

**PATRIOTIC EDUCATION FORMATION IN THE PHYSICAL TRAINING PROCESS OF LESSONS IN SCHOOLS****Vitaly L. Skitnevskiy***Nizhny Novgorod State Pedagogical University named after K. Minin, Nizhny Novgorod, Russia. E-mail: skvital@yandex.ru***Nina I. Kulakova***Nizhny Novgorod State Pedagogical University named after K. Minin, Nizhny Novgorod, Russia. E-mail: Yaroslavl146@mail.ru***Valery A. Reva***Togliatti State University, Tolyatti, Russia. E-mail: reva.valery@yandex.ru***Julia S. Novozhilova***Nizhny Novgorod State Pedagogical University named after K. Minin, Nizhny Novgorod, Russia. E-mail: Krasiljuliapocht@yandex.ru***Ivan A. Sedov***Nizhny Novgorod State Pedagogical University named after K. Minin, Nizhny Novgorod, Russia. E-mail: ivansedof@yandex.ru***Vladimir A. Kuznetsov***Nizhny Novgorod State Pedagogical University named after K. Minin, Nizhny Novgorod, Russia. E-mail: vak1401@yandex.ru**\*corresponding author email: skvital@yandex.ru*

**Abstract:** Pertinence of the issue under research is characterized by the circumstance that in the cutting edge world with a gigantic measure of social establishments an individual couldn't distinguish itself with the ethnic gathering the person gets from losing the national personality and feeling himself as 'man of the world'. The factor of connection with his or hers minor and real Homeland, just as consideration thereof and of its improvement will be the objective of his whole life. The objective of the article is to characterize the structure of the instructive procedure to develop nationalism, considering psycho physiological idiosyncrasies of the individual. Enthusiastic development could be progressively productive if psycho physiological body parameters are considered. Along these lines, the examination thinks about the procedure of enthusiastic development and its potential for improvement amid physical trainings. The strategies utilized: perception, investigation of methodological writing, demonstrating of predefined circumstances (regular examinations), testing. The fundamental aftereffects of this exploration - finding the viability of physical action for energy development. The materials of the article can be useful to understudies of center and higher instructive organizations for physical preparing, for instructors of general training schools.

**Keywords:** physical culture, patriotism, patriotic cultivation, psycho physiological peculiarities.

**1.Introduction**

The relevance of the problem under research is defined by the situation that in the modern world with a huge amount of cultural institutions a person could not identify itself with the ethnic group he or she derives from losing his national identity and feeling himself as 'man of the world'. The factor of relation with his or hers minor and major Motherland, as well as care thereof and of its development will be the goal of his entire life. Not only being an impartial observer. The problem of patriotism has always been relevant among politicians, scientists, writers and it remains topical up to now. Historically it was so that spiritual force and patriotism was typical for the country and countrymen. The modern world, however, is subject to ubiquitous mixture of cultures and values, and therefore the issue of patriotic education of Russian citizens becomes drastically important (Melnikov, 2013). The word "patriotism" is used frequently by the modern society and the personality traits described by it are to be developed with the modern youth. The problem of modern patriotism is tackled by a huge number of specialists from educational spheres and other social structures (Dianov, 2012 ; López, Daniel A., Oscar Espinoza, and Silvia J. Sarzoza. 2018). A draft of Law on patriotic education of citizens has been introduced for State Duma consideration. The proposed Federal Law should define goals, principles and directions for patriotic education in Russia. The necessity and significance of patriotic education is acknowledged by the proposed legal act as well as the right of each citizen for such kind of education (Kirillov & Starchenko, 2008). Creating the need for a healthy lifestyle, cultivating the ability to live as a family and bringing up multiple kids are defined as a unique task. Current state program for patriotic education is effective for the period from 2016 till 2020. Federal laws are only a part of the environment as the efforts of pedagogical staff are to be applied from the very childhood. Patriotic education is practiced at school, but its efficiency is not known. The present paper considers the process of patriotic education and means of its achievement (Barchukov, 2009 ; Barakhsanova, E. A., Savvinov, V. M., Prokopyev, M. S., Vlasova, E. Z., & Gosudarev, I. B. 2016). ).

