

Moral and spiritual values formation in the system of physical education of students' personality

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Abstract— The article deals with modern approaches to promoting values of a healthy lifestyle in students in the process of physical education. The paper presents results of a study of students' health culture formation in the family. This analysis has shown that the family is currently unable to fully perform its function to provide children with basic ideas about a healthy lifestyle and optimal motion activities. At present, destructive processes, as well as the loss of traditional family upbringing are obvious and observed in family institution functioning. The authors highlight the importance of developing an educational process at the university through a paradigm of health protection in the system of traditional values on the example of Belgorod State Technological University named after V.G. Shukhov. The article reveals the role of systematic work on the whole complex of components: creating modern sports infrastructure, activities aimed at promoting a healthy lifestyle, providing opportunities to regularly engage in physical culture and sports, developing and implementing projects to form hard-working nature, developing students' socially important needs, creative activity, facilitating graduates' employment. Educational work in this context involves formation of students' high moral principles, developing behavior standards, proper labor, physical and professional readiness to realize themselves in a particular field. Due to their specificity, sport and physical culture have a huge educational potential and can be considered as one of the most powerful mechanisms to form such ideological foundations of personality as citizenship and patriotism. The centuries-old history of our peoples shows that without patriotism it is impossible to create a strong power. Health formation in the system of traditional values is focused on the education of an individual that naturally combines spiritual wealth, moral purity and physical perfection.

Keywords—*traditional values, physical education, student, family, health protection, education.*

I. INTRODUCTION

At present, there is a need to return to traditional values that provide an opportunity for positive, creative development of human life and society. The complex demographic situation, promotion of an idle way of life, violence, cruelty, a significant social stratification of the population, large-scale alcoholization of Russian society, fall of moral foundations inevitably create conditions for further aggravation of the population's health, a cult of consumption in modern society. The crisis that our country is going through, first of all, is not financial, not economic,

but systemic; the crisis of values because of which the relationship between people was built for decades, state construction was carried out. Alcohol or other pathological dependence is only a superficial symptom, the disease itself is a certain life position that keeps the human spirit in the plane of low, momentary values, associated with them a negative side of things continues to expand and cripple more and more human destinies.

Under the circumstances, the study of spiritual and moral formation of an individual is of particular importance. Young people require the most attention. Today's youth is the main labor reserve of our country, future parents, their health and well-being are the keys to prosperity of the whole nation. A qualitative component of various manifestations of life, well-being and happiness of a person directly depends on the level of his/her health, compliance with the rules of a healthy lifestyle [1].

Conscious orientation to health-protection behavior in different life situations is a basic component of general human culture, which is largely formed in the family. Family provides foundations of many habits, develop value judgments and to some extent determines attitude to life. Raising a healthy child is one of the most important tasks of the family. Full physical development can be considered as a kind of core in the processes of formation of the physical and mental supporting structure of a personality [2].

The degree of coordination and interaction between the educational potential of the family and educational institution largely determines a successful solution for the designated direction. Education and formation of future specialist, a real intellectual with a genuine internal culture mainly take place in the university environment. The increasing role of the educational process and theoretical training is one of the priorities in a modern higher education institution. It is established that increasing the level of theoretical knowledge enables students to think independently, promotes development of self-control and self-analysis. Lack or low level of theoretical knowledge of physical education among students dramatically reduces the effectiveness of training and education, reduces interest in physical exercise and sports [3].

The aim of this work is to study the problem of forming students' health culture in the modern educational system of the university through an analysis of health protection in the modern family.

II. MATERIALS AND METHODS (MODEL)

Research methods involve sociological survey, pedagogical observations, analysis of literary sources.

III. RESULTS AND DISCUSSION

The study was conducted at the Department of physical education and sports of Belgorod State Technological University named after V.G. Shukhov. 300 students aged 17-19 years were interviewed with the questionnaire suggested by the authors' team.

