



The influence of outdoor games on the restoration of the psychological comfort of students in the unique educational space of "T-university" DSTU

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Dr. Sc.Phil., PhD, Professor **O.S. Mavropoulo**¹

T.I. Tumasyan¹

O.Yu. Brovashova¹

N.S. Brovashov¹

¹Don State Technical University, Rostov-on-Don

Corresponding author: olivka1103@yandex.ru

Abstract

Objective of the study was to evaluate the impact of outdoor games on the psychological state of students in the conditions of "T-University".

Methods and structure of the study. Within the framework of the unique educational space "T-University", built on the principles of individual educational trajectories, a program was implemented to teach students outdoor games in accordance with their priorities in sports. In the course of mastering the program, the psychophysical state of the trainees was corrected.

Results and conclusions. Outdoor games contributed to the elimination of the psychological depression of those involved, increasing the degree of adaptation in the team, self-esteem, the formation of a focus on changing the situation for the better, improving physical condition and increasing efficiency, getting rid of aggression.

Keywords: *psychological comfort, outdoor games, student sports, physical culture, motor functions, T-university.*

Introduction. The psychological and social adaptation of first-year students, many of whom cannot realize themselves in the new conditions, has been and remains an urgent problem at the university. The annual survey of first-year students shows that they have changes in social behavior and emotional state, a decrease in activity.

There is a need for in-depth socio-pedagogical work at the university, which will ensure the effective adaptation of the student in the university environment [2, 3].

Objective of the study was to evaluate the impact of outdoor games on the psychological state of students in the conditions of "T-University".

Methods and structure of the study. From the 2021-2022 academic year, the Don State Technical University (DSTU) has launched a unique educational space "T-University", which is built on the principles of individual educational trajectories. Its distinguish-

ing feature is that the educational space consists of several subspaces: the university minimum, the fields of science and technology, majors and electives. Under the conditions of T-University, it was supposed to develop eight fundamental competencies among students: creative thinking, communication, reflection, self-organization-self-determination, systems thinking, work with contexts, critical thinking. All of them are necessary in order to develop the main meta-competence - the ability to work productively in a team, because in the modern world a person simply cannot act alone [1].

Within the framework of the university minimum of "T-University", the program "Physical Culture and Health" was implemented, aimed at correcting the psychological state of first-year students through outdoor games in physical education classes. Outdoor games are a universal and easily accessible means of physical culture. In the classroom, students were divided into



teams, in accordance with their preferences in sports. Thus, students could determine their position in the team and prove themselves in the team, as well as get an idea about the sports cultivated at the university.

It should be noted that this program is adapted to the individual characteristics of students, easy to learn.

To assess the psycho-emotional state at the initial stage of the experiment and at the end, the students were asked to evaluate their state on a 10-point scale by answering the following questions: 1. The ability to independently solve the accumulated problems. 2. The presence of life goals. 3. The degree of implementation. 4. The degree of adaptation in the team. 5. The degree of adaptation in the professional field. 6. Dependence on the opinions of others. 7. Self-esteem. 8. Desire to change the situation for the better.

During the development of the program, students filled in the electronic "Sports Diary", developed by the Institute of Physical Culture and Sports of the DSTU. The students analyzed and recorded their changes in the indicators of the general physical and morpho-functional state.

At the initial stage of the experiment and at the end of the experiment, students were asked to perform tests that determine physical fitness according to the following parameters: 30 m run, standing long jump, 3x10 m shuttle run (in this case, the 6th stage of the VFSK GTO). Also, the students were asked to perform a cardio test: heart rate measurement while walking on the step platform up and down (the pace is one step per second).

Results of the study and their discussion. As the results of psychodiagnostics showed, the dynamics of the emotional state of those involved is generally positive, as can be seen from Figure 1.

The results of cardio analysis at the end of the experiment of the test group of boys and girls showed a satisfactory state of the cardio system (Figure 2).

Youths

Girls



Figure 2. Cardio analysis indicators

During the period of the experiment, a positive dynamics of the physical condition of students was obtained, as evidenced by the results of passing tests for physical fitness (Figures 3, 4).

Conclusions. Outdoor games contributed to the elimination of the psychological depression of those involved, increasing the degree of adaptation in the team, self-esteem, the formation of a focus on changing the situation for the better, improving physical condition and increasing efficiency, getting rid of aggression.

