

## TO THE QUESTION OF THE FORMATION OF PERSONAL QUALITIES OF FUTURE DOCTORS BY MEANS OF COMBAT SPORTS

Khripunova L.D.

Crimean State Medical University named after S. I. Georgievsky

**Annotation.** *Purpose:* to provide theoretical analysis of the notion of „assertiveness” and rationale of approaches to the development of future doctors’ assertiveness by means of combat sports (Sambo and Judo). *Material:* analysis of regulatory documents, literary sources. *Results:* the author has analysed the essence of the notion of assertiveness, and ideas about the relevance of the quality in doctors’ professional activity. The notion of assertiveness has been defined as the subject quality of an individual integrating initiative and willingness to take risks in difficult situations, self-confidence and positive attitude towards others, the ability to freely make decisions and be responsible for their consequences, persistence in protecting one’s own rights and achieve life goals. It has been shown that the key component of assertiveness manifestations are technologies of subject-subject interaction, that provide mutual correctness and effectiveness of acceptable relations. Means of the combat sports have been viewed as instruments of the development of future doctors’ personal qualities. The potentialities of assertiveness formation by means of the combat sports have been defined. *Conclusions:* the introduction of the combat sports elements in the professionally applied training of medical university students is an important issue of nowadays, which needs theoretical substantiation and methodical support.

**Key words:** assertiveness, doctors, students, professional training, professional activity.

### Introduction

Personality’s qualities of future medical worker – assertiveness, tolerance, empathy condition to large extent successfulness of professional functioning, development and self realization of personality on all stages of life. For formation of these qualities it is necessary to apply adequate tools of training, which can be methods and means of physical culture, in particular, pedagogic potential of some kinds of sports [14]. Foundation of application and selection of means and methods of physical education for targeted development of personality’s qualities of future medical doctor are urgent in context of requirements to professional functioning, presented in FSES HVT (Federal state educational standards of Higher vocational training) by direction of training 060101 – Medical functioning [[http://www.edu.ru/db-mon/mo/Data/d\\_10/m1118.html](http://www.edu.ru/db-mon/mo/Data/d_10/m1118.html)].

Assertiveness of personality and peculiarities of its formation were regarded in works by R. Albery, E. Bern, S. Bishop, G. Volpet, Ph. Devis, V. Cappony, S.V. Kovaliov, R. Kokh, A. Maslow, T. Novak, Ye.N. Pekhota, G. Rassel, V.G. Romek. Formation of assertive skills and features of students was reflected in works by V.V. Davydov, V.A. Kan-Kalik, S.V. Kravtsova, Ye.A. Mukhmatulina, A.V. Petrovskiy. Recent years assertiveness has been being regarded as one of psychological mechanisms of development of children’s social adaptation (Yu.V. Shyltsova) [17], of teenagers (I.V. Popova) [11], of students (Ye.V. Khokhlova) [13]; as the source of successfulness of personality’s adaptation (V.A. Shamiyeva) [16]; as a tool of monitoring of targeted personality’s development (L.V. Oganin) [8]. However, martial arts have not been studied yet as a tool of formation of assertiveness in the process of physical education.

The work has been fulfilled in compliance with SRW works of Crimea state medical university, named after S.I. Georgiyevskiy.

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

*The purpose of the research* is theoretical analysis of conception “assertiveness” and foundation of approaches to development of future medical doctors’ assertiveness by means of sport martial arts.

*The methods and organization of the research:* analysis of legal documentation, literature sources, analysis and synthesis of the received information, method of pedagogic projection, generalization of own pedagogical experience of sambo and judo training.

### Results of the researches

In Federal state educational training standards of higher vocational training by directions 060101 – Medical functioning – it is noted that specialist shall be trained for prophylaxis, diagnostic, treatment, rehabilitation, psychological-pedagogic and scientific-research professional functioning [[http://www.edu.ru/db-mon/mo/Data/d\\_10/m1118.html](http://www.edu.ru/db-mon/mo/Data/d_10/m1118.html)]. All above listed kinds of activity stipulate presence of doctor’s personality qualities, which could ensure effective interaction with other people. Ability to feel other person’s condition, sympathize and empathizes other’s sufferings, but, alongside with it, to firmly and persistently solve professional tasks are still more often regarded as features, vitally important for medical doctor.