Certain block of questions in the questionnaire was aimed at clarifying relationship nature in the family where students were brought up. Parent relationships to each other, their relationship to children and family atmosphere are considered cornerstone for the individual's education. Describing family microclimate, the majority of students (63.8%) noted that they grew up in an atmosphere of love, affection and support. However, they felt manifestation of rigor and increased demands of parents. According to young people, parents bringing them up focused on obedience, good performance, revealing potentialities and abilities, moral qualities (76.5% of respondents).

Only 27.2% of respondents indicated that parents systematically paid enough attention to their physical development and health promotion. This indicates an obvious underestimation of physical culture importance in the system of main factors for ensuring the healthy life of a child. Studying the attitude of parents to physical development of children and their physical education and sports, sociologists have found that the main motive that parents are guided by when involving their child in organized activities is their desire to improve his/her health, improve physical fitness. However, physical education in the family requires parents to have certain knowledge, experience, patience and direct participation.

The situation with family physical education largely depends on physical activity of parents themselves. As shown by the survey, physical activity of parents of students mainly consists of physical labor at work, at home, work on the garden plot, walking. Only 10.13% of parents (mostly the male half) pay attention to self-health-improving exercises (running, cycling, soccer, swimming, skiing, acclimatization training). Data obtained confirm the tendency to decrease the volume of motor activity with age.

It is obvious that the best method of developing habits to exercise is a personal example of students' parents, other members of the family. If to use only words, instructions and conversations about benefits of exercise, watching sport, it is obvious that the time spent on such "physical education" will be largely in vain. But in families where physical education is in everyday life in a variety of forms (hiking, skiing, swimming, morning exercises, acclimatization training, etc.), there are strong, healthy, active children who are happy to engage in various types of motor activity. The ability of parents to form children's habit to spend their free time wisely is also essential. If a child is constantly in a health-forming environment, it will ultimately affect his/her worldview.

As for traditions of activity holidays together with their families, students mentioned work on the garden plot (55.4

%) and trips to the sea (44.7 %). 4.2% of respondents practice sports together with their families, and only 1.8% have experience of participating in family sports holidays. Thus, health classes together with children form their sustainable interest in physical culture, desire for self-improvement, as well as contribute to the formation of parents and children's common interests, strengthening family ties, establishing friendly interpersonal relations. Common physical education and sports reduce the lack of communication between children and parents, contribute to rejection of bad habits [4], and form the value of family traditions.

External encouragement, purposeful influence of parents can draw attention to certain activities, so, later there is a genuine spontaneous interest. In this regard, it is important to form purposefully health culture of parents, determining conditions for children's primary orientation in healthy lifestyle organization.

Studies have shown that the family is currently unable to fully perform its function to provide children with basic ideas about a healthy lifestyle and optimal motion activities. At present, destructive processes as well as the loss of traditional family upbringing are obvious and observed in the family institution functioning.

In this context, the role of the educational system in creating conditions for the formation of health-centered attitudes of young people is increasing [5]. In the situation of current ideological vacuum, largely missing components can be filled with physical culture and sports, determining development of many human qualities, organically related to the concepts of general culture, human values, spirituality [6].

Modernization of current approaches to the formation of values for a healthy lifestyle in future professionals requires building the educational process at the university through the paradigm of health protection in the traditional values system. This closely echoes with the governor's program to improve the quality of life in Belgorod, which notes that traditional values and moral ideals of our people are the barriers to lack of spirituality and moral degradation. The internal ways leading to temples, to cultural values, to stadiums should be a guiding line. A person endowed with free will can choose which way to go. At present, it is alarming that some students have a very easy attitude to the precious resource of time, aimless pastime, desire to consume, and in some cases even to exploit the ready-made benefits, without putting their own efforts, without spending necessary labor.

What matters is the degree of inclusion in the lifestyle formed by society, which can either contribute to or hinder certain ways of behavior. In recent years there is more and more obvious vector imposed by social stereotypes to create self-injurious lifestyle and frequency of "diseases of civilization". The cult of consumption, primacy of material goods, pleasures of various kinds on the unpretentious principle of taking everything from life inevitably create conditions for the reluctance of righteous work to produce good. But it is systematic work – intellectual, physical and spiritual – that produces real values.

