

INFLUENCE OF SOCIO-PHILOSOPHICAL AND SPIRITUAL VALUES ON THE FORMATION OF SOCIAL ORIENTATION AND PHYSICAL HEALTH SPECIALISTS THE SPHERE OF PHYSICAL CULTURE AND SPORTS

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Annotation. *Purpose:* to study the relationship of social and philosophical values and level of social and individual substructures due to her physical health. Formation worldview and the highest level of general culture of students specialty "Physical Education". *Material:* participated in the study students of the Faculty of Physical Education and Sports, totaling 16 people, specializing in basketball. *Results:* shown in percentage desired relationship (high level "Socio-mediated substructure of personality" - a low percentage of injury). Installed directly proportional relationship of socio-philosophical and spiritual values, the level of social orientation of the individual and the level of general culture of the person who plays sports with her physical health and the presence or absence of injury during exercise. *Conclusions:* problem of the relationship of socio-philosophical and spiritual values of health, physical development and motor preparedness person becomes relevant the last decade. Search for the missing component - "Advantages of the Spirit", continue to increase in order to achieve higher objectives Sports - Formation of a harmoniously developed person.

Key words: sport mode, social, philosophical, values, physical education, sports, sports injury.

*«Not a man to be understood through the world,
but the world through man».
(Rubinstein S.L.)*

Introduction

Violation of the established requirements of the sport mode (sleep, nutrition, exercise scheduled), in modern youth sports is becoming the norm. Deviation from the norms of morality in behavior (deviation) in adolescents today, for trainers and educators and physical education teachers, is a major problem. As a consequence, boys above this category, getting into professional sports, due to lack of high-level internal organization, are seriously injured or disabled.

Last decade, cases of injury and injury, and sometimes fatalities in elite sport, and most worryingly, these trends also affected children and youth sports. About the problem of longevity in the sport career's time to talk seriously. What has often decisive role in the fate of a man who decided to devote his life career?

A.V. Yurevich (2007), right: all the theories in psychology, such as power in pedagogy and sport, have the right to life, but the scientific criteria adopted in the natural sciences, they are not applicable. This leaves us with hope that the psychological explanation of the "theory of evolution" is not only endless, but also fruitful [13].

In each state, the geographically isolated community of people have their own moral and ethical and social values cannot refuse, otherwise the person ceases to be a man. Socio-philosophical and spiritual values are those categories moral principles that help a person to be a man carrying spiritual creativity from generation to generation: - Love, respect for each other, the desire to help one's neighbor, even to its own detriment, sincerity, ethical and aesthetic start [4].

The undeniable fact is that the value system of society, human health and is one of the first places. No accident that the "concept of physical education in the educational system of Ukraine" problems of protection and promotion of health, identified as priority [2]. Health, physical development and motor fitness, is directly proportional to the public and sports orientation, general and mental health of individual identity and specialist in charge, because of their professional duties, for the formation of the above categories in the field of physical culture and sports.

Even if it is possible, using sport for educational purposes, to promote unity, cooperation, less aggressive and noble behavior, it is still only talking about the formation of peace, and not of peace. "Sport can play a significant role in the formation of identity, which leads to a subjective preference for peace. Not because he really is the "safety valve" to reduce aggressiveness and provides a utopian brotherhood, not related to the competition, but because it teaches you how you can participate in a confrontation with the observance of democratic rules of procedure and without any significant violence [15].

At the moment, true, questioned the effectiveness of existing methods of pedagogical influence on the upbringing of the younger generation of physical abilities (V.I. Lyakh, M.A. Godik, 1990, V.K. Balsevich, L.I. Lubysheva, 1995, V.P. Guba, 2000.), pointing to the need to find more effective methods of pedagogical influence in the formation of the positive socio-resistant due to the substructure of personality, full physical development and motor readiness youth [10].

To solve this problem it seems appropriate to use the psychological theory of activity. This concept explains how the process of identity formation, as instinctive standard of living biological beings replaced control his behavior, which belongs only to the person who has attained the highest development. At the root of this theory were L.S.

Vygotsky, his disciples and followers S.L. Rubinstein, A.N. Leontiev, P.Y. Halperin. Its first applied V.A. Demin and V.V. Davydov as a tool for analyzing the scope of the sport.

Development theory, which stood at the origins of S.L. Rubinstein also help shed some light in the solution of the problem raised by understanding the relationship between domestic and external. Known papers on the theory of development: A.N. Leontiev (1983), A.S. Arsenyev (1993), V.E. Chudnovsky (1993), N.N. Veresov (2005). Rubinstein S.L. should read: "internally through the external."

The special problem of sports activities are: psychic self-regulation, control your status in prelaunch period, during and after the competition out of the competitive situation. These issues, as well as with respect to their athletes victories and defeats, greater emphasis on the latest research in sport, not only in Ukraine, but also in Europe.

In the 60 – 70-s. XX century (Roudic, P.A., Puni, A.C.) basic studies were initially focused on the study of individual differences in athletes, ability and capacity to act in stressful conditions of competition, to improve the effectiveness of athletic training.

In a separate line of distinguished social psychological research, whose main task is not only to promote the achievement of high sports athletes results, but also in the comprehensive development of the individual athlete to increase his overall mental and culture [7].