“Assertiveness” is not always used in psychological-pedagogic literature unequivocally, as far as it has many semantic variants in certain contexts. In Big Psychological dictionary “assertiveness” is defined as human ability to firmly defend own rights without suppressing the rights of other people [3, pg. 38]. “Assertiveness” is regarded as personality’s feature, defined as autonomy, independence on external influence and opinions, ability to independently regulate own behavior [7, pg. 138]. Recent years, in opinion of L.N. Shakirova, “assertiveness” has been being

understood as self confidence, readiness to take independent decisions and be responsible for their after effects [15, pg. 141].

V.A. Shamiyeva defines “assertiveness” as subjective property of a personality, which includes initiative and readiness to risk in difficult life situations, self-confidence and positive attitude to other people, ability to freely take decisions and be responsible for their after-effects, persistence in defense of own rights and achieving of own life targets, oriented on self-progressing [16, pg. 12].

In every of presented above definitions key component is technology of organization of subject-to-subject interaction, ensuring mutual correctness and effectiveness of permitted relations. In context of professional training of future medical doctor it is urgent that in contrast to destructive manipulation and aggression, assertive behavior should be regarded as adequacy in certain life situation.

In opinion of S. Stein and G. Book, assertiveness includes three main components: a) ability to express feelings and thoughts (feel and express anger or warm feelings); b) ability to openly express ideas and thoughts (express opinion, not yielding to pressure and keep certain position even is it is emotionally difficult and if you can loose something with it) and c) ability to defend own rights (don't permit other people to use you) [20].

Ye.V. Khokhlova marks out, as main components of assertive personality's structure, personality's and behavioral characteristics: positive openness, emotional opposition to inertial behavior, energy as expression of inner force, required for creative activity, persistence as sound expression of own position; courage in creative functioning, suspiciousness as indicator of development of sound and creative search; sound anxiety as indicator of active life position and inner tension in contrast to laziness; self-confidence as indicator of attitude to oneself and to other people as to values; social brevity and initiative in social contacts as expression of active cognition; time orientation of personality, connected with cognition and caused by value of cognition [13, pg. 8].

Assertiveness means not only quality, ensuring effectiveness of professional contacts in social-economic professions. V.A. Shamiyeva thinks that assertiveness, as complex personality's feature, fulfils system-formation function in structure of subject's personality and is the basis of personality's adaptation potential [16, pg. 5]. Assertiveness, as a property of a personality of adaptation's subject permits not only to adapt to variable conditions of life activity but also to construct such relations with surrounding world, which would facilitate creative progress, expansion of personal freedom and own development on the base of responsibility for choice of own feelings, actions and attitude to oneself and to other people [16, pg. 10]. The rendered definitions and estimations of assertiveness unequivocally witness that this personality's characteristic is an important attribute of medical doctor's professionalism, as far as it permits for personality to flexibly adapt to quickly changing conditions, preserves social and mental health of representatives of social-economic professions.

Practical training of assertiveness implies formation of non-verbal interaction skills, ability to estimate the state of other person, practical knowledge about people's behavior in different life situations. In our opinion effective tool of targeted formation of future doctors' assertiveness can be means and methods of sport martial arts.

A. A. Solovyov defines concept “martial arts” as combat of two persons, one-to-one, without fire arms [12, pg. 7]. Sport martial arts – are a kind of sport competition, in which two participants physically compete for determination of a winner in their combat, using only physical strength, or different sport equipment or/and cold arms [12, 19]. Effectiveness of sport martial arts in training of professional applied qualities is connected with the fact that they develop physical, psychic and social qualities of trainees simultaneously [4, pg. 20].

Studying formation of qualities, required by a person in everyday life, by means of physical culture, G.B. Shustikov and V.V. Fudimov present results of questioning of respondents, who practiced different kinds of sports. Questioning results of wrestlers witness that owing to sport martial arts 95.1% of respondents formed independence, 89.9% – brevity, 72.0% – decisiveness; 68.4% – ingenuity; 60.2% – self-control; 53,4% – forbearance; 54.0% – independence; 54.3% – ability to take decisions; 51.0% – attentiveness [18, pg. 166].

