well-being, and long-term academic outcomes. Despite its many benefits, the article also discusses challenges in the implementation of holistic education, such as policy limitations, insufficient teacher training, and resource-intensive curricular demands. The research highlights the need for systemic change at the level of national educational policy, teacher education programs, and school leadership to ensure the sustainability of holistic practices. In conclusion, this study argues that holistic education is not simply an educational trend, but a necessary paradigm shift for creating inclusive, empathetic, and future-ready learning environments. By recognizing the full spectrum of human development and integrating it into educational structures, holistic education holds the potential to transform both individual learners and the broader society. The article calls for continued research, policy reform, and international collaboration to embed holistic practices into mainstream education worldwide.

Keywords: Holistic Education; Emotional Growth; Social Development; Creative Development; Transformative Learning; Well-Rounded Individuals; Virtual Reality (VR); Augmented Reality (AR).

INTRODUCTION / ВСТУП

Statement of the problem / Постановка проблеми. Imagine stepping into a classroom where students don't just aim to ace exams but are encouraged

to grow emotionally, creatively, and socially alongside their academic journey. Picture the kind of education Sir Ken Robinson envisioned when he said, "Education is not just about learning facts, but about learning how to think". This isn't about memorizing dates and formulas; it's about shaping well-rounded individuals ready to thrive in our ever-evolving world.

Holistic education is all about nurturing every facet of a student's development. Unlike traditional education models that focus mainly on cognitive skills and academic achievements, holistic education embraces the emotional, social, physical, and even spiritual growth of students. It's based on the belief that true learning is transformative, fostering not just intellectual growth but also personal and collective well-being.

The significance of holistic education is more crucial now than ever [7]. With rising mental health issues among students and a job market that values skills beyond mere academic knowledge, we need an educational system that equips students to handle life's complexities. Holistic education strives to create a balanced, inclusive learning environment that prepares students not just for exams, but for life itself (International Baccalaureate Organization, n.d.).

In this article, we'll dive into the future of holistic education by exploring current trends and predicting its development. We'll examine how technological advancements, personalized learning, mindfulness practices, and global perspectives are shaping holistic education today. We'll also look at potential future scenarios, considering the impact of emerging technologies, policy changes, and shifts in educational focus. By understanding these trends and predictions, we can truly appreciate the transformative power of holistic education and its vital role in the future of learning.

Analysis of (major) recent research and publications / Аналіз (основних) останніх досліджень і публікацій. A substantial body of scholarly work has laid the foundation for holistic education as both a pedagogical philosophy and practical approach. Early contributions from M. Montessori [1], R. Steiner [2], C. Rogers [3] and A. Maslow [4] emphasized child-centered methodologies, intrinsic motivation, and the importance of addressing emotional and spiritual growth in education. Contemporary scholars such as D. Goleman [6] have expanded this view by integrating emotional intelligence into educational discourse. A. Ornstein and F. Hunkins [12] further explored curriculum design that accommodates individual development, experiential learning, and mindfulness practices. R. Marzano [10] and W. Popham [13] contributed to the practical implementation of holistic strategies within standards-based educational reforms. These studies collectively affirm that a shift from traditional

instruction to holistic learning environments can significantly improve student engagement, well-being, and long-term academic and social outcomes.

AIM AND TASKS / МЕТА ТА ЗАВДАННЯ

The ***aim*** of this article is to explore the principles of holistic education, current trends, and future development prospects, as well as to emphasize the importance of a more balanced and human-centered approach in the education system.

Based on this aim, the article addresses the following ***tasks*****:**

- To present the theoretical and historical foundations of holistic education;
- To analyze the key principles and current technological trends;
- To evaluate practical examples of implementing the holistic approach;
- To compare traditional and holistic models of education;
- To identify the main implementation challenges and outline promising directions for future research.

THEORETICAL FRAMEWORK / ТЕОРЕТИЧНІ ОСНОВИ

The roots of holistic education can be traced back to various educational reform movements and philosophical traditions. In the early 20th century, educators like Maria Montessori and Rudolf Steiner pioneered approaches that emphasized the development of the whole child. Montessori's methods focused on self-directed learning and hands-on activities, while Steiner's Waldorf education stressed the importance of imagination and creativity.

In the 1960s and 1970s, the humanistic education movement further advanced these ideas, influenced by thinkers such as Carl Rogers and Abraham Maslow. They advocated for an education system that prioritized personal growth, self-actualization, and the emotional well-being of students. This period also saw the rise of alternative education models, such as democratic schools and free schools, which emphasized student autonomy and community involvement.

Over the decades, holistic education has evolved to incorporate insights from various fields, including psychology, neuroscience, and ecology. Today, it's gaining renewed attention as educators and policymakers recognize the limitations of traditional education models and the need for a more comprehensive approach to learning.

