

FORMATION OF POSITIVE MOTIVATION AS THE BASIS OF STUDENTS WILL QUALITIES' PERFECTION IN PHYSICAL CULTURE PRACTICING

Dudnyk I.O.

Cherkassy national University named after Bogdan Khmelnytsky

Abstract. *Purpose:* to theoretically substantiate and test experimentally pedagogic conditions of positive motivation's formation as the basis for students will and physical qualities' perfection in physical culture practicing. *Material:* 244 first year students participated in experiment. At the beginning and at the end of experiment levels of manifestation of students' will and physical qualities were assessed. *Results:* we have proved successfulness of will training if this process is naturally coincides with formation of positive motivation and perfection of motor fitness. It was found that motivation for physical culture practicing result from different demands: demand in motion, demand in fulfillment of student's duties and demand in competition functioning. *Conclusions:* we have offered the following pedagogic conditions: application of game and competition methods: setting of appropriate for students tasks of training; usage of sufficient sport equipment and apparatuses; forcing of students for independent physical culture practicing through system of encouragement.

Key words: will qualities, motivation, pedagogic conditions, students.

Introduction

In education of active life position of modern person important role is played by formation of ability for will regulation of functioning. Efficiency of every human functioning depends on many conditions, including knowledge, skills and abilities. However determining factors of functioning are indeed motivation and will. Depending on character of circumstances, certain will manifestations are defined as will qualities. Thus, will is interpreted as combination of will qualities [3, 10, 15, 17, 19-22].

Results of analysis of literature witness that orientation of pedagogic influences in process of students will qualities' formation in physical culture practicing shall envisage solution of the following main tasks: formation of positive motivation, development of interest to trainings, provisioning of systemic and gradual intensification of obstacles [7, 8, 11, 14, 23, 30-36]. We share scientific ideas of authors [4, 9, 15, 18, 19, 24-29]: ability for will functioning if formed only in systemic, tensed functioning, through overcoming of objective and subjective obstacles. Main means of will sphere's formation in physical education are physical exercises.

Rather high potential of physical culture in cultivation of young generation's will and moral qualities is elucidated in researches [2, 18]. There is noted also that effectiveness of will actions depend on level of motivation [1, 10, 12, 13, 16, 44-47]. That is why motivation for systemic and tensed functioning is the basis for perfection and self-perfection of will and physical qualities in physical culture practicing.

Analysis of psychological-pedagogic literature proves that problem of formation of youth's will qualities has still been unsolved sufficiently.

Purpose, tasks of the work, material and methods

The purpose of the work: to theoretically substantiate and test experimentally pedagogic conditions of positive motivation's formation as the basis for students will and physical qualities' perfection in physical culture practicing.

The tasks of the research: determination of indicators of students will and physical qualities formation levels; assessment of dynamic of will and physical qualities in experimental and control groups.

The methods of the research: analysis and systemizing of scientific data on the problem of the research; pedagogic observation; testing; experts' assessment, initial and finalizing experiments, methods of mathematical statistic and comparative analysis.

Material of the research: the research was conducted during two years on the base of Cherkassy national university, named after Bogdan Khmelnytsky. First year students participated in experiment. From their amount we formed experimental and control groups. In total pedagogic experiment covered 244 students. At the beginning and at the end of experiment levels of manifestation of students' will and physical qualities were assessed.

Organization of the research: in our experimental work we considered all main factors, which influence on formation of positive motivation for physical culture practicing: content and organization of learning process, assessment of learning functioning and creation of situation of success, style of teacher's pedagogic functioning. We also considered the fact that motivation for physical culture practicing results from different demands: demand in motion, demand in fulfillment of student's duties and demand in competition functioning.

In physical culture trainings we widely used encouragement by positive marks for students' functioning. For ensuring of effectiveness of students' encouragement teacher shall have met the following requirements:

- Application of differentiating approach, under which students were encouraged even for little success;
- Maximal publicity of encouragement;
- Finding of objective basis for encouragement as many students as possible;
- Substantiation of every encouragement with following remarks how to do better;
- Application as exact and objective encouragement as possible;
- Application of just encouragement for it to facilitate students' fulfillment of tasks, manifestation of their workability, initiative, organization, tolerance and other positive qualities.

