

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26.01.2017).  
1223 Journal of Education, Health and Sport eISSN 2391-8306 7

© The Author (s) 2017;

This article is published with open access at Licensee Open Journal Systems of Kazimierz Wielki University in Bydgoszcz, Poland  
Open Access. This article is distributed under the terms of the Creative Commons Attribution Noncommercial License which permits any noncommercial use, distribution, and reproduction in any medium, provided the original author(s) and source are credited. This is an open access article licensed under the terms of the Creative Commons Attribution Non Commercial License (http://creativecommons.org/licenses/by-nc/4.0/) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.  
This is an open access article licensed under the terms of the Creative Commons Attribution Non Commercial License (http://creativecommons.org/licenses/by-nc/4.0/) which permits unrestricted, non commercial use, distribution and reproduction in any medium, provided the work is properly cited.  
The authors declare that there is no conflict of interests regarding the publication of this paper.  
Received: 12.02.2017. Revised 23.02.2017. Accepted: 10.03.2017.

## FORMATION OF 11-12-YEARS-OLD CHILDREN'S RELATIONS IN THE PROCESS OF PHYSICAL TRAINING

**Andriy Rostoka**

*Lesia Ukrainka Eastern European National University  
(Lutsk, Ukraine)*

**Abstract.** In the article peculiarities of interpersonal relations of children of average school age are determined under the influence of sports activities and physical training. Investigation results show that children, who actively go in for sports, are more decisive and ready for actions. They acknowledge leader's authority. In their activity and behavior they pay less attention to fathers and grandfathers' recommendations. Similarity in behavior of sportsmen children, both boys and girls, has been revealed. Such children are adapted to modern life.

**Key words:** interpersonal relations, sport, 11-12-years-old children.

**Introduction.** In recent decades a new meaning has been given to value attitude to every person, his or her personal growth and self-perfection. Due to this in pedagogics and special psychology topicality of differentiation and individualization of children's education and upbringing, creation of optimal conditions for formation of every child's personality are rising [3; 9].

Interpersonal communication is a leading factor in development of child's cognitive and psychological functions being formed in the process of communication with other people. Interpersonal relations determine type of interaction (rivalry, cooperation), degree of its expression (more or less successful, effective interaction). Human being's vital activity, his or her surrounding and emotional color influence on formation of relations. Emotions provoke actions, play an important role in such relations as friendship, love, marriage. Also they influence accentuation and development of personal attributes of human being [12]. Interpersonal relations and emotional and psychological factor have a strong impact on everyday life and attitude to those around them.

Investigation results in the sphere of medical and biological [1; 2; 6; 8; 14; 16] and psychological and pedagogic [5; 11; 13; 17] sciences testify that physical training have the most positive influence on development of human organism systems and functions. Besides, scientists have discovered that physical exercises have a positive influence on physical, psychic, moral and social health of humans [4; 7; 10; 15; 18]. At the same time just a few investigations of influence of systematic physical training and sports activities on interpersonal relations have been carried out.

**The purpose of the investigation** – is to investigate state of interpersonal relations among children of average school age under the influence of systematic sport activities.

**Investigation technique.** To achieve the stated purpose of the investigation Rene Zhyl's visual and verbal technique was realized for psychological investigation of children from 4 up to 12 years old. The technique includes 25 pictures of children and adults or only children and 17 test tasks. All these tasks are directed for identification of children's behavior in life situations pressing for him or her and in situations, in which his or her attitude to those around them is violated. A short text is attached to every picture, wherein some

circumstances are described and a question to a child is raised. By means of this technique children's attitude to their people (first of all, family members) is determined. During the experiment a child is not required to give a detailed answer or any answer to the investigator, it's enough to know his or her choice of pictures: who has been chosen and in which situations, where and at what distance from particular persons the subject positions himself/herself, which behavioral patterns he or she prefers in the proposed text tasks. The test allows describing the child's personal relations system. As a result, the investigator obtains the following indicators:

- characteristics of child's concrete-personal relations with other people: mother, father, both parents, brothers, and sisters, grandmother and grandfather, other (friend), teacher (a pedagogue or another adult person respected by the child);

- personal for the child himself/herself: curiosity, proneness to domination in the group, striving for communication with other children in big groups, detachment from others, proneness to loneliness, social adequacy of behavior.

Personal communication with persons under investigation and more precise definition of some answers and explanations through oral narration played an important role in the investigation. Rene Zhyl's technique has a large advantage compared to other projective techniques, because this is a transition variant between projective tests and questionnaire. It can be used as a tool for in-depth investigation of personality. Besides, it perfectly suits to investigations requiring statistical processing and measurements. Therefore all parameters were expressed quantitatively.

