



FORMATION OF STUDENTS' WILL QUALITIES BY MEANS OF PHYSICAL EDUCATION

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Annotation: The formation of moral and volitional qualities by means of physical education directly affects the spiritual development of the personality of students, the motivation to engage in sports sections, improves performance in educational activities. The article defines the criteria and indicators of the formation of purposefulness among students, describes the procedural scheme of personality education by means of physical culture and sports.

Keywords: physical culture; purposefulness; moral and volitional qualities; students; processional scheme of education.

Introduction. Physical education in institutions of higher education is one of the conditions for the comprehensive development of the individual and an important means of shaping the purposefulness and other moral and volitional qualities of student youth. The study of psychological and pedagogical literature devoted to the problems of physical culture and sports shows that in recent years, considerable attention of Russian and foreign scientists has been riveted to the study of the problems of physical education of student youth [1, 2, 3].

However, in modern conditions, the problem of the formation of purposefulness among students by means of physical education in higher educational institutions remains unresolved. Also, the need for a comprehensive study of the problem of the formation of purposefulness by means of physical education is explained by the decrease in students' interest in physical education classes, training in sports sections and circles, the inability to independently organize physical education and recreation classes at home and bring the work begun to its logical conclusion [4, 5, 6].

The educational impact of physical education, sports and mass activities of students is reflected in the scientific revisions of D. Y. Turdimuradov, Ya. M. Abdullaev and others. In scientific works [7, 8, 9, 10] attention is focused that physical exercises improve not only the morphological and functional indicators of those who practice, but also positively affect the psycho-emotional state of students. The authors point out that the formation of the necessary moral-volitional qualities by means of physical education has a positive effect on the spiritual development of the personality of student youth, the motivation to engage in sports sections independently to achieve the goal, and improves academic performance in the departments of other sciences [11, 12, 13].

The analysis of the psychological and pedagogical literature shows that today a certain experience in the methods of physical education of students has been accumulated, but the problem of the formation of purposefulness in students by means of physical education in modern conditions has not been studied enough [14, 15, 16].

According to D. Y. Turdimuradov, students who are actively involved in physical education classes, systematically attend sports sections, circle classes and are able to independently organize leisure, they are more purposeful, disciplined, responsibly treat the educational process as a whole, actively

participate in life society [17, 18]. It should be emphasized that the student age is characterized by intensive work on the continuation of the formation of personal qualities.

An effective means of forming students' purposefulness is sports and gaming activities at the departments of physical education and sports, because overcoming complex tasks in the framework of collective actions aimed at achieving a sports result contributes to the manifestation of purposefulness and other volitional qualities. Also, in the process of sports and gaming activities, students have the opportunity to direct all their actions, actions and thoughts to the chosen goal, while the players show initiative, determination, courage [19, 20].

The collected and analyzed factual material allows revealing certain observations, namely: physical education is one of the conditions for the formation of volitional qualities and the comprehensive development of students, an important means of developing not only physical qualities and strengthening health, but also the moral components of a mentally stable personality [21, 22].

It has also been established that the modern system of physical education in institutions of higher education should be aimed at a comprehensive personality-oriented approach to the implementation of the values of physical education as a means of forming a sense of purpose and other positive character traits. As evidenced by the results of research by scientists, when organizing the educational process during the physical education of students, the role of their needs, interests and motives in the formation of purposefulness and volitional aspiration is often overlooked. Moreover, the tasks of general physical education are mainly solved, aimed at developing physical qualities, which, of course, is important, but at the same time, the tasks of forming a motivational component, moral and volitional qualities of a person are not solved.

At the same time, we want to emphasize that the effectiveness of the formation of purposefulness among students by means of physical education depends on the complex use of the pedagogical procedural scheme, which consists of several levels, based on which we have determined the criteria and indicators of the formation of purposefulness among students by means of physical education, namely:

- cognitive (awareness and understanding by students of purposefulness as an important volitional quality; knowledge of their duties during physical education and their performance);
- emotional and value (interest in physical education classes, sectional and independent classes; joyful experience from participation in competitions, the process of achieving a goal in physical education classes; desire to take part in competitions, be proactive in physical education classes; readiness for increasing purposefulness as an important volitional quality; manifestation of determination in the process of formation of purposefulness; strong-willed desire to participate in competitions, various sports events);
- activity-practical (the ability to realize purposefulness in the process of physical education classes; participation in sports and recreational activities and the ability to achieve the ultimate goal, showing responsibility for oneself and the sports team; active participation in various sports events, the ability to help others).

The combination of knowledge, interests and motives, the optimal level of physical development, the versatile development of motor abilities, the ability to carry out independent physical culture and health and sports activities is the ultimate goal in preparing a student for physical education and sports. At the same time, the content of the formation of purposefulness should be aimed at overcoming feasible difficulties by students, which is impossible without the formation of a need for systematic physical exercises, as well as strengthening the habit of self-study.

Conclusion.

1. The analysis of psychological and pedagogical literature makes it possible to understand that the problem of the formation of purposefulness in student youth by means of physical education is given insufficient attention in modern conditions.

2. The education of students' purposefulness is an extremely urgent scientific challenge, since purposefulness as a volitional quality allows a person to realize his desires, needs, interests and motives, striving to achieve the goal.
3. We have determined the criteria and indicators of the formation of purposefulness among students by means of physical education, namely: cognitive; emotional value; activity-practical.
4. Further study of the pedagogical conditions for the formation of purposefulness of student youth by means of physical education may be promising.

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