

VOLLEYBALL AND EMOTIONAL HEALTH OF STUDENTS OF PEDAGOGICAL UNIVERSITY

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Annotation. The features of valueological pedagogical influence of volleyball lessons on the emotional state of pedagogical university students. In the experiment involved 96 students aged 18-20 years. It was found that 72% of students feel the satisfaction of most emotional needs during the game, 86.4% indicate a bright splash of feelings and a sense of mutual aid during the game, 24% of students met the best friends among the players section. 89.3% of students say that skill, sense of humor, energy, example and support of teacher (trainer) during exercise can affect the emotional state of the team and each student. Professional and personal qualities of the coach, to encourage students to employment volleyball positive impact on the physical, mental performance, improve attention, ability to work in a team, to overcome emotional stress, feelings of fatigue, improves emotional state of students.

Keywords: volleyball, students, emotions, trainer, influence.

Introduction

Human health is the most important precondition of self confidence and happiness. World science developed integral approach to health as to phenomenon, which consists of the following aspects: physical, psychic (mental), emotional, social and spiritual.

Low health level of modern pupils and students results in negative consequences not only of individual, but also of general, social significance. For efficient health improvement and formation of personal health culture, its is necessary, that in general educational establishment teacher of new type would appear – researcher, personified etalon of healthy life style, ideologist of formation of children's and teenagers' health culture. That is why the content of professional training of future teachers at modern stage shall be oriented on equipping of students with knowledge, skills and abilities facilitating formation, preservation and improvement of health in all its aspects.

It is evident that the purpose of modern education is not only teaching, educating but also health strengthening of rising generation. Can be a pedagogue an example for his disciples in questions of formation and improvement of health? Medical, sociological and valeologic researches witness that there are negative trends in states of to-days teachers' health. Especially it should be noted that with increasing of teacher's period of practical work, loss of adapting processes and rising of psychopathological states of neurotic or psychopathic character also rise, which, then, pass in chronic form that it typical for people of stress professions. (O. Osnitskiy). Growth of Neurotic and psychopathic teacher's responses negatively influence on his relations with pupils (L. Mitina, N. Trushina). As a result teacher himself becomes a risk factor for nervous-psychic loss of pupils adapting abilities and for worsening of their health that is inadmissible from valeologic points of view [4]. Thus, "teacher's activity on formation of own health shall be oriented on optimizing, health improvement of individual life style and reorganization of pedagogic work on valeologic base, i.e. in favor of his own health and the health of pupils" [4, pg. 6-7]. The lower pedagogue's level of knowledge in questions of health preservation and improvement is, the less effective is his pedagogic influence on pupils.

We share the opinion of O. Gevko, who thinks that the purpose of higher educational establishment should be stimulation of every students' personality to healthy life style, based on principles of morality, rational organization, activity, love for work, strengthening and resistance to unfavorable influence of environment; that all these will permit for future pedagogue to preserve physical, psychic and moral health up to extreme old age. Healthy life style permits to strengthen and perfect reserve abilities of organism that will ensure successful fulfillment of pedagogue's social and professional functions, independent on political, economic and social-psychological situations [6].

Exactly at higher school future teacher shall learn how to release tension in stress situation, to master his emotions and in future to help mastering of this quality to his disciples. So, emotional health is one of the components of ideal health [6].

The period of studying at university is one of the most effective for formation of physical activity. The rhythm of life of to-day's student of pedagogical university is characterized by low physical activity that is why formation of student's motivation for physical culture and sports training is sufficiently important aspect of valeo-pedagogic influence on future pedagogues. Emotional attractiveness of physical loads is of great importance that is why in sports physiology it is usually recommended to use game activity: just in game activity team interaction facilitates optimal development of physical and psychological qualities of student [1].

In opinions of V. Balsevych and L. Lubysheva outdoor games are a powerful mean of complex influence on organism, characteristic feature of which is high emotional content of trainings and important significance for students' health improvement. Health related outdoor games are an efficient mean of correction of student organism's state, owing to the fact that it is easy to correct scope and intensity of loads, complete approximately equal teams and so on [2].