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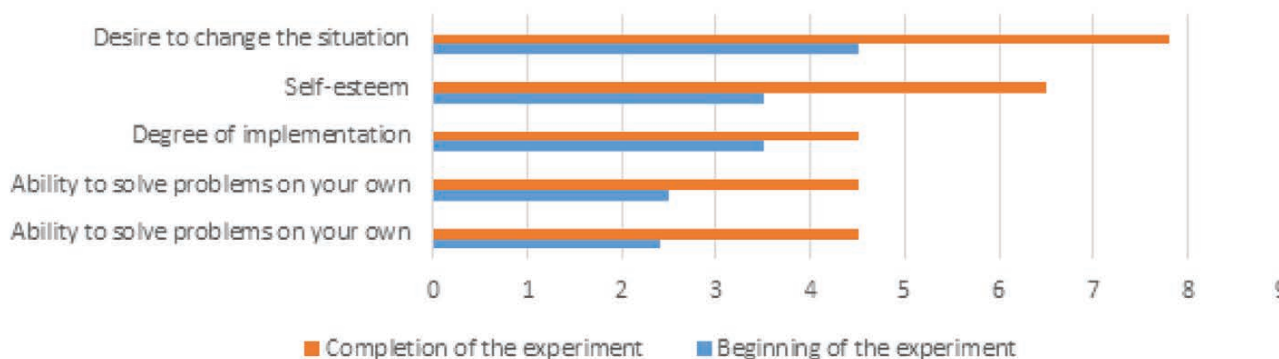


Figure 1. Comparative analysis of the assessment of the psycho-emotional state of students (September 2021-December 2022)

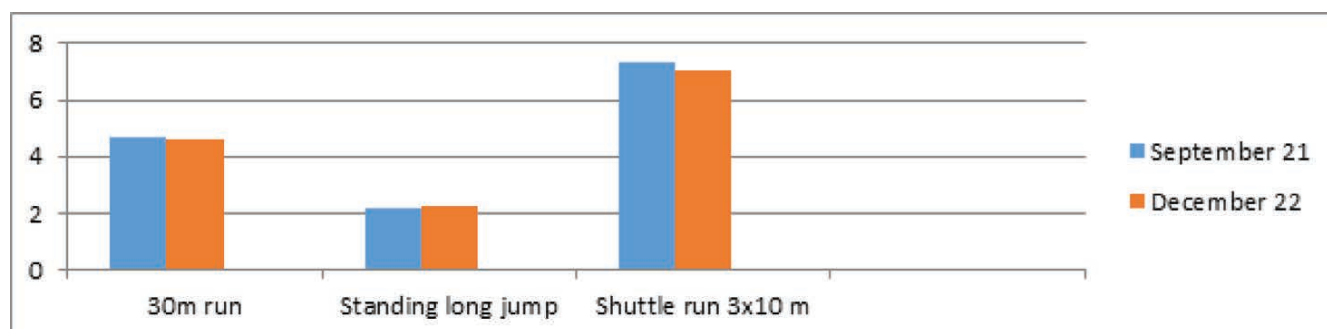


Figure 3. Dynamics of results from September 2021 to December 2022 for boys

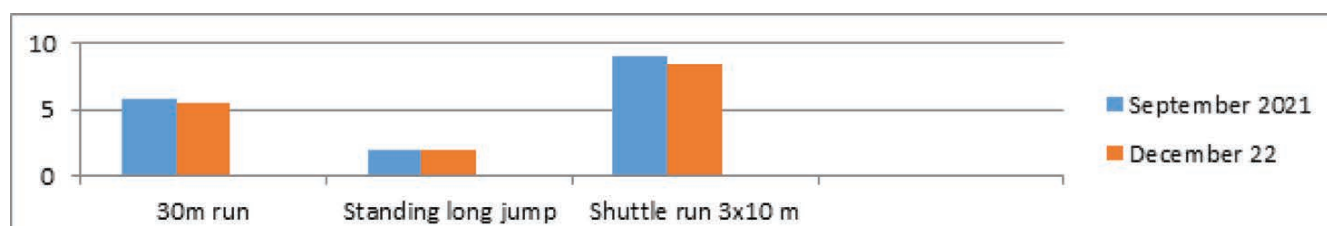


Figure 4. Dynamics of results from September 2021 to December 2022 for girls

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