

# Research Journal of Pharmaceutical, Biological and Chemical Sciences

## Motivational Features Of Disabled Athletes With The Defeat Of The Musculoskeletal System To Participate In The Training Process On The Russian Bench Press.

Makhov AS\*.

Russian State Social University, st. V. Pika, 4, Moscow, Russia, 129226.

### ABSTRACT

Regular muscular dosed loads are an important health factor even for an organism with irreversible damage. A variant of such loads for disabled people is adaptive sport. In contrast to the Paralympic sport, it develops in two directions: recreational and recreational sports and sports of the highest achievements. The main objective of adaptive sports is the maximum involvement of persons with disabilities in exercise and sports, and therefore their socialization. One of the main motives for the mass involvement of persons with disabilities with the defeat of the musculoskeletal system in the Russian press is a variety of competitive versions in which they can show their abilities, namely: "classic Russian press", "bench marathon" and "devil's dozen" . In this case, in all three types of competitions can take part men and women. Participation of athletes with a lesion of the musculoskeletal system in the training process of the Russian bench press is considered by them as a real way to self-affirmation, social adaptation and integration into society, as well as a way to get new impressions, improve health and correct their physique.

**Keywords:** motivation, athlete, disabled person, defeat of the musculoskeletal system, Russian bench, training process.

*\*Corresponding author*

**INTRODUCTION**

Regular muscular dosed loads are an important health factor even for an organism with irreversible damage [1-5]. A variant of such loads in disabled people is adaptive sport [6-10]. In contrast to the Paralympic sport, it develops in two directions: recreational and recreational sports and sports of higher achievements. The main task of adaptive sports is the maximum involvement of persons with disabilities in exercise and sports, and therefore their socialization [11-14].

Paralympic sport is aimed at achieving paralympic athletes international results, winning high places in international competitions, setting national, continental and world sports records to show children, teenagers and young people, society as a whole, an example of overcoming difficulties, spiritual and physical improvement, maintaining healthy lifestyle [15,16].

For people with disabilities of different nosologies, various types of adaptive sports that are not part of the Paralympic Games program are more attractive. A special place among these kinds of sports is occupied by the Russian bench, which is becoming more and more popular among athletes with the defeat of the musculoskeletal system. The main differences between the Russian press and powerlifting is that the athlete, during his attempt to fix the weight of the barbell that is not as strong as possible, but to lift it according to certain rules, the maximum number of times in five minutes [17-20].

One of the main motives for the mass involvement of persons with disabilities with the defeat of the musculoskeletal system in the Russian press is a variety of competitive versions in which they can show their abilities, namely: "classic Russian press", "bench marathon" and "devil's dozen" . At the same time, men and women can take part in all three types of competitions [21-26].

To establish the motives of athletes with disabilities with a lesion of the musculoskeletal system to participate in the training process on the Russian bench, we conducted a study in which the following goal was set: to identify motives and their significance in athletes with disabilities with a lesion of the musculoskeletal system to participate in training the process of the Russian press.

**MATERIALS AND METHODS**

In preparation for the study, a list of motives of athletes with disabilities with a lesion of the musculoskeletal system to participate in the training process for the Russian bench press was developed, presented in Table 1.

**Table 1. List of motives of athletes with disabilities with the defeat of the musculoskeletal system to participate in the training process on the Russian bench press (n = 37)**

<b>No</b>	<b>Motives</b>
1	The desire to prove that you are capable of more ("overtake yourself")
2	The desire to correct physique
3	Improve health
4	Striving for self-affirmation (getting a discharge, rank)
5	Increase the level of physical fitness
6	The desire to do a new sport
7	Develop your physical qualities
8	The desire to find friends, comrades
9	Russian bench press - less traumatic compared to other strength sports
10	Getting new impressions (feeling of excitement, struggle, victory)
11	Educate yourself in the moral and volitional qualities
12	Generate a need for regular exercise and sports
13	The desire to be useful to society
14	Desire to find employment outside the home
15	The desire to lead a healthy lifestyle