So, pedagogic conditions, which are leading in formation of students' interest and motivation for physical culture trainings, are the following:

- *Application of game and competition methods;*
- *Setting of exact, feasible for students tasks of training;*
- *Usage of sufficient by quantity and satisfactory by quality sport equipment and apparatuses;*
- *forcing of students for independent physical culture practicing through system of encouragement.*

Physical culture instructors received detail explanation of sense of experiment and methodic recommendations on formation of students' will qualities in physical culture practicing.

Results of the research

Level of formation of students' will qualities (tolerance, organization, initiative) was determined with the help of experts' assessment and by methodic of B. Smirnov and A. Vysotskiy in our modification.

Choice of exactly such qualities as tolerance, organization and initiative was determined by their characteristics.

Tolerance reflects specific manifestations of will tension, oriented on overcoming of inner conditions, which hinder continuation of physical work. It starts to manifest from the moment, when person faces internal obstacle of physiological character (unfavorable condition), starts to overcome it and endure internal difficulties.

Initiative is regarded as will characteristic of human behavior, as ability to independently set tasks for him (her) self and without any forcing to fulfill them, to creatively treat any functioning. Initiative is a separate case of independence.

Organization is connected with self-discipline, with planning of own actions and means, required for achievement of aim. Thus, organization and initiative are ensured by durable state of internal tension and are closely connected with many other will qualities.

By results of experts' assessment students of experimental and control groups were divided into three conventional groups: with high, middle and low levels of will qualities' formation in process of physical culture practicing (see table 1).

Table 1

Dynamic of will qualities' formation of control and experimental groups' students during experiment (%)

№	Will qualities	Before experiment						After experiment					
		Levels											
		High		Middle		Low		High		Middle		Low	
		C	E	C	E	C	E	C	E	C	E	C	E
1.	Tolerance	13.7	13.6	61.9	61.8	24.4	24.6	18.1	28.1	59.0	55.3	22.9	16.6
2.	Initiative	14.7	14.1	63.0	63.3	22.3	22.6	18.4	31.2	61.8	54.7	19.8	14.1
3.	Organization	14.2	13.8	62.8	64.5	23.0	21.7	17.4	29.2	61.1	55.0	21.5	15.8
4.	Total	14.2	13.8	62.6	63.2	23.2	23.0	18.0	29.5	60.6	55.0	21.4	15.5

Results of initial experiment witness that level of will qualities' formation in control and experimental groups are nearly equal.

For the period of experiment in experimental group we observed substantial increment of indicators of will qualities' formation. In control group, for these two years, indicators nearly did not change. The received data prove that it is possible to substantially increase students' will qualities during experiment.

Besides, we assessed changes in students' physical fitness. For the period of experiment, in experimental group more substantial increment of indicators was registered than in control group. It proves that practical implementation of our offers in practice of higher educational establishments' physical education realizes: formation of students' positive motivation for physical culture practicing that positively influences on increase of will and moral qualities. Actually we can speak about substantial improvement of educational process's effectiveness in educational and health related aspects.

Discussion

The received results show significance of formation of positive motivation and interest for physical culture practicing and provisioning of systemic and gradual obstacles' intensification in learning process that is also proved by other researchers [4, 6, 8, 9, 14, 15, 18, 19, 36-43]. It has been proved that will training is successful if it is in natural coincidence with formation of positive motivation and improvement of motor fitness.

Results of the research point that it is purposeful to implement the offered pedagogic conditions on formation of positive motivation in pedagogical process as the basis students will and moral qualities' perfection by physical culture practicing.

Conclusions

1. For increase of effectiveness of formation of students' interest and motivation as the basis of will and physical fitness's improvement, we offered the following pedagogic conditions: application of game and competition methods; setting of exact, feasible for students, training tasks; application of sport equipment in sufficient quantity and of satisfactory quality; forcing of students for independent physical exercises' training by encouragement system.

2. Results of two years' finalizing pedagogic experiment showed: will training is successful if it is in natural coincidence with formation of positive motivation and improvement of students' motor fitness.

3. Experimental work proved effectiveness of the worked out pedagogic conditions and methodic techniques for formation of positive motivation as the basis of students will and physical qualities' perfection in physical culture practicing.

The prospects of further researches imply studying of specificity of students' will qualities' formation in process of training of certain, separate physical skills; improvement of will qualities' diagnosing.

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Conflict of interests

The author declares that there is no conflict of interests.

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Information about the author:

Dudnyk I.O.: <http://orcid.org/0000-0002-3479-6532>; dudnik1979@yandex.ua; Cherkassy national University named after Bogdan Khmelnytsky; Shevchenko, 81, Cherkassy 18031, Ukraine.

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