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Features Of Psychophysical Training In The Cadet Cossack Corps.

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ABSTRACT

In the modern Russian state there are processes of revival and development of the Cossacks. To date, there are about 1,700 public associations and Cossack organizations registered with a total of 7-8 million citizens of Russia. For this reason, on a nationwide scale, there is a growing need to create educational institutions with a Cossack bias, designed not only to give general education to the younger generation, but also to educate in them a free person who knows and respects his origins, preserves and revives cultural traditions and customs. In 48 regions of the Russian Federation, traditional Cossack pedagogy forms are being cultivated and revived - shows, contests, festivals, sports and patriotic games. Every year the number of educational institutions using Cossack themes increases - new Cossack cadet corps are opened, schools are given Cossack status, sports patriotic clubs are created at the place of residence, children's and youth social movements. After the Resolution of the Government of Russia No. 335 of April 22, 1994, "On the Concept of State Policy in Relation to the Cossacks," an active revival of the culture and traditions of the Cossacks began in the original places of their historical residence. Currently, there are 10 Cossack troops, which are in the state register of Cossack societies. The Don, Kuban, Orenburg and Siberian Cossack troops were among the first to become more active and began their activities. Special attention should be paid to the system of cadet education and education of the Cossacks. The rationale for the need, place and role of cadet education and its correlation with other types of education in education systems and the state (military and civil) service of the Russian Federation is described in detail in the adopted concept of the national project of the federal target program for the development of cadet education for 2010-2020.

Keywords: physical education of the cadets, psychophysical training, stress resistance.

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INTRODUCTION

Modern science has accumulated a large amount of various information about the functioning of the body [1-5]. Quite a lot is known about the physiology of visceral systems [6–9], the work of internal organs [10–20], their interaction with the nervous system [21–25] and control by the brain over functional processes in individual organs [26–29] and the body as a whole [30-36]. It becomes clear that with the help of a competent and purposeful influence on the nervous system in order to achieve positive changes in the functioning of the organism [37-40] and its behavior in various conditions and situations [41-47].

It is for this reason that modern science is increasingly beginning to address the problems associated with the formation of the physical and mental qualities of a person in a complex [48,49], taking into account ontogenetic patterns [50,51], regional features [52] and the specifics of motivation of motor activity [53, 54]. In modern society, in connection with the acceleration of the pace and rhythm of life, increasing pressure on the psyche, acute reaction and a clear perception of the world, a gradual complication of inter-ethnic relations, the issues of preparation for confronting any negative environmental phenomena [55,56] come to the fore.

One of the options for bringing up stress tolerance in a person, developing optimum psychophysical qualities is the Cossack cadet corps, the most common in the Rostov region. For the successful solution of tasks aimed at training and educating cadets, their training is conducted on the basis of the cultural and historical traditions of the Don Cossacks and the regional characteristics of the Don Region of Russia. This process is based on the military-patriotic, physical, spiritual and moral of the upbringing and preparation for serving the Fatherland in civil and military field [57-62]. To this end, the teaching staff of the Cossack cadet corps formed a system of its teaching and educational activities based on: an analysis of work experience; critical rethinking of the real state of educational activities; accounting recommendations of the previous certification; analysis of contradictions, difficulties in the pedagogical process; forecast trends of the institution.

Psychophysical training in the section of military-patriotic education of cadets is implemented by organizing: the work of military sports and recreation camps of Cossack youth, participation in the development and promotion of military technical sports, military sports competitions, games, hikes, excursions, events dedicated to the days of military fame and memorable dates of Russia, events of the military history of the native land [63,64], military training in the armed forces of the Russian Federation, prospecting to perpetuate the memory of Defenders of Otchest VA, participation in search expeditions, establishing the names of the dead [65,66].

Further development of this version of the education and training of young people should be based on an objective assessment of the activities of cadet corps in the development of psychophysical training [67,68]. It can be given taking into account all indicators of the organization of the educational process, educational work, and the results of educational activities obtained through the ongoing contests at the federal, regional and military levels.

In connection with this, the goal of the research is to identify the features of the psychophysical training of cadets of the Cossack corps at the age of 15-16 years.

MATERIALS AND METHODS

The conduction of the research was approved by the local Ethics Committee of the Russian State Social University in May, 15th, 2016 (Record №7).

The study was conducted in 2017-2018 on the basis of the Belokalitvinsky Cossack Cadet Corps named. M.I. Platova, Belaya Kalitva, Rostov Region and the Social College of the Russian State Social University. All subjects were male, aged 15-16 years. The experimental group consisted of cadets, and the control group consisted of students of the Russian State Social University College. In the control and experimental groups, the sample was 20 people in total, 40 people took part in the experiment. Students of the Russian State Social University College mastered the program on the subject "Physical Education" according to the requirements of the Federal State Educational Standard, and the cadets did a similar program with the implementation of the regional component based on the traditions of the Don Cossacks.

