

Способы коррекции девиантного поведения подростков при помощи физической культуры

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Аннотация

Данная работа рассматривает главные принципы и подходы к коррекционной работе с девиантными подростками при помощи занятий спортом. Авторы приводят педагогические принципы, используемые в коррекционном воспитании, а также предлагают способы решения проблемы отклоняющегося поведения.

Ключевые слова: воспитательная работа, подростки, девиантное поведение, коррекция, физическая культура.

Methods of correction of deviant behavior of adolescents with the help of physical culture

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Abstract

The article reveals the basic principles and directions of correctional work with deviant adolescents in the process of physical culture and sports activities, outlines general pedagogical principles applicable in remedial work, suggests an action plan to solve the problem of adolescent deviant behavior.

Keywords: educational work, adolescents, deviant behavior, correction, physical education.

In recent years, the problem of studying the deviant behavior of children and adolescents has become one of the priorities in modern pedagogical science. In the current conditions: complex and controversial social and economic changes in the country, there are numerous factors that give rise to deviant behavior which have a pronounced effect on adolescence - the age of formation, self-determination and self-affirmation of the individual. Statistics captures consistently high rates of suicide, alcoholism, drug addiction, youth crime and other forms of deviant behavior.

The indicated tendencies imply the intensification of preventive and remedial work, the creation of effective instruments for the correction of the deviant behavior of adolescents.

Modern pedagogy considers physical culture and sport as one of the most effective means of a corrective impact on the personality of a teenager. The use of means of physical culture and in correctional work with teenagers-deviants can also be due to the fact that in their motivational structure physical culture and sports activity occupies one of the first places.

For a more detailed analysis of the phenomenon under the study, it is necessary to consider the meaning of the terms “correction”, “physical culture and physical education”, define the term “correction of the deviant behavior of adolescents by means of physical culture and sports”.

In pedagogy, correction is interpreted as a system of psychological and pedagogical influences, aimed not only at overcoming or weakening the negative personality traits of a child, but also at forming opposing positive qualities in relation to them [1].

"Pedagogical encyclopedia" of A.A. Shumeiko gives the following definition of correction. This is correcting the deficiencies of mental and physical development in abnormal children with the help of a special system of pedagogical techniques and measures. Correction is considered as a pedagogical impact which is not limited to training exercises aimed at eliminating a single defect, but it implies an impact on the personality of the child as a whole [2, p. 58].

There is also the term “correctional and educational work” which The Great Russian Pedagogical Encyclopedia edited by V.V. Davydova defines as “a system of special receptions and events aimed at overcoming or weakening the developmental deficiencies of abnormal children. In domestic pedagogy, this concept is not only aimed at correcting individual violations, but also covers all categories of abnormal children and is carried out by the joint activity of teachers and doctors [3, p. 471].

In psychology, for the rejecting behavior, the term “psychocorrection” is used as a complex of measures aimed at correcting human behavior deficiencies with the help of special means of psychological influence. Psychocorrection subject deficiencies that do not have an organic basis and do not represent such stable qualities that are formed at an early age and in the future practically do not change.

With regard to correctional and educational activities, the most significant general pedagogical principles are:

- purposefulness of the pedagogical process;
- integrity and consistency;
- humanistic orientation of the process, respect for the child, combined with reasonable demands on him;
- reliance on the positive in a person, consciousness and activity;
- direct and parallel pedagogical influence.

In general, in the correctional and pedagogical work with deviant adolescents, the following areas are highlighted:

- the normalization of the relationship of a teenager with the outside world, teachers and children's team;
- restoration of positive personality traits that have received a slight deformation;
- strengthening of socially valuable life experience, enrichment of practical activities in various spheres of life;
- accumulation of moral behavior skills, healthy habits and needs on the basis of organizing and enhancing the activities of adolescents in the sphere of their interests and hobbies (sports, physical culture, music, etc.)

Correction of the deviant behavior of adolescents in the context of our study, we consider in the framework of physical culture and sports activities.

Expanding the psychological aspects of physical education, sports psychologists argue that physical training and sports, to a greater extent than another type of activity, contribute to the development of the volitional qualities of a person. As in sports games, leading volitional qualities are designated such as: courage, initiative, perseverance, decisiveness and prudence. And the main important factor in physical education is that in the process of physical culture and sports activities not only the education of new personality qualities is possible, but also re-education, correction of existing qualities with negative, deviant, orientation [4].

The psychocorrective effect of physical education is that healthy habits are formed, the skill of controlling stressful situations and the rejection of aggressive behavior. In consequence of this, it is possible to designate a differentiated system of the formation of physical abilities and moral qualities of children and adolescents:

- movement modes using cyclic exercises (walking, running, skiing, swimming, etc.) contribute to labor education, improvement of volitional qualities, development of motor abilities;
- motor regimes with the use of strength exercises contribute to the improvement of volitional qualities, the development of motor abilities;
- sports, outdoor games, competitions, relays contribute to the formation of morality, education collectivism, ethics of relationships;
- tourist sports and recreation campaigns contribute to the formation of morality, labor education, collectivism education, the development of intelligence;
- rhythmic exercises with music contribute to aesthetic education, the development of motor abilities;
- elements of gymnastics and acrobatics contribute to improvement of volitional qualities, courage, development of motor abilities.

Classes in physical culture, participation in sports competitions and hikes, together with peers and adults - lead the teenager to the position of activity.

The leading role and responsibility in remedial work in the process of physical culture and sports activities belongs to the trainer - teacher. The main task of the trainer is to actively use the variety of methods and means of physical culture and sports, to form positive personality traits and intelligence, as well as

creating a suitable moral atmosphere in the classroom, which helps to overcome aggression, hypocrisy, selfishness, and so on.

Thus, the process of correcting the deviant behavior of adolescents by means of physical culture and sports can be defined as the activity of physical education teachers and sports trainers aimed at the formation of physical, moral-volitional and psychological qualities that contribute to the positive motivation of a teenager's personality.

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