**2.Materials and Methods****2.1. Glossary**

Physical culture – is a part of a general culture of a society, which includes the system for physical education, as well as a set of scientific and material means necessary for its implementation.

Patriotism – is a synthesis of spiritual and ethical, civil and ideological outlook, which develops itself in love towards Motherland, native place, in a striving to maintain and develop traditions, cultivate values of the folk, culture and country. Patriotic education– is a systematic and goal-oriented activity to build a patriotic consciousness with young citizens, as well as a feeling of faith towards Motherland, the readiness to perform civil duties and constitutional obligations to protect the interests of the country. Psychophysiological traits – particular forms of psychological development, body shape, state of health.

## **2.2. Bibliographic Survey on the Issue of Studies of Efficiency of Physical Activity Influence on the Patriotic Education**

Research of patriotic education process problems requires the study and analysis of the changes occurring in the society, of processes and events influencing public mentality, opinions, moods, traditions, interrelations, education practices and upbringing processes in the country (Krivoruchenko, 2008). “Special meaning is assigned to search and development of new approaches for bringing up school students, considering the system of their values and interests, which correspond to the tendencies in development of the Russian society and education system, as stated in the article of S. Konstantinov (Konstantinov, 2010).

Patriotism was a subject for studies of D.T. Almagambetova (2014), L.I. Lubysheva (1992, 2001), T.I. Morozova (2010), B.G. Mesheryakov and V.P. Zinchenko (2003). V.I. Andreev (2012) in his students’ book “Pedagogics” defines patriotism as a synthesis of spiritual and ethical, civil and ideological outlook of a person which develop themselves in love towards Motherland, towards native place, own house, in the tendency and ability to sustain and improve best traditions, values of own countrymen, national culture, native land.

The work on cultivating patriotism among children and adolescents is described in studies of D.V. Dianov (2012), Zh.K. Kholodov and B.C. Kuznetsov (2000), D.A. Belov, A.V. Tsinis and A.V. Kochnev (2015), B.T. Lihachev (2001), S.M. Markova, N.M. Poletaeva and S.A. Tsyplakova (2016), P.Ya. Galperin (1999), N.F. Talyzina (1984, 1998) proposed the theory of a phase-based thought activity. This theory considers learning as a system of definite activity types, performance whereof leads the student to new knowledge and skills (Tastan et al., 2018).

Symbiosis of mental and motional activity was studied by the following scientists V.S. Farfel (1960), N.N. Vizitei (1989), A.G. Khripkova, M.V. Antropova, D.A. Farber (1990), E.P. Ilyin (2000, 2001), N.D. Grayevskaya, T.I. Dolmatova (2004).

## **2.3. The Problem of Method Development to Detect the Efficiency of Motional Activity Influence on Patriotism Cultivation**

The problem of method development to detect the efficiency of motional activity influence on patriotism cultivation was divided into following subtasks:

1. Literature sources on the subject were to be studied and analyzed.
2. Influence of psycho physiological particularities on the cultivation of personal traits was to be determined.
3. Efficiency of motional activity influence on patriotism cultivation was to be detected.

Research problem: the method for detecting the efficiency of physical activity influence on patriotism cultivation. The goal of the study was to define the structure of educational process to cultivate patriotism, taking psycho physiological particularities of a person into consideration. The hypothesis of the research was that patriotic education is more effective if psycho physiological particularities of a person are taken into account.

### **3. Results**

Patriotism cultivation is not an easy task. It is necessary to possess knowledge in psychology, physiology and education to cultivate patriotically minded youth and not just discussing patriotism phenomenon. It is not possible to achieve a result within a day, as it is a systematic process for years and years. Comparing education with training over years brings us to the issue of specific age-related task setting for pedagogical processes. To develop traits of some kind, patriotism in our case, it is necessary to consider psycho physiological peculiarities of a person.

