



ISSN: 0975-766X
CODEN: IJPTFI
Research Article

Available Online through
www.ijptonline.com

THE MORAL AND VOLITIONAL EDUCATION OF YOUNG ATHLETES IN ADDITIONAL EDUCATION

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Received on 15-10-2016

Accepted on 18-11-2016

Abstract

The article explains the additional education potential of sports and athletic orientation in the context of moral and volitional education of teenagers by martial arts - Kudo. On the basis of theoretical analysis and experimental work the authors determined the system of pedagogical conditions conducive to the moral and volitional upbringing of young athletes. It is described the developed and implemented technology of moral and volitional education of teenagers in Kudo section, analyzed the positive dynamics of the moral and volitional educatedness on the results of the experiment.

Keywords: education, morality, mental determination, moral and volitional upbringing, Kudo section, martial arts, additional education.

1. Introduction.

At present time, at the state level the questions are increasingly discussed of need a quality educational function returning to education, enshrined in the "National Action Strategy for Children for 2012 - 2017 years" (Presidential Decree №761 "On the National Action Strategy for Children for 2012 – 2017", 2012), the state program of the Russian Federation "Development of Education" for 2013 - 2020 years (Russian Federation Government Resolution №295 "On approval of the Russian State Program" Development of Education "for 2013 - 2020", 2014), "Strategy for the development of education in the Russian Federation for the period till 2025" (Decree of the RF Government №996-p "On approval of the Education Development Strategy of the Russian Federation for the period till 2025", 2015) and others. The system of additional education, possessing a high degree of flexibility and mobility to respond

to the educational needs of society, in this case it is no exception. According to the Federal Law "On Education in the Russian Federation» it has special role in the formation and development of creative abilities of children and adults, to meet their individual needs in intellectual, moral and physical improvement, forming a culture of healthy and safe lifestyle, health promotion, as well as organization of their free time (Federal Law of the Russian Federation №273 "On Education in the Russian Federation", 2012). In our opinion (In this regard,) from this perspective great educational opportunities are, the organization of additional education, including those relating to the field of physical culture and sport, allowing a combination of tradition and modern experience, achievements of science and practice combine to strengthen the process of education, training and development, in view of free choice of the individual.

At the same time, numerous studies L.G. Avdonina, M.Y. Vilna, I.L. Gulev, I.E. Zhurkina, V.N. Kazantsev, P.F. Lesgaft, L.V. Loginova, A.TS. Puni, L.I. Ruvinskaya, O.I. Stroganov, Y.V. Shevchuk confirm the fact that the activity of organizations of additional education in the field of physical culture and sports has great educational potential, which plays an important role in the formation of moral and volitional qualities of the system.

2. Methodology.

For scientific and experimental studies of educational moral and volitional capacities of organizations of additional education of physical culture and sports orientation, based on the ideas of systemic, cultural, personal and activity approaches to the social situation of the individual , a scientific-theoretical and experimental study of the implementation of the analysis of information sources, scientific literature, as well as the generalization of experience, surveys, interviews, observation of the long-term training for students and sports activities, expert evaluation, organizing and conducting of pedagogical experiment was held .

Analysis of the popularity of different sports among school adolescents Belgorod region on the basis of the pilot study (sample size – 1321 student) allowed us to determine the priority position of martial arts (74%), general and discipline Kudo (7%), in particular. The research conducted on the basis of the Belgorod regional department of the Russian Federation Kudo (Director – Sen V.D) (sample size -143 kudo-athletes, 52 parents, 35 coaches, 6 experts) allowed to identify a number of circumstances contributing to the efficiency of formation of moral and volitional qualities of young athletes. For example : the extreme competition in mixed mode full contact rules, that requires participants to a maximum manifestation of endurance and stamina, save kudo traditions of martial arts of the East, that promotes education of moral qualities of the individual athletes. At the same time a detailed study of the scientific pedagogy achievements, psychology, sports, martial arts in the education of faith and morals of the person

revealed their organic connection (Brown, Johnson, 2000; Eroshenkov, Eroshenkova, 2015; Lakes, Hoyt, 2004; Vertonghen et al., 2010) and to the concept of moral and volitional upbringing of teenagers by means of martial arts as a purposeful process of formation of moral-volitional qualities and the adolescents experience on the basis of coping with sports activities, exploring the traditions of martial arts, teenager communication in uneven sports team, the positive impact of the individual trainer (Isaev, Sen, 2009). The study has shown that the moral and volitional qualities of young athletes appear in the system of primary (sense of duty, responsibility, commitment, perseverance, tenacity, courage, determination, endurance, self-control, and others.) and secondary qualities (self-reliance, initiative, discipline, organization, principles, selflessness, courage, heroism, and others.). Experience formation of moral-volitional behavior kudo-athletes occurs directly in the sports activity (in training, competitions, social activities and cultural and creative team sports) and outside.

