



Resilience of national team student football players with different life values

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Abstract

Objective of the study was to identify the multidimensional relationship between the levels of life values and resilience of student football players.

Methods and structure of the study. Students of the national football team took part in the empirical study. The methods of "Vitality Test" by S. Maddi were used in the Russian adaptation by D.A. Leontyev and E.I. Rasskazova, "Morphological test of life values" V.F. Sopov and L.V. Karpushina.

Results and conclusions. The systematic involvement of students in sports activities actualizes the development of values and determines personal meanings. The results obtained allow us to conclude that the development of student sports and the involvement of students in active sports activities is one of the conditions for the formation of a stress-resistant personality. Social support, common activities, and joint solution of problem situations in a sports game mutually determine a high level of resilience.

Keywords: football team, college sports, life values, resilience, involvement, control, risk taking.

Introduction. Student sports is one of the forms of development of mass sports and training of sports reserves, allowing students to maintain athletic shape and orientation in a certain way. Students combine obtaining a profession with active sports activities. The development of student sports is supported by the government of the Russian Federation: "... on the completion of the creation of student sports clubs in ... educational organizations of higher education by 2024, as well as the participation of such clubs in sports competitions held by student sports leagues..." [4, p. 21]. At the present stage, there is a whole range of problems in the development of student sports - from logistical and technical to psychological aspects of athletes. In the presented study, we focus on the personality of the athlete and, in particular, on the specifics of the relationship between indicators of vitality and life values. In the case of a semi-professional's sports activity in the status of a student, a peculiar disposition arises between what the student is already

oriented towards (sports activity) and what he is just mastering (professional activity). In addition, the high pace of life and the variability of living conditions impose special demands on the student. The ability to maintain one's psychological health in such conditions is characterized by vitality [1-3]. Many researchers confirm [3, 5, 6, 8] that a decrease in the level of resilience of students becomes not only a personal, but also a social problem; they have fewer resources for self-regulation and control, which leads to disruptions in communication and activity. These facts allow us to consider sports activity as a trigger for increasing resilience and differentiation of values in the minds of young people actively involved in sports activities. S. Maddi [8] defined resilience as a component of the resource state of the individual, contributing to active overcoming of difficulties and good adaptation, allowing one to cope with the feeling of helplessness and loss of meaning. A "resilient person" has a willingness to learn from existing situations and act in situations



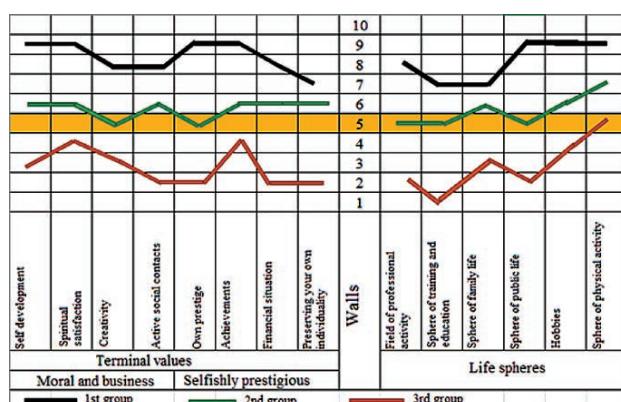
of uncertainty. S.A. Bogomaz notes that resilience is an important personal resource that helps overcome stress and achieve a high level of mental and physical health [1]. D.A. Leontyev [3] believed that resilience as a personality trait is characterized by the degree to which a person overcomes given circumstances, the degree to which a person overcomes himself. Generalizing approaches to the concept of "resilience", G.A. Fofanova [7] notes different aspects of the characteristic: the key resource of the individual, to act in spite of, the ability to overcome oneself, the ability to transform problematic situations into new opportunities. Modern psychology presents a large number of areas of research into factors that contribute to the successful adaptation of an individual to changes and overcoming difficult life situations: "personal stability", "personal adaptation potential", "personal potential", "resilience" [1-4, 8]. In a study by D.A. Tuvysheva and G.I. Atamanova [5] found that the more a person is convinced of the effectiveness of his own influence on life, the higher the tendency to consider material well-being as a life value. In addition, the more developed is the individual's conviction that involvement in the events that happen to him provides valuable experience, allows him to enjoy the activity, and satisfy his interest, the higher the developed value of activity in socio-political activities. "Values determine a person's experience of the meaning of a life situation. In turn, in overcoming difficult situations, the choice of values and "life support" is relevant, on the basis of which various options for overcoming the difficulties that have arisen can already be formed" [5, p. 86]. G.A. Fofanova suggests that life values are one of the factors of resilience: "The further development of society and the state as a whole depends on what interests, views, and values prevail among young people. It is important to study the associated psychological parameters of students' life values - for example, resilience in order to determine the optimal ways for the development of educational and educational character" [7, p. 85], including student sports. Therefore, this problematic area of research seems to us relevant from both scientific and practical points of view.

