

Innovative trends in recreation: aspects of psychoanalysis and art resources

Olga Kostikova¹
Svitlana Korsun²
Irina Shaposhnikova²
Yana Suvorova²

¹Kharkiv National Pedagogical University named after G. S. Skovoroda, Kharkiv, Ukraine

²Kharkiv State Academy of Physical Culture, Kharkov, Ukraine

Purpose: the problem of updating the art features of psychoanalytic concepts in the perspective of innovations in the recreation.

Material & Methods: theoretical analysis and synthesis of domestic and foreign publications on the research problem.

Results: analyzed current trends current research in the field of health and recreational activities. The paper considers the classical aspects of the art modification of psychoanalysis in the context of innovation strategies in recreation.

Conclusions: theoretically probable positive effect of the implementation of the ideas of psychoanalysis and possibilities of art in productive innovation recreative process.

Keywords: personality, health, recreation, innovation, art therapy, psychoanalysis, art, creativity.

Introduction

The improving-recreational periods are necessary stages in preservation, strengthening of health and maintenance of socially active personality, in the sphere of sporting achievements of XXI century. The determination of constructive balance between productive creative working, sports, educational activity and restoration of effective working capacity becomes the existential task of the modern person, both at the level of self-preservation instinct, and from the position of the rational civilized approach to own health-saving. The optimum balance-compromise – in the structure of intense socially useful employment and specifics of normalization of health of the personality – guarantee modern professional recreational systems. At the same time the indispensable condition of progress is the improvement of traditional methods and technologies, innovations that stimulates the creative approach at experts in the recreational activity.

Somewhat mystifying the phenomenon of «intuition», operates with the concept «creative instinct», with the probable realization of factor of personal forecasting: «subconscious spirit of the time» which is capable to compensate installations-stereotypes of consciousness according to the psychoanalyst, and allows to expect future changes intuitively, considering features of various options of creative professional activity, the representative of the psychoanalytic concept K.-G. Jung [16]. Productive professional changes of XXI century focus on innovations. Creative innovative tendencies of the present include the integrative professional processes, which are urgent and for the sphere of health-saving, recreational field of knowledge.

The considerable arsenal of native and foreign scientific-practical health saving developments, many-sided experience in the sphere of recreational and improving technologies [1–20;

22], in our opinion, promote progressive changes «in the spirit of the times» and assume the innovative strategy in the recreational activity according to the social requirement inquiry of the present. The Ukrainian experts providing improving-recreational services are obliged to be guided in the professional activity as intuition (which, according to the experimental data of the academic psychology is based on the symbiosis of special knowledge and professional experience), and to possess «basic professional competence» [5]. Need for mastering information on specifics of “innovative approaches”, naturally, with fundamental special knowledge of “features of providing rehabilitation and improving-recreational services” is specified in the system of these competence.

The ability to innovations in the professional recreational activity declared in quality of fundamental competence, openness to new experience in the range of cross-disciplinary fields of knowledge without being limited to narrowly professional interests – will demand from the expert in the sphere of recreation of special personal creativity. At the same time it is important that actually “recreational activity” [15] promotes the disclosure of creative potential of participants of the recreational process, it is directed to formation and implementation of creative personal activity in activity of recreants, produces “reorientation” of the subject by re-creative methods and technologies with “passive” (contemplation) on “active” creative (active) interaction with the outside world. Conditions of recreation generate favorable opportunities and for realization of intellectual potential of new generation [17]. In situation of rest, physical activity, intellectual and physical recovery outdoors – youth, in collective creativity of thematic tasks, performing psycho-training exercises, develops and improves mental abilities.

The provided information on tendencies and conclusions of modern researches in the sphere of recreation confirms the

certain increase in requirements to professionalism, responsibility of the identity of the head by the recreational group, the organizer of improving-recreational actions. Aspects of formation of health saving responsibility at students in perspective of physical culture and physical training [12], ethnic features of responsibility of the professional in the field of recreation are analyzed [13]. Also results of psychological researches [14] inform that such personal qualities as high level of social intelligence, emotional maturity, ability to empathy, ability to influence people, congruence, self-confidence, etc. are basic for the successful solution of professional tasks, career development of the teacher-organizer of recreational establishment. The researcher has developed the program of psychological maintenance in the situation of professional selection at professional formation of the identity of "teacher-organizer" of the recreational system on the basis of the obtained data.