To establish the hierarchy of significance and the structure of the motives of athletes with disabilities with a lesion of the musculoskeletal system, a questionnaire was developed for the Russian bench press and a survey of 91 athletes from 15 municipalities of Ivanovo and Vladimir regions (Kineshma, Ivanovo, Vichuga, Rodnikov, Furmanov, Puchezh, Kokhma, Shui, Privolzhsk, Navolok, Zavolzhsk, Teikov, Komsomolsk, Savina, Gavrillovo-Posad, Gorokhovets, Kovrov). Respondents were asked to indicate the degree of importance of each of the motives presented in Table. 1 on a 10-point scale (9-10 points - "extremely important", 7-8 points - "very important", 5-6 points - "quite important", 3-4 points - "not very important", 1-2 points - "absolutely not important"). The study took place during the championship of the Ivanovo region in powerlifting among athletes with the defeat of the musculoskeletal system in November 2011 and the VII Festival of Sport among disabled-supporting people of the Ivanovo region in May 2012. The data obtained in the course of the surveys were compiled into a single matrix and processed by the method of averages. The calculations were performed using the standard software package Microsoft Excel for Windows and SPSS 12.

### RESULTS AND ITS DISCUSSION

The results of mathematical-statistical processing of survey materials are given in table. 2

**Table 2. The significance of the main motives of athletes with disabilities with the defeat of the musculoskeletal system to participate in training on the Russian bench press (n = 91)**

No	Motives	X (points)	m
1	Russian bench press - less traumatic compared to other strength sports	9.76	0.11
2	The desire to correct physique	9.63	0.15
3	The desire to prove that you are capable of more ("overtake yourself")	9.59	0.18
4	Striving for self-affirmation (getting a discharge, rank)	9.23	0.14
5	The desire to do a new sport	9.05	0.23
6	Improve health	8.97	0.15
7	The desire to be useful to society	8.93	0.17
8	Develop your physical qualities	8,89	0,12
9	The desire to find friends, comrades	8,89	0,17
10	Educate yourself in the moral and volitional qualities	8,67	0,17
11	Getting new impressions (feeling of excitement, struggle, victory)	8,65	0,22
12	The desire to show their abilities	8,41	0,21
13	Generate a need for regular exercise and sports	7,15	0,38
14	The desire to lead a healthy lifestyle	4,31	0,32
15	Desire to find employment outside the home	4,2	0,35

None of the motives were classified by disabled athletes with a lesion of the musculoskeletal system to the category of 5-6 points - "quite important" and 1-2 points - "of no significance" (Table 2).

Among the exceptionally significant motives, the respondents attributed the indicators №1-5 - aspirations: "to the correction of the physique" ( $X = 9.63 \pm 0.15$ ); "To prove that you are capable of more ("overtake yourself")" ( $X = 9.59 \pm 0.18$ ); to self-affirmation (getting a discharge, rank) ( $X = 9.23 \pm 0.14$ ); desire to engage in a new sport ( $X = 9.05 \pm 0.23$ ). At the same time, the leading motive is the following motive: "the Russian press is less traumatic in comparison with other strength sports" ( $X = 9.76 \pm 0.11$ ). The high subjective significance of these motifs can be explained by the fact that disabled athletes in this sport are attracted by its minimal trauma compared to other strength sports, as well as the ability to assert themselves and prove to themselves that they can do more [27,28].

Indicators №6-13 belong to the category of “very important” motives: “improve health” ( $X= 8.97\pm 0.15$  points); “The desire to be useful to society” ( $X= 8.93\pm 0.17$  points); “Develop your physical qualities” ( $X= 8.89\pm 0.12$  points); “The desire to find friends, comrades” ( $X= 8.89\pm 0.17$  points); “To cultivate moral and volitional qualities” ( $X= 8.67\pm 0.17$  points); “Getting new impressions (feeling of excitement, struggle, victory)” ( $= 8.65\pm 0.22$  points); “The desire to show their abilities” ( $X= 8.41\pm 0.21$  points); “To form the need for regular exercise and sports” ( $X= 7.15\pm 0.38$  points). This suggests that athletes with disabilities seek to make new friends and through the achievement of results in the Russian press to be useful to society, their city, region [29-31].

The desire for a healthy lifestyle ( $= 4.31 \pm 0.32$ ) and finding a job outside the home ( $X= 4.2 \pm 0.35$ ) have a definite meaning for the interviewed disabled sportsmen.

