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Soga S.,  
senior lecturer at the Department of Health and Sports Technologies  
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute  
Mikhailenko V.,  
senior lecturer at the Department of Health and Sports Technologies  
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute  
Dobrovolsky V.,  
senior lecturer at the Department of Health and Sports Technologies  
National Technical University of Ukraine Igor Sikorsky Kyiv Polytechnic Institute

## THE INFLUENCE OF PHYSICAL EDUCATION ON THE PSYCHO-PHYSICAL STATE OF STUDENTS

The article reveals the impact of physical education on the psychophysical state of student youth. The importance and effectiveness of physical culture and health measures for physical development, education of moral and willpower qualities of students is revealed. The article shows that the correct application of the content, forms and methods of the presented research has a positive effect on the psychophysical condition of those who are involved. It has been established that during physical education classes, student youth develop a conscious attitude to their own health and the health of others; to overcome difficulties and not stop there; to show benevolence, perseverance, purposefulness and other qualities.

Thus, in our work, we tried to resolve the contradiction between the aggravation of the problem of dehumanization of the individual in modern conditions, the deterioration of the moral and volitional qualities of young people, on the one hand, and the insufficient development of its solution in terms of properly ensuring the development of the moral and volitional sphere of students of higher education institutions with another.

In recent years, scientists have intensified their attention to the study of the formation of moral qualities in students of higher education institutions in the process of physical education. However, the problem of raising strong-willed qualities in combination with moral qualities, improving the health of the younger generation remains unresolved. Therefore, the formation of moral and volitional qualities, increasing the effectiveness of physical education, improving motor activity are now recognized as the most urgent problems of consent.

**Keywords:** physical education, psychophysical condition, physical exercises, students, institutions of higher education.

**Сога С., Михайленко В., Добровольський В. Вплив фізичного виховання на психофізичний стан студентів.** В статті розкрито вплив фізичного виховання на психофізичний стан студентської молоді. Розкрито значення й ефективність фізкультурно-оздоровчих заходів на фізичний розвиток, виховання моральних та волевих якостей студентів. У статті показано, що правильне застосування змісту, форм і методів представленого дослідження позитивно впливає на психофізичний стан тих, хто займається. Встановлено, що під час занять з фізичного виховання в студентській молоді формується свідоме ставлення до власного здоров'я та здоров'я інших; долати труднощі й не зупинятися на досягнутому; проявляти доброзичливість, наполегливість, цілеспрямованість та інші якості.

**Ключові слова:** фізичне виховання, психофізичний стан, фізичні вправи, студенти, заклади вищої освіти.

**Formulation of the problem.** The reforms carried out in our country also affected the system of training specialists for various spheres of life in modern society. Thus, changes in socio-economic conditions cause fear of the future in most people, generate negative mental states and reduce a person's adaptive capabilities. According to scientists [1], [3], [8], [9], modern people increasingly have to live at the limit of their capabilities, in rapidly changing conditions, in conditions of changing life stereotypes, "information boom". The unstable socio-cultural and economic situation in the country amplifies this trend and, according to experts, leads to the fact that about 65% of the population is in a state of prolonged psycho-emotional and social stress, which exhausts the body's adaptive mechanisms that support their health [2].

The development of new economic mechanisms imposes stricter requirements on each person regarding the level of education and the ability to "fit" into the environment, the ability to communicate with others, the ability to interact with them, that is, to what we call socialization. All this affects the level of development of the moral and volitional sphere of the younger generation, leads to a change in their value orientations. The old means and methods of education do not give the proper effect in new conditions, there is an erosion of moral principles in society, which leads to the emergence of a real danger of dehumanization of the individual.

In recent years, scientists have intensified their attention to the study of the formation of moral qualities in students of higher education institutions in the process of physical education. However, the problem of raising strong-willed qualities in combination with moral qualities, improving the health of the younger generation remains unresolved. Therefore, the formation of moral and volitional qualities, increasing the effectiveness of physical education, improving motor activity are now recognized as the most urgent problems of consent.

**Analysis of recent research and publications.** In recent years, a number of studies have been carried out, devoted to certain aspects of solving the specified problem by means of physical education. This is, first of all, the study of the basics of

physical education (V. Arefiev, Zh. Dyomina, O. Tymoshenko, M. Tymchyk and others), the formation of moral qualities of the individual (I. Bekh, M. Zubalii, I. Shkilna), the formation of willpower in schoolchildren qualities by means of physical education (I. Dudnyk, N. Kasich), etc. The analysis of the psychological and pedagogical literature confirms that some experience has been accumulated in physical education, but the problem of forming moral and volitional qualities among student youth in the process of physical education in modern conditions requires further research.

**Presentation of the main research material.** One of the main periods of personality development is the time students study in institutions of higher education. It is here that many professionally important personal qualities, both physical and mental, are laid. The latter include, among other things, the qualities that characterize a person's moral normativity, indicators of his volitional manifestations.

Thus, in our work, we tried to resolve the contradiction between the aggravation of the problem of dehumanization of the individual in modern conditions, the deterioration of the moral and volitional qualities of young people, on the one hand, and the insufficient development of its solution in terms of properly ensuring the development of the moral and volitional sphere of students of higher education institutions with another.

