

PREVENTION AGGRESSIVE POVEDIKY TEENAGERS IN THE PROCESS OF MASTERING MARTIAL ARTS

Formulation of the problem. The restructuring of our society, associated with the transition to a market economy has led not only to economic and political changes, but also changes to the moral norms of human behavior, especially the younger generation. School psychologists, parents, educators noted that children and teenagers growing focus antisocial behavior, they become vulnerable and aggressive. Aggressive tendencies became even harakternishymy behavior of preschool and early school age. Teen occupies an intermediate position between childhood and adulthood.

Difficulties education is largely determined by the shortcomings in the development of students' ability to evaluate their actions. The causes of such difficulties are aborted in troubled teen's criteria of self-esteem, lack of critical, inadequate assessment, inability to carry out operations evaluation, and the inability to self-regulation, as today, the school has weakened their positions in the education of children and creates a zone of increased conflict among peers from different social groups. This leads to aggression in middle school and next to it, the system of relations «teacher-student» «student-student» [1]. Modern school ceases to be an environment where the teenager was able to learn to solve their personal problems himself and more effectively interact with society. It is today, unfortunately, is a place of gaining knowledge, and more. Many rural schools have little or no recreational centers, various organizations and groups. In this regard, most of the troubled teens growing up among peers on the streets, in yards, bars, etc. Often it is difficult in such companies teenagers start smoking, drinking, using drugs and to engage in criminal activity [2].

That is how we see one of the pressing issues that face today by psychologists and educators is the problem of aggressive children.

Analysis of recent research and publications. Scientists and researchers are paying more attention to studying the phenomenon of aggression, manifestations and trends of aggressive behavior, the prevention of aggression (A. Bass, R. Beron A. Darka, E. Erickson, S. Kolosova, M. Levitov, K. Lorenz, D. Richardson, H. Parens, A. Stepanova, Z. Freud, E. Fromm, I. Furmanova and John. Haley).

Many works devoted to the study of various forms of aggressive behavior in children (R. Blahuta, V. Tatenko, B. Weaver, L. Chagovets), aggression problems due to conflict (G. Vasilieva, V. Kovalev, M. Levitov, M. Neimark, E. Romanin et al.), the study features of the emotional sphere in preschool and early school age (L. Wenger, A. Zaporozhets, V. Kotyrlo, V. Mukhina, O. Kononko).

In pedagogical theory and practice of the problems of educational work with «difficult» children, including aggressive, in the context of violations of conduct and discipline (A. Makarenko, I. Nevsky, M. Orzhehovska, S. Podmazin, S. Sirotkin, L. Slavina, V. Soroka-Rosinskiy etc.), in a fairly new branch of science - collectible (O. Honyeyev, I. Zimina, N. Lifyntseva, I. Pidlasyy, N. Yalpayeva etc.), psychological and pedagogy (A. Asmolov, K. Byutner). Methodological approaches to the prevention and correction of personal aggression developed regarding preschool and adolescence, and younger students have been insufficiently studied (A. Bovt, M. Didych, V. Zuban, I. Kuhranova, V. Polishchuk, S. Shebanova).

The article is a study of deviant behavior prevention features aimed at eliminating manifestations of aggressive behavior by the formation of an adequate self-esteem, the ability to self-regulation, the involvement of students in training karate as martial art that tempers in a healthy body healthy mind and has a disciplined person.

The main material research. Formation and development of the young person is a priority for any state, the study of the processes occurring in the course of mastering martial arts, acquires fundamental relevance. Of particular interest in this process of self-regulation Teen and especially its manifestations in the crisis, adolescence. The younger generation is a complex development path and adaptation to the new social situation, there is a confrontation and assimilation of social norms, the teenager began to show interest in various activities, including sports. Special attention to all kinds of sports activities, martial art deserves. It is this line of work, full, helps to overcome certain negative qualities and destructive tendencies.