Educational work in this context involves formation of students' high moral principles, developing behavior standards, proper labor, physical and professional readiness to realize themselves in a particular field. Indeed, to be an effective and successful professional, to be able, if necessary, to protect yourself, your family, your Fatherland should be relevant and important for every young person. Training the future specialist involves his/her willingness to effectively carry out professional activities in the aspect of health protection. Necessary conditions to form a culture of self-regulation is developing students' value-meaningful attitude to individual health and health of others [7].

During the study period at the university, we focus young people on the fact that optimism, an active life position and high sense of human responsibility are crucial in any field of activity. Developing hard-working nature of the personal need for work under the influence of moral and creative motives (for the sake of self-sufficiency, obtaining socially useful results) is of exceptional social value. The motive of life is a desire to live interestingly, the ability to go forward, overcoming difficulties. And at the same time, it "moves profoundly" a pragmatic in many respects modern man. With his/her kindness, affection, affability, love, mercy and piety man can and should shine in this world. The pedagogical work is focused on developing an individual that naturally combines spiritual wealth, moral purity and physical perfection.

All-Russian sports complex "GTO" (Ready for work and defense) is designed to change the value attitude of young people to health, level of physical fitness, to develop an active life position for its improvement. This system has made a significant contribution to training healthy and active people of several generations. At present, when the level of training and working capacity of Russians is rapidly falling, there is a need to return to the lost traditions.

All-Russian sports complex "GTO" has a high social significance, in terms of motivation for regular physical training and sports it is a serious impetus to form culture of health of every Russian, which is the basis for creation of an athletic and healthy nation. BSTU named after V.G Shukhov developed plans to organize and implement measures for "GTO" standards among the population. The university involves different groups of the population into the process of preparing and passing the test of "GTO" standards, providing sports grounds for it, complete with necessary equipment.

BSTU named after V.G Shukhov has decent sports infrastructure, with everything to prepare and pass the test of "GTO": modern track and field stadium, two swimming pools, ski base, shooting range, specialized hall of kettlebell lifting, a special area for preparation for "GTO" standards. The university constantly constructs sports facilities and reconstructs educational and sports complex [2]. One of the main objectives of this work is to encourage students to develop, improve their physical qualities and health promotion. Sports facilities of the university have been accredited by the Ministry of Sports of the Russian Federation and now they are venues for major all-Russian competitions, including those aimed at promoting "GTO" (Ready for work and defense).

The university has set a task to achieve students' maximum participation in preparing and passing the tests of the all-Russian sports complex "GTO". In March 2016, students of BSTU named after V.G Shukhov actively started to pass the test for "GTO". Currently, more than 2,000 students took part in the testing. As a result, more than 5,000 people will have been involved in passing the test for "GTO" by 2021. Most students willingly join tests with young people's interest and healthy excitement, because in the first place "GTO" is a test of oneself. Participation in sports activities contributes to the students' involvement in highly appropriate activities, promoting healthy lifestyles and physical activity, involving as many people as possible in physical culture and sports, supports the ideas of social cohesion.

Modern system of training and passing the norms of the complex "GTO" is aimed at achieving an individual's result, it should help everyone to improve their own health, turning it into a vital value, and daily physical education and sports into a natural need. In order to pass the "GTO" standards specified in the tables of standards, students must be engaged in self-training. Passing tests motivates to further work on themselves, their results determine the program of the first stage of targeted physical education and health improving activities or correct the already started process. In this context, the students' physical improvement initially involves the maximum of their own efforts, determination, perseverance, desire, ability to overcome difficulties to obtain the desired result.

