THE PECULIARITIES OF QUALIFIED BOXERS’ MORAL - VOLITIONAL QUALITIES FORMATION

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Annotation. Specialists in boxing, coaches, highly qualified sportsmen acknowledge the need for the boxers’ moral-volitional and ethical qualities formation and at the same time in practical activity main attention pay to physical and technical – tactical readiness. Such kind of approach doesn’t provide effective training and competitive activity, realization of the kinesiological potential of the sportmen. In terms of a conceptual thesis of A.N. Leont’ev (1984), about consciousness and activity unity, moral-volitional qualities demonstration is the function of the whole organism as the motor- coordinating qualities indices increase, an organism’s functional state and technical – tactical readiness improvement.

Research methods: scientific and methodical literature analysis and summarizing, testing, pedagogical experiment, methods of mathematical statistics.

Materials. The article reveals the role of moral-volitional qualities as one of the main structural components of the wrestlers’ sport training system. The research materials, presented in the article, allowed to reveal the most important moral-volitional and ethical qualities which influence reliability and stability of competitive activity and reveal the orientation and notion content of the studied personal parameters.

Results. The author created the methodology of the boxers’ main moral-volitional qualities formation, taking into account the specificity of their development in the process of interaction with an opponent. Such kind of approach to moral-volitional qualities study allowed to create informative evaluation criteria of the degree of their formation, approved during the pedagogical experiment. This allowed to reveal different approaches to self-control, perseverance, diligence, resolution upbringing and formation of other qualitative personality parameters.

Conclusion. The pedagogical experiment results showed the expediency and effectiveness of the created methodology in the process of mastering the technique of onrushing and defensive actions; the development of the leading moral-volitional qualities has a great influence on sportsmanship improvement of qualified boxers.

Introduction. Among different kinds of sport boxing takes a special place as each battle on a boxing ring is a great trial for a sportsman with possible harmful effects for health. During the onrushing strikes into a lower jaw, a bridge of a nose, a temple, a carotid artery and other points of tenderness often appears the state of knock-down or knock-out with loss of consciousness in case of pain shock. During the onrushing technique into a solar plexus we feel sharp pain, respiratory standstill, heart rate slowing, blood pressure reduction. Splanchnic nerve ending stimulation influences the motor center vessels state and also the center of heart nerves, providing shock with heart activity inhibition. Recurring knock-outs are able to provoke hard nervous activity disorders, that is why the boxers after a knock-out during a definite period of time are not permitted to compete. During the boxing combat in some rounds the working capacity of a wrestler achieves such high indices that the break between the combats is not enough to restore an organism. The
boxer has to continue the combat in the state of oxygen deficiency and other functional changes which are connected with volitional qualities demonstration. To avoid a knock-down or a knock-out or to decrease the strength of the opponent’s onrushing strike a person should:
- avoid timely powerful strike extending the distance;
- use effective defensive techniques (bents and others).

Realization of these ways of avoiding a knock-down or a knock-out is determined by a high level of technical – tactical mastery which allows to foresee an onrushing technique according to initial preparatory actions. Then a boxer preserving a maximum self-control has to undertake timely actions which will help to avoid an attack and to fulfill a powerful counter-attack [4, 5, 7].

The aim of this research work is theoretical and methodical substantiation of the moral-volitional qualities role and place in boxers’ sportsmanship improvement.

**Objectives:**
1. To reveal the most important moral-volitional qualities which are necessary for a boxer to defeat an experienced opponent.
2. To create a methodology of the leading moral-volitional qualities formation and to check its effectiveness during the pedagogical experiment.

The effectiveness of a boxer’s actions is mainly determined by the development level of speed – power qualities. A wrestler’s muscles should develop a considerable power which provides the power of an onrushing strike with further quick contraction and relaxation. High speed and suddenness of a strike doesn’t let an opponent to react adequately and to fulfill timely effective defensive techniques. Therefore the speed of a boxer’s motor reaction is one of the important parameters of his technical – tactical readiness [2, 4, 8].

Quickness of the actions is determined by a difficult cycle of neuro-physiological and biomechanical processes; by the skills of muscles power allocation necessary for a round and for a combat in general. The speed of the techniques fulfillment is mainly determined by the work of a peripheral motional apparatus with its difficult multisectional kinematic system and depends on the activity of heterogeneous central mechanisms of motions control which are on different levels of a central nervous system and which are presented as a hierarchical system of control. The central mechanisms include motional and vegetative centers which provide the correspondence of motions intensity to the level of vegetative processes and the sensory centers which control and resolve the fulfilled actions [8, 9].

The demonstration of speed qualities is connected with a boxer’s psycho-emotional state, a determined type of a nervous activity, a character and the magnitude of external and inner stimuli, a level of volitional qualities formation, an ability to resist stress situations. Thus the speed of motional reaction is the function of the whole organism.