**Statement of basic material.** Analysis of the investigation results shows that most of all children treat most favorably their mother and father together, as a married couple (38.0 – 49.1 stand. units) and mother alone (31.2 – 33.8

stand. units). Also children think much of attitude to brother (sister), friend (*Table 1*).

TABLE 1

The attitude of 11-12 years old children to others

Groups of children	mother	father	Married couple	Brother, sister	Grandmother, Grand-father	Boyfriend, girlfriend	teacher, educator
Boys athletes	32,9 ± 2,5	12,7± 1,19	42,9± 2,44	24,6 ± 1,63	4,7 ± 0,71	18,9 ± 1,9	2,1 ± 0,44
Boys not athletes	33,8±2,32	10,1± 1,22	44,6± 2,03	19,1 ± 1,76	7,2 ± 1,3	25,5 ± 1,74	0,9 ± 0,4
Girls athletes	31,2±3,29	15,7± 1,02	38,0± 3,06	25,4 ± 2,27	6,5 ± 0,33	22,4 ± 2,63	2,2 ± 0,33
Girls not athletes	33,0±1,29	10,4± 1,07	49,1± 1,61	25,6 ± 1,43	6,7 ± 1,29	21,5 ± 1,23	1,0 ± 0,35

After processing of the investigated material a certain statement can be made that sport activities influence children's attitude to those around them. Schoolchildren, who do not go in for sports, are under larger influence of fathers' authority, and those, who do not attend sports sections, are under larger influence of mothers. One may conclude that sportsmen used to control of authoritative and older people, who are associated with stronger and elder fathers. For the same teachers, pedagogues and coaches are of higher authority among sportsmen.

Microclimate in the family, nature of activity has a significant influence on child's needs and formation of personal characteristics. Therefore we got interested in a direct influence of families on a child, namely: formation of such personal attributes as curiosity, sociability, leadership, proneness to conflict, aggressiveness (*Table 2*).

TABLE 2

## Formation of personality traits in 11-12 years old children

Groups of children	curiosity	communication	Domination, leadership	conflict	frustration	rejection
Boys athletes	84,1 ± 2,22	27,9 ± 1,66	31,9 ± 1,62	37,1 ± 2,37	27,0 ± 2,28	15,8 ± 1,33
Boys not athletes	81,9 ± 2,44	25,7 ± 1,22	27,3 ± 2,22	29,7 ± 1,9	34,5 ± 2,09	16,5 ± 1,49
Girls athletes	91,2 ± 1,43	29,9 ± 2,27	23,9 ± 3,41	37,4 ± 2,27	28,5 ± 2,92	15,2 ± 2,95
Girls not athletes	79,5 ± 3,4	35,7 ± 1,07	21,9 ± 1,43	36,3 ± 1,43	32,4 ± 2,15	11,1 ± 0,7

Results of the study indicate that children reasonably well formed curiosity (79.5 - 91.2 conv. units). Obviously such a high level of curiosity associated with the natural curiosity of children, especially in this age. It should be noted that students who play sports have higher levels of curiosity.

Meanwhile, children sportsmen have higher levels of conflict, and this shows that they are willing to exacerbate the situation for their own interests or ambitions. They know about their physical advantage and enjoy it. In addition, reduce the frustration evident in athletes. That is, we can talk about it more targeted children who have a habit of being locked in, and seeking solutions to problems that have arisen in different situations.

There is quite interesting factor that in the interpretation of study results clearly singled out the similarity indices in boys and girls athletes. That means, that their indicators are almost at the same level. It's point to analogy of thinking, development and adaptation children in society.

Thus obtained data also indicate that children, students often perceive their parents as a holistic spouses and children athletes separated for a clear leader (usually in his role father stands) and prepared to take quick decisions or actions.

**Conclusions.** Investigation results show that children, who actively go in for sports, are more decisive and ready for actions. They acknowledge leader's authority. In their activity and behavior they pay less attention to fathers and grandfathers' recommendations. Similarity in behavior of sportsmen children, both boys and girls, has been revealed. Such children are adapted to modern life.

### **Literature:**

1. Андрійчук О.Я. Вплив місця народження та гендерної приналежності на компоненти здоров'я в якості життя студентів / О.Я. Андрійчук, О.З. Касарда // Педагогіка, психологія та медико-біологічні проблеми фізичного виховання і спорту. – 2015. - № 2. – С.3-10.

