

CONDITIONS OF FORMATION OF MORAL-VOLITIONAL QUALITIES OF PUPILS OF CHILDREN'S AND YOUTH SPORTS SCHOOLS

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Abstract. *In the article the conditions of formation of moral-volitional qualities of students are considered, components of moral-volitional qualities are revealed.*

Keywords: *personality, physical culture, morality, will.*

Acting For all ages people highly appreciated such qualities of a person as morality, morals, will, character. The profound socio-economic transformations taking place in modern society make us think about the future of Ukraine and its young people. At present, crumbled moral norms, the rising generation can be blamed for lack of spirituality, disbelief, aggressiveness. The urgency of the problem of upbringing schoolchildren is today in the first place along with the educational process.

Therefore, it is necessary to create conditions for the implementation of the constitutional right of citizens to engage in physical education and sports, improve the indicators of physical preparedness and health of the population, attracting the general population, especially children and students, to systematic physical education and sports, creating an effective system of training High class athletes.

Problem statement and its connection with important scientific or practical tasks.

The main goal of state policy in the field of physical culture is the improvement of the nation, the formation of a healthy lifestyle, harmonious education of a healthy, physically strong generation.

Physical culture is an integral part of the general culture, the sphere of social activity, which is a set of spiritual and material values created and used by society for the purpose of physical development of man, strengthening his health, will and improving his motor activity.

Thus, for the society as a whole, values are the health, education, physical culture as a part of the general culture. These values and goals are reflected in the real processes of development and modernization of general and vocational education.

In the Concept of Modernization of Education for the period up to 2010, education is defined as "a priority". The most important tasks of education are the formation of students' civic responsibility and legal self-awareness, spirituality and culture, initiative, autonomy, tolerance, ability to successfully socialize in society and active adaptation in the labor market.

One of the main goals of school education is to create and maintain psychological conditions that ensure the full mental and personal development of each child. Consequently, the educational process becomes more focused on the personality of the student, his individual abilities, abilities and interests.

Analysis of literary sources on the research problem. Necessary theoretical preconditions for the favorable formation of moral and volitional qualities create psychological peculiarities of school age, as pointed out by NI Boldyrev, L. I. Bozhovich, T. V. Dragunova, A. G. Kovalev, I. S. Kon, A. I. Kochetov, V. A. Krutetskii, A. S. Makarenko, I. F. Swadkovsky, V. A. Sukhomlinsky and others emphasize the special susceptibility of students to the process of teaching leadership in moral and voluntary development, because at this age already accumulated sufficient experience of moral behavior, awakens the moral need for self-education.

The works of the great physiologists I. M. Sechenova, N. E. Vvedensky, I. P. Pavlova, A. A. Ukhtomsky and their students with sufficient completeness revealed the mechanism of influence of movements on complicated life processes in our organism, they pointed out the negative phenomena that are observed with prolonged forced rest. Peace and movement are two antipodes (opposites) that determine the state and nature of life processes in the body, affect the interactivity and features of the work of the heart, lungs, digestive tract, nervous and muscular systems, metabolism.

Educational work is a prerequisite for the development of a volitional person's sphere. The education of a sense of collectivism, a responsible attitude towards a common cause creates good preconditions for volitional manifestations. Many psychologists pointed out the value of the collective and collectivist sentiment in the education of liberty: A. V. Vedenov (1953, 1957), A. B. Zaporozhets

(1960), K. N. Kornilov (1957), V. A. Krutetskii (1957), etc. In many studies, for example, it has been established that a group (team) competitive motive stimulates manifestation of willpower more than an individual. The appeal of teachers, coaches, and comrades to the moral and ethical sense of man increases his courage and determination.

From the set of problems of moral education of students, considered in the research Yu. F. Builina, A. A. Derkach, A. A. Ter-Hovhannisyanyan, N. E. Shurkova and others, one can highlight some aspects of the education of moral and volitional qualities in the process of sports activities. This, above all, is the formation of students' ethical concepts, the formation of moral consciousness and moral maturity in behavior, the development of stable moral beliefs and ideals. In studies K. P. Zharova, A. C. Puni, M. Ya. Nabatnikova and others on

It is shown that the process of moral education is closely related to their physical development.

At the same time, the works devoted to the formation of students of moral-volitional qualities in sports are relatively few (S. A. Alekseev, N. M. Bogatyrev, Yu. I. Zotov, V. N. Kazantsev, Yu P. Maltsev, A. I. Mikheyev, V. P. Shevchenko, etc.) The experimental material reveals the connection between the moral qualities of the pupils and the level of their independence (N. M. Bogatyrev), the relation to moral knowledge (Yu I. Zotov), the content of moral ideals .

Presentation of the main research material. The process of moral and voluntary upbringing of a teenager includes the formation of universal human ideals, the education of civic maturity, social activity, high moral needs, interests and motives of activity. In sports, as in all other spheres of human activity, moral qualities are in the unity of mutually opposite positive and negative qualities: courage and fear, desirable and possible, stability and weakness of freedom, interest and necessity, endurance and inerrancy.

When choosing the moral and volitional qualities of an adolescent subject of study, it is necessary to pay attention, first of all, to the moral orientation, the moral basis of freedom. The presence of such will ensures the success of the active moral position of the individual, who has the ability to set socially important goals, to make informed, ethical decisions and implement them in spite of any difficulties.

The dialectic of moral regulation, determining the features of moral education, penetrates into any activity of the individual, meaning the special nature of its relations to the world and people, the formation of its moral and value motivation, moral convictions, and ultimately, the moral-volitional qualities that form the basis Self-regulation of personality. The feature of moral behavior, as is known, lies in the fact that it, being deterministic, at the same time is characterized by its "autonomy". Materialistic methodology of moral behavior of the individual, based mainly on self-control, is the most adequate expression of the peculiarities of morality as a socially-regulative system [19, p. 114].