A purposeful, systematic formation of moral-volitional qualities is an important part of the boxers’ sports training system. As the leading specialists mention, the main moral-volitional qualities of the wrestlers are the following: self-control, persistence, diligence, discipline, determination and courage [3, 5, 6].

Each moral-volitional quality is difficult according to its content, has several structural elements (picture 1) and is evaluated according to corresponding criteria. The development and perfection of these personality qualities was fulfilled during the application of created by us methodology which includes use of special evaluation criteria approved during the pedagogical experiment.

During the boxing combat the degree of the leading moral-volitional qualities demonstration according to 5 points system was determined. The main characteristics of each quality demonstration were evaluated.

**Evaluation criteria:**

**Self-control**

5 points – preservation of steady positive psycho-emotional state during the interaction with a powerful, experienced opponent after a missed strike. A rational technique of motional actions in
case of tempo-rhythm parameters change of motional actions; an opponent’s actions control and use of effective defensive techniques in case of attack; an individual motional rhythm preservation after the series of onrushing techniques of an opponent;

4 points – quick return to a normal psycho-emotional state after a missed strike; a high level of orientation in space and time under the influence of negative factors; control of the situation; an individual motional rhythm renewal after the series of onrushing techniques of an opponent; rate of movements increase during a counter-attack;

3 points – psycho-emotional state decrease after a missed strike; a low level of orientation in space and time, an opponent’s actions control to the end of the round; rate of movements increase after an opponent’s attack during the first round;

2 points – psycho-emotional state control before the first missed strike, movements tempo and rhythm decrease during the opponent’s attack, coordination of movements and control of the situation disorder after the series of onrushing techniques of an opponent;

1 point – inability to an adequate resistance during the whole combat, rate of movements decrease to the end of the first round.

Picture 1. Structural content of a boxer’s main moral-volitional qualities
Persistence
5 points – recurrence of a technique till its complete mastering; an ability to achieve the goal in difficult conditions of a combat;
4 points – an ability to frequent repetitions of a technique till mastering its details; a successful attack in unfavorable conditions; attention concentration on the opponent’s actions, motion activity preservation till the end of the combat;
3 points – the goal achievement in extra time, actions, motion activity decrease after a missed strike;
2 points – periodical rate of movements decrease during the combat, inability to fulfill effective techniques in an unfavorable situation;
1 point – quick fatiguability while mastering a technique; the goal achievement to the end of the training; a considerable motion activity decrease after the first round.

Diligence
5 points – mastering a technique and its details during the lessons and after the training; motion activity preservation in the state of tiredness, systematic fulfillment of a given training loads volume in spite of tiredness and unfavorable conditions;
4 points – an independent motor actions technique mastering after the training in the state of tiredness, some decrease of the motion activity in difficult conditions and in case of psycho-emotional state deterioration;
3 points – a given training loads volume fulfillment only in case of positive psycho-emotional state and high level of working capacity;
2 points – inability to master techniques after the training; inability to cope with a given volume of work;
1 point – partial fulfillment of the motional tasks, inability to control psycho-emotional state.

Discipline
5 points – accurate fulfillment of the set rate of a training – competitive activity; the rules of behavior observance in a sport club; self-control, an ability to act in the interests of a team;
4 points – insignificant digression from the sport training procedure; an ability to evaluate reasonably own actions;
3 points – periodical violations of a set procedure of a training – competitive activity; inability to follow own regimen;
2 points – inability to follow the regimen of sport training, inability to act in the interests of a team;
1 point – inability to organize own activity. Inability to follow the procedure of a training – competitive activity.

Determination and courage
5 points – psychological readiness to meet more powerful and experienced opponent; self-control in stress; confidence preservation after a missed strike;
4 points – an adequate resistance to an experienced opponent; self-confidence, an ability to risk, an ability to find the way out in case of difficult situation;
3 points – psychological stress before the combat with a powerful opponent, difficulty in choosing effective actions in stress situation;
2 points – uncertainty during interaction with more experienced opponent, confusion in a difficult moment, inability to control own actions;
1 point – inability to meet a powerful opponent, to act effectively in stress.

Moral-volitional qualities formation is a difficult and long-term process which demands pedagogical conditions of motion activity organization and the use of their evaluation.

Research results and their discussion. To prove this statement a pedagogical experiment was fulfilled in which 42 qualified boxers took part (I category and candidate masters). Age range
was 15-17 years old. The control group (CG) – 20 people and the experimental group (EG) - 22 people were organized.

In the CG the training process was held according to a traditional methodology in accordance with the program of sports training, adopted by the federation of boxing of the Russian Federation (2007) [1]. In the EG was used created by us methodology of moral-volitional and ethical qualities formation. Before the pedagogical experiment the test was held in order to reveal the initial level of physical fitness using the following control exercises: 30 meters run (seconds), 200 meters run (seconds) and 1000 meters run (minutes), standing long-jump (centimeters), chin-up in hang position (quantity).

