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MOTOR CULTURE OF THE RURAL COMMUNITY OF BELARUS: FACTORS, CONDITIONS, PATTERNS

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Abstract. The article presents a theoretical and practical substantiation of the system of factors, conditions and patterns of the motor culture of an individual – an active subject of the rural school educational space, who is a representative of the majority of social and professional communities of rural regions in the Republic of Belarus. Aim of the study: development and theoretical substantiation of the factors, conditions and patterns of the individual motor culture in the educational environment of rural schools in Belarus. The pedagogical technology for the formation of the individual motor culture is substantiated, which is innovative and relevant, as it meets the factors, conditions and patterns of the socio-pedagogical and socio-economic situation of comprehensive institutions in rural regions of the Republic of Belarus.

Keywords: individual motor culture, social and professional communities of rural areas.

Introduction. The modern world community is currently at an important cultural and historical stage of anthroposociogenesis, when along with scientific and technical, information and communication progress, health-promoting motor and cultural traditions relevant for many previous generations are rapidly being lost, and, most importantly, no new ones are being acquired [1-7]. This state of affairs aggravates the problem of motor and cultural content of a modern person's daily routine, regardless of their belonging to any ethnic, social or professional community, be it Anglo-Saxon or Hindu, urban or rural, service or industrial workers [8-12]. Hypokinesia (Greek *ὑπό* – “under”; *κίνησις* – “movement”), considered as a spontaneous limitation of movement duration and intensity by an individual, leading to a decrease in the level of motor activity and, as a consequence, the physical condition of the body, is rapidly progressing in the modern world community. This already directly threatens the homeostasis preservation in the human population in many developed countries, when the ‘movement is life’ phrase begins to be interpreted not in a hypothetical, but in a literal sense.

Methods and organization. The relevance of our study is dictated by the issues outlined by the lifestyle hypokinesia of the modern rural

community in the Republic of Belarus (the last stand of modern and cultural relics in anthroposociogenesis), cultural, economic and demographic contradictions:

– firstly, an increasing rate and prevalence of “motor anti-culture” in a lifestyle of many rural community representatives on the one hand, on the other hand – available scientifically-based knowledge (available, but not demanded) on the biological need to provide the body with rational daily motor and cultural activity, as the main base of health culture;

– secondly, the technological progress of agricultural production, which has caused hypokinesia and hypodynamization of most types of labor activity and an increase in free type of modern rural residents on the one hand, on the other hand – low level of motor culture in labor and leisure fields of activity among the majority of modern rural community representatives;

– thirdly, insufficient satisfaction of social expectations of the population in the field of education and physical culture, associated with pedagogical inactivity (limitations) in rural educational institutions on the one hand, on the other hand – a necessity to expand their multifunctionality in the provision of general and additional educational services (since a

number of other candidates for the role of motor and cultural centers with similar pedagogical potential in rural areas is insufficient in most cases);

– fourthly, the rapid progressive development of the internet, which has simplified the universal coverage of the population in assessing information on the culture of movement, nutrition, body and health through modern mass communication means (mobile gadgets (phones, smartphones, tablets, netbooks, laptops), personal computers, TVs, etc.), widespread and actively used by the rural communities on the one hand, on the other hand – low motivation to gain knowledge in forming cognitive sphere of the individual motor culture as the base of a healthy lifestyle and the insufficient information technology culture in the rural community;

– fifthly, an increasing tendency in the world (including Belarus) over the last 50 years of staying behind the average life expectancy among rural community representatives compared to urban ones by 7 ± 2.34 years on the one hand, on the other hand – presence of more ecologically and valeologically preferable living conditions with equal accessibility to medical services in rural areas.

In whole, on the one hand, motor demands of the modern comfortable biogeosociocenosis adapted by a human do not require a wide spectrum and volume of movements. On the other hand, lifestyle hypokinesia affects human health, demanding compliance with certain life conditions associated with holding a proper static and dynamic posture, applied in working positions in the process of labor at a table, machine, conveyor, in the cabin of a car or a mechanical equipment, etc. For such purposes, the myofascial system effectively operating through various dynamic and static movements in everyday life is needed.

Therefore, the poverty of modern biogeosociocenosis on motor and activity requirements does not free a person, but on the contrary demands a certain level of physical development, which is necessary for preserving their homeostasis. This makes relevant not only the inclusion of physical exercise in a person's

motor activity according to the specifics of their education or employment (as well as individual physical features) as professionally applied physical culture, but, first of all, the discrete arrangement of various life activities, providing health-preserving static and dynamic balance of the myofascial and musculoskeletal systems as a whole.

