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## **Sports culture of schoolchildren's personality formation during physical education**

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**Abstract:** One of the key aims of physical culture and sport in Russia in the aspects of the oncoming generation upbringing are the following: physical and moral health improvement, intellect and physical working capacity of children and teen-agers development. The absence of motivation and interest among schoolchildren in physical culture lessons is one of the factors. They condition motor activity decrease among the oncoming generation. Traditional and extracurricular forms of physical culture activity organization at educational establishments don't provide sufficient level of schoolchildren's cognitive activity. These forms of physical culture activity organization can't help to form the need for physical exercises among children, form physical and sports culture in general. Material and Research methods. Information sources analysis and summarizing, pedagogical experiment, methods of mathematical statistics. Results. We created the methodology of sports culture formation among junior schoolchildren by means of taekwondo. The experimental methodology realization helped to increase the level of culture-sports knowledge among junior schoolchildren, to foster interest in taekwondo, create subculture in the collective, helped physical culture teachers form such qualities as responsibility, independence, persistence, sociability, need for physical culture and sport activities and etc. As a result of the pedagogical experiment we saw general physical fitness indices improvement among the pupils from the experimental group. In the control group the indices also improved, but insignificantly. Conclusion. Taekwondo provides not only physical, coordination qualities development, but also moral-ethic principles of behavior, humanism, spiritual self-development formation. It helps to use it as an effective means of sports culture formation.

**Keywords:** physical education, sports culture of a personality, junior schoolchildren, taekwondo.

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### **Introduction**

One of the key aims of physical culture and sport in Russia in the aspects of the oncoming generation upbringing are the following: physical and moral health improvement, intellect and physical working capacity of children and teen-agers development.

The analysis of the research works connected with the questions of physical culture of schoolchildren's personality upbringing, prove that physical education at general education establishments shouldn't provide only physical readiness indices increase, children's physical development and their health state improvement, but also should be oriented toward sports culture of a personality formation, axiological aspects of physical culture and sport mastering [3, 8].

The absence of motivation and interest among schoolchildren in physical culture lessons is one of the factors. They condition motor activity decrease

among the oncoming generation. Traditional and extracurricular forms of physical culture activity organization at educational establishments don't provide sufficient level of schoolchildren's cognitive activity. These forms of physical culture activity organization can't help to form the need for physical exercises among children, form physical and sports culture in general.

In this context martial arts, including taekwondo, as one of the directions of the world philosophical perception, covering ethics, the system of life values and notions of fair, useful and harmful things, is the means of spiritual self-development, socialization and sports life style formation.

The basic technique in taekwondo is not only the art of self-defense, but also the means of personality's moral development. Taekwondo, as an oriental combat sport, forms an individual's culture. It provides respect for adults, friends, for the place

of training, etiquette demonstration. It is reflected in the bow, form of clothes and greeting the teacher [1, 2].

Sports culture of a personality is formed during the process of inner world of a person formation under the influence of objective and intersubjective structures of cultural-educational potential, physical culture and sport values and technologies and as a result of physical culture and sport activity experience accumulation imbued with personal meaning. At the same time, taking into consideration social structure of a personality, we define the main components of a personality sports culture: cognitive, reflexive-activity based, social-communicative, emotional-volitional and axiological.

Physical culture of a personality upbringing among schoolchildren should be realized during the process of different kinds of physical culture activity, directed toward schoolchildren's physical development. At the same time motivational sphere of pupils should be considered system-forming factor of all upbringing effects. It is formed during social-psychological, intellectual and motor upbringing.

Non-traditional forms use, in particular the exercises and complexes of martial arts, in the system of physical education of schoolchildren can significantly increase the level of physical and intellectual readiness of pupils. The exercises with the elements of taekwondo provide not only physical qualities development, physical and functional readiness, sports and health-improving direction improvement and personal pupils' characteristics formation, but also positive psychological qualities strengthening (will-power, decisiveness, endurance, the ability to act and defend oneself, own friends, own beliefs) [4, 5, 7].