2. Бєлікова Н.О. Оздоровлення студентів спеціальної медичної групи засобами аеробних фітнес-програм // Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві: зб. наук. пр. Східноєвроп. нац. ун-ту ім. Лесі Українки. – Луцьк: Східноєвроп. нац. ун-т ім. Лесі Українки, 2015. – № 1 (29). – С. 31-35.

3. Богуш А.М., Лисенко Н.В. Українське народознавство в дошкільному закладі: Навчальний посібник. – К.: Вища школа, 1994. – 398 с.

4. Ващук Л.М. Алгоритм побудови індивідуальних фітнес-програм для самостійних занять старшокласниць // Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві: зб. наук. пр. Східноєвроп. нац. ун-ту ім. Лесі Українки. – Луцьк: Східноєвроп. нац. ун-т ім. Лесі Українки, 2016. – № 2 (34). – С. 20-25.

5. Горащук В.П. Теоретичні і методологічні засади формування культури здоров'я школярів : автореф. дис. на здобуття наук. ступеня доктора пед. наук: 13.00.01 «Загальна педагогіка та історія педагогіки». – Х., 2004. – 40 с.

6. Індика С.Я. Особливості показників якості життя у хворих після інфаркту міокарда під впливом програми фізичної реабілітації в домашніх

умовах / С.Я. Індіка, Н.О. Белікова // Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві: зб. наук. пр. Східноєвроп. нац. ун-ту ім. Лесі Українки. – Луцьк: Східноєвроп. нац. ун-т ім. Лесі Українки, 2014. – № 3 (27). – С. 83-87.

7. Пантік В.В. Фізичні навантаження та відпочинок як фактори впливу на фізичний розвиток студентської молоді / В.В. Пантік, Н.Я. Захожа // Молодіжний науковий вісник: Фізичне виховання і спорт: зб. наук. пр. / М-во освіти і науки України, Волин. нац. ун-т імені Лесі Українки. – Луцьк, 2010. – С. 36-40.

8. Рода О.Б. Анализ вариабельности сердечного ритма у женщин, специализирующихся в беге на средние дистанции / О.Б. Рода, С.В. Калитка //Здоровье для всех. – 2014. – № 1. – С. 22–28.

9. Стельмахович М.Г. Українська родинна педагогіка: навчальний посібник. – К.: ІСДО, 1996. – 228 с.

10. Ульяницька Н.Я. Зміни деяких зорових функцій у дітей старшого шкільного віку з еметропічною рефракцією при роботі за персональним комп'ютером // Здобутки клінічної і експериментальної медицини. - 2012. - №1. - С.197.

11.Цьось А. Рухова активність у мотиваційно-ціннісних орієнтаціях студентів / А. Цьось, А. Шевчук, О. Касарда // Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві: зб. наук. пр. Східноєвроп. нац. ун-ту ім. Лесі Українки. – Луцьк, 2014. – № 4 (28). – С. 83–87.

12. Цьось А., Ольхова Н. Формування особистісних характеристик у дітей залежно від типу сімей // Рідна школа. – 2000. - №11. – С. 20-22.

13. Цьось А.В. Закономірності розвитку фізичної культури / Фізичне виховання, спорт і культура здоров'я у сучасному суспільстві: зб. наук. пр. Волин. нац. ун-ту ім. Лесі Українки. – Луцьк: Волин. нац. ун-т ім. Лесі Українки, 2009. – № 3 (7). – С.19-23.

14. Andriychuk O. General lifestyle characteristics of students who practice sports // Journal of Physical Education and Sport. – 2016. – Vol 16. – Issue 2. – pp. 699–702.

15. Bergier J., Bergier B., Tsos A. Physical activity and sedentary lifestyle of female students from Ukraine // Człowiek i Zdrowie, Tom VI., Nr. 2. – Państwowa Szkoła Wyższa, Biała Podlaska, 2012. – C. 131-137.

16. Moshynsky V., Mykhaylova N., Grygus I. Podwyższony poziom zdrowia przez stosowanie się do zdrowego stylu życia // Journal of Health Sciences. 2013; 3 (10): 123-132.

17. Tsos A. The state of physical and psychological components of health in the quality of life of the university students / A. Tsos, A. Homych, O. Sabirov // Człowiek i Zdrowie, Tom VII., Nr. 2. – Państwowa Szkoła Wyższa, Biała Podlaska, 2013. – C. 8-12.

18. Grygus I. Wpływ zaproponowanej metodyki wychowania fizycznego na stan funkcjonalny studentów / Grygus I., Jewtuch M. // Journal of Health Sciences (J of H Ss) 2013; 3(9), 417-426.

