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THE CONTENT OF PHYSICAL CULTURE AND SPORTS ACTIVITIES OF TRAINEE STUDENTS FOR THE PREVENTION OF DEVIANT BEHAVIOR OF STUDENTS

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Key words: deviant behavior, schoolchildren, students, prevention, physical education, sports activities, network interaction.

Annotation. The purpose of the study was to substantiate the possibilities of physical culture and sports activities as a mean of pedagogical correction and prevention of deviant behavior of students in conditions of organizing network interaction between a pedagogical university and a general education school. The study involved students of the 2nd-5th year of the Faculty of Physical Culture and Sports of the Ulyanovsk State Pedagogical University, students of 9-11 grades (135 people) of basic schools of pedagogical practices. The obtained results of the study indicate that the organization of alternatively significant physical culture and sports activities by trainee students provides correction of individual psychological characteristics of students' personality, creates prerequisites for self-regulation of mental states, is an effective direction for the prevention of deviant behavior of minors. The results of the study are of professional interest for physical education teachers, psychologists and sociologists.

Introduction. Instability of the social and economic situation in Russia, growth of unemployment, gradually increasing divide of wealth and availability for realizing your potential in life, unstable dynamics of social relationships are the reason for forming behavior deviations among minors. Studying and working for this category of students lacks personal and social value. Importance of choosing activities is defined by a possibility to obtain a “momentary” pleasure, to have their easy time. Manifestation of different forms of deviant behavior is also due to interaction of students with aggressive content on the internet, which demonstrates scenes of violence, provoking antisocial behavior, but at the same time, it sets benchmarks related to striving for a “pampered lifestyle”, underestimating general human and family values. It also attract adolescents to express themselves in obsolete forms to boost their self-esteem among peers. Shows, bloggers, films demonstrate their vision and understanding phenomena and processes in order to

obtain benefit without critical analysis of suggested life situations and search for constructive methods, which support the development of personality aimed at ideas of humanity and inclusion [1-3]. In these conditions, analysis and search for effective means and methods to prevent and warn pedagogical and social neglect of adolescents obtains certain relevance.

The purpose of the study is to substantiate the possibilities of physical culture and sports activities as a mean of pedagogical correction and prevention of deviant behavior of students in conditions of organizing network interaction between a pedagogical university and a general education school.

Methods and organization. To solve the study's problem, we used following methods: theoretical – analysis of special scientific and methodological literature and training documentation, generalization; empiric – pedagogical experiment, use of questionnaire, psychological diagnostics (E.P. Il'in, P.A. Kovalev – “Personal aggressiveness and proneness to conflict”, A.N. Orel – “Diagnostics of proneness to deviant behavior”), mathematical statistics methods. Based on previous examination of documentation presented by social teachers and school psychologists, social and pedagogical characteristics of schoolchildren, participants of the pedagogical experiment, were presented. The pedagogical experiment was conducted in the Ulyanovsk State Pedagogical University named after I.N. Ulyanov during the 2018-2019 academic year. The study involved students of the 2nd-5th year of the Faculty of Physical Culture and Sports of the Ulyanovsk State Pedagogical University, students of 9-11 grades (135 people) of basic schools of pedagogical practices.

Results and discussion. Various definitions of minors with deviant behavior (“asocial”, “troubled teenagers”, “pedagogically neglected” etc.) were presented in psychological and pedagogical studies. Experts note that behavior of this adolescent group is characterized by increased emotional excitement, instability, suggestibility, desire to copy and strong strife for independence, negativism, inability to evaluate circumstances due to insufficient life experience [1]. As a rule, students of the risk group are susceptible to bad habits, which is why there is a high possibility of smoking, alcohol and drug abuse. Students with deviant behavior are less likely to read books or participate in any cultural leisure activity. However, these children, as well as their socially successful peers, are interested in physical culture and sports classes. The aforementioned behavioral correlates can be corrected with organizing the appropriate social activity. In case of unsatisfactory life circumstances, they obtain destructive direction. Effective models, methods of preventing and correcting deviant behavior can be created if the problem is examined as a complicated many-aspect phenomenon, based on such factors as features of character, personality; character of communicating with peers, contacts with adults, preferred forms of

social interaction; sex-role identification, psychosexual direction of the individual and etc.