Analyzing the structure of the psychological phenomenon - moral-volitional quality, one can identify a "practical" "behavioral" beginning, that is freedom, and the beginning of "theoretical", consisting of rational and emotional components. At the heart of the "theoretical attitude" lies the thoughts and feelings of a person; therefore, the content of moral and volitional quality is the unity of the "theoretical" and "practical" act, that is, the moral-volitional quality acts as a unity of "theoretical" and "practical" action.

Rational, emotional and behavioral components of the moral-will-quality personality are in the most effective from the behavioral point of view of unity in the form of motivation, which is called the installation. The social installation includes three interconnected components:

- Cognitive (cognitive) - certain ideas and thoughts about the object;
- Effective (emotional) - positive or negative feelings to the object;
- Powerful - readiness for a certain way of action on the object.

They are all components of the subjective side of the installation, in the role of which in this theory are moral-volitional qualities. Volitional qualities are the features of volitional regulation, which are manifested in specific specific conditions, due to the nature of the overcome difficulties.

One of the most effective ways of forming moral and volitional qualities is the use of physical education. This conclusion can be reached, as a result of problems observed among students:

- Weak physical development of students;
- Lack of interest in regular exercises;
- Lack of physical and psychological endurance among boys;
- Lack of a healthy lifestyle culture.

The urgency of the problem is due to the fact that some of the graduates of secondary schools find weakly formed such important personal qualities as initiative, endurance, autonomy, courage, persistence, discipline, collectivism. [6, p. 105]

The powerful health potential of physical culture and sports provides an opportunity for the formation of moral and volitional qualities of students and harmoniously developed personality.

Physical training and sports provide a general preventive effect on the human body, increase its level of health.

Physical training strengthens the nervous system, improves sensory organs, normalizes body weight. In other words, they contribute positively to all systems and organs of the human body. When we move intensively, all our muscles work. To increase the flow of blood to working muscles, the work of the heart is activated.

Systematic physical exercises successfully enable such tasks as health promotion, hardening of the body, comprehensive physical development, and especially the development of endurance, speed and strength, the formation of the right motor skills that are necessary for working life, for health. Various physical exercises not only improve the physical training of students, but also raise the emotional and volitional field.

As already mentioned, will is only a generalized concept, which hides many different psychological phenomena. This is a conscious management of their actions, and willful efforts, and its specific manifestations (volitional qualities). It is not necessary to develop an abstract will, and not even an abstract "will of will," but the concrete components of the will and concrete manifestations of "will power" (volitional qualities), with the specific methods for them. This misunderstanding leads, for example, to such rather strange recommendations: "awareness of the goal can be tempered by manifestations of" will power "(volitional quality), with specific methods for them. This misunderstanding, for example, leads to such rather strange recommendations: "awareness of the goal can temper the will" or "train the will, first of all overcoming their shortcomings (laziness, inaccuracy, bad habits, etc.)" [14, c . 120]

Volitional properties of the person are formed in the process of activity. Therefore, for the development of "will power" (volitional qualities), the most often proposed path, which is considered the most simple and logical: if the "will power" manifests itself in overcoming obstacles and difficulties, then the path of its development goes through the creation of situations that require such overcoming.

Thus, in educating a person and his moral and volitional training, first of all, it is necessary to take care of the formation of a holistic personality, which has well-developed motives that have a social orientation.

Formation of the moral component of the will helps to reveal volitional effort in any situation, regardless of its specificity. He not only stimulates the will of the will, but also determines the meaning of its manifestation.

Will has a self-regulating function, contributes to the implementation of leading ideas and moral principles. The connection of volitional qualities with moral is emphasized in the study of V. E. Turin, who considers levels of moral and volitional activity of students. A. V. Vedenov notes that "any upbringing of the will in itself, in isolation from moral education, always leads to the upbringing of selfish will, unnatural for a person." The author focuses on the formation of volitional qualities through moral relations in the team. In works N. I. Reshetny, O. A. Chernikova et al, emphasizes the need to study the problem of relationships in the team in the process of sports activities, as a core issue of education, which determines the moral development of the individual.

The study of the role of sports shows that they improve the goals and motives of self-education, the emergence of new needs, enrich feelings, develop the emotional sphere, the ability to adequately assess their actions. At the same time, volitional activity is a necessary component, goal, result, the main engine of the entire training process. Speaking as a condition and a means of self-education, the will, in turn, becomes hardened, directing the potential reserves of the individual to solve problems of self-education, to overcome the obstacles that arise. Only a certain level of the development of the will allows the individual to act as a necessary impetus before the beginning of the process of moral self-education.

One of the conditions for improving the formation of students' moral and volitional qualities in sports is the interaction of the subjects of activity that are part of the pedagogical system "student - teacher (trainer) - children's sports team".

A specific feature of this interaction is the creation of a teacher by the students of the installation for the development of purposefulness, initiative and sense of responsibility before the comrades, the team. Their presence determines the development and other moral-volitional properties of the individual, the content of moral-volitional orientation, moral-volitional maturity.

In sports, students who develop such moral qualities as responsibility for their actions and the behavior of their comrades, deep interest in overall success, the will of the will, the desire to achieve high results. Along with this, sports allow you to develop speed, agility, strength, dedication

Conclusions To accomplish these goals, the teacher-trainer needs to make a lot of efforts to develop the ability of young athletes to formulate vital goals, the ability to correlate them with the

moral values of society, to make informed ethical decisions, to exercise moral and volitional readiness to overcome difficulties.

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