First, the human being needs motion, as the life goes on in motion. Second, humans are not primitive biological organism, they possess the ability to think, to organize mental processes. Third, we also have the important gift of emotions. We have also figured out that physical culture includes all items named above.

Therefore, we have made a list of the following factors:

1. Education and upbringing. It is a process over years, and it is necessary to understand that patriotic cultivation should be consistently managed through years and possibly throughout the whole life.
2. Patriotism cultivation should consider psychophysiological aspects, i.e. psychological and physiological state of each student.
3. Emotions and feelings – is a main driver of patriotism development. The pedagogical task is to cultivate step-by-step necessary feelings and emotions and to complete proper actions to form such perceptions.
4. Motional and mental activities are to be considered. Taken together they give a larger result in education than separately.

Thus, it is to conclude, that patriotism cultivation is not a mystery or an unsolved puzzle, but a proper application of anthropological knowledge. Symbiosis of mental and motional activities gives best result in cultivating socially significant traits, whereas physical culture is the best example of a synergy between intellect and physical abilities. It is to be remembered, that emotional sphere of human nature is important and can be even primary in some life situations. Emotions and feelings are often more powerful than other decision-making factors and this phenomenon can be used in patriotic education. As everything a person feels and experiences, remains in his memory and

consciousness. Thus, it makes sense only if it is felt and experienced. This sense is needed for a person to comprehend the essence of patriotism, its pragmatics and future outcomes. Once the persuasion of own patriotic principles and intentions is achieved, the person is hardly capable to revert it, as it becomes a part of life and a part of person itself. So the patriotism is a quality which is formed on psycho physiological level and supported by emotion and feelings experienced.

**4. Discussions.** It is hard to ignore the positive influence of physical culture for cultivation of patriotic feelings with young generation, as sports obviously promotes discipline and helps to develop a number of socially significant personality traits. Youngsters, participating in sport events in a school team or district team or even national team do understand feelings of victory at competitions. The feeling of pride for the labor spent, for own school and own country comes to the sportsman on the pedestal, with national anthem being played. Since then an anthem is not a simple piece of music and the flag is not a piece of cloth. These are attributes which are anchored with his positive feelings and tightly bound with each other. And further on the anthem and the flag will be associated with victory and emotional experience. Someone may consider it a trifle, but it is exactly how the feeling of patriotism is born. You might say that not every child is taking part in competitions, but we, the adults, are not great sportsmen, but still do experience pleasant emotions of pride for our country and countrymen during victories at the Olympic Games or World Cups. Feelings and emotions experienced build a connection to symbols of country and country itself. The more pleasant experience is the more convincing is the conclusion on the correctness of the decision taken. Why feelings and emotions are so important for our consciousness?

Emotion (lat. *emovere* – to excite, to distract) is usually understood as a spiritual worry or feeling. Emotions can be characterized by general scale (negative or positive), influencing characteristics for human activity (stimulating or decelerating), intensity (depth of feelings, range of offsets, and duration of affects (short vs. long-term); relation and objectivity (conscious relation with a particular object). N.F. Talysina (1984, 1998) in her research “Managing the knowledge digestion process” points out five phases of knowledge assimilation, which constitute interim states prior to the action becomes mentally generalized, abridged and assimilated.

During the first phase students receive prior knowledge, clarifications for task completion. During the second phase students are able to take actions, so action gets materialized. The following parts of action take place during this phase: orientation, implementation and control. The third phase is a phase of creating the external verbal form for the action, not yet automatic and abridged, but in the process of further generalization. The fourth phase – is the phase for creating internal speech, used for internal repletion. As the action gets acknowledged it becomes automated and abridged, but experiences further generalization. The fifth stage (final) – is the phase when action becomes obvious in the internal speech. The action becomes verbalized as a single-word propositional solution of a problematic case through processes of automation and simulation. Now it is an act of thought with a hidden process chain.