Researchers defined different psychological and pedagogical approaches to prevent and correct deviant behavior of minors [1-5]. According to I.S. Osipova (2005), there is a need to use the pedagogical monitoring, which allows observing results of the education process and possible negative factors influencing formation of this behavior, as well as reveal tendencies of deviant behavior's development and choose correcting influence based on these tendencies [5]. A.V. Pecherskij (2006) suggested a model of interpersonal interaction for preventive and corrective work with adolescents, who take drugs. As results demonstrate, this model contributes to the increase of effectiveness of self-awareness regulation in cases of interpersonal interaction, showing autonomy, independence and personal stability of adolescents in situations of social choice [2].

One of the important components in the system of preventing deviant behavior is physical culture and sports [4, 6, 7]. In accordance with the Strategy of developing physical culture and sports in Russia up to 2020, one of the top-priority tasks of physical education of students is prevention of socially negative phenomenon using means of physical culture based on searching new, attractive forms of physical culture and sports activity. In studies of L.G. Majdokina, S.V. Tarasova, A.I. Rogacheva (2015), an argument is presented for a possibility to prevent addictive behavior of adolescents and youth through attracting them in the area of physical culture and sports preventive activity in conditions of educational institution [4].

N.F. Lishchenko, T.M. Popova (2020) interpreted the innovational experience of solving the relevant issue of delinquent (deviant) behavior of adolescents in school environment based on implementation of the "School workout field as a part of socially active space of the microdistrict" program. Results of the study show that engaging in street gymnastics contributed to socialization and prevention of bad habits and law violations on the one hand; on the other hand, it broadened cognitive interest of students and helped them to obtain new knowledge, skills and abilities [6].

Socializing of adolescents with deviant behavior using means of physical culture is a complicated, creative process, which requires teachers and coaches to search for non-standard means and methods of maintaining formation of motivation and interest to engage in physical culture and sports within the process of organizing learning and after-hours physical culture and sports activity. In the process of the organized study, future physical culture teachers, trainee students of the Faculty of Physical Culture and Sports were involved in the social and pedagogical work for correcting and preventing deviant behavior of 15-17 year old schoolchildren within

organizing network interaction between basic schools of pedagogical practices and the pedagogical university.

Since 2015, the Ulyanovsk State Pedagogical University named after I.N. Ulyanov implements social projects that include innovational physical culture and sports, socially oriented project and voluntary activity of students (athletes, volunteers), aimed at preventing socially dangerous phenomena of society in risk groups (dysfunctional families, students of asocial behavior, young individuals, who got into difficult life situations and etc.). Preventive activity of students, future physical culture teachers within the “Social and pedagogical adaptation by means of physical culture and sports of young individuals, who got into difficult life situations (the convicts)” program was successfully implemented in the work with young convicts of the Federal Penitentiary Service institutions of Ulyanovsk Oblast and tested in preventive work with deviant schoolchildren in conditions of network interaction of general education schools of Ulyanovsk and the pedagogical university [5, 8].

The main feature of organizing physical culture classes with students of the experimental group was influence on not only physical component of the growing organism, but also on psychoemotional, intellectual spheres of deviant students; a possibility to choose the most attractive types of motor activity, participation in training, competitive activity with students, with schoolchildren of university classes. It contributed to the satisfaction of their natural desires in self-fulfillment, self-realization, to a possibility to choose strategies of behavior and interaction with reality, by finding options to solve a number of appearing intrapersonal, interpersonal contradictions within the process of training, competitive activity, not in different types of destructive behavior. Implementation of the program of physical culture and sports preventive work with deviant schoolchildren was performed by students of the 2-5 year of the Faculty of Physical Culture during pedagogical practice and included following stages:

– Organizing and diagnostics stage. The analysis of research approaches to solve the set task was implemented at this stage; the study base was established; methodological equipment was chosen; physiologically pedagogical characteristics of 9-11 grade schoolchildren were examined; the risk group, characterized by different signs of deviant behavior, was identified; contents of the program of physical culture and sports activity for correcting and preventing deviant behavior of schoolchildren was specified.