In the opinion of scientists [1, 3, 5, 11], in order to ensure complete solution of main purpose of physical education at HEE – effective health improvement and solution of the most important tasks of young specialist

personality's development, it is purposeful to engage students in volleyball as a kind of sports, that comprehensively develops student's organism, is interesting, accessible and popular among youth. But whether volleyball training are sufficient for releasing nervous strain, for improvement of students' emotional state have been elucidated by scientists insufficiently.

The problem of volleyball instructor's (coach's) role and his valeo-pedagogic influence on emotional state of future pedagogues requires urgent attention.

The present work has been fulfilled as per plan of scientific & research works of DHEE "Donbass state pedagogical university".

Purpose, tasks of the work, material and methods

The purpose of the work is to prove valeo-pedagogic influence of volleyball trainings on emotional state of future pedagogues.

The tasks of the research: to theoretically ground influence of volleyball trainings on students' health and show the role of an instructor (coach) in improvement of their emotional state.

Materials and methods of research. In the research 18-21 years old 96 students of pedagogical university took part. As the methods of research we used: theoretical analysis of scientific-methodic and special literature, pedagogic observation, questioning, generalization.

Results of the research

Among modern scientists, who deal with problems of formation of youth value orientations on healthy life style, we should like to note such known specialists as I. Bekh, T. Glazko, G. Vaschenko, S. Lapayenko, N. Nikoforov, S. Omelchenko, N. Panina, N. Romanova, N. Subota, L. Suschenko, T. Tytarenko, O. Yariomenko and many other. Scientists N. Abaskalova, N. Gendin, G. Kurayev, L. Petrovska et al. discuss problems of students' health and life style; influence of different factors on formation of students' healthy life style is researched by T. Ivanova, N. Krutogorskiy, A. Pyvovarov, V. Ponomariob, N. Rusina and by other.

We share the opinion of M. Zubaliy, B. Vedmedenko, V. Mudrik, O. Leonov and other scientists, who think that students' health is influenced on by a number of reasons:

- emotional discomfort, caused by difficulties of study;
- complicated relations in system "students-teachers-parents";
- intensive negative influence of environment;
- increasing of feeling of uncertainty, dissatisfaction with oneself and surrounding world [7, pg.2].

So, emotional state plays important role in formation and preservation of students' health.

Emotional health is a state of emotional, mental comfort that facilitates development of full fledged personality, preservation of his (her) health; that permits to form integral attitude to oneself and to surrounding world, to transform negative and originate positive feelings.

Emotional qualities are underestimated concerning the role that they play in preservation and development of healthy and successful life. Students' emotional health includes abilities to cope with overstrain, depression and anxiety, which are connected with studying, as well as to express and control of emotions and feelings.

Undoubtedly positive role in formation and strengthening of health is played by adequate physical loads. In modern life still greater quantity of physical trainings are directed not at achievement of highest results but at increasing of their health related influence. For solution of this problem the most effective means are outdoor games.

A/ Galizdra affirms that the fulfilled analysis and methods of researches witness about purposefulness and possibility of using of volleyball in students' physical education as an effective mean of physical conditions' improvement, mental workability perfection, strengthening of health, formation of healthy life style [5]. Volleyball includes different forms of motion activity – walking, running, jumps, passes, blows. Game activity in volleyball develops eyesight, accuracy and quickness of movements, muscular strength, facilitates development of cardio-vascular, nervous and respiratory systems, ensures improvement of metabolism, strengthening of supporting motor system [1, 5, 9, 10].

Volleyball as game kind of sports is characterized by constant changes of situations and facilitates development of quick orientation, dexterity, resolution [8]. Need in observance of certain rules and collective actions help to develop the players' discipline and ability to act in collective. Various fulfillment of technical-tactic actions and presence of significant scope of movements, which are connected with intensive muscular work, comprehensively influence on organism, that is why volleyball is a valuable mean of health related physical culture of student of higher educational establishment [1, 5].