Core Principles

1. Interconnectedness: Holistic education recognizes the interconnected nature of reality and aims to teach students to see connections between different areas of knowledge and aspects of their lives. This principle encourages

interdisciplinary learning and a systems-thinking approach.

2. Personalized Learning: Each student is seen as a unique individual with their own strengths, interests, and learning styles. Holistic education advocates for personalized learning experiences that cater to the needs and potentials of each student, rather than a one-size-fits-all approach.

3. Emotional and Social Development: Holistic education places a strong emphasis on the emotional and social development of students. It promotes the cultivation of emotional intelligence, empathy, and healthy relationships as essential components of a well-rounded education.

4. Experiential Learning: Learning through experience is a cornerstone of holistic education. This principle supports hands-on activities, real-world problem-solving, and opportunities for students to engage with their communities and the natural world.

5. Mindfulness and Well-being: Holistic education encourages practices that promote mindfulness, self-awareness, and overall well-being. This includes incorporating activities such as meditation, yoga, and reflective practices into the curriculum.

6. Global Citizenship: Educating students to be active, compassionate, and responsible global citizens is a key aim of holistic education. This involves fostering an understanding of global issues, cultural diversity, and the importance of sustainability and social justice.

7. Creative and Critical Thinking: Holistic education values creativity and critical thinking as essential skills for the 21st century. It encourages students to think independently, question assumptions, and approach problems with innovative solutions.

By embracing these core principles, holistic education seeks to create a more balanced and inclusive learning environment that prepares students not just for academic success, but for a fulfilling and meaningful life.

Current Trends in Holistic Education. Integration of Technology

In the digital age, technology plays a crucial role in holistic education, extending beyond mere classroom gadgets to encompass a variety of tools and methodologies that foster interactive and immersive learning experiences.

1. Digital Platforms and Online Learning: Online platforms like Khan Academy, Coursera, and EdX offer flexible learning opportunities, allowing students to learn at their own pace and explore a wide array of courses that align with their interests and career goals. These platforms often feature interactive elements such as quizzes, discussion forums, and virtual classrooms to enrich the learning experience.

2. Virtual Reality (VR) and Augmented Reality (AR): VR and AR are transforming how students engage with content. VR can transport learners to different parts of the world or historical eras, providing immersive experiences that textbooks cannot. For instance, a history lesson might become a virtual tour of ancient civilizations, making learning more engaging and memorable.

3. Artificial Intelligence (AI) and Machine Learning: AI is used to create personalized learning experiences tailored to students' performance and learning styles. Intelligent tutoring systems provide real-time feedback and adapt to meet each student's needs, ensuring they receive the right level of challenge and support.

4. Gamification: Incorporating game design elements into learning activities is a rising trend that makes education more fun and engaging. Gamification motivates students to participate and persevere through challenging tasks by using elements like points, badges, and leaderboards to foster healthy competition and collaboration.

5. Social Media and Collaboration Tools: Platforms such as Google Classroom, Microsoft Teams, and Slack facilitate collaboration and communication among students and teachers. These tools support project-based learning, enabling students to work together on assignments, share resources, and provide peer feedback.

RESEARCH METHODS / МЕТОДИ ДОСЛІДЖЕННЯ

Personalized learning is at the heart of holistic education, acknowledging that each student has unique needs, interests, and learning styles. This approach tailors the educational experience to individual students, creating a more engaging and effective learning environment.

1. Individual Learning Plans (ILPs): ILPs are customized educational roadmaps that outline a student's strengths, weaknesses, goals, and preferred learning methods. Developed collaboratively by teachers, students, and parents, these plans ensure that the educational experience aligns with the student's personal and academic aspirations.

2. Differentiated Instruction: Teachers use differentiated instruction techniques to cater to the diverse needs of their students. This might involve modifying the content, process, product, or learning environment to ensure that each student can engage with the material in a way that suits them best.

3. Adaptive Learning Technologies: Adaptive learning systems use algorithms to analyze student performance and offer personalized content and feedback. These technologies identify areas where a student is struggling and

provide additional resources or alternative explanations to help them improve.

4. Student Autonomy and Choice: Personalized learning often empowers students to take more control over their education. This might include choosing topics for projects, selecting from various assessment methods, or setting their learning goals. Empowering students to take ownership of their learning increases intrinsic motivation and a sense of responsibility.

Mindfulness and Emotional Intelligence

The growing emphasis on mindfulness and emotional intelligence (EI) in curriculums underscores the holistic approach's commitment to developing well-rounded individuals. These practices aim to enhance students' self-awareness, emotional regulation, empathy, and social skills.

