

**PROJECTING OF PROCESS OF CULTIVATING OF OLYMPIC VALUES AND VALUABLE ORIENTATION OF STUDENTS YOUTH BY THE EASTERN COMBAT SPORTS MEANS**

Gorbenko E.V., Gradusov V.O.

**Annotation.** The application of eastern combat sports in project of the education of the students youth is grounded. In the research took part 65 people (37 males and 28 females aged 17-25 years). It was established that process of education of olympic values and those of orientation specific in some kind and needs constant perfection. It is established that application of means of the eastern combat sports raises the level of self-perfection of students youth. Revealed are the most important olympic values for students (prestige, perfection, friendship). It is established that in educational process the trends to perfection of personality and enhancing efficiency of impact of the eastern combat sports means on inspiring olympic values and values of orientation is observed. It is established that the biggest influence in the process project of inspiring olympic values of youth belongs to the contraction of the process itself of education of students youth with in determined by efficiency, success, creative approach.

**Key words:** education, eastern combat sports, olympic values, valuable orientation, student youth.

**Introduction**

Statement of top aims and values of sports activity the sense of individual being. Closing to the top values gives possibility of students youth to see the value of its individuality. The eastern martial arts has sense and ideal ground. First of all – this is education, complex of spiritual and physical culture, grand traditions of wrestling which are always underway [6,4], that has great impact on formation of knowledge of sportsmen as personalities, which took this way.

At his ideal self-projecting personality, who takes of physical culture and sports may ground on the authority of faultless and the highest level. The research of the new valuable determines go together with rapid development of science in the field of physical culture and sports [1,2].

Active approach to surroundings is one of the major feature of human being. The forms of peoples activities are rather various. They are of different as for as spectra activities concerned. This is complex social, psycho-physiological process which has concrete basis. The beginning of formation and direction of any activity is its motive which inspires to actions, deeds, activity [3,8]. In contrast to other types inspires, motives, which is of concrete things, makes possible to understand personality and difference in this concrete-typological forms [7]. Sports activity is one of the field of activity in which man may show its perfection using its physical possibilities for achieving self goal and sports results. Due to high competition this activity has high motivation clear-cut criteria of the estimation of results, demands necessary activity from personality in case of students youth. It goes together with great physical and psychic tension, which is necessary for apposing not only strong opponent but to be strong in spite of situations. Sport forms all-round adaptive possibilities of man that is social [3,5,10] ones. Prevalence and wide-spread popularity among different groups of population of eastern combat sports among Slovenian cultural tradition – this is not only kinds of sports perfection of person but it is type of spiritual practice which has great impact on cultivation of valuable orientation of students. Chief goal of eastern martial arts is achievement of harmony between body and spirit, achievements of skills in the position of reciprocal passing of opposites. In this turn the valuable orientation of eastern combat sports are closely connected with Olympic values which are recommended by International Olympic committee.

**Purpose, tasks of the work, material and methods**

*The purpose of the work* is grounded on expediency of application of means of the eastern martial arts at the design of the process of cultivation of Olympic values and valuable orientation.

Tasks of work:

- reveal of a level of living values of Olympic values of students youth;
- ground an expedience of application of the eastern combat means of the design of process of cultivation of Olympic values and Olympic orientation.

Material of research is experience of educational process of students youth by means of the eastern martial arts.

Methods of research – analysis of reference sources, pedagogical experiment, methods of mathematical statistics.

Research have been carried out in the period of 2010-2012, in which took part students of I-III years of the departments of sports games and combat sports, rehabilitation and sport informatics of Kharkov State academy of physical culture general member of students counted ( n- 65 persons; 37 male youth and 28 females aged from 17-25 years).

**Results of research.**

Analysis of activities of personalities closely binds with the analysis of motives of their activity. That is why training in the same group according to the same program the sportsmen can have different motives. Usually the process of education and self education is going on in integral connection with increasing sports skill and dynamics of relations

in sports team having high dependence on the success or losses of competitive activity. These conditions of formation and development of personality reveal the types of motivations of sports activity [9,3].

