

# The analysis of adaptation process of students to teaching in higher education institution with use of means of physical education

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**Purpose:** the analysis of process of adaptation of students of higher education institutions to conditions of teaching and the search of ways of its increase of physical culture and sport.

**Material & Methods:** the detection of features of the period of adaptation of students to the educational process was carried out by the method of the analysis of researches, publications and questioning on the subject of adaptation processes at students of higher education institutions. The attention to features of application of means of physical culture and their positive influence on intellectual and physical data of youth is focused.

**Results:** the detailed consideration of all aspects of process of adaptation to teaching found as negative sides of the process (health aggravation of symptoms, psychological discomfort), and positive (high rates in study, all-round development).

**Conclusions:** the means of physical culture which are skillfully selected and correctly used on classes by the teacher will give the chance to the student to get desirable education with comfort.

**Keywords:** adaptation, educational process, physical culture, sport, healthy lifestyle.

## Introduction

Teaching in higher education institution is one of the most important periods of its activity, personal growth and formation, as the expert with the higher education for the modern youth. The search of ways of successful adaptation to the changed social conditions and new activity is the urgent problem for everyone who crossed the threshold of HEI.

According to preservation and promotion of health of student's youth, the most perspective part of society and its future, gains the prime value in structure of universal values which provide the successful realization of the purpose of the personality to submission of tops of social success.

Quality of the solution of tasks which face the higher school, depend on correctly organized work of students in many respects. Therefore, the problem of adaptation to conditions of study is one of the important general-theoretical problems, which are investigated in different scientific spheres.

Adaptation processes get special ponderability at change of the activity environment, first of all at the initial stages of study of young men and girls. They demand from the youth of activation of mechanisms of adaptation which often leads to condition of psychological overstrain.

So, it is proved that the formation of new stereotype of behavior leads to disadaptative syndrome in 35–40% of first-year students during the first year of study.

Difficulties of adaptation of students at the initial stages of study in HEI are caused by the number of features. The system of study is characterized by the large volume of material,

independence and responsibility of students in HEI. Features of transition from high school to HEI are connected not only with reorganization of the leading type of activity, but also with entry of the personality into new collective. Therefore, mostly the entrance to HEI becomes the critical event in life of young people.

The urgent task of reorganization of the system of physical education according to requirements of new education, which consists in the statement of the person as the highest social value and opportunity to use its leading means of adaptation process, occurs at scientists and specialists of departments of physical education of HEI of Ukraine in this context.

## The purpose of the research

The analysis of process of adaptation of students of HEI to study conditions, and the search of ways of its increase by physical culture and sport.

## Material and Methods of the research

The improvement of process of adaptation to conditions of study and the increase in efficiency of renewal of educational efficiency of students during the modern period is rather urgent task of the higher school. Respectively, the analysis of scientifically-pedagogical sources showed that physical culture is the important component of social culture of the modern society. From this point of view, education of the general and special culture of the identity of the student can be considered as the effective way of socialization in higher education institution. Adaptations of students of higher and middle special educational institutions are considered in the works of A. A. Verbytskyi, I. F. Lukyanova (2006) but other at the mo-

ment. Also experts in pedagogics of study and education on physical education classes of students in HEI, on the problem of formation of the general culture means of recreational and sports-mass work, on the problem of use of contents and methods of physical education in the course of socialization of students pay attention to this problem (M. Ya. Vilensky, 1990; A. V. Lotonenko, 1997; V. V. Belousov, 1990 but other).

We relied on practical experience of physical and sports activity in putting of the problem which is phenomenon of social culture both the society in general, and the certain individuals, its components.

## Results of the research and their discussion

The problem of formation of the process of adaptation of the student of higher educational institution to the educational activity, which has to include application throughout study of the most adequate means and methods of its improvement, is urgent in modern conditions of the higher education. And regular trainings by physical culture and sport represent means of physical recreation of the student during study, which are capable to provide the creation of resistant physical conditions for healthy lifestyle, the increase in physical and intellectual working capacity, and adaptation opportunities to the educational activity.

Having become the student of higher educational institution, first-year students mostly feel rise, joy, and emotional lift, own self-assessment grows and so forth. But their considerable part begins to feel certain discomfort in several months (weeks) which main reasons of which are difficulties of adaptation in the conditions of educational institution.