1. Mindfulness Practices: Incorporating mindfulness exercises such as meditation, breathing techniques, and mindful movement into the school day can help students manage stress, improve concentration, and cultivate a sense of calm. Schools are increasingly recognizing the benefits of mindfulness, leading to the integration of mindfulness programs and practices into daily routines.

2. Social and Emotional Learning (SEL): SEL programs teach essential skills for understanding and managing emotions, setting and achieving positive goals, showing empathy, establishing and maintaining positive relationships, and making responsible decisions. These programs include activities and lessons that promote self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

3. Emotional Intelligence (EI) Curriculum: Some schools are adopting curricula focused on developing EI. These programs teach students to recognize and manage their own emotions and those of others, using emotional information to guide thinking and behavior, and adapting to environments to achieve goals. Developing EI is seen as crucial for personal and professional success in the modern world.

4. Mental Health Support: Recognizing the importance of mental health, many schools are expanding their support services to include counseling, mental health education, and wellness programs. Providing students with tools and resources to manage their mental health is a critical aspect of holistic education.

By integrating these current trends, holistic education aims to create a more inclusive, balanced, and effective learning environment that prepares students for both academic success and a fulfilling, meaningful life.

Technological Advancements

The rapid pace of technological innovation is set to revolutionize holistic education in ways we can hardly imagine. Emerging technologies like Artificial

Intelligence (AI) and Virtual Reality (VR) have the potential to transform traditional educational approaches, offering immersive and personalized learning experiences tailored to each student's unique needs.

AI can analyze individual learning patterns, identify strengths, and pinpoint areas for improvement, enabling a tailored educational experience. For instance, AI-driven platforms can adapt curricular content in real-time, providing extra resources or different explanations to ensure students fully grasp the material. This level of personalization helps students overcome learning challenges and reach their full potential.

On the other hand, Virtual Reality can create immersive educational environments that extend beyond the classroom walls. Picture history lessons where students can virtually explore ancient civilizations, or science classes where they can conduct experiments in a simulated lab. VR makes abstract concepts tangible, fostering a deeper understanding and retention of knowledge. Additionally, it bridges geographical and cultural divides, allowing students to virtually experience diverse cultures and perspectives, promoting global awareness and empathy.

Policy Changes

As the benefits of holistic education become increasingly evident, there's growing momentum for policy reforms to integrate it into mainstream education. Future educational policies may emphasize developing the whole child, encompassing not just academic proficiency but also emotional, social, and ethical growth.

Governments might introduce mandates for schools to incorporate social-emotional learning (SEL) programs, mindfulness practices, and other holistic approaches into their curricula. Funding could prioritize comprehensive wellness programs, including mental health resources, physical fitness initiatives, and nutrition education.

Policy changes might also encourage innovative assessment methods beyond standardized testing. Portfolios, project-based assessments, and peer evaluations could become standard, offering a more nuanced and comprehensive evaluation of a student's abilities and growth.

Shifts in Educational Focus

The future of holistic education will likely see a significant shift towards interdisciplinary and experiential learning methods. Traditional subject boundaries may blur as educators recognize the interconnectedness of knowledge and the value of teaching students to think critically and solve complex, real-world problems.

Interdisciplinary learning encourages students to draw connections between different fields of study, fostering creativity and innovation. For example, a project on sustainable living could integrate principles of science, economics, and social studies, allowing students to approach the issue from multiple perspectives and develop well-rounded solutions.

Experiential learning, which emphasizes hands-on, real-world experiences, will also gain prominence. Internships, community service projects, and outdoor education programs can provide students with practical skills and a deeper understanding of the world around them. These experiences cultivate a sense of responsibility, leadership, and civic engagement, preparing students to become active and informed citizens.

Long-term Impacts

The widespread adoption of holistic education has the potential to yield profound long-term societal impacts. By nurturing well-rounded individuals who are not only academically competent but also emotionally intelligent, socially responsible, and ethically grounded, holistic education can contribute to a more compassionate and equitable society.

One potential long-term impact is the cultivation of a generation of leaders who prioritize sustainability, inclusivity, and social justice. Holistic education's emphasis on empathy, collaboration, and ethical decision-making can inspire students to address pressing global challenges, such as climate change, inequality, and conflict resolution.

Moreover, focusing on mental and emotional well-being can lead to healthier communities. As students learn to manage stress, develop resilience, and practice self-care, they are more likely to become adults who prioritize mental health and support others' well-being.

In the economic realm, holistic education can produce a workforce that is adaptable, innovative, and equipped with the soft skills necessary for the evolving job market. As automation and AI transform industries, the ability to think critically, communicate effectively, and work collaboratively will become increasingly valuable.