In the course of study to clarify obtained theoretical propositions and conclusions, monitoring the level of formation of moral-volitional qualities and experiences of teenagers, visiting section Kudo at various times, determining factors and educational environment conducive to the efficiency of moral and volitional formation kudo-athletes in the educational process in the course of sports training activities - ascertaining experiment was carried out on the basis of ascertaining the Belgorod regional federation Kudo: the sports club "Patriot" secondary school №7 of Belgorod; in the children's association "Vityaz" Center of additional education for children of Belgorod; in sports clubs "Bars" and "Lotus" Shebekino Belgorod region. Implementation of ascertaining experiment revealed a number of existing problems in the organization of the process of education of the mental determination and morality of young kudo-athletes including its spontaneous, haphazard, the lack of a clear understanding of adolescents and some coaches of moral-volitional benchmark of an athlete, the methods and forms of educational interaction, etc.

Thus, the theoretical analysis of the information sources in the field of moral and volitional upbringing of the individual kudo, results of ascertaining experiment, study the experience of moral and volitional upbringing adolescents upbringing in the system of general and further education, analysis of pedagogical activity of trainers Kudo Belgorod regional Federation Kudo, data from a survey of experts revealed a *complex of educational environment* ,conducive to the moral and volitional upbringing of young kudo-athletes, and resulted in the need for a formative experiment. For these conditions we include: the formation of representations of the standard of moral and volitional behavior-combatant; teenagers organization activity aimed at the formation of experience of moral-volitional behavior; providing pedagogical interaction trainer with the family and the school to create a holistic

educational environment; diagnosis and taking into account individual features of moral-volitional adolescents;

creating educational situations that stimulate the formation of moral and volitional qualities (Sen, 2010).

Organization of formative experiment required the development and implementation of technology-of moral and volitional education of young sportsmen of Kudo section in the conditions of an additional education, including value-orientation phase, stage of development and harmonization, as well as the stage of improvement and generalization of moral and volitional qualities, it was attended by 98 young people from 4 training groups of Belgorod regional Kudo Federation, of which 2 were control group, and two - experimental.

The first – is the *value-orientation* stage technology developed, it is designed for its implementation within six months. During this period, the sports team is the formation of values and meaningful environment: students get acquainted with the history of Kudo, exploring the traditions of martial arts, basic kudo technique, learn specialized terminology kudo, get acquainted with the etiquette of martial arts, studying school athlete behavior rules kudo, learns to plan her sport mode. Much attention at this stage the technology is paid to the formation of adolescent perceptions of the standard of moral and volitional behavior- combat athlete, about single combat activities in terms of the physical self, moral and volitional qualities, character education, humane and respectful attitude towards people; the formation of a sports team, sports team members unite around common goals and values.

The second – *is the stage of development and harmonization of moral and volitional qualities* - usually lasts about one and a half years. Its content is associated with the development of moral and volitional qualities of young athletes, fixing them in personality traits in a training period, where athletes have learned the basics of basic techniques, go to the combat practice, overcoming physical exertion, the pain of the blows, painful and suffocating receptions, falls, etc., trying to observe the sport mode, participating in competitions and technological assessment.

With a view to solve the problems of moral and volitional upbringing of teenagers in training the situations are bringing up (for example, the situation of the fight unequal rivals-giveaway battle, and others.), requiring not only technical skill athlete, but also a complex of his moral and volitional qualities: courage, determination, self-control, respect for the opponent, endurance, generosity. During this period, a special influence on the effectiveness of the moral and volitional upbringing has a personality coach, sensei. By his example, involving discussion system morality themes, ethics, good and evil, justice, dignity, honor teacher reveals the essence of the moral and volitional qualities of kudo-athletes ,it promotes the formation of their strong character, strong will and gaining a new sense of their employment kudo - self-moral-volitional qualities. Third *is the stage of improvement and generalization of*

moral and volitional qualities – is realized during the third and fourth years of study, when athletes move from the training during the sporting, moral and volitional perfection. At this stage the technology the senior students (Sempai) help sensei in organizing and conducting training in moral and volitional upbringing of the junior students, spreading the ethics kudo, transferring the experience of moral-volitional behavior in different circumstances sports activities. It is worth mentioning the fact that in addition to competition and practice instructor older teenagers master also judicial practice. Presentation of the role of judges on the training contests, club competitions requires them to increased organization, discipline, self-reliance, honesty, integrity, independence, delicacy. Thus, the implementation of all stages of the technology contributes to the improvement of the moral and volitional qualities and experience of moral and volitional behavior, on the one hand, it determines the success of the sports activity of teenagers, on the other - it helps to change the personality in the process of its implementation.