Art therapy is actively propagandized now in the context of psychological maintenance in the course of rehabilitation, recreative-improving activity, for health-saving of the personality [6–11; 22]. Problem prophylactic, recreative, developing, psycho-correctional and medical-rehabilitation opportunities of art is presented multidimensional in modern theoretic-practical researches of foreign and Ukrainian authors (F. Barbe-Gall, S. Jennings, A. I. Kopytin, I. Kulka, A. Minde; E. E. Gant, L. T. Levchuk, I. A. Podduda, Z. P. Tkemaladze, I. O. Chernukha, etc.). When studying historical dynamics of professionalizing of art therapy as therapeutic direction means of art, it is established [6; 7] that strategically important structural element of conceptual basis of art and therapeutic approach is psychoanalysis. At the present stage of demand of recreational researches, in our opinion, interaction, cooperation and co-authorship of classics and the present, namely the system "psychoanalysis-art-recreation" is insufficiently considered, that is of scientific professional interest.

The purpose of the research

Updating of the problem of certain art criticism features of the psychoanalytic concept in foreshortening of innovations in recreation.

Research problems:

1. To analyze the productive strategy of modern recreative-improving researches.
2. To consider aspects of psychoanalysis and potential of art creativity in the recreational activity at the present stage.
3. To formulate conclusions and to specify prospects of further researches.

Material and Methods of the research

For carrying out the research were used: theoretical analysis and synthesis of information of native and foreign references on the research problem.

Results of the research and their discussion

Results of the research, in the context of the theoretical analysis of publications on the problem of progressive tendencies in recreation and features of the psychoanalytic concept in art range, allow actualizing number of the concepts and recommendations, which are specified by modern writers on which

we are focused in the scientific work.

"Recreation" is presented in the research [2] as complex of the improving actions, which are directed to restoration of normal health and working capacity, in general, mentally and physically healthy person in exhaustion situations. Actions of recreational character reach improving effect in perspective of elimination of emotional pressure and negative consequences of loads, normalization and increases in functional condition of the personality.

"Recreative physical culture" is considered in the work [20] as active recreation, restoration of psychophysical opportunities of human body with realization of resources of physical education and accentuation of positive influence of the environment. Necessary conditions and results – creation of positive emotional background, improvement of mood, increase in motivation in achievement of the personal and professional purposes. Recreants make active intellectual and physical working capacity, there is leveling of fatigue and stabilization of optimum health for the solution of professional tasks owing to what optimism and vital prospect appear.

Success of "resort -recreational therapy" as I. A. Yurov [22] emphasizes, is caused in many respects by psychological component in "rehabilitation (recovery) process". Based on the professional experience, the scientist notes that "complex use of climatic conditions in combination with psychological methods allows intensifying rehabilitation of sportsmen". Achievement of resort-medical effect, according to the researcher, is determined by "psychological maintenance" of resort-recreational therapy. The author marks out effectiveness of art therapy as psychological maintenance: as in the context of "the distracting psychotherapy" – switching of attention of the subject from negative factors, weakening of fixing of negative states, and for "the activating psychotherapy" – mobilization of the general vital activity of the personality.

Analyzing need of the society for recreational services as reflection of need for rest, improvement, new positive impressions for prophylactic and medical-recovery actions, G. P. Hrokhova [3] gives options of types of recreational activity for health-saving of citizens. We were interested in classification of types of the recreational services "on functional purpose", namely: "cultural-informative" which assume the organization of visit of the museums and exhibitions. Improving function of esthetic component as the significant component of the recreational activity, it is noted in a number of modern researches: in respect of receiving new socio-cultural impressions [3; 4], favorable influence of esthetics of natural landscapes, climatic factors in combination with beauty, appeal of movements in different types of physical culture and sport [1; 2; 4; 20]. Esthetics, art creativity causes constructive recreational mechanisms, which are focused in art therapy. The fundamental situation belongs – to psychoanalysis, with emphases on subconscious processes and progressive potential of art in leveling of destructive installations for harmony of the personality in theoretical justification of the concept of art therapy as applied field of knowledge.