It was revealed that among 135 schoolchildren of basic schools of pedagogical practices, 45 children (33,3 %) have different forms of deviant behavior, 12 of them are kept under school's supervision, 4 schoolchildren are under supervision of the Commissions on Minors' Affairs. 66,7 % of schoolchildren are characterized by a

tendency to follow generally accepted social norms. Among deviant adolescents, we noticed a tendency to compare their own views on norms and values to the group's views, as well as their proneness to solve real life problems, appearing in the process of learning and leisure activity, in communication with parents, peers, based on changes in their mental state, by using aggressive behavior (violence, humiliation and strength demonstration). Results of registering personal aggressiveness and proneness to conflict allowed us to conclude the following: 8,8 % of adolescents are highly prone to participate in bullying as a pursuer; 9,7 % would be a passive spectator; 18,5% are prone to verbal aggression, 12,7 % – to physical aggression. From the identified group of schoolchildren with deviant behavior, we formed the control group (CG – 23 people, 8 of them are schoolchildren, who are under supervision of school and the regional Commission on Minors' Affairs) and the experimental group (EG – 22 people, 8 of them are schoolchildren, who are under supervision of school and the regional Commission on Minors' Affairs). Correction of deviant behavior in the control group was conducted within confirmed programs of educational preventive events in general education organizations. In the experimental group, this work was carried out using possibilities of network interaction of the pedagogical university and general education schools in order to increase the effectiveness of the physical culture and sports preventive activity.

– The stage of accompanying the preventing and correcting process of deviant behavior of schoolchildren, related to their involvement in different forms of physical culture and sports activity. In order to do that, we developed a program, which included teaching a master class for sports types by leading student-athletes, teaching seminars about the most attractive sports types (workout, streetball, crossfit, skateboarding); collective training classes with national teams on the base of university, weekend trips, training camps in the sports and health-improving camp “Youth”. Moreover, deviant schoolchildren were involved as helpers for volunteering students to physical culture and rehabilitation work with young wheelchair users of the Humanitarian center of the university, participated in organizing physical culture and sports events, which helped them to obtain a new emotional experience, to express empathy to disabled people, to perceive life values much deeper. In the process of collective physical culture and sports activity, students told schoolchildren about influence of physical exercise on different organism functions, about the necessity to lead a healthy lifestyle as a factor of successfulness.

– The stage of evaluating and analyzing. At this stage, we repeated diagnostics in order to identify the effectiveness of the developed program of physical culture and sports preventive activity in working with deviant adolescents. We analyzed the empiric data obtained, presented practical recommendations on organizing different

types of physical culture and sports activity with deviant adolescents, involving future teachers of physical culture.

Results of the pedagogical experiment on implementing program of physical culture and sports preventive activity with deviant schoolchildren, based on organizing the network interaction between the pedagogical university and general education schools, show the effectiveness of the suggested approach. According to final results of second diagnostics, a number of schoolchildren, who were still under school's supervision reduced to 1 person in the EG, in the CG – to 4 people (out of 6) respectively. 2 children of the EG group were no longer under supervision of the regional Commission on Minors' Affairs, however there were no positive dynamics among children of the CG. Classroom teachers also noted that schoolchildren of the EG group started to be more active in class and school events, to be more respectful to teachers and classmates. We also noticed a decrease of aggressive (verbal, physical) forms of solving conflicts, which appear in the process of learning and leisure activity. They started visiting classes more, including physical culture classes. At the beginning of the pedagogical experiment only 5% of deviant adolescents visited sports group classes, at the end – 54% of schoolchildren started visiting school groups and sports clubs regularly, including the Student Sports Club of the Ulyanovsk State Pedagogical University named after I.N. Ulyanov and the Children and Youth's Sports School.

Conclusion. Numerous studies have shown the significant educational potential of physical culture and sports as a factor of the individual's personal growth, correction of behavioral characteristics of adolescents. Problem of correcting behavior of deviant adolescents is a comprehensive one, to solve which efforts of social teachers, psychologists, classroom teachers, experts of physical culture and sports, municipal authorities of education department and institutions of internal affairs should be applied. This study suggests innovational approaches to work with minors with deviant behavior, based on organizing the network interaction of the pedagogical university and school. Process of collective physical culture and sports activity of schoolchildren with different signs of deviant behavior with socially adapted students with achievements in sports, who see prospects of professional growth and personal improvement, formed system of life values, contributes to the possibility to form an experience of positive communication, motivation to engage in physical culture, forming the need to achieve sports results, creates prerequisites for forming moral behavior.

Involving students and lecturers of the Faculty of Physical Culture and Sports in the implementation of physical culture and sports preventive activity with deviant adolescents is a prospective direction in solving socialization issues of such children based on systematicity and comprehensiveness of interaction between higher

educational institutions and schools, further development of such aspect of educational work with deviant schoolchildren in grant social projects, scientific works of bachelors and master students.

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