To determine the structure of motives, the results of the polls were subjected to correlation analysis (the Spearman rank correlation coefficients were calculated). The results of the correlation analysis formed the basis for building three correlation pleiades, the purpose of which was to establish qualitatively homogeneous groups of motifs of disabled athletes with affection of the musculoskeletal system to the training process in the Russian bench press (Fig. 1-3, Table 3).

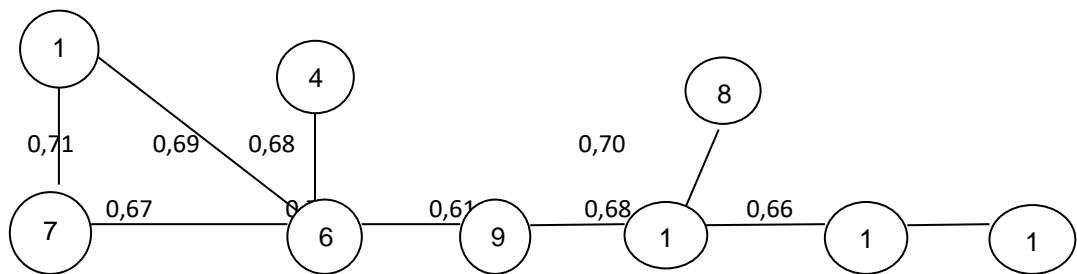


Figure 1. Correlation Pleiad №1

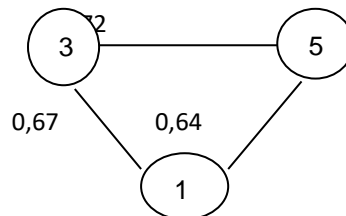


Figure 2. Correlation Pleiad №2

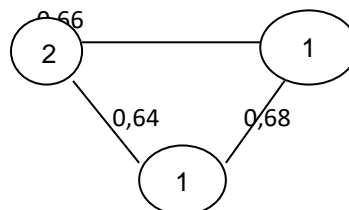


Figure 3. Correlation Pleiad №3

Explanations: the numbers of the indicators specified in the correlation pleiades correspond to the numbers of the indicators of table 3.

**Table 3. Description of the correlation pleiades devoted to the structure of the motives of disabled athletes with the defeat of the musculoskeletal system to participate in the training process on the Russian bench press (n = 91)**

No	Power	Fortress	Identification of the galaxy (group of motives)
1	9 units	0,68	The desire for self-assertion and socialization - to prove that he is capable of more, getting a discharge, a title, a desire to engage in a new sport, to develop his physical qualities [32-34], the desire to find friends, comrades, the desire to engage in Russian press due to his low traumaticness, cultivate moral-volitional qualities [35], the desire to be useful to society, the desire to find a job outside the home [36,37]
2	3 units	0,67	The motive of getting new impressions and promoting health is getting new impressions of excitement [38,39], fighting, winning, increasing physical fitness, improving health [40,41]
3	3 units	0,66	The desire to lead a healthy lifestyle and exercise regularly and sports [42,43], the desire to correct the physique and maintain a healthy lifestyle [44,45], the desire to form the need for regular exercise [46,47] and sports [48]

**CONCLUSION**

Regular muscular dosed loads are an important health factor even for an organism with irreversible damage. A variant of such loads for disabled people is adaptive sport. For people with disabilities of different nosologies, various types of adaptive sports that are not part of the Paralympic Games program are more attractive. A special place among these kinds of sports is occupied by the Russian bench, which is becoming more and more popular among athletes with the defeat of the musculoskeletal system. Participation of athletes with a lesion of the musculoskeletal system in the training process of the Russian bench is considered by them as a real way to self-affirmation, social adaptation and integration into society, as well as a way to get new impressions, improve health and correct their physique.