For the study of psychological characteristics, the emotional-volitional sphere of pupils of the Cossack cadet corps was studied using the Cattell method (Form C) using a 16-factor personality study questionnaire - emotional stability, degree of anxiety, internal stress, level of self-control, degree of social normalization and organization. The test consists of 16 scales and 105 questions with three answers (a, b, c). The subject selects the answer and records it in the answer form. Questions are grouped by content around certain traits that ultimately go to one or another factor. Processing of the results is carried out according to a special key, where the numbers of the questions and the number of points are given, which receive the answer a, b, c in each question. In those cells where the letter designating the factor is affixed, the number of points is zero. Thus, for each answer, the subject may receive 2, 1 or 0 points. The number of points for each factor is summed up and entered into the answer form (in the right column), the experimenter gets a personality profile for 16 factors in the raw estimates. These estimates are converted to standard (walls) according to the table. Then, the experimenter determines what development each factor has received: low, medium, high, writes down the features that characterize the degree of their development and analyzes the results.

The level of stress tolerance and social adaptation was assessed by the method of Holmes and Rage. The test consists of 43 questions and a scale in which important life events correspond to a certain number of points depending on the degree of stress stress. The total sum of points determines the level of stress resistance - 150-199 points - high; 200-299 points - the threshold; 300 and more - low level (vulnerability).

The results were processed using a standard statistical software package.

RESEARCH RESULTS AND DISCUSSION

According to the program of the state educational standard and the adopted concept of cadet education in educational institutions of this type should be at least 3 hours a week in physical education provided for by the main general educational program, curriculum, schedule and an additional 3 hours for extra-curricular time. The regional Cossack component of the educational standard in physical education in the cadet corps is implemented mainly through additional educational programs.

The pedagogical team of the cadet corps, deputy director for educational work Cossack foreman VN Didenko in conjunction with the head of physical education, the commander of the first hundred, podyzaul Sokolov V.S. and other teachers support the activities of more than 15 circles and sections. The most popular and interesting sections among the cadets are: football; volleyball; basketball; chess and checkers; athletic gymnastics and weight-lifting; infantry types - air rifle, firearms and shotgun; tourism and hiking equipment; rock climbing, mountaineering, climbing wall; judo, army and Cossack hand-to-hand combat; general physical training and initial military training; paragliding and parachuting; applied section of throwing - knives, axes, engineer shovels, plates, sharpening, nails; scuba; karting.

Together with the psychologist of the cadet corps Maklakova MB and the leaders in physical education, an associated psychological method of stress effects was developed. The stress method is a set of techniques and tools conducted to create emotional and physical tension in order to create a stress-resistant personality. The stress method involves the training of a strong will by the cadet through a metered impact on the psyche during classes in extreme sports: paragliding, parachuting, scuba diving, throwing cold weapons, fire training, riding, mountain training, hand-to-hand combat, Greco-Roman wrestling, judo, kickboxing, boxing, motocross and automotive training. Among the factors affecting the psyche, used are climatic, physiological and psychological stimuli — cold, heat, loneliness, thirst, hunger, pain, fear, fatigue, exhaustion. A cadet who has been trained in stressful techniques raises the threshold of sensitivity, and stimuli are partially extinguished in part or in full in the short term. A trained cadet, getting into an extreme situation, acts adequately and at the same time gets pleasure from coping with the motor task.

To assess the level of socio-psychological characteristics of cadets who have mastered the method of stressful influences and college students, consider the table 1.

Table 1. Socio-psychological characteristics of the personality of cadets and college students

№	Indicators	Cadets		College students	
		The average value, points	Level	The average value, points	Level
1	Emotional stability	9.43±0.6	Tall	5.94±1.1	Average
2	Degree of anxiety	3.45±0.5	Low	6.64±0.4	Average
3	Presence of internal stresses	3.08±0.3	Low	6.07±0.7	Average
4	The level of development of self-control	8.9±0.5	Tall	6.14±0.3	Average
5	The degree of social normalization and organization	9.76±0.2	Tall	7.3±0.8	Average

The results of the study of the emotional-volitional sphere of the personality of the cadets and students of higher level of emotional stability, the degree of social normalization and organization, level of development of self-control obtained from the Cossack cadet corps ($p \leq 0.05$), and the degree of anxiety and the presence of internal stress they were significantly lower than in College students ($p \leq 0.05$).

CONCLUSION

In the modern Russian state, the processes of revival and development of the Cossacks with the use of modern achievements of science. Today there are about 1700 public associations and organizations of the Cossacks of the total population of 7-8 million citizens of Russia. Every year an increasing number of educational institutions that use the Cossack theme – open a new Cossack cadet corps, schools are assigned a status of "Cossack", to create a sports-Patriotic clubs in a residence, children's and youth social movement. In modern educational space in connection with the technologization of society, the increasing volume of the mastered information, the acceleration of the learning process, increases the load on the mind of students. So you should pay proper attention to the mating of physical and mental training in physical education, to develop the ability to resist stress and negative phenomena, to increase the level of stress.

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