Recognizing influence of art on the individual, S. Freud [16] as "public function" of art creativity designates ability of art, artistic images to actualize feelings of unification and "identity", "identification" which stimulate cultural unity of society "in the

general experience” esthetic impressions. Similar tendencies are characteristic of recreational “cultural-informative” actions [3]. Practice of discussion of pictures of the famous artists and own drawings by participants of psychotherapy exists “creative self-expression” (clinic-psychotherapeutic method) in therapy situations [6; 7]. The considerable positive psychotherapeutic effect which is determined by group social activity, discussion in the context of identical and contrast esthetic-emotional impressions is noted. Creation of similar situations can probably have positive resonance and in interpersonal communication of recreants. The practical experience showing importance and efficiency of communication in the course of recreation is reflected in publications of recreative of researches of empirical contents [1; 2]. When providing recreational services of certain types [3] it makes sense to initiate “noncritical stories” at participants of recreation that renders relaxation effect on mentality, imitating “method of free associations” [16], characteristic of psychoanalysis and known for effectiveness in improvement of mental health of the personality owing to reproduction of information from subconsciousness.

“Subconscious sincere processes”, according to S. Freud [16], are the basis of mental activity of the personality and are subordinated to “the principle of pleasure”. It is also important for activity of the subject – “the principle of reality”. It is emphasized in art criticism modification of psychoanalysis that in art – the principles of pleasure and reality reach “consent”, “reconciliation”. The person is interested in performing his own desires, following the principle of pleasure. The compromise is possible thanks to art: using the process of imagination, the subject creates new type of reality as valuable reflection of reality. Lack of need of cardinal transformation of the outside world promotes leveling of the intra personal conflict, disharmony of contradictions between desirable and possible, ambitions and talent – the personality creates own zone of comfort, space of positive self-affirmation in creative self-realization.

Allocating imagination role, S. Freud [16] considered that “imagination” represents the essence of the work of art which purpose consists in the creation of own reality according to the principle of pleasure. Transformation of individual reality in art is actually separated from reality (on psychoanalysis), but leads to finding of harmony between interior, realization of his subconscious preferences, features of mentality and reality of the outside world, reality. The art phenomenon, according to K.-G. Jung [16], at the solution of esthetic tasks, is consisted in “performance of educational psychological work”: unification of feelings of the person in the difficult and contradictory process of “self-understanding” of own inner world, resulting in harmony last experience, changes of the present and the project of the future.

Synthesis in studying of the problem “psychoanalysis – art – recreation” allows summarizing that specific of influence of art on the personality hold specific place in the psychoanalytic concept. Constructive aspects of self-knowledge and self-realization of the personality, updating of creative potential, leveling of psycho-traumatic experience and inferiority complex, emergence of vital prospect – in many respects is certain result of deep psychological impact of art on the person and, respectively, is of scientific interest in the sphere of professional activity of psychoanalysts. The noted categories of improvement of mental health, increase in viability of the

person, personal growth are in range of tasks and modern recreation.

The retrospective analysis demonstrates that psychoanalysts sought to understand the art nature, investigated uniqueness of creative activity and offered artists the conceptual and empirical help [16]. Now the theoretic-practical experience of psychoanalysis and resources of art can promote the solution of recreational tasks, increasing effectiveness of improving-recreational activity. Interpretation of the Freudian ideas as rather convincing frame of reference for explanation of features of activity in the field of art, recreative strategy can serve as the global reference point for professionals in creative designing innovative.

The peculiar differentiation is observed in art criticism modification of psychoanalysis: activities of the personality in art and real transformation of reality. At the same time the positive role of art in harmonization, stabilization of mental functions, and social adaptation of the person is reasoned. We consider that the specified ideas emphasize recreative nature of art: opportunity for some time to separate from call of duty, internal and external activity in respect of personal and professional duties and to restore psychophysical tone, “composure” in the course of art creativity (or receiving impressions as the viewer at visit of the museums and exhibitions). In the topics of the subject of graphic activity [8; 9; 11] are projected: experiences of the author, situations increasing the uneasiness, images causing fault complex, psycho-traumatic experience etc. As a result – stressogenetic of the professional factors and personal reasons provoking concern understands, in nonverbal form expression in the long term activity of the person finds desirable, constructive solutions of problems (it is expedient to recruit versions of decisions in the group). As a result, neutralizing experiences of negative modality – recreants are also morally ready to acceptance and implementation of responsible, strategically important decisions in emotionally stable, balanced state, with the increased resistance to stress, viability – intellectually. The maximum professional self-realization of the personality, harmonious interaction in society, achievement of the sports ambitious, creative goals with optimum health and high performance are possible. Thus, it is possible to recommend updating of opportunities of art with psychoanalytic accents for the increase in efficiency of recreation, using aspects of psychoanalysis and considering art resources during the creation of innovative strategy and technologies in the improving-recreational activity.