Pedagogical process in this direction assumes systematic and targeted activity on developing a sense of responsibility for their health, readiness for productive professional activity. Thus, it is important to train young men in a timely manner, that is, to educate and teach, and in the future, they are able to be responsible for their own health. For all intents and purposes, it is important not to miss a moment in the life of a young man to create a sphere of persistent, interesting, useful in all respects hobbies, including, of course, physical culture and sports [8]. Opportunity to test yourself, as well as to experience your own personality, to feel joy of self-affirmation is associated specifically with various forms of motor activity. Patriotic education in this context involves formation of high moral principles, development of behavior standards, proper labor, physical and military-professional readiness for the flawless performance of public (including military) service.

Sports and patriotic education of youth is currently one of the priorities of the state policy in the field of physical culture and sports. Pedagogical process in this direction assumes systematic and purposeful activity on formation high patriotic consciousness of students, feeling of fidelity to the Fatherland, readiness for performance of civic duty and constitutional duties on protection of interests of the homeland. Only a well-established system of education can suspend the destructive tendencies of erosion of traditional cultural values, which are gaining momentum.

Due to their specificity, sport and physical culture have a huge educational potential and can be considered as one of the most powerful mechanisms for forming such ideological foundations of personality as citizenship and patriotism. The centuries-old history of our peoples shows that without

patriotism it is impossible to create a strong power. Therefore, the education of patriots is the guarantor of consolidation for the whole society, source of spiritual revival of the country.

Sports and patriotic club "Belgor" significantly contributes to the development of spiritual and patriotic culture and moral education of young people; it was created at the Department of physical education and sports. Functioning priorities of the club are promotion of healthy lifestyles, organization and holding of sports events and active recreation, attracting young people to mass physical culture and sports.

Memorial tournaments occupy a special place in the system of patriotic education of students of Belgorod State Technological University named after V.G. Shukhov. Their role is irreplaceable not only from the sports point of view but also from the position of educational process on the example of sports veterans, as well as training for future professional activities. Memorial tournaments are very important, these sports and mass actions are official, involving invitation of relatives, sports colleagues, preparing special boards with information in memory of the athlete and the person, the official ceremony of opening and closing of tournament. These sports competitions require more careful preparation and development of a special scenario. BSTU named after V.G. Shukhov holds annually the following memorial tournaments:

- The most popular handball traditional tournament of Belgorod region dedicated to the memory of "Master of sports of the USSR" Vladimir Kabanov.
- All-Russian tournament dedicated to the memory of "Master of sports of Russia of international class" in kickboxing, champion of Russia and Europe Sergey Polivoda, student of BSTU named after V.G. Shukhov, who died tragically in a car accident.
- All-Russian tournament in memory of Belgorod residents, killed in crisis spots (kickboxing).
- Regional tournament on mini-football of memory of B. N. Chefranov.
- All-Russian judo competitions devoted to the memory of A. V. Eliseev

Sports events organized jointly with Belgorod and Sary Oskol metropolis are also of great importance in fostering respect for spiritual values. BSTU named after V.G. Shukhov has already held more than 10 children's all-Russian mini-football tournaments "Christmas holidays".

For students, the university library organizes a series of lectures of spiritual and educational aspect. Their participation in the Days of orthodox youth, Regional Students' Easter (a glorious tradition of holding this event was born in our University) contributes to the formation of spiritual culture of student-athletes.

BSTU named after V.G. Shukhov systematically works on the following: creating modern sports infrastructure, activities aimed at promoting a healthy lifestyle, providing opportunities to regularly engage in physical culture and sports, development and implementation of projects to form hard-working nature, development of students' socially

important needs, creative activity, promotion of graduates employment.

Currently, the role of physical culture and sports in the system of social protection of the population aimed at protecting and strengthening health is increasing. Social work at BSTU named after V.G. Shukhov is harmoniously connected with the life of Belgorod and Belgorod region. Activities implemented in the regional center and region are reflected in those taking place at the university. So, the authorities organize the events timed to the 65th anniversary of Belgorod region. Over a period of two years, 65 socially significant events are to take place in each settlement of municipalities to improve the quality of life of the population.

