
Peculiarities of Formation of Schoolchildren's Will Qualities in the Process of Sports Games

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Abstract: The article deals with the actual problems of formation of volitional qualities in schoolchildren by means of physical education. One of the practical ways to solve this problem is sports games. As part of the implementation of the corresponding model, control measures were taken to control the level of formation of the considered qualities, and the results were presented.

Keywords: volitional qualities, sports games, means of physical education, adolescence, the formation of qualities.

Introduction. The modern generation has to show a certain level of strong-willed qualities in overcoming various difficulties and obstacles in order to solve simple tasks of everyday life that require the growing social activity of the younger generation from year to year. The formation of volitional qualities is an urgent problem not only in psychology, but also in pedagogy. The child's personality is based on the spiritual norms, interests, needs, ideas and customs of the environment in which he lives [1, 2, and 3].

Adolescence is one of the most difficult periods in a person's life, which directly affects his future destiny and willpower, spiritual worldview. The inability of adolescents to control their emotions, the constant lack of desire to achieve their goals, the inability to make decisions in difficult situations hinder the development of such qualities of will as patience, perseverance, striving for a goal.

The process of formation of volitional qualities depends on a teacher who has the potential to solve existing problems, be responsible, disciplined, choose the best way to achieve goals and constantly strive to improve their knowledge and experience, professional skills [4, 5, 6].

Physical education occupies a special place in the pedagogical process aimed at achieving the comprehensive development of the personality of adolescents. Physical exercises, the healing forces of nature, the rules and norms of hygiene, being the means of physical education, affect the formation of volitional qualities in adolescent schoolchildren. To study the problems of the formation of volitional qualities, special attention was paid to sports games [7, 8].

The author drew attention to the fact that when forming the volitional qualities of a teenager in the process of conducting sports games, the educator should take into account that a vivid manifestation is the desire of the child to actively participate in public life. It was noted that the experience of team interaction in the classroom and extracurricular activities has a direct impact on the formation of volitional qualities in adolescents.

Analyzing the scientific literature up to the formative stage of the research, the author noted that sports games, which are actively used in physical education classes, develop in adolescents such qualities as responsibility to the team, mutual assistance, brotherhood [9,

10].

For a teenager, the opinion of teammates during the game, assessment of his actions and behavior in the team is very important. In basketball or volleyball competitions at physical education lessons, for a teenager, the social value of the class team is more important than the opinion of parents or teachers about his activities in other areas. Therefore, one of the requirements of his development as a personality is the further formation of these volitional qualities through sports games [11, 12, and 13].

In the course of the study, the author considered the formation of volitional qualities as a pedagogical process, the result of a person's ability to consciously regulate his activity, associated with overcoming internal and external barriers. For these reasons, the problems of developing and implementing a model for the formation of volitional qualities of students with the help of sports games are quite reasonable. Volleyball, basketball, football and similar sports games increase the motor activity of adolescents and encourage them to search for the optimal solution to game goals and objectives [14, 15, and 16].

In the course of the study, a set of methods and means related to this work was used, the results of sports games were recorded, and the results of the level of formation of the considered qualities were included in the general indicators.

The data obtained were carried out by the method of mathematical analysis, the individual qualities of each student were studied and the data obtained were summarized.

The features of the formation of volitional qualities in adolescents consisted of:

- 1) in the course of the study, the principles of individualization (taking into account the mental and physiological capabilities of the body) and differentiation (dividing the class into groups in order to achieve better results in the use of sports games) were used;
- 2) A calendar-thematic work plan for physical education has been developed, which is actively used in educational institutions.
- 3) the academic year was conditionally divided into three stages, each of which has different functions and retains its composition;

Conclusions.

1. A vivid manifestation of the dynamics of the volitional qualities of adolescents in sports games belongs to such qualities as perseverance, perseverance, purposefulness.
2. Next, with a slight difference, is the quality of the initiative.
3. The quality of patience or endurance was less pronounced than all the qualities. The reason is that developing this quality is more difficult.
4. At the end of the study, it was found that the overall level of formation of all volitional qualities in adolescents in the experimental group was significantly higher than in students in the control group.

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