

UDC 37: 371.487

## CRITERIA OF CHRONOLOGY OF THE PSYCHOSOMATIC SYSTEMS HISTORY

Olena Tverdokhlib<sup>1</sup>

<sup>1</sup>National Technical University of Ukraine «Igor Sikorsky Kyiv Polytechnic Institute», Kyiv, Ukraine, velleo2208@gmail.com

<https://doi.org/10.29038/2220-7481-2018-04-10-13>

### Abstracts

**Topicality.** In previous studies it has been established that for the qualification of systems and exercises of complex regulation of the human body's general condition by means of physical and psychic activity, the «psychosomatic systems» and «psychosomatic exercises» terms are optimal, also the criteria of the chronology history of which are a poorly researched link of physical culture. **Formulating the research problem.** Proceeding from the fact that psychosomatic systems are an integral part of human culture, it was assumed that the chronology of the historical development of psychosomatic systems coincides with the periodization of mankind's history, culture, and physical culture. It has been established that the humanity physical culture history periodization is based on geological, morphological, socio-economic, genetic, archeological and other principles that define it unambiguously and need improvement. **The purpose of the research** is to determine the optimal criteria for the history chronology of psychosomatic systems. **The methods of the research** are historical, logical, and theoretical analysis of information sources. **The results of the research.** It is established that periodization's principles, as the general history of mankind and its components, in particular, physical culture, are based on a number of criteria such as humanity gradual morphological evolution, tool types changes, forms of socio-economic relations, availability of writing script, having a number of disadvantages. The basic criterion of the general physical education history chronology was revealed. **Conclusions.** The optimal basic criterion for the history chronology of psychosomatic systems and physical culture is the time period relative to the limit, which determines two periods: the I period – to our era (from ... to the end of the 1st century BC); the II period is our era (from the beginning of the 1st century AD to the present). Further research on the characteristics of ancient psychosomatic systems of different cultures will be planning.

**Key words:** criteria of chronology, history of physical culture, psychosomatic systems.

**Олена Твердохліб. Критерії хронології історії психосоматичних систем. Актуальність.** У попередніх дослідженнях встановлено, що для кваліфікації систем і вправ комплексної регуляції загального стану організму людини засобами тілесної й психічної активності оптимальними є терміни «психосоматичні системи» та «психосоматичні вправи», критерії хронології історії яких є малодослідженою ланкою фізичної культури. **Постановка проблеми.** Виходячи з того, що психосоматичні системи є складовою частиною загальнолюдської культури, припущено, що хронологія історичного розвитку психосоматичних систем збігається з періодизацією історії людства, культури, фізичної культури. Установлено, що періодизація історії фізичної культури людства ґрунтується на геологічних, морфологічних, соціально-економічних, генетичних, археологічних та інших принципах, які неоднозначно визначають її і потребують удосконалення. **Мета дослідження** – визначити оптимальні критерії хронології історії психосоматичних систем. **Методи дослідження** – історичний і логіко-теоретичний аналіз джерел інформації. **Результати дослідження.** Установлено, що принципи періодизації як загальної історії людства, так і її складників, зокрема фізичної культури, ґрунтуються на низці критеріїв, таких як поступова морфологічна еволюція людства, зміни в характері знарядь праці, види суспільно-економічних відносин, наявність писемності, які мають численні недоліки. Виявлено базовий критерій загальної хронології історії фізичної культури. **Висновки.** Оптимальним базовим критерієм хронології історії психосоматичних систем і фізичної культури є термін часу відносно межі, що визначає два періоди: I – до нашої ери (із ... до кінця 1 ст. до н. е.); II період – нашої ери (із початку 1 ст. н. е. до сьогодні). Плануються подальші дослідження характеристик давніх психосоматичних систем різних культур.

**Ключові слова:** критерії хронології, історія фізичної культури, психосоматичні системи.

**Елена Твердохлеб. Критерии хронологии истории психосоматических систем. Актуальность.** В предыдущих исследованиях установлено, что для квалификации систем и упражнений комплексной регуляции общего состояния организма человека средствами телесной и психической активности оптимальными являются термины «психосоматические системы» и «психосоматические упражнения», критерии хронологии истории которых являются малоисследованным звеном физической культуры. **Постановка проблемы.** Исходя из того, что психосоматические системы является составной общечеловеческой культуры, предполагается, что