The purpose of martial arts is, acting in frames of existing rules, fulfill techniques, which can cause maximal physical damage to adversary or put him in unfavorable position and, of course, to defend against analogous adversary's techniques. It is affirmed that martial arts, like other kinds of arts, is important for humanity as a mean of holistic social perception of individual personality, his (her) intellectual progressing, his (her) taking of collective experience, ancient wisdom, certain social-historic interests, strives, ideals [6, pg. 89]; in training of sambo sportsman personality is on the first place [5, pg. 5]. The specialists' opinions, rendered by us, witness about potentials of sport martial arts as a tool pf formation of personality's qualities of future medical doctor, assertiveness in the first turn.

Evaluating comprehensively pedagogic potential of sport martial arts, A.K. Bielov regards conflict, fight as training of behavior, art of control over situation, art of relationships' regulation by power means, art of vitality and, at last, as combat art [1, pg. 3]. In context of our research this opinion actualizes involving of sport martial arts' means and methods in professional training of medical HEEs' students.

Sport martial arts are powerful stimulus for formation of ideal of holistic and viable personality [9, pg. 3]. This ideal includes understanding of such fundamental functions as strive for self-perfection, self control, self defense against aggressive, destructive influences. Partial arts trainings facilitate development of moral-will features. S.B. Petrygin notes that moral-will qualities are complex dynamic formation and are characterized by integral manifestation of thoughts, wishes, actions and their realization in adequate behavior [10, pg. 18]. In permanently complicating conditions of life martial arts trainings are not only tool of assertiveness's formation but also they permit to ensure individual character of training and appeal to student's personality. Personality-oriented physical education – is

complex, full fledged influence on personality by means of physical culture, when, alongside with solution of other tasks, the first priority belongs to development and actualization of physical culture and health values, formation of important for personality motives, knowledge and skills, as well as first experience of independent and safe usage of physical culture and health improvement means [2, pg. 3].

Educational process in medical higher educational establishment is, first of all, oriented on formation of cognitive and technological components of professional training. Formation of personality's qualities of future specialists, ensuring effective professional communication, is possible at physical education lessons, owing to application of sport martial arts' means and methods. Universal skills of interaction and effective communication, including non-verbal component, facilitate development of assertiveness, readiness for cooperation and mutual activity with future patients and colleagues. With it, as a result of mastering of sambo techniques student shall receive ability to defend: his (her) views and own opinion, take in consideration opinion of other people and different positions in communication and interaction with interlocutors; admit existence of different points of view, which can not coincide with his own; in mutual functioning – to come to common decision and come to agreement with opponent even in situations, when own interests can suffer; plan and realize cooperation with patients, using different methods of interaction; settle friendly relations, facilitating fruitful cooperation, with colleagues; formulate clear for patients thoughts, considering mental level of interlocutor; prove, argue and defend “up to the end” own position without insulting for interlocutor arguments; put questions, required for fulfillment of own activity, without tension or shyness; try to use and constantly perfect communicative, non-verbal means. In our opinion discipline “Physical education” is universal for formation of assertive and communicative skills of future medical doctors, while application of martial arts' means and methods permits to more effectively solve this task of professional training.

#### Conclusions:

Concept “assertiveness” is defined as subjective property of a personality, which integrates initiative and readiness to risk in difficult life situations, self confidence and positive attitude to other people, ability to freely take decisions and be responsible for their after effects, persistence in defense of own rights and achieving of life targets. Key component of assertiveness is technology of subject-to-subject interaction, ensuring mutual correctness and effectiveness of permitted relations.

The presented above definitions and characteristics of concept “assertiveness” unequivocally witness that such personality's quality is demanded in professional functioning of medical workers; permits for personality to flexibly adapt to quickly varying conditions, facilitate preservation of doctor's social and psychic health. Discipline “Physical education” is universal for formation of assertive and communicative skills of future medical doctors. We offer to develop assertiveness of future medical doctors by introduction of sambo and judo principles in program of physical education.

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**Information about the author:**

**Khripunova L.D.:** ORCID: 0000-0002-2264-5454; efi56@bk.ru;  
Crimean State Medical University named after S. I. Georgievsky; Lenin  
Avenue 5/7, Simferopol, 95006, Ukraine.

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