The sixth phase was pointed out somewhat later – motivational phase. Motivational phase with a motivational basis for action. As it is known, transmittal makes no sense, if the student has no will to learn. Therefore, the phase is to take place. The theory of a phase-wise formation of mental actions considers the education process in the aspect of mental actions. But what if we consider the motional activity as a formation of mental activity, as humans perform not only mental actions. Theory references several activity types, with only one leading type. Physiologically a human being is incapable of being motionless, with motion analyzer being connected with brain activity.

Motion – is a natural basic human need and a powerful life-sustaining factor. Exactly motions activate compensatory-adaptive mechanisms and enhance functional capabilities of human body. As known, a reflex in its simple form is a three-chain process. First chain is sensible. Irritation of senses and transmission of resulting impulses to the brain is necessary. If this chain is missing, the reflex is absent. The easiest example is sleeping. External irritators are blocked during sleep; there are no “voluntary” activities, as the brain is not accepting external impulses nor sending impulses to muscles. Second chain is represented by nerve centers and brain. Incoming impulses are processed herein and can be further on blocked or decelerated, previous reflexes can be stored here. The third and final chain of the reflex is the executing, the motional one. I. M. Sechenov made a remarkable finding on that issue: whatever the activity of the brain is, its external expression is in muscular movement. Nervous system, with its main function of fast and exact transmission of information and its integration, provides interaction between organs and organ systems, being responsible for the body functioning as an integral system interacting with environment. It regulates and coordinates the activity of various organs, adjusting their activity and activity of the body to changing conditions of ambient and internal environments. Nervous system listens and analyses various signals from environment and external organs, building response reactions to these signals. Major division is responsible for psychic functions – cognition of ambient signals, memorizing them, decision making and organizing rational behavior, abstract thinking and speech. All these complex functions are conducted by a huge number of nervous cells – neurons, connected in complex neural networks and centers. As reflex is a part of the nervous system which under certain circumstances creates motional reaction, it proves that organs are tightly interconnected with each other and regulated by the nervous system. In order to achieve best effect of patriotism cultivation mental activity should be coupled with motional activity. Sportsmen and healthcare enthusiasts are known for being devoted and industrious, caring about public amenities, sport achievements and patriotism. In the process of physical training a person learns new information, new ways of doing exercises, searching new means and methods to improve results. Physical activities create opportunities to develop creativity and shape cognitive activity. Physical culture and sport give ability to utilize the need for motion as well as to develop physical and moral functions and parameters. Physical culture and sport bring up a lot of socially significant traits, i.e.

responsibility, industriousness, sporty people are more patriotic, physical culture brings healthy life styles. Currently, despite the present healthy lifestyle propaganda a layer of population still prefers bad habits leading to antisocial behavior. Thus, the earlier the young generation gets used to healthy lifestyle, physical culture and sports, the greater share of population will focus its attention on self-actualization through sports and physical training.

**5. Conclusion.** Our study on cultivation of patriotism has shown that the process thereof should be based on psychophysiological particularities. Best result in upbringing of socially significant traits is achieved via symbiosis of mental and motional activity, whereas physical culture could be the best example of a combination of intellectual and physical abilities. It is to be remembered, that emotional part should not be neglected among other needs and life circumstances. Emotions and feelings are usually stronger influence factors among others and this could be used for patriotic education, as a major part of human feelings and impressions remain in his memory and consciousness, having sense only after emotional experience. Sometimes patriotism makes no sense without feelings and emotions. But sense is important to understand the pragmatics of patriotism. Once the patriotic principles and intentions are acknowledged, they become a part of human life, with a strong tendency to remain stable and unchanged. Thus, patriotism is a quality, formed on a psychophysiological level and supported by emotional experience and feelings.

**6. Recommendations.** Materials of the article can be used by students of middle and high schools for physical training as well as common institutions of secondary education.

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