PERSONAL SAFETY COMPETENCY FORMATION AMONG STUDENTS
BY MEANS OF RUSSIAN NATIVE SYSTEM OF SELF-DEFENSE

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Annotation: The article is about the question of Russian native system of self-defense introduction into educational process of a higher educational establishment at physical culture lessons in order to form personal safety competencies among students as the means directed at morally, physically and psychologically healthy personality upbringing.

Material. The article presents the question of personal safety competency formation at physical culture lessons, which is able to involve students into a cognitive process with the accent on physical and social-moral personality self-development, base key and subject competencies formation.

Research methods: scientific and scientific-methodical literature analysis, pedagogical observations, questionnaire survey, experiment.

Results. The use of Russian native system of self-defense at physical culture lessons realizes the main demands to physical-sports competencies formation in the sphere of personal safety.

Conclusion. Experimental results prove that the formed competency of personal self-defense is scientifically grounded, provides physical and psychological steadiness of a personality in any life situations and it makes the skills and abilities, got by the students during the lessons of Russian native system of self-defense (RNSS), not only professionally-applied, but also important in life.

Introduction
The importance of safety as a global value of humanity constantly increases and it is conditioned by social-economic conditions of life, increasing information-psychological loads for every person, by the state of environment. In the context of the ideas of a new educational paradigm changed modern demands to the quality of specialists training of different profile [1,2,3,4,5,6,7]. The specialists are to master quickly science intensive technologies. We consider that one of the directions in solution of the discussed problem should be the principle formation of appropriate programs creation, which include the definite modules and provide mastering the range of competencies related to personal, professional and social development of the future specialist, including the sphere of personal safety. A person’s safety provision becomes the strategy of life quality in society, in this case a student’s personality safety formation is especially urgent nowadays. According to the research materials of the scientists, during recent years more than 40% of school-leavers entering higher educational establishments in Perm are from special and preparatory health groups (A.S.Novoselova,
These students have considerable health disorders and a low level of physical and functional readiness. Pedagogical observations revealed that the students with a weak health state are passive, indecisive, fearful, shy, absent-minded, slow, not active at the lessons, they get tired quickly and have a low level of working capacity. As a rule, these students can't manage educational loads of a higher educational establishment and after the 1st-2nd course they are sent down for not fulfilling the curriculum [4]. At the modern stage of society development, when the problem of health improvement becomes especially urgent, important becomes not medical measures realization, directed at treatment of ill students entering a higher educational establishment, but the creation of sports-health-improving environment of an educational establishment, which provides students’ positive attitude formation to own health, to physical culture, to personal safety competency formation. The increasing popularity of combats among students makes the question of methodologies creation of these systems use in an applied physical training at physical culture lessons very urgent. Taking as the base the research works of I.V. Manzheley, we will consider a competency as the demanded readiness of a personality to fulfill different kind of activity and competence as the ability to realize this readiness in practice [3]. Modern educational results of students are connected with formed among them system of universal actions (key competencies), among which the most important is the competence of personal safety, as it provides a person’s survival in terms of unstable situation and social-political changes in the country. Students’ competence of personal safety we understand as an integrative quality of a personality, which characterizes its need for psychological and physical safety; knowledge of safe behavior and the conditions of its demonstration; characterized by steadiness of the efforts to support and help other people; by the skills of reflection; responsibility for own safety and the safety of other people; by the ability to foresee potential danger for a person and a group of people; by the use of safe models of behavior.

In our research work personal safety competency is formed by means of Russian native system of self-defense through mastering: methodical principles and means of physical upbringing, self-upbringing, moral and spiritual self-development; the use of self-regulation techniques with a high level of self-control, the formation of the skills of close fight (with a weapon and without it) in order to fulfill self-defense, defend close people, relatives and readiness to defend Motherland, the abilities to defend own rights, interests, to demonstrate responsibility, tolerance to different ethnic cultures and religions. Together with a person’s physical development and his health improvement we solve the problems of mind, will, feelings upbringing, students’ socially valuable orientations formation and the competency of personal safety formation [2,4]. Nowadays, as A. Klizovsky mentioned, from a person’s (mankind) upbringing “the main key of improvement, the main factor of life development is taken - it is spirit upbringing, spiritual development because of their spiritual value loss” [2, p.41]. Going in for Russian native system of self-defense students get the discipline of thoughts, words and actions, they get an integral and full energetic independence.

