

DOI 10.31392/NPU-nc.series15.2023.1(159).02

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STUDY OF MOTIVATION FOR PHYSICAL EDUCATION CLASSES UNDER MARTIAL LAW

It is known that students are representatives of the main labor reserve of our country, they will become parents, and their health and well-being are a guarantee of the health and well-being of the entire nation. Since physical education classes have the most effective effect on improving the psycho-emotional state, health, and physical fitness, we analyzed the motivational aspects and attitude of higher education students to physical education classes. It was revealed that the level of motivation among students of higher education institutions has significantly decreased since the beginning of the war. One of the main reasons is depressed mood, reluctance to study, due to the events that are happening in our crane. Therefore, updated approaches to conducting physical education classes, taking into account the realities of today, will have an impact on the positive solution of the specified problem.

Motivation for physical activity is a special state of the individual, which aims to achieve the optimal level of physical fitness and work capacity. The process of forming an interest in physical education and sports is not an instant, but a multi-component process: from the first elementary hygienic knowledge and skills to deep psychophysiological knowledge of the theory and methods of physical education and intensive sports. A very important component is the stimulation and encouragement of sports not only during the educational process, but also during recreation. Specific pathogenetic factors are risk factors related to the organization of their educational activities: the intensification of the educational process and its existing organization, based on the predominance of static loads, which contribute to the artificial reduction of the amount of motor activity of students.

Key words: *physical culture, motor activity, physical education, motivation, martial law.*

Бойко Г., Козлова Т., Шарафутдинова С. Дослідження мотивації до занять з фізичного виховання в умовах воєнного стану. *Відомо, що студенти є представниками основного трудового резерву нашої країни, вони стануть батьками, і їх здоров'я і благополуччя є запорукою здоров'я і благополуччя всієї нації. Оскільки заняття з фізичного виховання найбільш ефективно впливають на покращення психоемоційного стану, здоров'я, фізичної підготовленості, нами було проаналізовано мотиваційні аспекти та ставлення здобувачів вищої освіти до занять з фізичного виховання. Виявлено, що рівень мотивації у студентів закладів вищої освіти значно знизився з початку війни. Однією з основних причин є пригнічений настрій, небажання вчитися, через події, які відбуваються в нашій країні. Тому оновлені підходи до проведення занять з фізичного виховання з урахуванням, реалій сьогодення матиме вплив на позитивне вирішення означеної проблеми.*

Ключові слова: *фізична культура, рухова активність, фізичне виховання, мотивація, воєнний стан.*

Formulation of the problem. *Current students are representatives of the main labor reserve of our country, they will become parents, and their health and well-being are a guarantee of the health and well-being of the entire nation. However, we are increasingly faced with the problem of insufficient physical activity, reluctance to attend physical education classes, complete apathy towards physical activity. In this regard, a huge role is played by the study of the motives, interests and needs of modern youth to encourage and stimulate them to engage in physical exercises. Motivation for physical activity is a special state of the individual, which aims to achieve the optimal level of physical fitness and work capacity. The process of forming an interest in physical education and sports is not an instant, but a multi-component process: from the first elementary hygienic knowledge and skills to deep psychophysiological knowledge of the theory and methods of physical education and intensive sports. A very important component is the stimulation and encouragement of sports not only during the educational process, but also during recreation.*

To achieve this goal, new, interesting forms and methods of working with students should be used, involve them in active physical education and sports, motivate them to achieve new goals, take into account personal preferences and current events. The motivation of students to engage in physical culture and sports involves the presence of factors and processes capable of motivating conscious action in relation to physical activity, it is important to clarify the reasons that determine the adoption of a positive or negative decision by students regarding an active position during physical activity classes and sports.

And therefore, let's not forget about the unfavorable trends in the socio-economic development of society, which are caused by the change in health standards, the change in life values, in connection with which the problem of increasing the motor activity of student youth and the development of a motivational base with mandatory mutual teacher-student contact.

Analysis of literary sources. The health and physical fitness of students are the most important components of the health and physical potential of the entire society. All this potential is laid during the school years. Currently, the physical education of students is practically relegated to the last plan, and it is not surprising that the level of physical fitness of children and young people is assessed as extremely unsatisfactory.

The low level of physical fitness of students worsens their adaptation to the regime of future work, especially to the conditions of military service. Many facts cause acute concern for the health of the younger generation. Chronic lack of children's motor activity inhibits their normal physical development and threatens their health. According to the Ministry of Health, 15% of young people are prone to chronic diseases; 35% of students have health problems.

In connection with this, the main ways of reorganizing the physical education of schoolchildren in the following directions were determined; elimination of deficiencies in physical culture; formation of students with the appropriate amount of modern knowledge about a healthy lifestyle; about the role and place in it of various means and forms of physical culture organization; instilling appropriate motivations; training in the minimally necessary methodical techniques for their independent implementation and only on this basis conducting properly organized practical classes.

It is natural that the programs and plans for physical education of schoolchildren, which are currently in force, are based on old views on the subject of "physical culture", do not meet modern requirements and need a radical restructuring. Effective and rational grounds for this restructuring can only be specially organized scientific research.

Presentation of the main research material. The transition of educational institutions to dance training caused certain inconveniences, namely: lack of quality educational environment, social distancing, deterioration of social living conditions, depression of morale. In this connection, the physical activity of student youth critically decreased, which has negative consequences for their mental and physical health. Research by foreign scientists show that, despite inhuman conditions, young people have enormous potential vitality, which allows it to be contrary to full-fledged individuals received psychological injuries [1].