According to S. Maksimenko, the capacity for self-regulation is an essential feature of the individual and determines three successive stages of self-regulation of behavior in the system integration of the individual, namely: 1) basal emotional self-regulation; 2) volitional self-regulation; 3) semantic, value self-regulation [4, p. 48-49]. Due to the crisis-

related period as the physiological changes in the body, as amended social situation, the teenagers often there is insufficient development of self, which manifests itself in deviant forms, addiction, significant mood swings, etc. Entering adulthood, teenager expanding his social circle gets new rights and obligations, the process of assimilation of new social norms and improving the process under regulation own mental activity and behavior. Positive role in this process plays a sport in particular and mastering martial arts. As you know, the past contribute to the formation of individual discipline, commitment, persistence, perseverance, positive image of «I» and self-esteem. According to M. Boryshevskoho mechanisms of self-regulation based on such structural components of consciousness, as self-esteem, the image of «I», the level of claims [3], which suggests the presence of significant correlations between self-regulation and training of military practices. Learning martial arts, which include not only physical, but to a large extent, and provides a spiritual aspect of self development and formation of the younger generation. Interacting with peers and teacher teenager learns to control his emotional sphere, mastering the idea of military schools, a system of values, and therefore self-regulation and moral behavior. Speaking reference person sensei (instructor) transfers for students to self-motivation and self-improvement, to achieve stability and success that affects the ability of adolescents to manage their internal state [6].

Sports and martial arts in adolescents form a positive image of «I» adequate self-esteem, resilience, commitment, which in turn provides a fast and harmonious development of self-regulation of behavior. Given the crisis, similar to one age period allowing prevent destructive tendencies and develop a young generation of socially desirable traits [5].

The purpose of training in the martial arts is to create prerequisites for changing behavioral patterns of the student. If the process of education does not cause such changes, it has no educational value. The result of educational activities must be specific and permanent behavior change. It is important that these changes were aimed in a positive direction. It should be constructive, clear and constant changes, which would encourage the student in achieving a goal. Changes should be useful for the student and for the society to which he belongs.

If we consider this aspect of martial arts, they have tremendous educational value. Martial arts can cause significant improvements in physical, psychological and emotional development. Since martial arts training techniques based on the laws of nature, the human body can adapt easily to perform basic techniques, so that the student is able to reach the peak of his physical development.

Karate - a unique system of education. A person who takes up karate, original signs first contract with themselves and the world. It must follow certain rules and adhere to the principles and traditions [7].

1. Understanding and respect human values and opinions of others. Martial arts are more teach universal values of respect on the example of etiquette and relationships between instructor and students. On the first day of classes, students learn to respect their teachers and elders who train with them. Younger express their respect for elders bows and bow, coming into the gym and having to leave it, thus giving homage to the place where they get knowledge. In addition, they learn to respect life itself and never use his skills at the expense of others, without a good reason.

2. Persistent work habits and self-discipline. Discipline, as respect is one of the cornerstones of the educational process in the martial arts. Undisciplined student physically unable to master complex and those which require hard work, techniques of art. To succeed, every fighter has to work hard and continuously monitor their own discipline. The instructor can contribute to the education of student discipline, helping him set goals and work hard to achieve them.

3. Ethical behavior is based on respect for morality and ethics. Teaching martial arts students, when not understood the importance of ethical conduct extremely dangerous. Students should understand the need for proper use of their knowledge even in cases of self-defense when the enemy causing physical damage to the surface may be justified. A qualified instructor is always explain to his disciples when and to what extent is acceptable to apply the knowledge and training that the amount of force necessary to invest in self-defense. It will not teach those for whom martial an art is just a tool of violence.

4. Intellectual curiosity and desire to continue their education. Martial arts - is an activity equally suitable for people of all ages and physical abilities. In drawing up the curriculum, the instructor should consider the possibility of students of different age

groups. If the instructor is engaged with each age group according to their capabilities and aspirations of the students, he encouraged them to continue studying martial arts for life, because at each level of his pupils will make new discoveries and set new goals.

5. The spiritual and physical health. Spiritual and physical health is the main and most obvious result of the martial arts. From the first day of training students feel healthier. They learn to correctly perform physical exercises to tone up the body naturally move, develop coordination and even much more. With the rise of physical health in students developing confidence. Objective knowledge about the growth of their own physical capabilities help students get rid of psychological stress and feel completely healthy people. That is defined as spiritual health [7].

Speaking about the philosophy of karate, it should be noted that it is based on primarily - the idea of non-violence.

Conclusions. Each type of sports has its own characteristics, which affect the elimination of manifestations of aggressive behavior by the formation of an adequate self-esteem, the ability to regulate the behavior of the individual. In sports, the development of self-regulation is the formation of a special mental state that promotes the best use of its potential athletes.

Do karate as a form of martial arts, have great potential for the development of self-regulation of behavior of the younger generation: form moral qualities teenager stabilize his mind, make it possible to control their emotions, develop concentration and volitional qualities, increase the level of self-control, affect interpersonal relationships, a manifestation of tolerance during communication, the formation of an adequate self-discipline education.

Training process maximizes physical activity, physical development, health and well-being of adolescents.

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