In summary, the future of holistic education is promising, with emerging technologies, policy reforms, and shifts in educational focus creating a more inclusive, engaging, and impactful learning experience. Embracing these changes can pave the way for a future where education not only imparts knowledge but also fosters comprehensive individual development, ultimately contributing to a more just and empathetic world.

Examples of schools and programs that have successfully implemented holistic education

Today, many schools and programs all over the world have adopted the concept of holistic education which has been of great benefit in nurturing society's populace especially students with a constructive purpose of molding better persons. A few key examples can be mentioned below:A few key examples can be mentioned below:

1. Waldorf Schools

Steiner education or Waldorf education is one of the systems of education and pedagogy that originated in the early twentieth century by an Austrian philosopher Rudolf Steiner (1861–1925). It is important to note that similar to cognitive skills, Waldorf school fosters emotional existence and strives to evoke and advance children's feelings, moral compass, motor coordination and creativity. Anthroposophy is the spiritual philosophy on which the Steiner education is rooted and it defines that a living human being in its richness is a body soul spirit.

The concept of the Waldorf elementary schools which includes children within the age range of seven to fourteen is based on feeding and stimulating a child through his or her emotions and fantasy. Education on its part is a method of presenting the content of study aesthetically so that students can feel a close association with it. Artistic work is used to teach story telling; drawing, drama/movement/creative speech, music, and crafts/imited available academic content. For example, Waldorf elementary schools aim at the formation of children's emotional life and imagination, and therefore the students embody with richer warmth.

We have noted that teachers who have taught Waldorf students in various fields of specialization have observed that the Waldorf graduates employ comprehensive thinking techniques, the virtue of learning as opposed to rote learning of facts and figures, flexibility, creativity, and the readiness to engage in risk taking in academic propositions, and the qualities of good moral and ethical leaders. Employment opportunities: Waldorf graduates are in high demand in higher education institution.

International Baccalaureate (IB) Schools

The International Baccalaureate or IB, which was established back in the year 1968, is a leading educational program designed to foster students who are internationally-minded, aware, caring, and responsible. There are four programs making up the International Baccalaureate that offers a pipeline called the Primary Years Programme (PYP), Middle Years Programme (MYP), Diploma

Programme (DP), and Career-related Programme (CP). These programs have the primary aim of providing a more comprehensive education to students by focusing on their academic, social, emotional, and personal aspects.

Participation in the programs aims at enabling students develop critical thinking skills through questioning assumption, analysing data and inferring evidence. Students who follow critical inquiry methods and interdisciplinary practices work at the advanced problem-solving level, which is beneficial for employment and education.

IB schools stress emotional and social growth as parts of learnings or education aside from accomplishment. For example, the learners are able to develop socialization skills that include the spirit of teamwork, and emotional intelligence through community service, extra curricular activities, and other features stated in the IB learner profile. Therefore, an all-embracing learning model provides students with aptitudes to successfully negotiate relationships and operate within a range of societies.

Reggio Emilia Approach

Reggio Emilia Approach can be described as child-centered approach. Learning is based on the needs and interests of the child. Students are urged to play, build, and discover in order to enlighten themselves under the supervision of teachers. As an educational reform that happens in classrooms all over the world, this movement is aimed at nurturing and developing children's interpersonal skills and creative problem-solving abilities.

This technique was invented by Loris Malaguzzi who was born in 1919 in Reggio Emilia, Italy. He recommended it when he founded 'La Casa dei Bambini', a preschool in Reggio Emilia also known as 'The Children's House'.

He presumed that by using these objects they could touch or see – such as sticks or cardboard boxes – young children can construct their own realities.

The Reggio Emilia Approach is an unique form of Early Childhood Education wherein students are exposed to various possibilities on how they can learn in an environment that provides an outlet for the children to be creative. In this method, the focus is on the child as the one who is learning as opposed to the tutor like in most classroom learning settings.

The Reggio Emilia Approach is centered around five key principles:
- A deep regard for children's uniqueness and culture;
- A democratic learning atmosphere in which every student is acknowledged and respected;
- Placing more of a focus on group learning than on peer or student competition;

• Integrating practical experiences – such as field excursions to grocery stores – with educational settings in classrooms;

• The enrichment offered by specialized items like tiny vehicles or blocks.

The basic premise of this method is that learners in early stages of their education are more effective when they act out something on their own rather than be told, or being given guidance on what they should do. That's important to understand that educators don't have to believe that they know everything regarding effective learning for people!

Montessori Schools

The Montessori Method is built upon the idea of an education system. The Method has been accepted all over the world and is considered to be number one in relation to early childhood development. The Montessori Method focuses on independence, freedom (within appropriate limits), and respect for a child's natural development. Different aspects of the Method meet those developing children's physical, social emotional and cognitive needs. It is all done in a constructive manner. A basic principle of the Montessori Method is that children should be treated with respect. Hence, The Montessori Method is the Holistic Approach to Education.