In this connection one of the research works' directions in the sphere of physical education among schoolchildren is the technologies and methodologies searching and substantiation. They are based on sport-oriented forms of physical education organization, on integration broadening of sports and physical culture means in an integral process of education and a child's development. Significant and positive role here can play taekwondo [6].

Theoretical significance of the work is in scientific-research material systematization, connected with the problem of junior schoolchildren's sports culture formation by means of taekwondo.

Practical significance is in the following:

- the results are oriented toward the effectiveness of taekwondo practitioners' sports activity increase;
- the methodology is created of junior schoolchildren's sports culture formation. It showed high effectiveness and reliability in the pedagogical

experiment;

- substantiated during the experimental work methodical approaches to sports culture of a personality formation among junior schoolchildren can be recommended for realization in the system of additional education establishments of physical culture and sport orientation, present practical interest for physical culture teachers and teachers-coaches.

Taekwondo as one of the world philosophical perception directions, including ethics, the system of life values and notions of fair, useful and harmful things. It is the means of spiritual self-development, socialization and sports life style formation.

The basic technique in taekwondo is not only the art of self-defense and hand-to-hand fighting, but also the means of sports culture upbringing, which is provided by the following objectives realization:

- health state strengthening, normal physical development provision by means of martial arts;
- teaching vital motor skills and abilities;
- motor (conditional-coordinating) qualities development by means of special exercises from taekwondo;
- necessary knowledge of etiquette gaining, respect for the coach and traditions upbringing among the pupils;
- the need and ability formation to do physical exercises independently, use them in order to have rest, train and increase working capacity and gain the skills of self-defense;
- help in moral-volitional qualities upbringing, in psychic processes and personality's qualities development.

The system of physical education, which combines lessons, extracurricular and additional forms of physical activity with the elements of taekwondo, can create favorable conditions for physical and moral abilities of a child revelation and development, for his self-determination realization.

During the research realization we selected the contingent and diagnostic apparatus of the research, organized the stating research in order to reveal the level of general physical readiness, the need and axiological attitude to physical culture lessons as the base for the methodology creation of junior schoolchildren's sports culture formation. We created the methodology of junior schoolchildren's sports culture formation by means of taekwondo. We prepared analytical review of scientific-methodical literature. We organized the forming pedagogical experiment, checked the effectiveness of the created means, methods of sports culture formation among 7-9 year-old junior schoolchildren by means of taekwondo. The lessons in the control (CG) and the experimental (EG) groups had the standard structure. At the same time in EG the attention of the pupils was paid to taekwondo-culture rituals, to

mastering special knowledge, personal significant qualities upbringing during the process of the basic technical elements study, general physical training competitions. We handled the results of the pedagogical experiment, systematized and analyzed them, revealed the peculiarities of the preliminary and the main experiment.

During the lessons organization we gave schoolchildren mindsets for self-affirmation through self-development, not for other personality negation, but for morally justified actions in terms of potential opponent attack, for own health and the health state of a sparring partner preservation. We created the conditions for a purposeful formation of humane behavior skills, in order to develop industry, interest in the results of the lesson. We also organized the work with the parents, as the pedagogical condition for sports culture generation. Parents have superior position in socialization and bringing up junior schoolchildren. During physical culture lesson in the EG we used both traditional means, directed toward physical and coordination qualities development among junior schoolchildren, their locomotor apparatus strengthening and the methods of the directed influence on special qualities of taekwondo practitioners formation, correct stand mastering (keeping balance, smooth movement, the main techniques fulfillment), sparrings organization, functional abilities of an organism improvement with the stress on moral mindsets (truthfulness, tolerance, moral courage) and also individual tasks fulfillment.

The methodology of sports culture formation among junior schoolchildren from the EG on the basis of taekwondo included the following: mastering compulsory part of education content in "Physical culture" discipline in variative part of the means and taekwondo methods (24 hours) and also the means of sports culture formation in a form of training exercises, outdoor games, work with parents [26].

