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FORMATION OF VALUE ORIENTATIONS IN ATHLETES OF CHINESE NATIONAL TRADITIONAL MARTIAL ARTS

Анотація. У дослідженні визначено вплив занять китайськими національними традиційними видами єдиноборств на формування ціннісних орієнтацій у спортсменів за методикою М. Рокіча. З'ясувалося, що заняття китайськими національними традиційними видами єдиноборств сприяють гармонійному розвитку спортсменів. Під впливом тренувань зростає рівень фізичного розвитку, а також формується ціннісна система, орієнтована на особистісний розвиток і життєву мудрість. Спортсмени, що практикують китайські традиційні національні види спорту, приділяють увагу своєму здоров'ю та розвитку особистості. Для них важливими цінностями є ввічливість, відповідальність, сильна воля та дружба, що відображає їхнє прагнення до фізичного, інтелектуального та морального зростання.

Ключові слова: китайські традиційні види спорту, спортсмени, особистість, ціннісні орієнтації.

Abstract. The study determines the influence of Chinese national traditional martial arts on the formation of value orientations in athletes according to the method of M. Rokich. It turned out that classes in Chinese national traditional martial arts contribute to the harmonious development of

athletes. Under the influence of training, the level of physical development increases, and a value system focused on personal development and life wisdom is formed. Athletes who practice Chinese national traditional sports pay attention to their health and personal development. For them, politeness, responsibility, strong will, and friendship are important values, reflecting their desire for physical, intellectual, and moral growth.

Key words: Chinese national traditional martial arts, athletes, personality, value orientations.

Entry. Martial arts optimize the functioning of the cardiovascular and respiratory systems in athletes, increase the level of general physical fitness, develop strength, speed, dexterity, coordination of movements, endurance [6, 7, 9].

In the process of practicing martial arts, athletes improve psychophysiological indicators that significantly affect sports success, namely mobilization, optimal readiness for action and developed differentiation; spatial characteristics, optimal regulation of muscle tone [5].

Modern research also indicates a relationship between the social adaptability of athletes and martial arts, which improves communication and valuable life skills of young people [8].

The purpose of the study is to determine the influence of Chinese national traditional martial arts on the formation of value orientations in athletes.

Material and methods. In the course of the study, analysis, synthesis, generalizations were used; the method of value orientations by M. Rokich, 103 students of the Haikou University of Economics (Haikou, Hainan Province) (n=103) were tested.

Results of the study and their discussion. In China, the most popular types of martial arts are Chinese martial arts wushu (kung fu), including taijiquan. They are included in the list of Chinese national traditional sports. Elements of martial arts are components of dragon and lion dances, which are an integral part of the national sports culture of China [3].

Scientists confirm that martial arts contribute to the formation of valuable aspects of the personality and such moral qualities as self-confidence, perseverance, determination, self-control, respect for opponents, honesty and nobility in relation to the weak [2].

An assessment of the value orientations of athletes engaged in Chinese national traditional martial arts and athletes engaged in other sports (game sports, cyclic sports, other types of martial arts) was carried out, the study participants were divided into two groups: «athletes of Chinese national traditional martial arts» and «athletes of other sports». They were asked to place terminal (target) and instrumental (practical) values in order of their importance in life, as the

principles by which they are guided, the results are presented in Fig. 1. and Fig. 2.



Fig. 1. Terminal values in the value system of athletes of Chinese national traditional martial arts (n=52) and athletes of other sports (n=51)

In Figure 1, it can be seen that athletes of both groups put health (physical and mental) in the first place (athletes of Chinese national traditional martial arts – 2.83; athletes of other sports – 3.58). Other results differ markedly. Athletes of Chinese national traditional martial arts put development (work on oneself, constant physical and spiritual improvement) in second place (7.05), and productive life (maximum use of one's capabilities, strengths and abilities) (7.5) in third place. The results obtained, in our opinion, indicate that Chinese athletes engaged in national martial arts take care of their health, clearly plan their own development and further productive life.

