THE WAYS OF EDUCATION AND SELF-EDUCATION OF CHILDREN AND YOUNG PEOPLE, WHO ARE PRONE TO USE DRUGS DURING THE SPORT AND TOURISM ACTIVITIES

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Abstract

The Current Relevance of the Research. The article highlights the ways of education and self-education of children and youth who have a tendency to use drugs in the sports and tourism activities. It is pointed out that sport and tourism are one of the few industries possessing a large arsenal of methods and means of influencing the human body, and therefore their proper use will contribute to the proper organization of leisure, the formation of a culture of free time and the observance of a healthy lifestyle, and the refusal to use drugs in particular. Healthy lifestyle is not only an integral part of human physical health, but also one of the most problematic components: whether to follow the principles of a healthy lifestyle or not always depends on more or less conscious choice of a person. The main «enemies» of a healthy lifestyle can be called cultural superstition, some social factors, as well as the use of narcotic drugs. Sport and tourism are intended to weaken and neutralize the effect of this negative manifestation, which each year leads to an increase in mortality and a deterioration of the general health of the younger generation. The purpose of the work is to highlight individual research findings in terms of finding effective ways of education and self-education of children and youth who are involved in sports and tourism and, unfortunately, are prone to drug use. Methods: the study of literary sources, pedagogical observations during sports training and competitions, the method of independent characteristics, the study of documentation of planning and consideration of educational work in the youth sports schools and children's sports clubs at the place of residence, retrospective analysis, questionnaires, and pedagogical experiment as the main method of research, during which experimental groups used methods of psychodiagnostics. Results. For the purpose of pedagogical correction the structure of the technological stages of forming the negative attitude towards the drugs of those young athletes and tourists who have ever used or occasionally use narcotic substances is proposed. The correction technology, which has been tested during 10–12 months by trainers of the youth sports school and heads of tourist sections of Lutsk, includes three stages, each of which has two blocks. Conclusions. In order to prevent drug abuse among children, adolescents and young people engaged in various sports and tourism who are prone to or occasionally take psychoactive substances, it is necessary to broaden the psychological and pedagogical influences such as beliefs, examples, involvement in healthy lifestyles, teaching methods of autosuggestion, self-study, self-monitoring and others, which have a direct relation to the methodology of education and self-education. It is recommended to adhere to the structure of the technological stages of pedagogical correction (preparatory stage, information stage, and correctional stage). Each stage includes two blocks, the preparatory stage includes macro-social and family units, the information stage includes personal and remedial units, and the corrective stage includes behavioral and motivational units. Key words: drug addiction, athletes, tourists, educator, coach.
організм людини, а отже, їхнє правильне використання сприятиме належній організації дозвілля, формуванню культури вільного часу та дотриманню здорового способу життя, зокрема відмові від уживання наркотиків. Здоровий спосіб життя – невід’ємна частина фізичного здоров’я людини, а також і найзабезпеченніша складова частини: чи дотримувається засад здорового способу життя, чи ні – завжди залежить від більш чи менш свідомого вибору людини. Головними «ворогами» здорового способу життя можна назвати культурні забобони, деякі соціальні чинники, а також уживання наркотичних засобів. Спорт і туризм покликані послабити та нейтрализувати дію цього негативного праця, який щороку призводить до зростання смертності й погіршення загального стану здоров’я підрослої покоління. Мета роботи – висвітлити окремі результати дослідження в плані пошуку ефективних методів виховання та самовиховання дітей і молоді, які займаються спортом та туризмом, і, на жаль, схильних до вживання наркотиків. Методи дослідження – вивчення літературних джерел, педагогічної спостереження під час спортивних тренувань і змагань, метод незалежних характеристик, вивчення документації планування та обліку виховної роботи в ДЮСШ і дитячих спортивних клубах за місяць проживання, ретроспективний аналіз, анкетування, педагогічний експеримент як основний метод дослідження, у ході якого в експериментальних групах застосовувалися методи психодіагностики. Результати роботи. Для педагогічної корекції пропонується структура технологічних етапів із формування негативного ставлення до наркотиків тих юних спортсменів і туристів, які коли-небудь уживали або епізодично вживали наркотичні речовини. Технологія корекції, яка апробована протягом 10–12 місяців тренерами ДЮСШ і керівниками туристичних секцій м. Луцька, уключає три етапи, у кожному з яких – по два блоки. Висновки. Задля профілактики наркоманії серед дітей, підлітків та молоді, котрі займаються різними видами спорту та туризмом, і, на жаль, схильних до вживання наркотиків, рекомендується структура технологічних етапів педагогічної корекції (підготовчий, інформаційний, корекційний етапи). Кожен із них уключає два блоки: у підготовчому – макросоціальний і сімейний, в інформаційному – особистий та коригуючий, у корекційному – поведінковий і мотиваційний.