Conclusions

The problem of health-saving of citizens, sportsmen, and student’s youth as social resource of future achievements is actively developed in the Ukrainian-European socio-cultural, scientific space. Native psychology and pedagogical, valeological, recreational researches [1–20] emphasize the priority of improvement of health, increase in efficiency of the nation at the present stage of development of the society. Innovative recreative tendencies of the present in range of modernization of recreational systems of Ukraine are concentrated on projects of professional integration. The integrative model «psychoanalysis-art-recreation» allows realizing professionalism in cross-disciplinary cooperation: applying the ideas of world-wide recognized psychoanalytic approach, globally universal remedies of art in the effective modern recreational-improving process.

The present demands innovations in the sphere of recreative services. Innovations assume manifestation of creativity by experts of this field of activity. The statement that «era – creates the creator, the creator and his time» defines his ethical and esthetic ideals in the context of the psychoanalytic problem «[16], testifies to natural need of modern creative installations at the professional. At the same time we, certainly, agree with the statement of A. Dyuma [21]: «There is no classification, there is no etiquette, there is no school old or new, and there is what concerns at all times, admires, consoles, improves, lives, there is what is beautiful and noble in the art

«. In our opinion, the combination of classics and the present in art criticism modification of psychoanalysis is constructive option for the solution of urgent innovative problems of recreation.

Prospects of further researches consist in studying of recreative effectiveness of tasks of art therapy as the symbiosis of the concept of psychoanalysis and psychotherapeutic opportunities of art in the sphere of the higher education in higher education institutions of sports orientation.

Conflict of interests. The authors declare that there is no conflict of interests.

Financing sources. This article didn't get the financial support from the state, public or commercial organization.