Besides, need in accorded actions for achievement of common aim during game teaches player to act collectively, to express strive for victory, mutual assistance, educates feeling of friendship.

Duration and rate of motion load in training shall be selected depending on functional level of students, their state of health and quantity of training per week that depends on students' physical conditions. In the process of game cardio-vascular system responses rather actively to physical load, that is why during active game (at high density of game) rather substantial rising of pulse beats frequency can be observed, but complexity, density, rate and scope of game time shall be selected considering students' functional state [8].

Volleyball is characterized by quick, various actions of players, that is why game situation constantly changes: the player, who acts in changeable conditions, must be able to quickly estimate the adversary's actions, to orient in complex game situations, that requires ability to concentrate attention, to correctly distribute and "re-switch" it [1, 5].

With it, it is very important that physical loads on organism should be gradual and regular, should be various and not cause overstrain and tiredness of students' organism. Outdoor games in general and volleyball in particular are able to variously influence in health related aspect on student's organism.

Volleyball is an efficient factor of struggle with tiredness, rehabilitation of organism's functional abilities and satisfaction of emotional demands. The range of emotions is rather wide. Every lost or won ball causes a splash of feelings, as well as successful or fault actions of partners. So, every game is accompanied by training of emotional-psychic sphere of a person [3].

Potential possibilities of formation of students' positive feelings shall be used also in educational process. The source of happy feelings is a teacher (coach) himself: he irradiates energy, desire to practice physical culture [1].

Personal example – is the best propagation. Coach must constantly control himself, make high demands to himself.

In the course of volleyball training, instructor (coach), embedding personal interest in the training, demonstrating personal healthy life style, giving the students opportunity to feel the results of own activity, forms the disciples' wish and interest to systematic volleyball trainings not only for health related purposes but for emotional balance as well [6].

Practice proves that every personality has positive attitude to person, communication and interaction with whom cause positive feelings and bring gladness. Feeling negative emotions, person consciously or subconsciously seeks for avoiding of meeting with phenomena, processes or people, who were the reasons of unpleasant feelings: tries not to meet, avoid fulfillment of duties, miss classes. Ability of teacher to monitor own health, good sense of humor, cheerfulness, readiness for co-operation increase satisfaction from communication with him, emotionally color training process. As a result students like teacher and then, his subject [6].

So, teacher by his own example, by his sincere wish to help students in overcoming of negative factors influencing on their health, involving future teachers in volleyball trainings, renders one of the most influences in educational process – valeo-pedagogic (see fog.1).

