



UNIQUE WAYS TO CREATE A HEALTHY MORAL ENVIRONMENT FOR STUDENTS DURING COMPETITION

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Annotation

The article reflects the unique ways of creating a healthy spiritual environment for volleyball players during the competition, as well as the psychological state of the players.

Keywords. Spiritual environment, competitive process, moral environment, interpersonal relations, communicative behavior, collective actions

At the present stage of development, it is necessary to make great efforts to create a “moral atmosphere” in our society, which would contribute to the establishment of a respectful and caring attitude towards a person, honesty, exactingness towards oneself and others, trust, combined with the strict responsibility of the spirit of the present. partnerships.

The problem of creating an atmosphere of high morality and morality is also relevant for sports activities. To create a good socio-psychological climate in a sports team, to select a team so that all its members not only successfully interact on the site, but also harmonize with each other as individuals, to build the right relationships in the team is a great art and a great challenge. Dagogic work.

Modern sport, especially elite sport, often makes demands on athletes that border on their physical and mental capabilities. Overstrain, conflict relationships, "pre-launch fever" - this can create stressful situations. The task of a qualified coach is not only to take the necessary measures to normalize the unfavorable situation in the team, but also, if possible, to prevent its occurrence. Thus, the coaches face problems of a purely psychological nature, which can be solved with the help of special knowledge.

Formal relations are “programmed” in advance and are conditioned by the requirements of the activity, subject to tasks, and the “scenario” according to which they should develop, for each sport, is generally known. It is much more difficult to predict how relations in the informal sphere will develop in these systems, since their development occurs spontaneously, on the basis of unregulated likes and dislikes, preferences, joint interests and hobbies / Yu.A. Kolomeitsev /.





Interpersonal relationships are called purely personal, personified relationships that arise between individual members of the group, regardless of their actual conditions and the nature of their joint activities. They are based on emotional experiences that one person of the group, as a special personality, causes in another. /R. With Weissman, E.P. Ptichkin./

There are two kinds of feelings that arise in group members in relation to its other members and give a special character to their interpersonal relationships.

1. Conjunctive feelings that contribute to the rapprochement of personalities, such as, for example, love, friendship, comradeship.

2. Disjunctive, repelling a person from another person, can cause a person's appearance, rudeness, demeanor, arrogance, etc.

Although interpersonal relationships are not directly related to the duties and business relations between group members, they can have a strong impact on the activities of group members: help to implement it or, conversely, hinder, enhance or decompose the business atmosphere in the team, slow down the implementation of individual responsibilities.

Based on the research of H. Jemmingey, it follows that a person in communication with other team members shows sympathy towards some, and antipathy towards others. And it follows that interpersonal relationships (likes or dislikes) determine the nature of the relationship between team members /Obozov/.

In friendly couples there will be intense, productive communication, in neutral ones there will be less or none at all, and in hostile couples both a lack of communication and the emergence of interpersonal conflicts can be expected. Yu.L.Khanin.

M.G. Andrukh, when analyzing interpersonal relationships in a sports team, also highlighted the following points:

1. Between members of sports groups, various types of relationships are established in the form of sympathy and antipathy, indifference, etc., to individuals or groups;

2. In the informal structure of the group, micro-collectives of various sizes are distinguished, including the isolation of the individual.

The studies conducted by Yu.G. Utekhin have shown that the more athletes are connected in the system of interaction in structural or functional, as well as personal relationships, the more harmonious the combination of these types of interaction in the team, the better its psychological climate, the more unified, the integrative team she represents, the better and more significant her result in competitions.

In turn, Yu L Khanin notes that the nature of communication rather reflects the entire success of gaming interaction. With a successful game, the team, as well as in cases where the opponent makes mistakes, the athletes actively move and their



communication is extremely productive. A completely different picture occurs when the opponent makes mistakes or successfully plays: athletes stop, communication decreases, partners experience the failure, then disapproval appears. Disapproval, as it turned out, is most often directed at partners who are personally unpleasant, they are more often prescribed mistakes, their mistakes are more unpleasant for partners and often serve as a source of conflict. And with the successful play of such athletes, antipathies are temporarily forgotten.

Yu.L.Khanin notes that in the vast majority of teams, communication develops spontaneously, disorganized: athletes initiate approval and support, mainly after successful actions of partners, and with errors and difficulties in game interaction, communication stops or interpersonal conflicts.

From this we can conclude:

1. The experience of interacting with teammates in conditions of forced and free communication will contribute to the formation of effective interpersonal perception skills.
2. The success of communication, the success of solving game problems will also depend on the level of preparedness of athletes.

It has already been noted that in the course of joint activities, depending on the success or failure of solving group problems, friendly or hostile relations are formed. The formation of interpersonal relationships with partners will take place against an intense emotional background.

A healthy psychological climate in a team depends not only on the relationship associated with the implementation of sports activities. Established relationships are of great importance. Studies have shown - performed by V.I. Sekunov - that personal relationships have an impact on purely sports. This confirms the importance of the desire for dominance in the establishment of sports relationships.

The effective activity of links in a sports team depends on the rational selection of players, on the unity of their perception of the game process, on good interaction, ability to strategic and tactical interaction,

Therefore, it is possible to justify a coach who gives preference to a less strong player who fits better into one or another part of the team. That is why now more and more attention is paid to creating an optimal, psychologically, team. And this, in turn, brings a number of certain difficulties.

After all, each player in the team is not a “mechanical” model, it is, first of all, a person with individual character traits inherent only to her.





A number of studies conducted in sports teams made it possible to establish that there are individuals in them who enjoy much more sympathy, respect and authority from their comrades than anyone else. These are the team leaders.

If activity, initiative, creativity are aimed at the formation of favorable interpersonal relationships, the psychological climate of the team, then this characterizes an expressive leader. The differentiation of leaders into instrumental and expressive is connected with the analysis of the structure of group activity.

Instrumental leaders should be considered as the closest assistants to the coach in solving the problems of technical-tactical, special training. They are the initiators in the search for better tools and ways to improve the skills of athletes, discussing emerging ideas with coaches.

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