

The role of physical culture and sports activities in the formation of civil and professional identity among cadets

UDC 378

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Received by the editorial office on 25.05.2023

Abstract

The purpose of the study. To determine the place and role of physical culture and sports activities in the process of forming the civil and professional identity of law school cadets.

Methodology and organization of the study. The structure and orientation of the process of forming the civil and professional identity of law school cadets has been established. Through the study of special literature, sociological research and analysis of their own experience, the main indicators of the effectiveness of physical culture and sports activities in this process are determined.

The results of the study and conclusions. Physical culture and sports activities have a prominent place and role in the formation of the civil and professional identity of law school cadets. It contributes to the formation of physical and psychological endurance, the development of social skills, building corporate spirit and familiarization with social values, fostering patriotism and civic responsibility.

Keywords: *civil and professional identity, law school cadets, physical culture and sports activities.*

Introduction. The problem of civic identity, especially taking into account its ethnic and confessional components, has been raised relatively recently in Russian science. In the context of the modern global socio-political crisis, the value of the process of forming the civil and professional identity of law school cadets has increased significantly, the role of which is due to a number of factors:

1. Successful career: A strong civil and professional identity is an important factor for success in a professional career. Law school cadets who have such an identity are more likely to become successful lawyers and achieve high results.

2. Professional satisfaction: The development of a civic and professional identity helps cadets feel connected to their chosen profession and experience satisfaction from their work. This increases motivation and promotes continued professional development.

3. Social contribution: Cadets who develop a civil and professional identity make an important social contribution to society. They promote justice, respect for rights and promote the development of the rule of law. Such lawyers can become drivers of positive changes in society.

The task of the first stage of the study was to establish the structure and orientation of the process of forming the civil and professional identity of law school cadets. In order to properly build the process of forming a civil and professional identity among law school cadets, it is necessary to form an idea of its substantive essence and structural components. Since civil-professional identity is a complex and multicomponent psychological and pedagogical phenomenon integratively including the personal qualities and professional competencies of a future employee of the internal affairs bodies of the country, an integrated and



synergetic approach to its formation is necessary [2, 3]. This task led to a special study in this area, which began with an analysis of the definitions available in the scientific and methodological literature [1].

Methodology and organization of the study. It should be noted that in the scientific field we have not found a comprehensive definition of this quality. In the literature, the means of forming such socio-psychological foundations of personality as civil and professional identity are presented in the form of independent aspects. We believe that it is necessary to integratively develop these two characteristics, especially among representatives of law enforcement agencies, which are the basis of state security and stability in modern Russian society. Performing important functions in maintaining law and order, protecting the interests of the state, ensuring the safety of citizens and combating various threats requires specialists not only professional competence, but also deep dedication to the citizens of their country and their civic duty.

Civil identity is a concept that refers to the consciousness and self-awareness of a person as a citizen of a certain state or society. It includes a sense of belonging and acceptance of certain values, norms and customs that are characteristic of a given state or society, as well as an understanding and awareness of one's rights and duties as a citizen, including a willingness to protect the interests of one's country.

The structure of the civil identity of law school cadets can be diverse and depends on many factors, such as nationality, religion, cultural and social characteristics, education, etc.

The results of the study. We have identified several key aspects that characterize the civil identity of law students in a professional aspect (legal culture, civic responsibility, professional ethics, patriotism).

Professional identity consists in feeling part of the legal community and belonging to the legal profession.

Thus, summing up the concepts studied, we came to the conclusion that they reflect the complex of civil, professional and personal qualities of future lawyers, conditioned by the needs of the service.

Physical culture and sports activities occupy a significant place in the education of these qualities. In order to determine the role of sports, we conducted a survey (in the form of a conversation) of physical training teachers (n-10) in law schools. The analysis and systematization of answers to pre-posed questions made it possible to identify the main indicators of the effectiveness of physical culture and sports activities in the process of forming the civil and professional identity of cadets:

1. Improving the level of physical fitness. Sports activities allow cadets to be in good physical shape and ready to perform professional duties that carry a significant physical load.

2. Formation of the corporate spirit. The team format of sports training helps cadets develop skills of cooperation, communication and leadership.

3. The development of moral and ethical qualities. Sports activities can contribute to the development of qualities such as discipline, perseverance, responsibility and honesty.

4. Increase self-esteem. Getting involved in sports and achieving certain results helps cadets improve their self-esteem. This may be related to improving physical fitness, achieving athletic goals, or gaining recognition from colleagues.

5. Instilling sports values. Sport contributes to the formation of values such as fair play, justice, respect and discipline. These values are similar to the principles of law and support the development of civil identity among cadets.

Conclusion. Thus, the use of sports in the process of education and training of law school cadets helps them to form a civil and professional identity through the development of physical, moral and ethical qualities, as well as contributes to the formation of team spirit and sports values.

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