At the lessons in the EG we used an individual approach to each pupil with the stress on the level of his readiness for mastering educational material (individual practical tasks taking into account the abilities of a pupil to master the definite elements) of taekwondo and theoretical tasks. It provided cognitive component formation (reports concerning the studied theoretical material). In EG each pupil was involved into the activity within his powers. It was complicated and provided progressive development. We revealed and eliminated the reasons. It could prevent the aim achievement (the ability to organize one's leisure, day regimen, overcoming laziness and self-cultivation). We maximally took into consideration the activity of a pupil's personality, combined education and self-development, helped in methods and forms

of self-education selection, involved parents into homework fulfillment.

The structure of the lesson included three parts: preparatory, main and final.

The preparatory part included the following: line-up, greeting ritual, meditation, inner mindset, getting acquainted with the objectives and the content of the training lesson, theoretical information.

During the introductory part of the lesson in the EG apart from generally adopted methods, special attention was paid to the notion formation concerning the role of the basic taekwondo technique study, traditions and etiquette mastering, the corresponding psycho-emotional mindset of pupils support.

The main part of the lesson included the work over the basic technique and moral-volitional qualities upbringing. The mission was in mastering the basic elements of taekwondo, in balance and the movement direction preservation according to the scheme; in the ability formation to concentrate, self-estimation skills and motor actions control formation. During the main part of the lesson great attention was paid to the semantics of movements, poomse, correct stand, movements study, the ability to keep the balance while shifting weight from one foot to the other, both during the attack and defense.

The mission of the final part of the lesson was in switching the functional systems of an organism to rehabilitation regimen of physical culture lesson. The load gradually decreased, we used stretching and relaxation exercises, respiratory exercises, meditation, outdoor games; ritual, training exercises (3-4 exercises), reflection.

Thus, the basis of personality's sports culture formation among junior schoolchildren is provided by a steady interest in taekwondo formation, subculture in the collective creation, physical culture teachers work connected with the following qualities formation: (responsibility, independence, persistence, sociability, need for physical culture and sport activities) during the process of mutual work of class collective, parents, physical culture teacher on the basis of different taekwondo means and methods use and traditional means of physical culture. It is proved by the results of the forming pedagogical experiment.

Physical readiness indices testing among junior schoolchildren from the EG and CG at the beginning of the forming pedagogical experiment showed that the differences between the experimental and control groups of schoolchildren in all tests were insignificant and statistically not valid ( $p > 0,05$ ).

The results of testing in the end of the pedagogical experiment showed that in physical exercises (body lifting, standing long-jump, dip up, 3x10 m running, bending forward sitting, 6 minutes running) indices

among the respondents from EG turned out to be validly higher, than among the pupils from the CG. They studied according to generally adopted methodology ( $p < 0,05$ ). At the initial stage of material handling, at the initial stage the indices were almost the same in both groups. At the same time we can't say that the program, used during the lessons in CG, was not effective and can't be used in educational-training process during taekwondo classes. The children of this group also have positive dynamics of physical readiness indices.

By the end of the school year after the forming pedagogical experiment the mentioned indices changed significantly. The indices of body lifting improved significantly: the EG – 34%, the CG – 18%. Standing long-jump indices in the control and experimental groups with validity of difference  $p > 0,05$ , in dip up there were insignificant changes in both groups – 2,7 % and 2,6 %. In the EG there was shuttle run 3x10 m indices improvement – by 14,5%, in the CG – 7,3%. Flexibility indices also changed, in the EG this index became higher by 9,8%, in the CG – by 9,06%. Endurance increased in the EG by 18,4 %, in the CG – by 8,0%.

Taking into account the received results we come to the following conclusion: taekwondo provides not only physical, coordination qualities development, but also moral-ethic principles of behavior, humanism, spiritual self-development formation. It helps to use it as an effective means of sports culture formation.

The experimental methodology realization helped to increase the level of culture-sports knowledge among junior schoolchildren, to foster interest in taekwondo, create subculture in the collective, helped physical culture teachers form such qualities as responsibility, independence, persistence, sociability, need for physical culture and sport activities and etc.. As a result of the pedagogical experiment we saw general physical fitness indices improvement among the pupils from the experimental group. In the control group the indices also improved, but insignificantly.

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