**Research methods and research organization**

The research work was held on the basis of higher educational establishments in Perm: Perm State Scientific Research University, Higher School of Economics, Perm National Research Polytechnic University, Perm State Academy of Art and Culture, Institute of External Economic Contacts, Economics and Law. 350 students took part in the experiment. At the beginning of the experiment from each higher educational establishment there were chosen 35 first-year students, who studied according
to the traditional program and formed the control group and 35 people for the experimental group, who studied according to the experimental program using Russian system of self-defense. The experimental program was created in order to introduce Russian native system of self-defense at physical culture lessons into higher educational establishments of Perm and form personal safety competency among students by means of Russian native system of self-defense at physical culture lessons.

The problems, solved during the process of this program realization: - health improving, educational, personal qualities development; - mastering non-traditional methods of physical culture (elements of meditation, yoga, respiratory gymnastics, self-massage), system of health improvement by E.D. Marchenko (pressure suit gymnastics, inform-gymnastics, energy gymnastics), system of universal warm-up according to A.A. Opletin [4]; - correlative connection revelation between personal safety competency and intersubjective and physical-sports competencies.

The study of Russian native system of self-defense, which is based on Slavonic folklore, is realized in a friendly, calm tempo with dancing elements. RNSS brings up not only physical qualities, which can be useful in other kinds of combats, but also aesthetics, doesn’t allow aggressiveness to come out. Moreover, in case of correct use of RNSS a student spends only 25-30% of own bioenergetics potential, which allows an organism to fulfill self-recovery during the combat, have a combat almost without any time limit. It is very important that studying according to the system of PNSS doesn’t lead to a psyche breaking of sportsman who had already mastered other kinds of combats.

During the experiment the following methods were used:

1) a questionnaire survey
2) mathematical statistics methods;
3) in experimental program creation modeling and projection were used;
4) experiment.

Research results

During the experiment it was revealed that at the initial level students from the control and the experimental groups showed a low indifferent level of competencies formation (75%), an average relative level - 25%, high sufficient level was not revealed. Students have a high index of anxiety (76%), a low level of self-control (68%), a weak self-regulation (72%), demonstrate unwillingness to change anything in oneself (69%). After the first year of study the indices in the control group didn’t change considerably, the level of competencies formation was low indifferent among 69% of students, an average relative among 31%, a high sufficient wasn’t revealed at all. Anxiety remained at a high level - 71%, a low level of self-control - 60%, unwillingness to change anything in oneself – 61% of students. In the experimental group the changes are more considerable: a low indifferent level of competencies formation was 51%, an average relative level - 39%, a high sufficient level was among 10% of students. Increased anxiety decreased from 79% to 60%, a low level of self-control was 50%, average relative level of self-control - 29%, sufficiently high level had 21% of students. The third year of study revealed the following indices in the sphere of competencies formation in the control group: a low relative
level had 55% of students, an average relative level had 45%, sufficiently high level had 10%. Anxiety stayed at the same high level – 70%, self-control – 50%, self-regulation – 51%, want to change something in oneself – 51% of students. In the experimental group there was a positive dynamics in all indices: a low level of competencies formation among students was 11%, an average relative – 36%, sufficiently high – 40%, the highest superior level had 13% of students from the experimental group. A high boundary level of anxiety decreased to 40%, the sphere of pedagogical correction increased. A low level of self-control stayed among 13% of students, an average relative level had 25%, sufficiently high level increased to 48%, the highest superior level was 14% from general number of experimental group. Self-regulation was revealed among 76% of students. 85% of students had the desire to change something in own life, the aim appeared in their lives.

Conclusion
1. The use of Russian native system of self-defense at physical culture lessons realizes the main demands to physical-sports competencies formation in the sphere of personal safety. 2. The results of our experimental work prove that these competencies are closely connected. 3. Experimental results prove that the created authors program of physical culture is scientifically grounded and is able to involve students into a cognitive process with the accent on physical and social-moral personality self-development, base key and subject competencies formation. 4. During the system (methodology) of Russian close fight teaching use among students the range of possible actions increases and safety level increases while working in extreme environment. Russian native system of self-defense increases the effectiveness of sensory-technical processes, provides person’s volitional qualities upbringing. All this provides physical and psychological steadiness in any life situations and makes the skills and abilities, got by the students during the lessons of Russian native system of self-defense (RNSS), not only professionally-applied, but also important in life.

References