The research results analysis didn’t reveal essential differences according to the level of physical fitness of the boxers in the CG and the EG (p>0,05).

The level of the leading moral-volitional qualities formation was defined taking into account the characteristics of each sportsman, according to created by us evaluation criteria. The received data handling showed the absence of essential differences according to the level of the boxers’ self-control, persistence, diligence, discipline, resolution and courage formation in the CH and the EG (p>0,05).

Moral-volitional and ethical qualities formation was fulfilled in the process of sport training of the boxers from the EG by means of conditions organization which demand their display. Self-control formation was realized in the process of interaction with 2-3 partners of different qualification, experience of competitive activity, style of combat. Sparrings, training combats consisting of 1-2 rounds were held in high tempo, active aggressive manner and were stopped with the first signs of the main parameters decrease of a boxing combat.

During the precompetitive period qualified boxers of a higher weight category from the other sport club were invited to the training. Before the combat the boxer from the EG received definite goals. For example, to control the opponent’s actions during the combat, not to use close range distance; after each attack of the opponent to increase the speed of motor acts, to use defensive techniques from different groups (by a hand, by a body, by a movement) and others.

To form persistence the following motional tasks were offered:
- recurrence of a technique (using boxing apparatuses, the partners of different style of combat and others) till its details mastering;
- repetition of a motional task during an extra time after the training with a gradual increase of the movements speed; the change of tempo-rhythm parameters with a maximum muscle force in the final phase of an onrushing strike; in case of tiredness with its spatial-time and spatial-power characteristics;
- fulfillment of a set number of strikes in a minute and others.

Diligence formation is connected with motional activity increase during the training lesson and with an individual fulfillment of a complex of special motional tasks after the training regardless of psycho-emotional state.

Discipline formation was held in terms of a strict regimen of a training-competitive activity: excluding being late for the lessons, missing the lessons; an accurate correspondence of the training load and rest, fulfillment of additional tasks in free time which provide the training level indices increase; the set rules observance; giving priority to the training aims achievement.

Determination and courage were formed while mastering techniques connected with the risk, demanding maximum concentration, the search for the effective ways of tactical problems solution, mastering the technique of effective false movements; the skills of the opponent’s actions prediction according to the first preparatory exercises.

After the end of the pedagogical experiment the second test of physical fitness indices was held to reveal their dynamics and the change of the level of moral-volitional qualities formation. The analysis of the received data showed that the results improved in both groups: in the CG and the EG but the boxers’ results from the EG were considerably higher. In the CG with the initial data
in 30 meters run 5.35±0.34 seconds to the end of the pedagogical experiment the indices increased to 3.1% (p>0.05); in the EG with the initial data 5.34±0.29 seconds the increase was 6.3% (p>0.05). In the CG with the initial indices in 100 meters run 14.17±0.89 seconds to the end of the pedagogical experiment the indices increased to 4.11% (p>0.05); in the EG with the initial results 14.19±0.77 seconds the increase was 7.02% (p>0.05); in standing long-jump in the CG with the initial data 197.22±10.31 centimeters to the end of the pedagogical experiment the indices increased to5.24% (p>0.05); in the EG with the initial data 195.88±13.41 centimeters the increase was 11.48% (p<0.05).

The analysis of the leading moral-volitional qualities indices formation showed that they increased in both groups but the degree of their increase was different. In the CG with the initial data of self-control formation 3.37±0.24 points to the end of the pedagogical experiment the indices increased to 5.27% (p>0.05); in the EG with the initial data 3.22±0.16 points the increase was 19.83% (p<0.05). In the CG with the initial data of persistence display 3.44±0.26 points the increase was 6.57% (p>0.05); in the EG with the initial results 3.52±0.20 points the indices increased to 27.17% (p<0.05). In the CG with the initial data of diligence 3.86±0.30 points to the end of the pedagogical experiment the indices increased to 7.12% (p>0.05); in the EG with the initial data 3.79±0.31 points to the end of the pedagogical experiment the results increase was 23.41% (p<0.05). This kind of tendency of indices improvement was revealed according to other moral-volitional qualities.

Conclusion. Thus the results of the pedagogical experiment showed that moral-volitional qualities are the important component of the boxers’ sport training system. The research materials prove the dependence of motional activity; the ability to master a rational technique of onrushing and defensive actions; readiness formation to solve tactical problems on the level of such moral-volitional qualities formation as self-control, persistence, diligence, determination, discipline, courage and others.

In boxing the speed of motor reaction is very important, also important is the speed of motional actions, in formation of which central nervous system takes part and also other functional systems under the influence of which the development and perfection of moral-volitional and ethical qualities happens. This allows to equate them with the qualitative sides of motional activity development; increase of technical-tactical, psychological and intellectual activity. The pedagogical experiment results showed that increase of the leading moral-volitional qualities influences greatly further sportsmanship improvement of the qualified boxers.

Bibliography