Health of the student is possible to define as ability of organism to store and make active protective and regulatory mechanisms which are capable to provide effective physical and intellectual efficiency and all-round development of the identity of the student in the conditions of the educational activity. Efficiency of the educational process also depends on different factors, adaptation of the student to study conditions, which are rather essential condition that is one of them for the achievement of high level of professional skill from the chosen specialty.

The term "adaptation" is used in different branches of scientific knowledge; however the only thought of its contents is not developed by researchers yet. So, some authors consider adaptation as the process, result of "adaptation", and others as "interaction" of the person and the object of adaptation or as "interaction" of the person and environment.

The analysis of practice of the higher pedagogical school demonstrates that the most impressionable link of educational work in formation of the positive and active relation of students to study is the discipline "Physical education". Negative attitude to visit of physical education classes assumes the considerable scale and destructively influences the general state of health, level of physical development and physical fitness of students. Therefore, its optimization, which is impossible without their psychophysiological opportunities, is one of the ways of improvement of the educational process of physical education of students.

Also it should be noted that training by physical culture and

sport with students are designed to improve, first of all, state of health, they decide together with education of physical qualities, especially those which development leads to the increase in level of functional and adaptation opportunities of organism.

Therefore, the process of social adaptation of student's youth means of physical culture has to be significantly improved, if social adaptation is considered as the complete, integrative, systemically organized and differentiated process, which is determined by influence of external and internal factors.

It is proved by scientists that the modern student's youth, in the majority, feels motive deficiency, which leads to the expressed functional violations in organism, decrease in physical and intellectual working capacity which attracts deterioration in adaptation and shortcomings of the educational activity. Physical culture represents one of the directions of the general culture of the person and in many respects defines the solution of the following questions:

- behavior in educational and professional activity;
- communication with people around;
- promotes the solution of social, educational and improving tasks;
- carries out specific recreational, improving and rehabilitation, educational and sports functions.

According to training by physical culture and sport with students are designed to improve, first of all, state of health, they decide together with education of physical qualities, especially those which development leads to the increase in level of functional and adaptation opportunities of organism.

Use of classes of physical culture and sport promotes the improvement of physical health, normalization of body weight and increase in functionality of respiratory and cardiovascular systems, muscular strength increases occur under the influence of systematic exercise stresses.

Rationalization of the motive regime of students by introduction of classes of improving-training orientation promotes the improvement of physical health –rational physical training allows reaching quickly and effectively increasing in physical fitness and working capacity. Also systematic classes by physical culture and sport allow increasing the level of creative activity of students, to create motivational valuable installations to regular sports activity at them.

Communication on physical education classes is the mighty factor of adaptation of the personality because it actively forms standards of behavior. At this stage students have to be recruited actively and the organizations of sports and sporting events, to master communicative skills which allow them to interact with other people effectively.

Scientists of reforming of the sphere of physical education of students see introduction of effective forms, methods and means, recreational activity in change of approaches and the priority directions. In this regard requirements to teachers of physical education rise. Teachers have to know perfectly the system of knowledge in this branch, constantly update them on the basis of the latest scientific data, find effective transmission media to their students, and also perfectly know skills of scientifically-research and scientifically-methodical work,

computer diploma, modern information technologies.

Therefore, physical education of student's youth needs to be aimed at the development of professionally important qualities which meet requirements to future experts of different directions. Insufficiency of material and financial security of the process of physical education remains the urgent problem that does not allow using fully wide choice of means of physical education. The solution of this problem has to be from the state and administration of HEI. It is possible to expect positive result from the process of sports activity only with appropriate material and technical resources.

## Conclusions

It is possible to claim that physical culture appears the powerful lever in the development of many abilities of the person. The process of classes by new types of motive activity, in which students can realize the potential, is displayed on searches of optimum forms and methods of study. The relation to the process of study and its quality is changed considerably respectively.

Results of questioning will be successful example, which was carried out by the head of the chair of NUKMA V. O. Zhukov (2003) among first-year students concerning influence of regular trainings by physical culture and sport on the optimization of adaptation of students of university to study process. According to his data, expediency of use of physical culture as means of maintenance of working capacity at the optimum level was noted by 18% of first-year students and as option of active recreation – 26%.

These data prove that students owe desire to play sports and to participate in competitions. According to the scientist the large role is played also by the system of estimation, rating, which by itself reminds competition: win who is better adapted to mental and physical tests.

## Prospects of the subsequent researches

Due to the constant aggravation of symptoms of physical health of students, it is planned to develop new techniques for motivation of students to physical culture classes.

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