### **References**

1. Andriychuk O.Y. Impact place of birth and gender identity in health components in the quality of life of students / O.Y. Andriychuk, O.Z. Kasarda // Pedagogy, psychology, medical-biological problems of physical education and sport. – 2015. - № 2. – P.3-10.

2. Belikova N.O. Improvement of students of special medical group means an aerobic fitness program // Physical education, sport and culture of health in modern society: coll. of science papers. Lesya Ukrainka Eastern European National University. - Lutsk: Lesya Ukrainka Eastern European National University, 2015. – № 1 (29). – P. 31-35.

3. Bogush A.M., Lysenko N.V. Ukrainian ethnology in preschools: Textbook. - K .: High School, 1994. – 398 p.

4. Vashchuk L.N. Algorithm for constructing individual fitness programs



for self-study high school // Physical education, sport and culture of health in modern society: coll. of science papers. Lesya Ukrainka Eastern European National University. - Lutsk: Lesya Ukrainka Eastern European National University, 2016. – № 2 (34). – P. 20-25.

5. Gorashchuk V.P. Theoretical and methodological basis of a culture of health of students: Thesis. Dis. on competition sciences. degree of doctor ped. Sciences: 13.00.01 "Theory and History of Education». – Kh., 2004. – 40 p.

6. Indyka S.Y. Features of the quality of life in patients after myocardial infarction under the influence of physical rehabilitation program at home / S.Y. Indyka, N.A. Belikov // Physical education, sport and culture of health in modern society: coll. of science papers. Lesya Ukrainka Eastern European National University. - Lutsk: Lesya Ukrainka Eastern European National University, 2014. – № 3 (27). – P. 83-87.

7. Pantik V.V. Exercise and rest as impacts on the physical development of students / V.V. Pantik, N.Y. Zakhosha // Youth Science Journal: Physical Education and Sport: coll. of science papers. / M-of Education and Science of Ukraine, Lesya Ukrainka Volyn. nat. University. - Lutsk, 2010. - P. 36-40.

8. Roda O.B. Analysis of heart rhythm variability in women, specialization in the middle-distance running / O.B. Rhoda, S.V. Kalytko // Scrotum health for all. - 2014. - № 1. - P. 22-28.

9. Stelmahovych M.G. Ukrainian family pedagogy: Textbook. - K.: ISDO, 1996. - 228 p.

10. Ulyanytska N.Y. Changes of some visual functions senior school age emetropical refraction when they working on a PC // Achievements clinical experimental medicine. - 2012. - №1. - P. 197.

11. Tsos A. Motion activity in motivational value orientations of students / A. Tsos, A. Shevchuk, O. Kasarda // Physical education, sport and culture of health in modern society: coll. of science papers. Lesya Ukrainka Eastern European National University. - Lutsk, 2014. - № 4 (28). - P. 83-87.

12. Tsos A. Olhova N. Formation of personality characteristics in children depending on family // Native School. - 2000. - №11. - P. 20-22.
13. Tsos A.V. Patterns of development of physical education / physical education, sport and culture of health in modern society: coll. of science papers. Volyn Lesya Ukrainka National University - Lutsk, Volyn Lesya Ukrainka. National University, 2009. - № 3 (7). - P.19-23.
14. Andriychuk O. General lifestyle characteristics of students who practice sports // Journal of Physical Education and Sport. – 2016. – Vol 16. – Issue 2. – pp. 699–702.
15. Bergier J., Bergier B., Tsos A. Physical activity and sedentary lifestyle of female students from Ukraine // Człowiek i Zdrowie, Tom VI., Nr. 2. – Państwowa Szkoła Wyższa, Biała Podlaska, 2012. – C. 131-137.
16. Moshynsky V., Mykhaylova N., Grygus I. Podwyższony poziom zdrowia przez stosowanie się do zdrowego stylu życia // Journal of Health Sciences. 2013; 3 (10): 123-132.
17. Tsos A. The state of physical and psychological components of health in the quality of life of the university students / A. Tsos, A. Homych, O. Sabirov // Człowiek i Zdrowie, Tom VII., Nr. 2. – Państwowa Szkoła Wyższa, Biała Podlaska, 2013. – C. 8-12.
18. Grygus I. Wpływ zaproponowanej metodyki wychowania fizycznego na stan funkcjonalny studentów / Grygus I., Jewtuch M. // Journal of Health Sciences (J of H Ss) 2013; 3(9), 417-426.