**REFERENCES**

- [1] Zavalishina SYu. (2018) Physiological Mechanisms Of Hemostasis In Living Organisms. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 629-634.
- [2] Zavalishina SYu. (2018) Functional Properties Of Anticoagulant And Fibrinolytic Activity Of Blood Plasma In Calves In The Phase Of Milk Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 659-664.
- [3] Zavalishina SYu. (2018) Physiological Dynamics Of The Blood Coagulation System Activity In Calves During The Phase Of Dairy Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 680-685.
- [4] Zavalishina SYu. (2018) Functional Activity Of The Blood Clotting System In Calves During The Phase Of Milk And Vegetable Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 720-725.
- [5] Zavalishina SYu. (2018) Anti-Coagulant And Fibrinolytic Activity Of Blood Plasma In Healthy Calves Of Dairy-Vegetative Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 753-758.
- [6] Zavalishina SYu. (2018) Functional Properties Of Coagulation Hemostasis In Calves During The Phase Of Dairy-Vegetative Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 784-790.
- [7] Zavalishina SYu. (2018) Functioning Of Mechanisms Of Hemocoagulation Restriction In Calves At Change Of Methods Of Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 800-806.
- [8] Zavalishina SYu. (2018) Deficiency Of Iron As A Cause Of Dysfunction In Calves And Piglets. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 978-983.

- [9] Zavalishina SYu. (2018) Functional Properties Of Hemocoagulation In Calves Of Dairy Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) :1016-1022.
- [10] Zavalishina SYu. (2018) Physiology Of Vascular Hemostasis In Newborn Calves. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1037-1044.
- [11] Zavalishina SYu. (2018) Functional Properties Of Anticoagulation And Fibrinolysis In Calves Of Plant Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1082-1087.
- [12] Zavalishina SYu. (2018) Functional Antiaggregatory Properties Of Blood Vessels In Calves During Transition From Dairy To Plant Type Of Nutrition. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1110-1116.
- [13] Bikbulatova AA. (2018) Functional Features Of Microcirculatory Processes In Obese Women Against A Background Of Long Daily Wearing Of Corrective Clothing. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(6) : 785-793.
- [14] Bikbulatova AA. (2018) Creating Psychological Comfort In Women Who Wear Corrective Clothing For A Long Time. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(6) : 1112-1121.
- [15] Apanasyuk LA, Soldatov AA. (2017) Socio-Psychological Conditions for Optimizing Intercultural Interaction in the Educational Space of the University. Scientific Notes of Russian State Social University. 16(5-144) : 143-150. doi: 10.17922/2071-5323- 2017-16-5-143-150.
- [16] Maloletko AN, Yudina TN. (2017) (Un)Making Europe: Capitalism, Solidarities, Subjectivities. Contemporary problems of social work. 3 (3-11) : 4-5.
- [17] Pozdnyakova ML, Soldatov AA. (2017) The Essential and Forms of the Approaches to Control the Documents Execution. Contemporary problems of social work. 3 (1-9): 39-46. doi: 10.17922/2412-5466-2017-3-1-39-46.
- [18] Vorobyeva NV, Mal GS, Zavalishina SYu, Glagoleva TI, Fayzullina II. (2018) Influence Of Physical Exercise On The Activity Of Brain Processes. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(6) : 240-244.
- [19] Korneva MA, Makhov AS. (2014) Russian bench press in the Ivanovo region. Adaptive physical education. 1 (44): 51–53.
- [20] Zavalishina SYu. (2018) Physiological Features Of Vascular Hemostasis In Calves Of Dairy-Vegetative Food. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1137-1143.
- [21] Zavalishina SYu. (2018) Functional Features Of Platelets In Newborn Calves With Iron Deficiency. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1153-1158.
- [22] Zavalishina SYu. (2018) Functional Activity Of Plasma Hemostasis In Neonatal Calves With Iron Deficiency, Who Received Ferroglucin And Glycopin. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(5) : 1186-1191.
- [23] Bikbulatova AA, Andreeva EG. (2018) Impact of daily wearing of medioprophyllactic clothes on the state of locomotor system of 5-6-year old children with scoliosis of I-II degree. Bali Medical Journal. 7(3) : 621-625. DOI:10.15562/bmj.v7i3.948
- [24] Bikbulatova AA, Andreeva EG. (2018) Achievement of psychological comfort in 5-6-Year-Old children with scoliosis against the background of daily medicinal-prophyllactic clothes' wearing for half a year. Bali Medical Journal. 7(3): 706-711. DOI:10.15562/bmj.v7i3.947
- [25] Bikbulatova AA, Andreeva EG, Medvedev IN. (2018) Hematological Features Of Patients With Osteochondrosis Of The Spine. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3) : 1089-1095.
- [26] Mal GS, Vorobyeva NV, Makhova AV, Medvedev IN, Fayzullina II.(2018) Features Of Physical Rehabilitation After Myocardial Infarction. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(6) : 280-285.
- [27] Zhalilov AV, Mironov IS. (2018) Identification Of The Most Significant Shortcomings Of Sports Competitions In Sambo Among People With Hearing Impairment In A Separate Region Of Russia. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3) : 672-677.
- [28] Makhov AS, Stepanova ON (2012) Sports Club of the Disabled "Penguin". Higher education in Russia. 10: 99-105.
- [29] Alifirov AI, Mikhaylova IV. (2018) Physical Education Of Highly Qualified Chess Players. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(4) : 1725-1730.
- [30] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) Methodical Bases Of The Help To Young Invalids In A Choice Of Sphere Of Their Future Professional Activity. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 2018; 9(4) : 571-577.