References

1. Gerasimova, I. M. (2016), "Beach Volleyball – Olympic sport, an effective means of achieving a high level of health and leisure in recreational areas", *Fizichna reabilitatsiya ta rekreatsivno-ozdorovchi tekhnologii*, No 1, pp. 6–9. (in Russ.)
2. Gerasimova, I. M. & Navolochko, S. T. (2014), "Tourist trips as a means of recreation marathon runners", *Innovatsiyni napryami rekreatsiv, fizichnoi reabilitatsii ta ozdorovchikh tekhnologiy: Zbirnik statey VII mizhnarodnoi naukovo-praktichnoi konferentsii, 14 listopada 2014 roku* [Innovative Directions recreation, physical rehabilitation and health technologies: Collected Articles VII International Scientific Conference, 14 November 2014], KhDAFK, Kharkiv, pp. 27–30. (in Russ.)
3. Grokhova, G. P. (2016), "Recreational Services - path to the body zdorov'yazberezheniya students", *Fizichna reabilitatsiya ta rekreatsivno-ozdorovchi tekhnologii*, No 1, pp. 10–13. (in Ukr.)
4. Ivanov, V. I. & Pashchenko, N. A. (2016), "The natural environment as a component of physical recreation of students", *Fizichna reabilitatsiya ta rekreatsivno-ozdorovchi tekhnologii*, No 1, pp. 34–36. (in Russ.)
5. Korsun, S. M., Shaposhnikova, I. I. & Suvorova, Ya. V. (2014), "Modern aspects of teaching the basics of health for future specialists in physical rehabilitation", *Innovatsiyni napryami rekreatsiv, fizichnoi reabilitatsii ta ozdorovchikh tekhnologiy: Zbirnik statey VII mizhnarodnoi naukovo-praktichnoi konferentsii, 14 listopada 2014 roku* [Innovative Directions recreation, physical rehabilitation and health technologies: Collected Articles VII International Scientific Conference, 14 November 2014], KhDAFK, Kharkiv, pp. 62–67. (in Ukr.)
6. Kostikova, O. V. (2014), "Art therapy: the historical aspect and the present", *Materiily X mezinbrodnn vedecko-prakticka konference «Veda a vznik – 2014», Dil 11. Filologickij vedy. Psychologie a sociologie: Praha. Publishing House «Education and Science» s.r.o.*, pp. 58–61. (in Russ.)
7. Kostikova, O. V., Korsun, S. M., Shaposhnikova, I. I. & Suvorova, Ya. V. (2015), "The problem of mental health of the individual in terms of training overload: retrospective and modern aspects of art therapy", *Stanovlennya i rozvitok osobistosti v umovakh osvithogo prostoru: teoriya i praktika: materialy Vseukr. nauk.-prakt. konf. (14–15 travnya 2015 r., m. Poltava)* [The establishment and development of the individual in terms of educational space: Theory and Practice: All-Ukrainian. nauk. and practical. Conf. (14–15 May 2015, m. Poltava)], Drukarska maysternya, Poltava, pp. 118–121. (in Ukr.)
8. Kostikova, O. V. (2012), "On the problem of pictorial communications children", *Tezi dopovidey Mizhnarodnoi naukovo-praktichnoi konferentsii «Kharkivska shkola psikhologii: spadshchina i suchasna nauka» (19–20 zhovtnya 2012 roku)* [Proceedings of the International Scientific Conference "Kharkiv school of psychology: the heritage and modern science" (19–20 October 2012)], KhNPU, Kharkiv, pp. 124–125. (in Russ.)
9. Kostikova, O. V. (2014), "Some features of art therapy in the context of enhancing the vitality of the individual", *Diyalnisno-povedinkovi faktori zhittezdatsnosti lyudini: materialy Vseukrainskoi naukovo-praktichnoi konferentsii, Kharkiv, 28–29 listopada 2014 roku* [By activity and behavioral factors of sustainability of human materials Ukrainian scientific-practical conference, Kharkiv, 28–29 November 2014], KhNPU imeni G. S. Skovorodi, Kharkiv, pp. 222–225. (in Russ.)
10. Kostikova, O. V. (2014a), "Some of the resources of art therapy in the context of the individual recreation", *Innovatsiyni napryami rekreatsiv, fizichnoi reabilitatsii ta ozdorovchikh tekhnologiy: Zbirnik statey VII mizhnarodnoi naukovo-praktichnoi konferentsii, 14 listopada 2014 roku* [Innovative Directions recreation, physical rehabilitation and health technologies: Collected Articles VII International Scientific Conference, 14 November 2014], KhDAFK, Kharkiv, pp. 68–73. (in Russ.)
11. Kostikova, O. V., Korsun, S. M., Shaposhnikova, I. I. & Suvorova, Ya. V. (2015), "Mental health and professional identity: social trend in the practice of art therapy", *Naukove periodichne vidannya «Ukrainskij psikhologo-pedagogichnij naukoviy zbirnik»*, No 6(06), pp. 77–82. (in Ukr.)
12. Kostikova, O. V., Korsun, S. M., Shaposhnikova, I. I. & Suvorova, Ya. V. (2016), "Psychological and pedagogical aspects of the problem of formation of health saving responsibility among students", *Aktualni problemi mediko-biologichnogo zabezpechennya fizichnoi kulturi, sportu ta fizichnoi reabilitatsii: Zbirnik statey II Mizhnarodnoi naukovo-praktichnoi internet-konferentsii, 21 kvitnya 2016 r.* [Recent issues of medical and biological provision of physical education, sport and physical rehabilitation: Collection of Articles II International Scientific and Practical Internet Conference, April 21, 2016], KhDAFK, Kharkiv, pp. 545–552. (in Russ.)
13. Kostikova, O. V., Korsun, S. M., Shaposhnikova, I. I. & Suvorova, Ya. V. (2016a), "Ethnic aspects of the professional responsibility of the individual in the context of innovation in recreation", *Fizichna reabilitatsiya ta rekreatsivno-ozdorovchi tekhnologii*, No 1, pp. 49–54. (in Russ.)
14. Kostyunina, O. V. (2012), "Problems of professional development of the teacher-organizer", *Tezi dopovidey Mizhnarodnoi naukovo-praktichnoi konferentsii «Kharkivska shkola psikhologii: spadshchina i suchasna nauka» (19–20 zhovtnya 2012 roku)* [Proceedings of the International Scientific Conference "Kharkiv school of psychology: the heritage and modern science" (19–20 October 2012)], KhNPU, Kharkiv, pp. 125–126. (in Ukr.)
15. Kostyuchenko, O. V. (2013), "Perceptive bases recreation", *Aktualni pitannya osviti i nauki: zb. nauk. st., materialy mizhnar. nauk.-prakt. konf., 23–24 zhovt. 2013 r.* [Topical Issues Education: Coll. Science. century. Materials Intern. nauk. and practical. Conf., Oct. 23–24. 2013], KhOGOKZ, Kharkiv, pp. 121–125.
16. Levchuk, L. T. (2002), *Psichoanaliz: istoriya, teoriya, mistetska praktika* [Psychoanalysis: history, theory, artistic practice], Libid, Kyiv, 255 p. (in Ukr.)
17. Lezhenko, I. V. (2012), "Development of intellectual activity in terms of recreation", *Tezi dopovidey Mizhnarodnoi naukovo-praktichnoi konferentsii «Kharkivska shkola psikhologii: spadshchina i suchasna nauka» (19–20 zhovtnya 2012 roku)* [Proceedings of the International