Objective of the study was to identify the multi-dimensional relationship between the levels of life values and resilience of student football players.

Methods and structure of the study. The empirical study aims to determine the resilience of students with different life values. 21 athletes from football teams of two universities in Surgut took part in the study. The age of the football players ranges from 18 to 28 years. Athletes have been passionate about this sport for 5 to 10 years. Research method: questionnaires, cluster analysis in SPSS 23.0.

Results of the study and discussion. Football student athletes are characterized by a high level of resilience (80.95%) (see table).

The development of student sports, the involvement of students in active sports activities is one of the conditions for the formation of a stress-resistant personality. To determine the general trends of similar personality profiles among members of the national team, a cluster analysis was carried out. As a result, the respondents were divided into 3 groups: group 1 (G1) – 5; Group 2 (G2) – 11; Group 3 (G3) – 5 people. The results of the assessment of life values were presented in graphical form (see figure). The range of average values for this age group is highlighted in yellow. The following trend was observed: in G1 – high level of value orientations – high level of resilience (100%); in G2 – from high to reduced level; G3 – a high level of vitality prevails (60%).



Results of the "Morphological test of life values" method (V.F. Sopova, L.V. Karpushina)

Level of resilience among football players of student teams (number of people, %)

| Indicators | Engagement | Control | Acceptance risks | Vitality indicator |
|---------------|------------|---------|------------------|--------------------|
| High level | 47% | 33% | 23% | 80,95% |
| Average level | 48% | 67% | 70% | 14,29% |
| Low level | 5% | 0% | 70% | 4,76% |



Thus, a high level of resilience is characteristic of student-athletes with high and low levels of value orientations. Moreover, in the second case (G3), a high level of resilience is determined by such personal characteristics as distance, isolation, focus on the majority, which indicates either a person's formed position - indifference, deliberate belittling of the significance of events, phenomena of one's own life, or a crisis period ("diffusion of identity"). In G1, high indicators of life values and areas are observed. We focus on the first positions in the hierarchy: the spheres of "social life", "hobbies", "physical activity"; values "self-development", "spiritual satisfaction", "own prestige", "achievement". Paying attention to the relationship between these areas and the prevailing values, we state the desire of athletes to be realized in all significant activities, to improve themselves, and to focus on moral satisfaction from the results. They are characterized by clear planning of their activities, specification of goals, orientation towards the majority, we are not talking about conformism, but about the search for productive strategies for building communication. The described subgroup is the core of the football team - highly motivated, focused on development and learning. G2 is characterized by average indicators for all parameters studied, with the exception of the "physical sphere", for which the indicators are above average. Sport for them is a moral satisfaction, and they are attracted by the process of the game, and not just the results. G3 is characterized by reduced indicators on the studied parameters, with the exception of the spheres of "physical", "hobbies" and terminal values: "spiritual satisfaction" and "achievement". It is common for football students to enjoy the process of playing sports; due to comparison with others, there is motivation to improve their achievements, but in the absence of long-term planning, motivation decreases. The physical sphere is the context for the development of values, while the motives for playing sports can be purely personal - from building personal contacts to receiving bonuses in educational activities.

Conclusions. Among football players, a high level of vitality prevails, and with an average level of expression of terminal values, low to high levels of vitality are stated, and with high and reduced indicators of values, a high level of vitality is stated. If a student-athlete is characterized by a contradictory personality orientation, then sports activity is the context for stabilizing personal experiences and stressful situations. And with an uncertain personality orientation, without an

expressed preferred goal setting, sports activity can become a context for expressing oneself in social reality. Thus, the development of student sports and sports activities is one of the conditions for the formation of a stress-resistant personality. Social support and joint solution of problem situations in a sports game determine a high level of resilience. Let us note that one of the problems of student sports is the lack of long-term planning and dynamics of development of amateur sports in the regions. The organization of this direction, along with high-performance sports, will contribute to the development of students' resilience.

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