Holistic vs. traditional education

The foundation of both societal and personal development is education. Numerous educational models have developed over time, each with its own unique ideas and methods. Two of the most well-known paradigms among these are the traditional education model and the holistic education model. This part of the article explores the variations between various paradigms, emphasizing the advantages and disadvantages of each.

The hallmark of traditional education, also known as mainstream or conventional education, is teacher-centered, regulated learning. For many decades, it has served as the cornerstone of education. It is distinguished by its uniform curriculum and structured methodology. It has numerous established benefits, but it is not without its drawbacks. Here, we discuss the main pros and cons of conventional schooling.

First of all, traditional education's structured format offers a regular and predictable learning environment. For learners that perform best with structure and defined expectations, this may be advantageous. In this type of education time management and discipline are also taught, as students learn to follow set timetables, deadlines, and classroom guidelines.

Students are guaranteed to gain the foundational knowledge necessary for higher education and a variety of job choices by placing an emphasis on basic

disciplines including math, science, language arts, and social studies.

Another advantage of traditional education is skill development. Learners acquire fundamental abilities such as reading, writing, critical thinking, and problem-solving.

In traditional education progress can be measured through standardized examinations and assessments, which offer a quantifiable means of monitoring student development and comparing academic achievement among various locations and establishments.

Students who receive a traditional education are better prepared for professional certification exams and college entrance exams, which are frequently requirements for further study and employment.

Guidance and expertise of a teacher plays an important part in traditional learning. As subject matter experts, teachers offer insightful advice and knowledge that helps students have a targeted and concentrated learning experience.

Last, but not least, more control and management are ensured in a teacher-led classroom, which helps acquire a positive learning atmosphere.

As well as advantages, traditional education has several drawbacks. Here we are about to mention a few of them.

Commenting on the negative sides of traditional education, "One-Size-Fits-All" approach is to be mentioned. The inflexible framework of traditional education frequently takes a one-size-fits-all approach, which might not be able to accommodate the various demands and learning preferences of every student.

Lack of flexibility is another con of conventional learning. Students may not have as many opportunities to develop their interests and abilities as they would like to due to rigid curriculum and teaching strategies that can inhibit creativity and innovation.

Exam pressure plays a negative part in students' psychological growth. Students may experience severe stress and worry as a result of the focus placed on grades and standardized testing, which may have a negative effect on their general and mental health. Unhealthy comparisons and performance pressure can result from a competitive academic environment, which may demotivate some learners. Moreover, the main emphasis of traditional education is on academic success, frequently at the expense of the social, emotional, and physical abilities that are essential for total personal development.

The lack of actual-world application is another problem in conventional education. Students may find it challenging to see how their learning is applied in the actual world if the curriculum does not always link to real-world events.

Traditional education is mostly based on teacher-centered approach, which leads students to passive learning. When learning is centered on the teacher, students may become information consumers as opposed to active contributors to their own education.

Limited student autonomy: Students' motivation and involvement may be impacted by the lack of opportunity for them to make decisions about their learning.

Similar to traditional education, holistic education has advantages and disadvantages as well.

Wholesome development is a significant characteristic of holistic education. Holistic education promotes students' development in all areas, including mental, emotional, social, physical, and spiritual. By encouraging learners to investigate different sides of who they are, it fosters self-awareness and personal fulfillment.

Personalized learning plans that are tailored to the individual requirements, interests, and learning preferences of each student are a common feature of holistic education. It enables curriculum and teaching strategies to be flexible, adjusting to the needs and speed of different students.

Holistic education enhances learning by combining practical exercises, real-world applications, and creative endeavors. When they perceive the relevance and practical applications of their education, students become more motivated about their studies.

Developing emotional intelligence is a top priority in holistic education. It enables students to recognize and control their feelings, sympathize with others, and form positive connections.

Social abilities are developed in more depth in holistic education. Students are better equipped to handle social situations by cultivating good communication, teamwork, and conflict-resolution abilities.

Physical activities, mindfulness exercises, and healthy living choices are all common components of holistic education, which supports total physical well-being. It places a strong emphasis on mental health and wellbeing, lowering stress and anxiety levels by providing a kind and encouraging learning environment.

Cons of complex implementation of holistic education:

The intensity of resources to form holistic education can be considered as a negative side. Creating and executing a holistic curriculum might demand a lot of resources, including qualified teachers, reduced class sizes, and adequate money. To effectively provide comprehensive education, teachers must undergo specialized training, which can be expensive and time-consuming.