In organizing social life it may be organization of process of estimation of personal scale of each person and using by person of self-identification. Sportsmen compete not only for victory in fais competition but in that who win the duel of honor. In ideal case to be the first means to be valuable for today and come true in the history [3].

The problem of Olympic values and Olympic orientation is more and more attracting attention of scientists as Olympic values and orientations are integral part of the systems of relations of personalities as they reveal acts and behaviour of people. Formation of system of the Olympic values and orientation of values of personality meet certain changes in educational process of the youth. According to these facts in the way of carried out research together with traditional forms of educational work we conducted Olympic lessons, discussion, meetings with Olympic champions and prizewinners of Olympic Games.

Researches of important living values and Olympic values, featuring for the youth we conducted with help of methods "Morphological test of the life values".

With the projecting of process of cultivating olympic values and valuable orientation it is necessary pay attention to those which are the most important: to develop personal ego, to gain pleasure in all spheres of personal activity in life, activity communicate with the other people, to have material well being and to care for personal individuality. So you may speak about what in girls the ethic – businesslike direction is manifested strongly. For male youth the most important: selfdignity, escape of responsibility, limit of contacts necessary or use full, material wellbeing, setting specific realistic goal. Practically two orientations are expressed for girls and boys – ethic-buesinesslike and pragmatic ones (table 1).

Table 1

*The most living values of male and female youth taking up earsten martial arts ( $X_{med.} \pm \sigma$ ),  $n=65$*

Living values	Boys	Girls	t	P
Selfdevelopmant	39,9±5,19	43,6±6,18	4,5	<0,05
Spiritual peasure	40,3±5,43	44,1±5,02	5,1	<0,05
Creativeness	36,2±7,15	39,6±7,32	1,8	>0,05
Social contact	40,3±5,09	44,1±5,02	4,5	<0,05
Prestige	39,2±7,45	39,5±6,44	0,2	>0,05
Achievement	41,3±6,98	45,3±6,91	4,5	<0,05
Material wellbeing	44,8±6,6	45,3±6,91	0,7	>0,05
Care for individuality	39,4±5,63	44±6,04	4,5	<0,05

at  $t_{cr} = 2,04$

Among Olympic values boys give priority: firstly to perfection, secondly – prestige, thirdly – friendship (table. 2). Prestige as Olympic values is the most important for girls together with boys ( $p \leq 0,01$ ). With girls the attempt for first realization of their aptitudes in the sphere of professional life and enhancing of qualification and also demands to herself and her professional duties are expressed vividly.

Boys became calm at the achievement of some results, give priority to more placid way of life but they feel hurt at the negative estimation of their professional skills. They are pragmatic, seeking concrete profit from the professional duties.

As for as Olympic values are concerned as perfection: girls mostly seek enhancing a level of their development, open their mind in contrast to boys.

Table 2

Major Olympic values of students youth ( $X_{med.} \pm \sigma$ ),  $n=65$

Living splures	Boys	Girls	t	P
<b>Prestige</b>	56,4±8,4	63,5±7,66	12,3	< 0,01
<b>Perfection</b>	58,9±8,51	63,5±7,66	5,7	<0,05
<b>Friendship</b>	54,1±8,14	54,1±8,06	0,2	>0,05

as  $t_{cr} = 2,04$

For boys concerning Olympic values as perfection attempt to achievement of certain results which testify to achievement of certain level of education or certain ignoring as fact which helps to personalities to develop themselves is expressed by low cognitive activity through absence of cognitive motivation, this testifies to desire to achieve specific result.

#### Conclusions.

1. Application of proposed methods concerning cultivation of Olympic values and valuable orientation of the students youth by means of eastern martial arts in educational-training process helps to harmonious development of the students and depend on specific conditions of carried out work.

2. Application and perfection of process of cultivation and valuable orientation as the students youth at the process of research positively made impact on need of students youth to strive for using the elements of culture of the East and to cognate standards, traditions for self perfection. The most important living values with are proposed in the eastern martial arts closely have something in common with Olympic values, and it contributes to the fact that students youth is directed for care to maintain moral principles.

Further researches will be directed to efficiency of application of pedagogical conditions, forms and methods of formation of Olympic values of the youth by means of eastern martial arts.

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