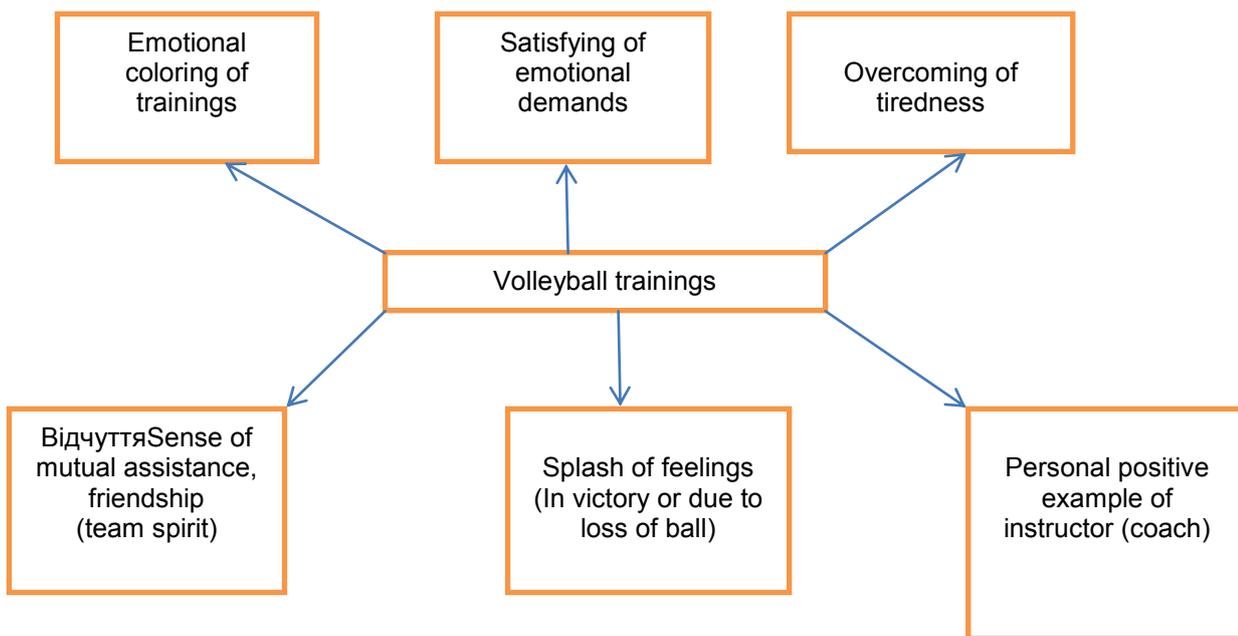


Fig.1. Valeologic pedagogical influence on volleyball trainings and on students' emotional state

With determination of volleyball trainings' content the main principle is differentiated approach to educational process, i.e., academic material is formed, considering sex, physical conditions, physical and technical level of students.

Principle of gradualness in increasing of requirements to mastering of motion skills, development of physical qualities and dosing of physical loads is very important in methodic of trainings.

The process of volleyball training includes theoretical and practical material. At theoretical classes special attention shall be paid to problems of medical control, self-control and methodic of physical education, considering students' health state. Theoretical classes also imply search, discovery and mastering of theoretical knowledge about volleyball techniques as an integral system of movements. Practical trainings include intensification of students' knowledge about fulfillment of techniques and practical mastering of them at the level of motion abilities. General and special physical training in volleyball shall be carried out considering students' functional abilities. In these kinds of trainings the main factors are elimination of functional deprivation of organs and systems, increasing of organism's workability and mastering of technical-tactic peculiarities of volleyball game.

In the process of scientific researches directed on studying of volleyball's influence on students' emotional state, at pedagogic university we questioned 96 students of different faculties, who attend volleyball trainings (at circle) during 1 year and more. According to the results of questioning 76. 8% of the questioned think that for then volleyball

is the best mean of overcoming tiredness, 72% of students feel satisfaction of most of emotional demands exactly during game, 86.4% note bright splash of feelings, feeling of mutual assistance during game, 24% met their best friends among the players of team, 89.3% of students affirm that skillfulness, sense of humor, energy, personal example and support of instructor during training can influence on emotional state both of team and every separate student.

Thus, valeo-pedagogic influence of volleyball trainings is regarded by us as purposeful instructor's actions, oriented not only on physical strengthening but also on improvement of students' emotional health by means of personal competence, positive attitude, ability, by personal example, to prove significance of such trainings in improvement of emotional state of rising generation.

Summary

Thus, educational process of higher educational establishments in general shall be oriented on formation of specialist, who is able to feel admiration, to manifest creativity, social interest, who has feeling of participation, of integrity with other, who has philosophical sense of humor, creativity, inner independence from direct or negative influence of environment and who is an etalon of healthy life style.

Physical education trainings, which are organized as per principle of students' involving in volleyball, can facilitate improvement of students' physical conditions, influence on general functional state of organism, increase sensitivity of nervous system (availability of nervous-emotional component), positively influence on physical and mental workability, increase concentration and stability of attention, give ability to work in collective, to make friends, to cope with emotional tension, sense of tiredness and, thus, to improve students emotional state. The main link in this process is personal example, professional and personal qualities of instructor (coach).

The prospects of further researches imply studying of other physical culture means' influence on emotional state of students of pedagogical university.

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Cite this article as: Muskarina Y.Y., Chernobay S.A. Volleyball and emotional health of students of pedagogical university. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 2013, vol.7, pp. 34-38. doi:10.6084/m9.figshare.735963

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Received: 01.06.2013
Published: 30.07.2013