RESEARCH RESULTS / РЕЗУЛЬТАТИ ДОСЛІДЖЕННЯ

In holistic education assessing the results is difficult since standard metrics, such as standardized examinations, might not fully account for the range of student growth. Although helpful, alternative assessment techniques including self-assessments, project-based evaluations, and portfolios can be arbitrary and difficult to standardize. It might be challenging to embrace and incorporate holistic ideas on a broader scale in many locations because the educational system is firmly rooted in traditional patterns.

Policy and regulation are assumed as another problem for holistic education. It may be difficult for holistic education approaches to be widely implemented if current policies and laws do not endorse or acknowledge them.

It might be difficult to make sure that a holistic education satisfies academic requirements while also getting learners ready for standardized exams and college admissions.

CONCLUSIONS / ВИСНОВКИ

This study confirms that holistic education is not only a theoretical concept but a practical framework capable of transforming modern teaching and learning. It integrates emotional intelligence, personalized learning, creativity, and social-emotional development into a coherent system that prepares students for the challenges of the 21st century. By examining current trends and innovations in educational technology, interdisciplinary approaches, and socio-emotional learning, the article provides evidence that holistic practices are increasingly being adopted across diverse educational contexts.

Future research could explore the long-term impact of holistic education on student performance, mental health, and civic engagement. Additionally, comparative studies between traditional and holistic models across different cultures and educational systems could offer valuable insights. More empirical research is needed to measure the effectiveness of digital tools and emotional intelligence programs within holistic curricula. Expanding the scope to include teacher training, school leadership, and policy integration will also be crucial for the systemic adoption of holistic education worldwide.

Prospects for further research in this direction / Перспективи подальших досліджень у цьому напрямі. There are various obstacles to overcome when implementing holistic education, which tries to develop the full child – academically, socially, physically, and emotionally. These challenges include those related to curriculum development, training, and funding, among other things. A closer look at each of these difficulties is provided below:

In comparison to standard educational approaches, holistic education frequently necessitates the use of additional resources. This covers financing for after-school activities, artistic endeavors, and programs promoting social and emotional learning. Due to a lack of financing, schools in low-income communities may find it more difficult to adopt a holistic approach to teaching. Unequal distribution of resources may result in unequal access to schooling.

As we mentioned above, teacher training and professional development are strongly required in holistic approach. To effectively provide a holistic education, educators must undergo specialized training. This include developing a growth mindset, comprehending social-emotional development, and including the arts and physical education into the curriculum.

Teachers must undergo a substantial mental shift in order to transition from a standard education model to a holistic one. Instructors who are used to concentrating only on academic performance may need to adjust to more inclusive learning objectives. It's critical to pursue ongoing professional growth. Instructors require frequent opportunities to update their knowledge, pick up new skills, and exchange best practices. A curriculum that fairly emphasizes academic topics, social-emotional learning, and physical education can be difficult to create. This is known as the "balancing academic and non-academic goals" problem. To make sure that every area is sufficiently covered, considerable planning is needed.

REFERENCES / СПИСОК ВИКОРИСТАНИХ ДЖЕРЕЛ

[1]   M. Montessori, *The Montessori Method*. Schocken Books, 1964.
[2]   R. Steiner, *The Education of the Child: And Early Lectures on Education*. Anthroposophic Press, 1995. [Online]. Available: https://www.arvindguptatoys.com/arvindgupta/steiner-education.pdf Application date: January 05, 2025.
[3]   C. R. Rogers, *Freedom to Learn.* Merrill Publishing Company, 1969.
[4]   A. H. Maslow, "A Theory of Human Motivation», *Psychological Review*, vol. 50, is. 4, p. 370–396. 1943. http://dx.doi.org/10.1037/h0054346
[5]   C. Dede, «Immersive Interfaces for Engagement and Learning», *Science*, vol. 323, is. 5910, p. 66–69, 2009. [Online]. Available: https://muve.gse.harvard.edu/sites/g/files/omnuum5026/files/rivercityproject/files/dede_immersive_interfaces.pdf Application date: January 05, 2025.

[6]   D. Goleman, *Emotional Intelligence: Why It Can Matter More Than IQ.* Bantam Books, 1995.

[7]   M. K. Galloway, J. Conner, & D. Pope, «Nonacademic effects of homework in privileged, high-performing high schools», *The Journal of Experimental Education,* vol. 81, is. 4, p. 492–510, 2013. http://dx.doi.org/10.1080/00220973.2012.745469

[8]   The IB education system recognized in a case study about holistic student development. *International Baccalaureate Organization*. [Online]. Available: https://is.gd/2ZpHFx Application date: January 05, 2025.

[9]   *Why Parents Should Consider IB Schools for Their Kids. Holistic education.* Knowledgeum Academy. [Online]. Available: https://is.gd/LokcrN Application date: January 05, 2025.