Athletes of other sports put their will in second place (7.31), in third place – self-confidence (inner harmony, freedom from internal contradictions, doubts) (8.46), which, in our opinion, characterizes athletes as self-confident, strong in spirit, harmoniously developed personalities who strive to follow the philosophical principle: «in a healthy body – a healthy mind».

The lowest positions in both groups of athletes are occupied by creativity (the possibility of creative activity) (athletes of Chinese national traditional martial arts – 13.35; athletes of other sports – 13.5), happiness of other people (well-being, development of other people, the whole people, humanity as a whole) (athletes of Chinese national traditional martial arts – 13; athletes of other sports – 15.15) and entertainment (athletes of Chinese national traditional martial arts – 13.7; athletes other sports – 12.3). These results can be explained by socio-

cultural aspects and the stage of their life in which athletes are. At the moment, their main priorities can be mainly determined by personal development, social relationships and health.

Instrumental (practical) values of athletes of chinese national traditional martial arts and athletes of other sports are presented in Figure 2.

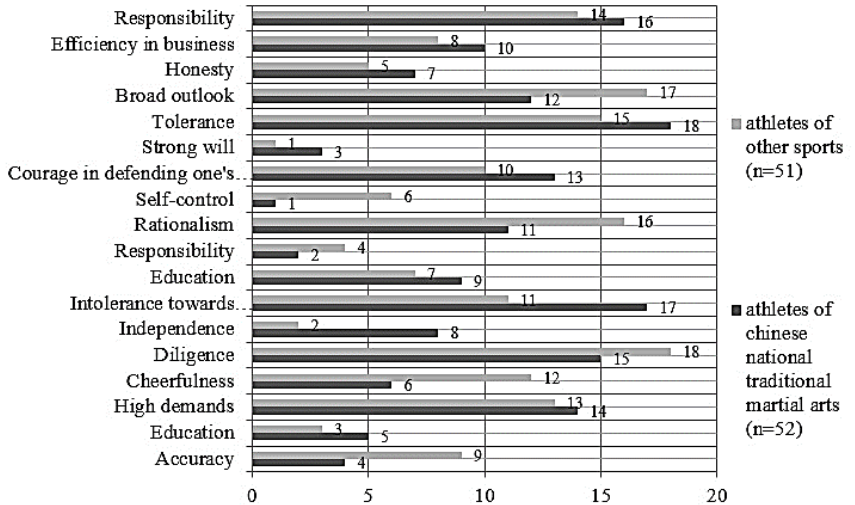


Fig. 2. Instrumental values in the value system of athletes of Chinese national traditional martial arts (n=52) and athletes of other sports (n=51)

As can be seen in Fig. 2, the priorities of Chinese national traditional martial arts athletes and athletes of other sports in choosing instrumental values are also different. Thus, in the first place among athletes of Chinese national traditional martial arts – self-control (6.32), in the second place – responsibility (6.68), in the third place – firm will (7.12), and in the athletes of other sports – strong will (6.51) – in the first place, in the second place – independence (7), in the third place – education (7.12). These results suggest different personal qualities considered important for athletes in both groups. Athletes of Chinese national traditional martial arts consider self-control and responsibility to be the main qualities, while athletes of other sports prefer strong will and independence. This may indicate the emphasis placed in martial arts on self-discipline and responsibility, reflecting society's traditional demands on work and study, while athletes in other sports value personal toughness and independence more.

At the end of the list of instrumental values of athletes of Chinese national traditional martial arts are sensitivity (10.8) – in sixteenth place, irreconcilability to shortcomings in oneself and others (10.92) – in seventeenth place, tolerance

(13.8) – in eighteenth place. This indicates the characteristics of goals and ideas in chinese culture, where other qualities are more important, such as hard work, self-discipline and rationality. It also reflects traditional values that are the basis of society, where expressive manifestations of emotions or irreconcilability may be less actively supported.

Athletes of other sports have rationalism (10.63), breadth of views (11), thoroughness (13.5). Such results may indicate a more cautious approach to decision-making and a desire to focus on more specific aspects of life than on abstract or theoretical issues. Such results may reflect the chosen priorities and values of athletes, and may also indicate the influence of sociocultural factors on their thinking and behavior.