хронология исторического развития психосоматических систем совпадает с периодизацией истории человечества, культуры, физической культуры. Установлено, что периодизация истории физической культуры человечества базируется на геологических, морфологических, социально-экономических, генетических, археологических и других принципах, которые определяют ее неоднозначно и требуют совершенствования. **Цель исследования** – определить оптимальные критерии хронологии истории психосоматических систем. **Методы исследования** – исторический и логико-теоретический анализ источников информации. **Результаты исследования.** Установлено, что принципы периодизации как общей истории человечества, так и ее составляющих, в частности физической культуры, основанные на ряде критериев, таких как постепенная морфологическая эволюция человечества, изменения в характере орудий труда, виды общественно-экономических отношений, наличие письменности, которые имеют ряд недостатков. Обнаружено базовый критерий общей хронологии истории физической культуры. Выводы. оптимальным базовым критерием хронологии истории психосоматических систем и физической культуры является период времени относительно границы, определяет два периода: I – до нашей эры (с ... до конца I в. до н. э.); II период – нашей эры (до начала I в. н. э. до современности). Планируются дальнейшие исследования характеристик древних психосоматических систем различных культур.

**Ключевые слова:** критерии хронологии, история физической культуры, психосоматические системы.

**Introduction.** The previous studies concluded that the terms «psychosomatic systems» and «psychosomatic exercises» are optimal for the qualification of systems and exercises used for general condition regulation by means of physical and psychic activity complex, they provide terminological consistency between branches of medicine, pedagogy, physical culture and sport [1].

The history of religious systems was studied by J. Bowker, M. Eliade, A. Menj, A. Fantalov, which, in their opinion, emerged and evolved along with humanity. The history of physical culture was investigated [2–6], I.K. Popescu, SM Filj, O. M. Khudolii, G.V. Malka and others. National history systems of Ukrainian psychophysical education – A. Tsiosj, E. Pristupa, V. Levkiv, V. Starkov, N. Dedeliuk and others. The general history of the psychosomatic systems development, as an integral part of human history, is a poorly researched branch of physical culture (O. Watseba). Based on the fact that psychosomatic systems are an integral part of human culture, it was assumed that the chronology of psychosomatic systems coincides with the periodization of the mankind history, general and physical culture.

The goal and the specific task of the article is to define the optimal criteria for the history chronology of the psychosomatic systems.

The methods of the research are historical, logical, and theoretical analysis of information sources.

Research results. Among the criteria of general history and culture chronology, origins of the writing, according to which history is divided into two periods: prehistoric and historical, take one of the central places. Our view is that in regard to psychosomatic systems, this chronological criterion is not optimal, since the limits of writing timeline are endless. Even nowadays there are ethnic groups who do not have a written language.

There are more than a dozen scientific theories based on the morphological principles of anthropogenesis (S.V. Smirnov). The most widespread is the one, that was formed in the middle of the 19th century. According to it the evolution of mankind began in the period from 4–2,5 million to 700–100 thousand years ago and had five stages, each of which corresponded to a certain type human-like primates: Australopithecus (4–1 million years ago); Pithecanthropus or Javanese man (800–500 thousand years ago); Synanthrop (460–230 thousand years ago); Neanderthal man (200–35 thousand years ago); Cro-Magnon or Homo sapiens (40 thousand years ago). According to modern studies, the theory of anthropogenesis has many inconsistencies of morphological, zoogeographical, geological, genetic and of general biological order: modern representatives of different races evolved from a single African genetic root [7]; South African Australopithecuses, the Javanese and Peking men and Neanderthals are not direct ancestors of the Homo sapiens; the chronological boundaries of the anthropogenesis go back 2800 million years ago, and the territorial boundaries extend to all inhabited continents [8].

According to the criteria based on changes in the nature of the working tools and physical type of people, the history of mankind is divided into stages: the Paleolithic or Stone Age (3–2 million – 10 thousand BC), which is divided in the early Paleolithic (3–2 million – 35 thousand BC), consisting of Dachshund (3 million – 500 thousand BC), Shelsk (500–300 thousand BC), Achilles (300–150 thousand BC) and Mousterian (150 – 40–35 thousand BC) era; Late Paleolithic (40 – 35 – 10 thousand BC), consisting of Origen era (40–30 thousand BC), Solutra (35–25 thousand BC) and Madelin (25–12 thousand BC); Mesolithic (10–5,000 BC), Neolithic or new Stone Age (8–3,000 BC), Chalcolithic or Bronze Age (4–

3,000 BC), bronze age (3–1000 BC), iron age (from 1 thousand BC) [9]. Modern studies deny, the above mentioned dates of the beginning of human labor, dating it 2800 million years ago [8], as well as the boundaries of the history of mankind stages – some of its representatives still use stone tools of labor.