[10]   R. J. Marzano, *What works in schools: Facilitator's Guide.* ASCD: Alexandria, Virginia, 2003. [Online]. Available: https://files.ascd.org/staticfiles/ascd/pdf/siteASCD/video/WhatWorksinSchools.pdf Application date: January 05, 2025.

[11]   *Reggio Emilia Approach and Its Benefits.* Mulberry Learning. [Online]. Available: https://mulberrylearning.com/reggio-emilia-approach-and-its-benefits Application date: January 05, 2025.

[12]   A. C. Ornstein, & F. P. Hunkins, *Curriculum: Foundations, Principles, and Issues*; 7th ed. Pearson Education, 2017. [Online]. Available: https://daneshnamehicsa.ir/userfiles/file/manabeh/francis_p_hunkins_allan_c_ornstein.pdf Application date: January 05, 2025.

[13]   W. J. Popham, *The truth about testing: An educator's call to action*. Internet Archive. 2001. [Online]. Available: https://archive.org/details/truthabouttestin00wjam_0/page/n1/mode/2up Application date: January 05, 2025.

[14]   Waldorf Education. *AWSNA*. [Online]. Available: https://www.waldorfeducation.org/waldorf-education Application date: January 05, 2025.

[15]   *Waldorf education*. From Wikipedia, the free encyclopedia. [Online]. Available: https://en.wikipedia.org/wiki/Waldorf_education Application date: January 05, 2025.

Text of the article was accepted by Editorial Team 04.07.25

МАЙБУТНЄ ЦІЛІСНОЇ ОСВІТИ: ТЕНДЕНЦІЇ ТА ПРОГНОЗИ

Султанзаде Нармін Ільгар гизи
викладач Азербайджанської Академії
фізичної культури та спорту.
Баку, Азербайджан.
https://orcid.org/0009-0009-0945-9022
narmin.sultanzada@sport.edu.az

Пашаєв Ельнур Вели оглу,
Ph.D докторант програми доктора філософії
Університету Хазар.
Баку, Азербайджан.
https://orcid.org/0009-0004-6325-3387
elnur.pashayev@khazar.org

Анотація. У сучасному швидкозмінному глобальному ландшафті системи освіти стикаються зі зростаючим тиском на еволюцію за межі традиційних парадигм. Прискорення темпів технологічних інновацій, зростання занепокоєння щодо благополуччя учнів та зростання попиту на життєві навички, такі як адаптивність, емпатія та критичне мислення, підкреслюють нагальну потребу в більш комплексних підходах до освіти. У цьому контексті цілісна освіта стала переконливою моделлю, яка охоплює не лише академічний розвиток, а й емоційний, соціальний, фізичний та етичний розвиток. Актуальність цього дослідження полягає в тому, що цілісна освіта пропонує рішення багатьох нагальних освітніх проблем 21 століття, включаючи кризи психічного здоров'я учнів, обмежену персоналізацію навчання та недостатню підготовку до глобального громадянства та вимог до робочої сили. У цій статті аналізується майбутнє цілісної освіти, визначаючи ключові тенденції та роблячи прогнози на основі доказів. Дослідження починається з теоретичної бази, яка простежує витоки цілісної освіти через праці Марії Монтессорі, Рудольфа Штайнера, Карла Роджерса та Абрахама Маслоу, які наголошували на необхідності навчання дитини в цілому. Спираючись як на історичні перспективи, так і на сучасні розробки, дослідження розглядає, як сучасні системи освіти інтегрують цілісні принципи в розробку навчальних програм, стратегії викладання та шкільне середовище. Наукова новизна статті також підтверджується зростаючим включенням таких компонентів, як емоційний інтелект,