At this stage of cultural and historical development of modern society, many countries face a task to provide their citizens a full-fledged motor and cultural replacement of the already lost active types, motor and cultural performance of the hypodynamic daily activities that have come into their place. Since the problem is becoming more and more relevant for the modern rural community, the introduction of motor and cultural health-forming pedagogical technology into the educational process of comprehensive schools in rural areas of Belarus may solve it more efficiently rather than attraction of other subjects of socio-economic infrastructure in rural regions.

Results and discussion. As a result, we have established the patterns of motor culture formation in postnatal human ontogenesis (in the process of creative self-realization in social and professional activity), which are associated with various nature-environmental, socio-economic, cultural-ethnic, educational, pedagogical and other factors that determine nature-environmental and artificial-environmental conditions of biogeosociocenosis of a rural lifestyle (factor $\rightarrow$ condition $\rightarrow$ pattern). Their list, characteristics and description are shown below.

A system of factors, conditions and patterns of forming the individual motor culture in the rural community:

1. Nature-environmental:

– factor – positive effect of natural environment that preserved a relict basis of a human everyday lifestyle;

– condition – direct interaction with flora and fauna of rural biocenosis;

– pattern – effective arrangement of health-preserving individual motor activity is possible in maximal application of various

means that have environmentally natural potential of a rural area.

2. Cultural-ethnic:

- factor – strong traditions of compatriotism, family life and social openness of the rural community living for a long time on the same territory, established over many decades;

- condition – high individual and social mutual responsibility of an individual in a rural community;

- pattern – high level of preservation of motor and cultural traditions in rural population is conditioned by the continuity of sociocultural modification of motor and activity sphere of villagers between generations by means of family, social and general pedagogy.

3. Culture-behavioral:

- factor – loss of cultural and behavioral traditions and, as a consequence, low level of lifestyle culture of the majority of representatives of the modern rural community;

- condition – everyday interaction of a person in ontogenesis with asocial environment characterized by a rather high level of hypodynamic (76.3%), food (41.8%), nicotine (38.4%) and alcohol (23.9%) addictions of the adult population;

- pattern – formation of motor, food, body and valueological culture as components of a healthy lifestyle of rural population is based on the principle of positive-negative contrast of positive and negative examples actually present in everyday life activity.

4. Valueology-demographic:

- factor – a pronounced trend over the last five decades of continuous growth of primary disability at working age, with negative demographics and reduced life expectancy among the rural population in comparison with similar indicators for urban residents;

- condition – the impact of negative health-destroying socio-economic environment on rural residents who are in a pre-illness state (not yet sick, but are already not healthy);

- pattern – formation of the individual motor culture in rural communities is ensured by the preventive nature of socio-pedagogical measures hindering the development of

illnesses most typical for rural areas, and the organization of movement regimes of rural residents is carried out on the basis of an individual approach, taking into account the specifics of their health condition.

5. Socio-pedagogical:

- factor – low level of motor and cultural replacement of lost motor activity in household, labor, educational and leisure activities of the modern rural community;

- condition – comfortable hypokinesizing subject environment due to the high quality of socio-economic infrastructure in rural areas and substitution of physical labor by mechanized labor;

- pattern – compensation of the lack of motor activity in the lifestyle of rural residents by additional multidisciplinary educational services of rural educational institutions of motor-simulation content.

6. Traditionally-educational:

- factor – civilizational and historical formation of socio-educational status of rural school as a leading cultural and pedagogical center (with the necessary personnel potential) in the formation of motor culture of the rural community;

- condition – open socio-partner interpersonal relations of the subjects of the rural school educational space;

- pattern – movement education of an individual in the rural community is carried out on the basis of involvement of representatives of the circle of educationally motivated social partners (family, bosses and interested organizations).

7. Resource-educational:

- factor – pedagogical inactivity and insufficient multifunctionality in the provision of educational services by rural schools in the arrangement of motor and cultural leisure activities for rural residents without a competitive environment;

- condition – non-alternative and leisure limited range of free (as well as paid) motor and cultural educational services;

- pattern – meeting expectations in the field of physical culture requires the expansion of proposals for the arrangement of free time for

the subjects of the rural school educational space by means of motor and cultural education of an individual.