In 2018, all business structural units in Belgorod and Belgorod region took part in the action "65 good deeds", including area improvement, environmental cleanup events, assistance to the elderly, voluntary actions, holidays and festivals, social projects and much more.

BSTU named after V.G. Shukhov, with the Department of physical education and sports, as well as a structural unit of the university took part in this event. The social role of the Department of physical education and sports is to solve the following tasks:

- To form the need of young people for a healthy lifestyle and regular activities of various sports activities.
- To form the need for an active life position, volunteering.
- To form the need for constant self-improvement.
- Education of intolerance to antisocial behavior and bad habits.
- Improving the level of knowledge of students in the field of physical culture and sports and related fields (pedagogy, physiology, sports medicine).
- Self-presentation of BSTU named after V.G. Shukhov as a university in which there are no barriers to self-realization.

Social work of the Department and its impact on the development of the university is difficult to overestimate, as the involvement of the university's talented teaching personnel, students, health promotion of students, supporting personnel, teachers and residents has a positive impact not only on the university, but also on the city and the region as a whole. A high level of training in BSTU named after V.G. Shukhov, demand in the labor market serves as a locomotive for the development of country's regional economies. BSTU named after V.G. Shukhov was among the 33 universities-winners of the competition for creating flagship universities. The university which provides high-quality engineering education aims to become a real pillar of the region, providing training of highly qualified specialists for the labor market.

The social significance of several spheres of activity that act as a field of self-realization, self-expression of a particular person contributes to the preservation of health as a resource. The loss of meaning of activity in the process of

work leads to destruction of vital interests and goals. Social status implies that society provides a person with certain opportunities and, for its part, expects from him/her certain achievements that activate the motivation of efficiency. Based on this, the process of promoting health is provided and modulated by the combined action of motivation of an individual and social significance of his/her activities [9].

Young man as a person is formed in the process of social life: in study, work, in communication with people. In individual and personal terms, sports and physical culture contribute to the formation of students' ideas about the value of life and human health [10]. The value of a healthy lifestyle in the spiritual aspect involves in addition to the physical component, development of a desire for purity of thoughts, actions, compliance with the culture of interpersonal communication, eradication of profanity. Training in sports teams involves young people in values of traditions of a particular sports school, which are carefully kept by their mentors. Sports activity has a positive impact on the formation of socially significant qualities of an individual, such as sociability, mobility, reliability, organizational skills, active life position. The specificity of training and competitive activities cultivates students' hard work, discipline, ability to take risks, a sense of responsibility for the team, dedication in protecting the interests of the team, a sense of leadership, ability to subordinate personal interests to the interests of the team.

Participation in sports competitions is a great opportunity to learn how to respond to success and failure, which can be useful in a certain field of practice. Players are motivated both to win, and to manifest moral and volitional qualities. It is competitions that are the means of controlling the quality of educational work in the team, during which the coach, observing the behavior, statements of his students, can draw a conclusion about the formation of certain qualities in them. The coach constantly forms and instills the rules of a healthy lifestyle in athletes, regularly conducts conversations about the dangers of smoking, alcoholism, drug addiction, sometimes deals more than parents with the facts of discipline and sports regime violations. Work of a sports teacher to a large extent often makes it possible to protect a student from harmful influence of the street, to educate physically strong and psychologically prepared young people who then go not only to professional sports but also in various spheres of social activity, and if necessary, are able to become and to protect their homeland.

IV. CONCLUSION

Thus, educational orientation in the field of physical culture is to enrich students with knowledge that contributes to the formation of attitudes to their health as a value. A healthy image should become an integral part of the image of a modern businessperson, a quality characteristic of professionals. To implement this value, priority is given to development of physical culture of an individual, a conscious need to comply with the principles of a healthy lifestyle in a real model of behavior. Ultimately, health formation in the system of traditional values is focused on the education of an individual, who naturally combines spiritual wealth, moral purity and physical perfection.

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