The received terminal and instrumental values can be conditionally combined into semantic categories, including:

- 1) values of personal self-realization (including personal, social and professional);
- 2) universal values (such as self-affirmation, communication, justice);
- 3) values of social interaction (which can be individualistic, conformist or altruistic) [4].

It was found that personal values prevail among athletes of Chinese national traditional martial arts (7.26), the values of self-affirmation are in second place (8.74), the third position is occupied by individualistic values (8.79). Among them, universal values of personal individual existence and personal happiness prevail, such as wisdom in life, health, development, self-belief, love, happy family life, good manners, honesty, responsibility, accuracy, etc. (Fig. 3).

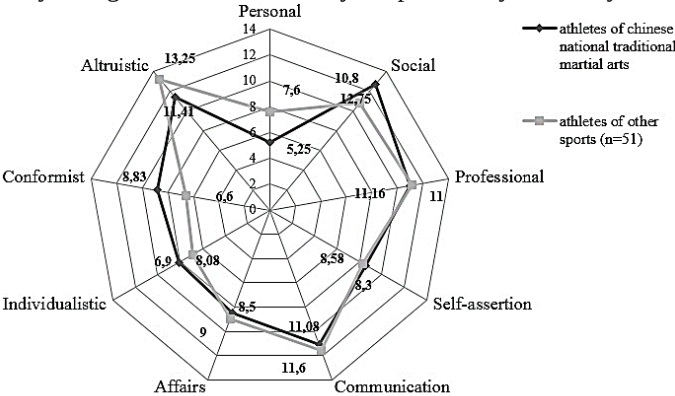


Fig. 3. Values of Chinese National Traditional Martial Arts Athletes (n=52) and Athletes of Other Sports (n=51)

It can be seen from Figure 3 that despite the fact that individual terminal

and instrumental values of athletes of Chinese national traditional martial arts and athletes of other sports are somewhat different, the general value orientations and life principles of athletes are similar. The personal values of athletes of Chinese national traditional martial arts are pronounced – they occupy the first position among all groups of values (5.25), among athletes of other sports they were in third place (7.6), in second place among both groups of students individualistic values (athletes of Chinese national traditional martial arts – 8.08; athletes of other sports – 6.9), in third place among athletes of Chinese national traditional sports martial arts (8.83) conformist values, which, on the contrary, took first place among athletes of other sports (6.6). These results suggest a difference in the importance of personal, individualistic and conformist values between Chinese national traditional martial arts athletes and athletes from other sports. Athletes of Chinese national traditional martial arts have shown greater importance of personal values, which may indicate their individuality and careful attitude to their own self-identification.

Athletes in other sports showed greater importance of individualistic values (the desire for independence, freedom of choice and self-realization) and conformist values (a person's desire to conform to generally accepted norms, rules and expectations of society), which may indicate greater freedom of choice and an emphasis on self-realization and personal freedom. This shows that students can feel the importance of their autonomy and will to independence, but at the same time they also want to meet social standards and be accepted in the group. This can arise from a balance between one's own needs and those of others or the influence of the cultural environment in which they grow up.

In both groups, the last three positions were taken by indicators of altruistic values (athletes of Chinese national traditional martial arts – 10.41; athletes of other sports – 13.25), communication values (athletes of Chinese national traditional martial arts – 11.08; athletes of other sports – 11.6), and social values (athletes of Chinese national traditional martial arts – 12.75; athletes of other sports – 10.8). Such results indicate that martial arts athletes, at this stage of their development, do not show a desire to help others, be compassionate, do not seek to maintain and develop social relationships and meet social standards.

Conclusions. The study made it possible to find out that martial arts have a positive effect on the harmonious development of athletes. Under the influence of training, the level of physical development increases, a system of values is formed, which is aimed at personal growth and life wisdom. intellectual and moral and ethical growth.

The results of the study allow us to recommend martial arts in higher education institutions in order to improve physical condition or achieve high sports results.

Prospects for further research in this direction are to find ways to popularize martial arts among children and youth.

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