Ключові слова: наркоманія, спортсмени, туристи, педагог, тренер.
Introduction. The drug addiction is one of the serious problems of our society, which has caused the urgent need for the complex scientific research. In the opinion of scientists who deal with the problem of preventing the drug addiction, in our country we observe the transition from purely medical forms of influence on the drug addicts and on the people who are prone to take drugs to the developing the scientifically substantiated social, psychological and pedagogical recommendations. It is generally acknowledged that a healthy lifestyle, the physical culture, sport, and tourism are the most powerful means of combating this evil.

Many aspects of preventing the drug addiction among children, adolescents and youth, including the prevention by means of physical culture, sport and tourism are examined in the publications and books [1–7, etc.].

The purpose of this article is to highlight some results of searching the effective ways of education and self-education of children and youth who are involved in sport and tourism and, unfortunately, are prone to take drugs.

During the study, the following tasks have been solved: the study of pedagogical, psychological and medical literature on the prevention of drug addiction; revealing the level of knowledge of young athletes and tourists of junior, middle and senior school age about different types of drugs; defining the stages of pedagogical correction aimed at the formation of a healthy lifestyle; preparation of the practical recommendations for the teachers who work in the field of physical culture, sport and tourism in the direction of preventing drug addiction.

During the research the following methods have been used: the study of literary sources, pedagogical observations during the sport trainings and competitions, the method of independent characteristics, the study of documentation of planning and consideration of the educational work in the youth sport schools and in the children's sport clubs according to the place of residence, retrospective analysis, questionnaires, and pedagogical experiment as the main method of research, during which the experimental groups used the methods of psychodiagnosis.

In the study of educational work with young athletes and tourists, that has been conducted on the basis of institutions of additional education of the sporting profile of Lutsk city and the department of physical education of the Lutsk National Technical University, it has been found out that among the children who are regularly engaged in sport and tourism there are the pupils and the student youth who have had some experience in taking drugs, who have tried or have occasionally taken them. We will not analyse the causes of such a paradox, but the facts speak for themselves.

The younger pupils-athletes answering the question «What narcotic substances do you know?» name different drugs, tablets, powders, and paints that can be sniffed, besides wine, vodka, beer and cigarettes. Usually children are very frank with their coach. Some of them have admitted in the confidential conversation that they have taken some drugs.

Young athletes and adolescent tourists answering the same question are more competent. They know such «drugs» as hashish and marijuana that are smoked being mixed with tobacco. During a hiking trip in a confidential conversation with a teacher some teenagers have told not only that they have taken some drugs, but they even have showed their competence regarding the place of hemp growth and even some technologies for its preparation.

Older pupils who have a solid sport experience (up to 10 years) among the narcotic drugs have named almost all known drugs as hashish in its variant titles, opiates, tranquilizers, psychostimulants, and the main types of toxic substances, ranging from analgesics to glue. Students have even a greater competence in this matter.

For the purpose of pedagogical correction we suggest a structure of the technological stages for the formation of the negative attitude towards drugs among those young athletes and tourists who have ever taken or occasionally take narcotic substances. The correction technology, which has been tested for 10–12 months by the coaches of the youth sport school and by the leaders of the tourist sections of Lutsk city, includes three stages, each of which has two blocks (fig. 1).

In the course of implementation of the pedagogical correction technology of the schoolchildren inclinations during the regular sport and tourism activities, the psychological and pedagogical conditions have been tested, in which the number of pupils, who occasionally take drugs, has significantly decreased.
These conditions imply:
1. Organization of a wide propaganda of non-medical use of drugs, that is, creation of an appropriate informational environment with the help of teachers of institutions of the additional education, teachers of physical education, psychologists and medical workers

2. Organization of the joint work in the form of «cooperation pedagogy»: discussions, communication trainings, disputes, KVK (Club of the Funny and Inventive People) on the topic «How much is the opium for the people?» and other similar topics, role games, etc.

3. Children’s and young people’s values and motives leading to the negative attitude towards drugs, even towards the episodic taking of them are formed on the basis of the first two conditions.

At the same time children’s and young people’s motivational sphere changes, namely their mindsets change from «for pleasure», «for delight», «for the buzz» to such mindsets as «for health», «for myself, for my personality», «for business», «for the achievement of a high sporting result», «for my happiness and for the happiness of my children in future», etc.

**Conclusions.** In order to prevent drug addiction among children, adolescents and young people engaged in various kinds of sport and tourism, who are prone to take or who occasionally take psychoactive substances, it is necessary to use such psychological and pedagogical influences as convincing, exemplifying, involvement into a healthy lifestyle, teaching methods of autosuggestion, self-study, self-monitoring and others that are directly related to the methodology of education and self-education.

It is recommended to adhere to the structure of the technological stages of pedagogical correction (the preparatory stage, the informational stage, and the correctional stage). Each stage includes two blocks. The preparatory one includes macro-social and family units, the informational stage includes personal and remedial units, the correctional one includes behavioural and motivational units.

The perspectives for the further research are focused on the development of the ways of getting rid of bad habits among the students, who use drugs by means of physical education and sport.

**Sources and Literature**


References

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