- [31] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) The Problem Of Vocational Guidance Work With Young People, Who Have Limited Health Opportunities In Modern Russia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(4) : 586-590.
- [32] Bikbulatova AA, Andreeva EG, Medvedev IN. (2018) Restoration of erythrocyte microrheological peculiarities in 5-6-year-old children with scoliosis after daily usage of medioprophyllactic clothes for six months. *Bali Medical Journal*. 7(2): 431-435. DOI:10.15562/bmj.v7i2.960
- [33] Medvedev IN. (2018) The Physiological Properties Of Platelets In People 18-35 Years Old, Trained In The Section Of General Physical Training. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1277-1283.
- [34] Medvedev IN. (2018) Functional Parameters Of Platelets In Young Men Practicing In The Football Section. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1315-1320.
- [35] Medvedev IN. (2018) Functional Properties Of Platelets In Amateur Tennis Players Aged 18-35 Years. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1370-1375.
- [36] Medvedev IN. (2018) Functional Features Of Platelets In Candidates And Masters Of Sports In The Athletics Of Adolescence. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1395-1400.
- [37] Medvedev IN. (2018) Physiological Characteristics Of Platelet Activity In Young People Experiencing Moderate Exercise. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1416-1421.
- [38] Medvedev IN. (2018) The Physiological State Of Intravascular Platelet Activity In Young Men Who Had High Normal Blood Pressure, Overweight Or A Combination Of Them And Started Regular Exercise. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1438-1445.
- [39] Medvedev IN. (2018) Physiological Effects Of Physical Stress On Platelet Hemostasis In Young Individuals With High Normal Blood Pressure And Overweight. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1466-1471.
- [40] Medvedev IN. (2018) Physiological Response Of Platelet Activity In Young People With High Normal Blood Pressure To Regular Exercise. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 1489-1494.
- [41] Oshurkova JuL, Medvedev IN. (2018) Physiological Indicators Of Platelets In Ayrshire Calves During The Dairy Feeding Phase. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 171-176.
- [42] Oshurkova JuL, Medvedev IN. (2018) Functional Features Of Platelets In Newborn Calves Ayrshire Breed. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 313-318.
- [43] Vorobyeva NV, Medvedev IN. (2018) Physiological Features Of Platelet Functioning In Calves Of Holstein Breed During The Newborn. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(6) : 129-135.
- [44] Medvedev IN, Amelina IV. (2009) AG polymorphism as a cytogenetic maker of arterial hypertension risk. *Russian Journal of Cardiology*. 2(76) : 70-72.
- [45] Glagoleva TI, Medvedev IN. (2018) Physiological Features Of Anti-aggregational Control Of Blood Vessels Over The Shaped Elements Of Blood In Calves At The Onset Of Ontogenesis. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(5) : 440-447.
- [46] Medvedev IN, Kumova TA. (2007) Angiotensin II receptor inhibitors: role and place in arterial hypertension and metabolic syndrome treatment. *Russian Journal of Cardiology*. 5 : 97-99.
- [47] Medvedev IN. (2018) Correction of the image of the physical "I" in people with disabilities with hemiparesis who underwent a hemorrhagic stroke. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(2) : 697-704.
- [48] Medvedev IN. (2018) Adaptive Resource Of Disabled Persons With Hemiparesis Who Underwent Hemorrhagic Stroke. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(2) : 957-964.