- Scientific Conference "Kharkiv school of psychology: the heritage and modern science" (19-20 October 2012)], KhNPU, Kharkiv, pp. 143–144. (in Ukr.)
18. Nekrasova, N., Karabuta, K. & Tkacheva, Ye. (2012), "The psychology of the nation's health", *Tezi dopovidey Mizhnarodnoi naukovopraktichnoi konferentsii «Kharkivska shkola psikhologii: spadshchina i suchasna nauka» (19–20 zhovtnya 2012 roku)* [Proceedings of the International Scientific Conference "Kharkiv school of psychology: the heritage and modern science" (19–20 October 2012)], Kharkiv: KhNPU, pp. 182–183. (in Russ.)
19. Shaposhnikova, I. I., Korsun, S. M. & Suvorova, Ya. V. (2016), "The problem of preserving and strengthening the mental health of students", *Aktualni problemi mediko-biologichnogo zabezpechennya fizichnoi kulturi, sportu ta fizichnoi rehabilitatsii: Zbirnik statey II Mizhnarodnoi naukovopraktichnoi internet-konferentsii, 21 kvitnya 2016 r.* [Recent issues of medical and biological provision of physical education, sport and physical rehabilitation: Collection of Articles II International Scientific and Practical Internet Conference, April 21, 2016], KhDAFK, Kharkiv, pp. 582–586. (in Ukr.)
20. Shevchenko, O. O. (2016), "Use of tennis lessons as a means of physical recreation", *Fizichna rehabilitatsiya ta rekreatsiyno-ozdorovchi tekhnologii*, No 1, pp. 117–119. (in Ukr.)
21. Khromina, N. Ya. (1995), *Entsiklopediya mysli: Sb. mysley, izrecheniy, aforizmov, maksimov, paradoksov, epigramm* [Encyclopedia thoughts: Coll. thoughts, sayings, aphorisms, Maksimov, paradoxes, epigrams], Prapor, Kharkiv, pp. 192. (in Russ.)
22. Yurov, I. A. (2016), "Resort and recreational therapy in the rehabilitation of athletes", *Aktualni problemi mediko-biologichnogo zabezpechennya fizichnoi kulturi, sportu ta fizichnoi rehabilitatsii // Zbirnik statey II Mizhnarodnoi naukovopraktichnoi internet-konferentsii, 21 kvitnya 2016 r. Kharkivska derzhavna akademiya fizichnoi kulturi* [Collection of Articles II International Scientific and Practical Internet Conference, April 21, 2016], KhDAFK, Kharkiv, pp. 408–411. (in Russ.)

Received: 16.01.2017.

Published: 28.02.2017.

Information about the Authors

Olga Kostikova: senior lecturer; Kharkiv National Pedagogical University named after G. S. Skovoroda: str. Alchevsku, 29, Kharkiv, 61168, Ukraine.

ORCID.ORG/0000-0002-0904-948X

E-mail: olgavkostikova@rambler.ru

Svitlana Korsun: PhD (Biological), associate Professor; Kharkiv State Academy of Physical Culture: str. Klochkovskaya, 99, Kharkov, 61058, Ukraine.

ORCID.ORG/0000-0002-2272-8786

E-mail: olgavkostikova@rambler.ru

Irina Shaposhnikova: PhD (Physical Education and sport), associate Professor; Kharkiv State Academy of Physical Culture: str. Klochkovskaya, 99, Kharkov, 61058, Ukraine.

ORCID.ORG/0000-0003-1020-6486

E-mail: irina_shap@rambler.ru

Yana Suvorova: senior lecturer; Kharkiv State Academy of Physical Culture: str. Klochkovskaya, 99, Kharkov, 61058, Ukraine.

ORCID.ORG/0000-0002-1995-4352

E-mail: ya.suvorova@mail.ru