усвідомленість та персоналізоване навчання, до міжнародних освітніх документів та політик. У статті аналізуються успішні моделі впровадження цілісної освіти в різних країнах, включаючи Вальдорфську, Монтессорі, Реджо-Емілію та Міжнародний бакалаврат (IB). Значна частина дослідження зосереджена на сучасних та нових технологічних інструментах, таких як штучний інтелект (ШІ), віртуальна та доповнена реальність (VR/AR), гейміфікація та адаптивні навчальні платформи. Ці інструменти трансформують спосіб взаємодії учнів з контентом, сприяючи більш захопливому та персоналізованому навчальному досвіду. Крім того, показано, що інтеграція практик усвідомленості, соціально-емоційного навчання (СЕН) та підтримки психічного здоров'я підвищує стійкість учнів, саморегуляцію та міжособистісні навички – ключові атрибути як для академічного успіху, так і для майбутньої працевлаштування. Методологія дослідження включає якісний контент-аналіз нещодавньої літератури, тематичних досліджень та оглядів освітньої політики. Такий багатовимірний підхід дозволяє цілісне розуміння того, як різні системи впроваджують та адаптують цілісні принципи. Результати показують, що освітні установи, які застосовують цілісні моделі, повідомляють про покращення залученості учнів, креативності, емоційного благополуччя та довгострокових академічних результатів. Незважаючи на численні переваги, у статті також обговорюються проблеми у впровадженні цілісної освіти, такі як обмеження політики, недостатня підготовка вчителів та ресурсомісткі вимоги до навчальних програм. Дослідження підкреслює необхідність системних змін на рівні національної освітньої політики, програм підготовки вчителів та керівництва школи для забезпечення сталості цілісної практики. На завершення, це дослідження стверджує, що цілісна освіта – це не просто освітня тенденція, а необхідна зміна парадигми для створення інклюзивного, емпатичного та готового до майбутнього навчального середовища. Визнаючи весь спектр розвитку людини та інтегруючи його в освітні структури, цілісна освіта має потенціал для трансформації як окремих учнів, так і суспільства в цілому. Стаття закликає до продовження досліджень, реформування політики та міжнародної співпраці для впровадження цілісної практики в основну освіту в усьому світі.

Ключові слова: цілісна освіта; емоційне зростання; соціальний розвиток; креативний розвиток; трансформаційне навчання; усебічно

розвинені особистості; віртуальна реальність (VR); доповнена реальність (AR).

TRANSLATED AND TRANSLITERATED / ПЕРЕКЛАД, ТРАНСЛІТЕРАЦІЯ

[1]   M. Montessori, The Montessori Method. Schocken Books, 1964. (in English).

[2]   R. Steiner, The Education of the Child: And Early Lectures on Education. Anthroposophic Press, 1995. [Online]. Available: https://www.arvindguptatoys.com/arvindgupta/steiner-education.pdf Application date: January 05, 2025. (in English).

[3]   C. R. Rogers, Freedom to Learn. Merrill Publishing Company, 1969. (in English).

[4]   A. H. Maslow, "A Theory of Human Motivation», Psychological Review, vol. 50, is. 4, p. 370–396. 1943. http://dx.doi.org/10.1037/h0054346 (in English).

[5]   C. Dede, «Immersive Interfaces for Engagement and Learning», Science, vol. 323, is. 5910, p. 66–69, 2009. [Online]. Available: https://muve.gse.harvard.edu/sites/g/files/omnuum5026/files/rivercityproject/files/dede_immersive_interfaces.pdf Application date: January 05, 2025. (in English).

[6]   D. Goleman, Emotional Intelligence: Why It Can Matter More Than IQ. Bantam Books,1995. (in English).

[7]   M. K. Galloway, J. Conner, & D. Pope, «Nonacademic effects of homework in privileged, high-performing high schools», The Journal of Experimental Education, vol. 81, is. 4, p. 492–510, 2013. http://dx.doi.org/10.1080/00220973.2012.745469 (in English).

[8]   The IB education system recognized in a case study about holistic student development. International Baccalaureate Organization. [Online]. Available: https://is.gd/2ZpHFx Application date: January 05, 2025. (in English).

[9]   Why Parents Should Consider IB Schools for Their Kids. Holistic education. Knowledgeum Academy. [Online]. Available: https://is.gd/LokcrN Application date: January 05, 2025. (in English).

[10]   R. J. Marzano, What works in schools: Facilitator's Guide. ASCD: Alexandria, Virginia, 2003. [Online]. Available: https://files.ascd.org/staticfiles/ascd/pdf/siteASCD/video/WhatWorksinSchools.pdf Application date: January 05, 2025. (in English).

[11]   Reggio Emilia Approach and Its Benefits. Mulberry Learning. [Online]. Available: https://mulberrylearning.com/reggio-emilia-approach-and-its-

benefits Application date: January 05, 2025. (in English).

[12] A. C. Ornstein, & F. P. Hunkins, Curriculum: Foundations, Principles, and Issues; 7th ed. Pearson Education, 2017. [Online]. Available: https://daneshnamehicsa.ir/userfiles/file/manabeh/francis_p_hunkins_allan_c_ornstein.pdf Application date: January 05, 2025. (in English).

[13] W. J. Popham, The truth about testing: An educator's call to action. Internet Archive. 2001. [Online]. Available: https://archive.org/details/truthabouttestin00wjam_0/page/n1/mode/2up Application date: January 05, 2025. (in English).

[14] Waldorf Education. AWSNA. [Online]. Available: https://www.waldorfeducation.org/waldorf-education Application date: January 05, 2025. (in English).

[15] Waldorf education. From Wikipedia, the free encyclopedia. [Online]. Available: https://en.wikipedia.org/wiki/Waldorf_education Application date: January 05, 2025. (in English).