The expediency of the study of the problem of the formation of strong-willed qualities of student youth in the process of physical education is determined by the orientation of pedagogical theory and practice to the development of modern methods, etc. Also, there is a significant amount of research on the problem of will and it was conducted in different directions. Peculiarities of manifestation and development of students' will during the learning process were investigated. There are areas of research on the peculiarities of the formation of willpower in the process of engaging in various types of sports activities. According to many scientists, the most favorable type of activity in a secondary school is the process of physical education, etc., for the formation of students' readiness for volitional efforts [2; 5].

According to scientists, educational communicative activity plays an important role in the education of moral qualities. Within such communication, on the basis of practical mutual understanding and jointly accepted basic values, it becomes possible to freely discuss the goals and means of human activity, as well as the norms regulating its implementation [6, p. 300–301].

With regard to the education of willpower, in physical education classes it takes place in the process of targeted performance of physical exercises, which is associated with the application of physical and willpower efforts. In fact, performing any physical exercise, a person overcomes certain obstacles expressed in the categories of the external structure of movements - spatial, temporal, dynamic (power) and requires the manifestation of not only physical, but also volitional tensions. In this regard, specially selected sets of exercises for the development of physical qualities, successive increases in load in terms of volume and intensity make up a system of obstacles that gradually become more difficult.

Properly planned physical preparation of students should include not only physical exertion, but also elements of willpower aimed at performing more complex and time-consuming tasks. Obstacles in this case are not only the physical exercises themselves of varying complexity, but also the quantitative selection of exercises, their dosage, intensity and pedagogical conditions for their performance [2; 3; 5].

In the process of physical training, according to scientists, such difficulties can be considered objective, which are associated with the performance of physical exercises for maximum strength, speed, accuracy of coordination of movements, long-term performance of exercises against the background of increasing fatigue or under unfavorable external conditions, and also during the occurrence of sudden or unexpected obstacles and difficulties.

The willpower of students when overcoming difficulties is manifested directly in the process of physical training, which ensures the formation of the ability to willful regulation. For this, it is necessary that the lessons contain elements of difficulty in accordance with the level of individual preparation of the students. It should be noted that when overcoming obstacles, students often have difficulties of a mixed nature, that is, objective difficulties associated with the complexity of physical exercises are deepened by psychological doubts, excessive excitement, and feelings of fear. At the same time, overcoming obstacles that cause difficulties of different content and degree is carried out with the help of a specific mechanism of the will, the so-called volitional tension. When training students' will in the process of physical exercises, various difficulties should be created, to overcome which it is necessary to show different types of willpower. It is the readiness to show volitional efforts that characterizes the level of formation of volitional qualities. Moreover, volitional qualities are not only manifested, but also formed due to volitional tensions [3].

A. Artyushenko includes the following pedagogical conditions that contribute to the formation of the willpower of student youth in the process of the predominant development of speed and speed-strength abilities: "choice of adequate training tools and methods of physical training, gradual increase in the amount of physical load, gradual increase in the intensity of exercise performance, performing exercises to achieve the maximum result, using a differentiated approach in the process of evaluating students' performance." The author [2] proposes to form readiness for the manifestation of volitional stress in the process of performing physical exercises aimed at the predominant development of endurance using the following pedagogical conditions: "gradual increase in physical load (increasing the length of the distance in endurance running, increasing the duration of performing endurance exercises in aerobic mode; performing exercises in difficult conditions (running downhill, on sand, with weight on the belt, on the legs); performing control exercises for endurance, participating in competitions; mastering self-control techniques (pulse measurement), self-mobilization" [2]. The need to study the problem of the influence of physical education tools on the formation of moral and willpower qualities of students of higher education institutions is due to: a decrease in interest in organizing and holding mass sports events in connection with the action of stronger factors (television, computer games, gadgets). according to scientists, the role of the self-education process in the formation of moral and volitional characters these individuals are not sufficiently studied in modern conditions, so we consider this problem. Physical exercises can be attributed to human needs determined by nature itself (this is the need to train muscles and internal organs, the need to receive new

information) [10].

According to M. Tymchyk, "the effectiveness of the formation of strong-willed qualities depends on the correct organization and holding of competitions for prizes of famous Ukrainian athletes, where students were involved in independent physical and mass work." Also, during the competition, motivation was stimulated, their activity, initiative, and ingenuity increased. In order to ensure the effectiveness of individual and collective actions, the students complied with the relevant socio-normative requirements. They consisted in ensuring that the content of sports competitions corresponded to the tasks; that during sports competitions, psychological, physiological, age and gender characteristics are taken into account, moral norms of behavior are observed, etc. [7].

As I. Dudnyk notes, "the formation of students' readiness for volitional stress in the process of physical education was ensured by the introduction of structural components of students' readiness for volitional stress (cognitive, emotional-value, activity)". According to the specified components, the indicators of students' preparedness for volitional efforts are determined: the totality of knowledge according to the physical education program, understanding of the importance of physical improvement, awareness of the essence and role of willpower during physical exercises; interest in physical improvement, the desire to cultivate such strong-willed qualities as patience, organization, discipline, satisfaction with personal achievements in physical education classes, manifestation of activity [5].

**Conclusions.** Thus, we carried out a theoretical analysis of the features of the impact of physical education on the formation of moral and volitional qualities of students of higher education institutions and found that the will can develop only in the course of complex, future-oriented activities by overcoming obstacles and difficulties [8]. The main means of forming willpower in students in the process of physical education are physical exercises. Physical exercises and movement tasks are unique obstacles that create objective and subjective difficulties. Physical exercises, which are gradually mastered by students in the process of learning and because of this, cease to be difficult, lose their importance for the process of forming volitional activity, so they must be constantly made more difficult.

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