Available scientific research show that under conditions of stress precisely adequate physical activity can prevent or delay the onset of many diseases, as well as provide therapeutic assistance to people with chronic diseases who are receiving treatment. Physical activity significantly improves well-being, increases satisfaction with life, allows improve sleep and cope with stress [2]. Residents under martial law of Ukraine have limited opportunities in spending leisure time, planning one's own life and are dependent on the current situations in the country [3].

Analysis of these works shows that a significant amount of research is being conducted in the field of preserving and strengthening physical (somatic) health.

Quite a lot of works are devoted to the development of methods of diagnosis and monitoring of somatic and psychophysical health of students (schoolchildren and students) [5].

Appreciating the importance of research devoted to the problem of preserving the health of the younger generation, we at the same time emphasize that it requires further research in various directions. In particular, there is an acute problem of forming the readiness (needs, abilities and determination) of children and adolescents to consciously follow a healthy lifestyle. The possibility of physical education in forming a culture of attitude to one's health, and to health as physical, but also mental and moral-spiritual, has not been definitively revealed.

Thus, the independent work of schoolchildren should take place without coercion, so that children like to engage in physical education, they can find activities for themselves without the help and under the supervision of adults. They were able to independently learn motor actions and do physical exercises, that is, the child's internal motivation and value attitude to physical education were fundamentally changed. Needs for independent performance of physical and recreational and sports recreational exercises aimed at increasing motor activity, adaptation of the body of children of primary school age to physical exercises, and value attitude to health culture were developed.

This significantly increases the requirements for the level of professionalism of the individual and requires the expansion and renewal of the educational range in terms of the professional training of specialists in physical culture and sports. Social practice requires specialists in the field physical culture and sports, solving a wide range of social, psychological, physiological, physical and other tasks that cannot be accomplished without proper physical training. After conducting an analysis of theoretical educational research, we found a number of methods, tools, pedagogical conditions and forms for physical education of students in combination with online education [1].

By preventing the development of negative changes in the body a large number of scientific works of domestic and foreign scientists [4] are devoted to distance learning. But in these studies, dis-training is considered only during the period of quarantine restrictions during the pandemic. In the works of foreign authors, innovations are proposed in relation to the content of studies for students of higher education [3]. Some scientists studied the ability of a young person to adapt to systematic changes in the environment, the influence of adverse environmental factors (climatic, geographical, industrial, household, technogenic, etc.) as one of the components of a healthy lifestyle [1].

Considering the fact that one of the main principles of the physical education system is the principle of prioritizing the needs, motives and interests of the individual, nowadays, in the conditions of martial law in Ukraine, people are experiencing certain difficulties and negative emotions. In this regard, it is more difficult for them to find motivation for an activity that was previously considered important and necessary, namely motor activity.

Studying students' motivation for physical activity in the conditions of martial law in Ukraine, we clearly understand that the issue of the formation of professional motives is a private aspect of the general problem - the motivation of human behavior. Students will understand that today's formation of professional competent specialists in the field of physical education and sports is an important component of his competitiveness in the labor market. Social experience and the economy are changing, which contributes to the emergence of new specialties, in connection with which the level of requirements for specialists in the field of

physical culture and sports is increasing. Therefore, regardless of the difficulties caused by the introduction of martial law in the country, they try to maintain physical fitness by engaging in motor activity independently for one's own professional development.

Based on the results of the empirical study, we identified students' motives for independent physical activity training and reasons that do not contribute to the formation of motivation for independent physical activity training in the conditions of martial law. Their desire to engage in physical activity is mainly related to the need to preserve and strengthen health, physical self-improvement, and the need to become a competent specialist in the field of physical culture and sports.

The reasons that do not contribute to the formation of motivation for independent motor activity classes and limit the opportunities for such classes, the respondents see in distance learning, additional work, the lack of physical strength due to constant emotional overload, that is, they directly related to the psychological state of the individual, social aspects and socio-economic conditions of life.

Conclusions. For future specialists in the field of physical culture and sports, the motivational factor is of great importance. Set of motives for doing sports distinguishes general and specific ones. The former include the desire to engage in any type of sport or physical exercise, the latter include the desire to engage in only the favorite sport.

Motives can be directed to the process of activity (need in motor activity, obtaining impressions from sports activities) and on the result (striving for self-fulfillment, self-affirmation, self-expression). In our research, we rather considered the motivation for physical activity as a desire for self-improvement and self-affirmation of young men and women in the conditions of martial law. The question about the nature of personal motives is one of the main ones.

Their basis is the needs of the individual. Based on them, we discovered that students' desire to engage in physical activity under martial law conditions is mainly related to the need to preserve and strengthen health, the need for physical self-improvement, and the need for professional development a competent specialist in the field of physical culture and sports. On the other hand, respondents who had no desire to engage in physical activity felt danger, stress and negative emotions.

Crisis psychologists emphasize that the stress caused by the war will be in people's subconscious for a very long time, therefore, if possible, it is necessary to engage in motor activity, which is a powerful force that can prevent many diseases, provide certain therapeutic assistance, improve well-being, increase life satisfaction and cope with stress.

Researchers have identified several protective mechanisms, the most important of which are effective coping strategies, a positive belief system, healthy family relationships, friendships, and physical activity.

The results of the research show that independent motor activity activities under martial law are an important and necessary reserve for improving the professional education of students, which reduce the risk of reduced motor activity and increase nervous and mental resistance to emotional stress.

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