One of the new paradigms, including the integration of human, psychophysiological backup capabilities, values, moral and spiritual potential, the level of human health, living in specific economic, ecological and environmental and climatic conditions, is the concept of V.I. Medvedev et (1995).

One of the urgent problems of pedagogy at the present stage is to develop ways to improve the professional skills of teachers, due to the laws of social development and high social importance of the problem of increasing the quality of the professional of, based on humanistic ideals and principles [14].

Any sports injuries can be prevented, in particular, sports training in modeling competitive episodes. This led to the implementation of numerous studies traumatic situations in sport (Singer, R. 2000).

Remains unsolved problem of the relationship of socio-philosophical and spiritual values of health, physical development and motor-trained person. Avalanche increase in sports injuries, the past decades, weigh heavily on the conscience of trainers and educators. Severe diseases overtake man after his sports career. Determining the causes, consequences of intractable explanation is in the competence of science: philosophy, psychology and pedagogy.

The work is done according to plan research Tauride National University. VI Vernadsky.

Purpose, tasks of the work, material and methods

The aim of justification is the relationship of socio-philosophical and spiritual values and the level of socio-mediated substructures personality physical health rights. Formation of worldview and the highest level of general culture of students of "Physical Education" future professionals in the field of physical culture and sports.

Materials and Methods. Subjects are students Tauride National University, V.I. Vernadsky, Faculty of Physical Education and Sports, the direction of training and specialty 7.01020101 "Physical Education", future specialists in the field of physical culture and sports. For solutions, tasks, following methods were used: analysis of scientific publications and the robot; pedagogical supervision; questionnaires, individual conversation, summarizing the data.

Results of the research

Material for scientific publication was preparing in the period from September 2013 to December 2013. The above research phase was marked by preparations for the next championship Faculty of Physical Education and Sports, Tauride National University, V.I. Vernadsky's basketball, which was held in mid-November. Previously, before the start of the championship in basketball, the students I-IV courses, Faculty of Physical Education and Sports, specialty 7.01020101 "Physical Education", totaling nineteen people were interviewed and tested according to the procedures: - psychological testing in sport (Map personality K.K. Platonov, Spielberger trait anxiety scale) [3,6], - Luscher color test, - experimental technique for determining the collectivist (the desire to protect the interests of the collective) and individualistic (the desire for personal success) motivation developed by sports psychologist from Kaunas Y.Y. Palayma (1973), was used to control the data obtained in the study of social, sports orientation as a system of stable dominant motives.

The second phase of the study - treatment of the resulting material by mathematical statistics and summarizing the data.

During the subject, individual interviews with students on the adjustment of personal moral systems used to benchmark existing social values and socio-philosophical value systems. During the championship, Faculty of Physical Education and Sport in basketball, the students who participated in the study and were in the championship as a part of their team, all carefully recorded cases which yielded small sports injuries and actions that could result in the past (injury).

The results obtained during this study, included in Table 1.

Table 1

Relationship state of mind and level of socio-mediated substructures, study participants with his injuries at competitions

Number p / p	index	High and medium level		low level	
		% before the event	% injured	% before the event	% injured
1	«Substructure due to socio- personality»	25%	12,5%	75%	87,5%
2	«The level of claims»	87,5%	93,8%	12,5%	6,2%
3	«Anxiety»	82%		18%	

Interpretation of the results of research, requires some explanation: - category teens who play sports, always different from their peers (keen sense of justice, outstripping growth of physiological development, educational neglect, bordering on high internal organization) - ambitious young athletes, with a pronounced non-conformism - the desire to adhere to and uphold the installation, opinions, findings perception, behavior and so on, directly contradicting those that prevail in the society. Work with the above designated categories of adolescents to build virtues of the spirit, is not easy. And we all have a desire to educate them of highly qualified specialists in the sphere of physical culture and sports.

Generalization of the tabular material allows us to note the desired relationship: - index 1 - "Socio-mediated substructure personality" shows directly proportional relationship collectivist motivation (the desire to protect the interests of the collective) and give sports injuries (12.5% of total injuries) and individualistic motivation (the desire for personal success) (87.5% of the injuries and situations bordering his injuries); - index 2 - "The level of claims" and - index 3 - "Anxiety" is as eloquent testimony to the relationship of social and philosophical, spiritual values and level of social and individual substructures due to the physical health of the person (High "level of claims" and the high level of "Anxiety" - a high percentage of injury).

Conclusions.

1) Problem of the relationship of socio-philosophical and spiritual values of health, physical development and motor preparedness person becomes relevant the last decade. Specialists practicing in the field of sports, seeking explanation avalanche increase in sports injuries. Search for the missing component - "Advantages of the Spirit", continue to increase in order to achieve higher objectives Sports - Formation of a harmoniously developed person.

2) As a result of this study were obtained more than expected results: - The presence of high moral motivation (the desire to protect the interests of the collective), minimized obtaining sports injuries (12.5% of total injuries) and low moral motivation (the desire for personal success) and high "level of aspiration", led to a large number (87.5%) injuries and situations bordering injuries. The results obtained in the study data provide a basis to declare an association of socio-philosophical and spiritual values, social orientation of the individual level and the level of general culture of students, faculty of physical culture and sports, training areas and specialty 6.010201 7.01020101 "Physical Education", physical health and the presence of or lack of injuries during sports.

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