These factors in the last 20 years are the reason for reduced motor activity of rural residents by 39.6%, physical fitness – by 28.8%, functional state – by 33.4% and require revision of the education system organization in rural areas of the Belarus, when the basis will be the creation of multi-disciplinary socio-pedagogical conditions of the rural school educational space for differentiated formation of the individual motor culture in children and adult communities in relation to each social and age group.

Taking the aforementioned into account, we have developed, tested and introduced the pedagogical technology of forming the individual motor culture in the rural areas of Belarus. We have created main pedagogical conditions for its implementation in 23 rural educational institutions in Brest, Grodno and Minsk Oblasts as an integral socio-pedagogical system, constructed on a direct reverse-educational interaction of an equal socio-pedagogical triad: teachers and schoolchildren, as well as their immediate social environment (parents and other relatives of children, fellow villagers, bosses, etc.).

The developed pedagogical technology of forming the individual motor culture consists of a four-component conceptual model, which includes:

- a target component, revealing the general goal in the formation of the individual motor culture in the rural community as the basis of health-promoting motor activity of the subjects of the rural school educational space;
- a theoretical and methodological component, defining methodological approaches and theoretical foundations of the system of formation of the individual motor culture in a rural community as a subject of the rural school educational space;
- a didactic component, representing the didactic system of formation of the individual motor culture in the conditions of the rural school educational space: means, methods, forms, allowing to obtain the planned result of directed pedagogical activity;

- a resultant component [13], containing criteria and indicators characterizing the level of fitness for cultural motor activity as the basis of health and active longevity of a person in the rural community formed in the subjects of the rural school educational space.

The key condition for the technology implementation was the relevance of considering the phenomenon of motor culture in the modern rural community from cultural and anthropological positions, when motor and body education acts as a reverse-educational (mutually balanced) process of realizing the laws of social and motor experience transmission by older generations to younger ones and (or) vice versa. This process is based on the following general pedagogy components:

- social (the impact of the social environment on the upbringing and formation of the individual in the implementation of its ontogenetic development program);
- age-related (realization of educational and pedagogical activity within different age groups: preschool, school, higher school pedagogy, adult pedagogy, pedagogy of the third age (geragogy – knowledge and skills transfer to people of elderly and old age)).

Implementation of the technology assumes a certain organizational and methodological stage structure in the educational institution:

- at the first stage we implement the method of complex assessment of the individual motor culture according to pedagogical diagnosis of its physical condition and motor-behavioral sphere;
- at the second stage – the methodology of formation of motor and cultural literacy of personality in the rural school educational space as a basis for a healthy lifestyle;
- at the third stage – the methodology of individualization of the individual motor regime in the rural community.

The technology's effectiveness, presented as a pedagogical innovation in 23 educational institutions of rural areas in Belarus, is confirmed with high efficiency according to the assessment criteria of introducing the technology according to the following components [14, 15]:

- educational and enlightening – showed a

positive increase in the assessment of students' knowledge in the field of forming motor culture and healthy lifestyle according to the results of theoretical tests by 68.43%;

- motivation-targeted – demonstrated a positive increase in the number of subjects of the rural school educational space, consciously and purposefully engaged in the formation of motor culture by 3.27 times;

- activity-technological – revealed an improvement in the quality of possession of technological algorithms for forming human motor culture in terms of maintaining correct posture by 43.29%, rationality of locomotor and manipulative activity by 28.44%, and the volume of motor activity by 91.45%;

- bodily-aesthetic – showed an improvement of somatoscopy indicators, indicating the cultural and aesthetic well-being of rural residents' well-being by 46.83%;

- motor-behavioral – revealed a positive

increase in the data of the level of motor skill culture of the majority of subjects of the rural school educational space on the basis of pedagogical motor tests by 29.94%, physical conditioning – by 28.48% and calculated data of functional indices by 31.86%; increase in the educational institution attendance of (by 11.43%) due to a decrease in the number of absences due to illness and, as a consequence, an increase in the quality of knowledge of rural schoolchildren by 12.31%; increase in the estimated duration of active life of elderly people in rural areas (by results of an increasing level of everyday motor activity and physical condition of the subjects) by 33.62%.

Conclusion. The abovementioned allows us to mention the possibility of wider application of pedagogical technology of formation of the individual motor culture in social and professional communities not only in rural areas, but also in cities of Belarus.

Conflict of interest. The author declares no conflict of interest.

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