

Criteria for the formation of spiritual and moral qualities of the personality of mixed martial arts athletes

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Abstract

Objective of the study was to assess the level of formation of morality of young people involved in MMA.

Methods and structure of the study. During the experiment, a theoretical analysis and generalization of scientific data were carried out, as well as psychological diagnostics of athletes, in which 41 people (38 boys and three girls) aged 16-24 years old took part. For the diagnosis were used: "Diagnostics of moral self-esteem" (L.N. Kolmogortseva); "Study of Tolerance" and "Scale of Conscientiousness" (V.V. Melnikov, L.T. Yampolsky); "Personal aggressiveness and conflict" (E.P. Ilyin, P.A. Kovalev). The study took place on the basis of the sports school of the Olympic reserve named after Alexander Nevsky (Stary Oskol).

Results and conclusions. The majority of those involved in MMA have a level of self-esteem of moral qualities "below average" - 53.66% (according to the method "Diagnostics of moral self-esteem"); 58.54% of MMA athletes are characterized by an average level of tolerance, respect for other people's opinions and tolerance (according to the "Tolerance Study" methodology); 53.67% of athletes have the level of conscientiousness (according to the "Conscientiousness Scale" method) "below average"; the vast majority (85.38%) of MMA athletes had a low level of "positive aggression" and a high level (95.13%) of "negative aggression"; the majority of athletes (60.98%) had a level of conflict "above average" (according to the method "Personal aggressiveness and conflict").

Thus, the majority of athletes aged 16-24 involved in MMA showed an insufficient level of morality. Scientific substantiation and development of a program for educating the morality of a person and an algorithm for its implementation in the MMA training system are needed.

Keywords: *morality, moral education, athletes, mixed martial arts (MMA).*

Introduction. The moral education of young people is one of the important state goals, which is reflected in a number of legal documents [3, 4], according to which Russian society is tasked with counteracting "destructive ideology", ensuring "Russia's moral leadership in international relations as the guardian of universal human values".

Appeal to the experience of moral education and personal development is a significant aspect of the training of athletes in various sports. At the same time, moral education at the present historical stage of the

development of society needs to develop new approaches, based on national traditions of education, awakening the genetic memory of young people to their historical and cultural roots on the basis of universal values, strengthening the continuity of generations, patriotism, serving the Fatherland, actualization of the educational potential of the content of education [1].

Objective of the study was to assess the level of formation of morality of young people involved in martial arts (MMA).



Methods and structure of the study. 41 people (38 boys and three girls) aged 16-24 took part in the ascertaining experiment. The study was conducted on the basis of municipal autonomous institution "Sports school of the olympic reserve named after Alexander Nevsky" (Stary Oskol, Belgorod region).

To conduct psychological diagnostics, the following were used: "Diagnosis of moral self-esteem" (L.N. Kolmogortseva); "Study of Tolerance" and "Scale of Conscientiousness" (V.V. Melnikov, L.T. Yampolsky); "Personal aggressiveness and conflict" (E.P. Ilyin, P.A. Kovalev).

Results of the study and their discussion. According to V.M. Voronov and other researchers (2015), the moral education of athletes specializing in MMA forms the basis of their moral behavior, which is based on deep motives that control human actions. However, the education of morality in the training system in MMA is carried out sporadically and unsystematically [2].

Foreign scientists substantiate the idea that in order to consolidate the moral values of athletes involved in various types of martial arts, it is necessary to introduce into the training system, including MMA, philosophical and ethical codes, including meditation, rules of conduct for fights with an opponent, which helps to reduce anger and aggression [5,6]. The theoretical analysis of the literature and the experience of educational activities indicate that the most significant synergy of the scientific and methodological substantiation of the organization of such work in the training system in MMA, which requires a comprehensive study of the state of formation of the morality of athletes.

The obtained results of diagnostics of moral self-assessment indicate that a significant part of those involved in MMA have a level of self-assessment of moral qualities "below average" - 53.66% (Fig. 1).

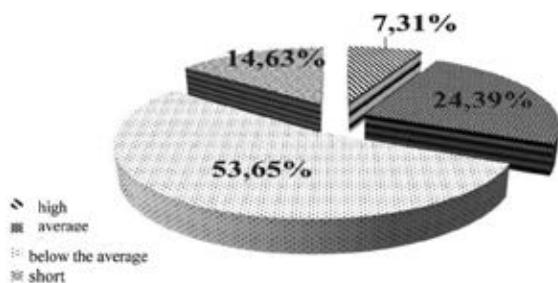


Figure 1. The level of moral self-esteem of MMA athletes

Analysis of the data presented in fig. 2 shows that 58.54% of those involved in MMA are characterized by

an average level of tolerance, respect for other people's opinions and tolerance. Such athletes rigidly defend their own point of view with its insufficient reasoning, while they may show disrespect for the opinions of others.

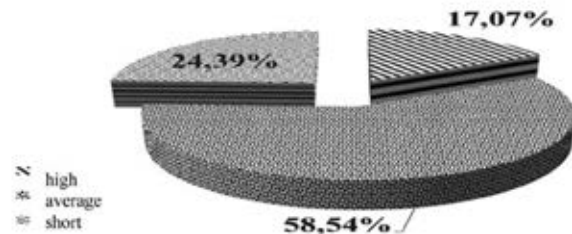


Figure 2. Tolerance level of MMA athletes

The results of the study of the degree of respect for social norms and ethical requirements using the Conscientiousness Scale method show that 53.67% of athletes have a "below average" level of conscientiousness, 36.58% have an average level, and only 9.75% have conscientiousness. are at the "above average" level (Fig. 3).

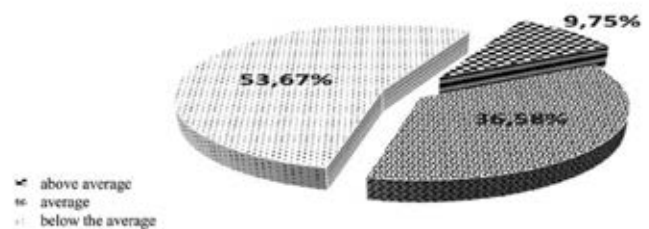


Figure 3. The level of conscientiousness of MMA athletes

The vast majority (85.38%) of MMA athletes had a low level of manifestation of "positive aggressiveness" and a high level (95.13%) of "negative aggressiveness" (Fig. 4). This indicates that these athletes are characterized by uncontrolled aggressive behavior.

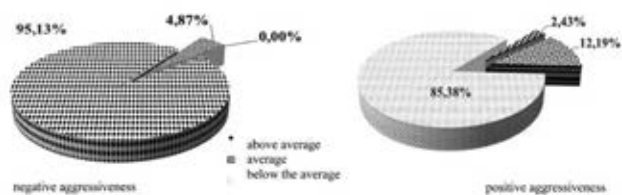


Figure 4. The level of personal aggressiveness of MMA athletes

The total assessment of the indicators of uncompromisingness, irascibility, resentment, suspicion allows us to speak about the level of conflict among combatants. Thus, the majority of athletes (60.98%) had an “above average” level of conflict (Fig. 5).



Figure 5. *The level of conflict among MMA athletes*

Conclusions. At present, Russian society faces the problem of educating the morality of the personality of every citizen of Russia, including athletes involved in various types of martial arts. Theoretical analysis of the problem, as well as experimental work on assessing the level of morality of young people in the MMA training system, indicate that the majority of athletes aged 16-24 years have an insufficient level of morality formation. There is a need for scientific justification and development of a program for educating the moral qualities of a person, an algorithm for its implementation in the MMA training system.

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