3. Results and Discussion.

Organization of formative experiment has determined the need for *controlled assessments* of tracking the dynamics of formation of morality and mental determination of young athletes (table 1).

Table 1. Results of controlled assessments of formation the moral-volitional qualities and experience moral and volitional behavior of young athletes

Sections	Groups	Number of Students (%) with different levels of formation of indicators					
		moral and volitional qualities			experience of moral-volitional behavior		
		low	medium	high	low	medium	high
initial	EG* -1	56%	32%	12%	40%	48%	12%
	EG* -2	52%	40%	8%	48%	44%	8%
	CG* -1	60%	24%	16%	44%	48%	8%
	CG* -2	56%	28%	16%	36%	56%	8%
intermediate	EG* -1	16%	32%	52%	16%	48%	36%
	EG* -2	12%	40%	48%	20%	52%	28%
	CG* -1	32%	60%	8%	32%	60%	8%
	CG* -2	36%	52%	12%	28%	64%	8%
final	EG* -1	4%	28%	68%	4%	28%	68%
	EG* -2	4%	24%	72%	8%	20%	72%

CG* -1	24%	56%	20%	28%	52%	20%
CG* -2	32%	52%	16%	28%	56%	16%

*EG - experimental group, CG - control group

The initial assessment was conducted to determine the level of moral and strong-willed education of young athletes at the beginning of the experiment. The intermediate assessment was held at the conclusion of the first phase of technology morally-volitional education to clarify the effectiveness of pedagogical conditions of individual elements of the technology and tracking the dynamics of the process. The final assessment was conducted to determine the level of moral and strong-willed education of young athletes in the experimental and control groups in the end of the experiment.

Diagnostics of development in moral-volitional qualities was carried out using the method N. E. Stambolova (Isaev, Sen, 2009) with the following parameters: commitment persistence, perseverance, determination, courage, endurance, self-control, independence, initiative. When the formation level of every moral and volitional qualities was determined, then the arithmetic average score was defined for the entire population studied moral and volitional qualities of a teenager.

Diagnostics of development of the experience of moral-volitional behavior were carried out using the method of expert estimates. Trainers, teachers, and parents of athletes were experts. Profiles of experts contained the following moral-volitional qualities in the behavior and activities of a teenager: discipline, self-reliance, perseverance, endurance, discipline, determination, initiative. General assessment of the occurrence each quality in the behavior of the adolescent was determined as the arithmetic mean of the sum scores of this quality dividing by the number of evaluating assessors.

Then the arithmetic average score manifestations in the behavior of the adolescent all the qualities was defined that characterized Maturity and experience of moral-volitional behavior of the young athlete. The best thing of this technique was in the fact that it is allowed to carry out diagnostics of the behavior of a teenager in all indicators criterion: in physical culture and sports and in educational, work, social activities of teenage.

Results of the controlled assessments (initial, intermediate, final) during the formative experiment showed a significant increase in the number of adolescents from the experimental groups with a high level of development indicators of the moral and volitional training (from 10 to 70%). Athletes of the control group also showed a positive

trend of formation of moral-volitional qualities and experience of moral and volitional behavior; however, this is not significant (high - from 12 to 18%) in the experimental groups.

Significant differences were in the experimental and control groups on the level of development of purpose, persistence, perseverance, independence and initiative. Less significant differences were in the formation of endurance, determination and self-control. In our opinion this situation is attributed to differences in the degree of realization of the objectives in the nature of the activities carried out by the system, content, technology, selection of methods, means and forms of coach's work with young kudo-athletes.

4. Conclusion.

On the basis of theoretical and experimental studies we determine that the activities of an additional education organizations of physical culture and sports orientation possess great educational potential, which plays an important role in the moral and volitional upbringing of teenagers in the formation of their individual and collective responsibility, commitment to success, striving to achieve the highest results, the formation of self-discipline, perseverance, persistence, dedication, patience, and others. The moral and volitional upbringing of teenagers by Kudo contribute to overcoming the difficulties of sports activities, the study of the traditions of martial arts, communication teenager in uneven sports team, the positive impact of the individual coach.

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