According to the Marxist periodization of labor means ownership, the history of mankind is divided: on the primitive communal system (the collective usage of labor means), the slavery (formed between 4–3 thousand BC), feudal (arose in 5 – 9 centuries. ), capitalistic (originated in the 14th–15th centuries), socialistic, and so on. The periodization, guided by the production activity, offered by Henry Morgan in 1877, divides the primitive era into: the stage of hunting, farming and animal husbandry, periods of savagery, barbarism and civilization. Based on the fact, that today there are still various social activities such as hunting, agriculture and cattle breeding, in our opinion, the criteria of ownership forms for labor and production activities do not suit the general chronology of the physical culture history. The specialists [1–6 and others] distinguish the history of physical culture in periods based on three principles: the theory of the humanity evolution by Charles Darwin, the nature of the labor instruments and the types of socio-economic relations.

The forms of physical culture in [3] are determined by the form of social and economic relations, and the subject of the physical culture history are general laws of the emergence and development of physical culture and sports at various stages of the existence of human society, means, forms and methods, ideas, theories and systems of physical culture, education, training, preparation for work and military activities. In the primitive society, the consciousness and spiritual world of the ancient people, in his opinion, played an important role. Before hunting or military activities, certain magical movements were performed. Religious ceremonies, games, initiations (transition from one age group to another or accepting members to the community), dances accompanied by music and choral singing from the people of the north (4–2,000 BC) Greece and Rome (3 – 2 thousand BC), the Scythians (7 – 1 centuries BC) were widely practiced; in the Middle Ages, yoga in India, in China – wushu, Japan – samurai busido, sumo, jiu-jitsu, karate, kendo; in America (12th–15th centuries) – religious ceremonies, ritual dances, acrobatic exercises and competitions, in Africa – dances with the sounds of tamtas.

According to [4], physical culture as a specific sphere of social activity was formed in ... 80000 – 800 BC, and its image in fine art began to form with the cult servings of Sumer (New Year ritual competitions in honor of God Marduk 4 Thousand BC) and Ancient Egypt (relief of Pharaoh Djoser running, around 3,000 BC), although it leads to earlier cult images of Europe from the caves of Troyes Frer 15,000 BC. e. and Pes–Merl 20 –15000 BCE. e., on bronze vessels from Kuffner 6 thousand BC and Vas 5,000 BC. He presents the history of physical culture dating from 150,000 BC and notes that in 40000 BC magical rituals were practiced. In the Mesolithic and Neolithic period (8000 – 3000 BC), yoga dance and meditation based on beliefs related to fertility are put forward in the foreground, and the attention of the initiation ceremonies is focused on the forms of movements in combat training. Martial arts served as a forces and foresight test before the fight, symbolized the invincibility and the physical power of the community heroes. The one–on–one challenge with the rival served as the same goal. During the development of the patriarchal society, preparations were made for the ceremony of warriors consecration. There were permanent ritual centers, and the tribal communities conducted the ceremony of initiation and election of the tribal leader. In the era of transition from the primitive to the class society, arose an aesthetic ideal of the hero, who possessed supernatural physical and spiritual forces. He fought with other forces and got the mystery of these forces for humanity usage (Gilgamesh of the Babylonians, Osiris of the Egyptians, Great Yu of the Chinese, Hercules in Greeks, Siegfried of the Germans, Ceshar in the Tibetans, Rustem in Persians). In the period of 4 thousand BC – 476 AD the content of physical education was characterized by the dense interweaving motives of movements with magic, mysticism, religion, medicine, education, military and other functions. From 3 thousand BC in India yoga exercises that were based on the traditions of rational magic were cultivated. It evolved into a mysterious system of movements, the highest levels of which were only available to the consecrated. In the 2nd c. B.C. yoga exercises were used in balneotherapy, and mental concentration exercises – in the professional–applied training of doctors, military men, and arts. In 3 thousand BC in China, a kung fu system was formed, which included medical and combat exercises, gymnastics, massage, dancing, pantomime. Starting from the 6th century B.C. Daoist schools practiced nei kung – passive movements in a turkish sitting position, tao chin – active movements along with respiratory therapies that cured disease and weakness, developed strength and strength, kung tzu – therapeutic gymnastics, which was based on stretching and relaxing exercises and the principles of balancing the pair of

oppositions, which was developed by the Daoist doctor Hua Te on the basis of animals and birds observations. In 2 thousand BC on Crete island public ceremonies, initiations, ritual dances, acrobatic exercises and jumps around the bull were cultivated. The history of physical culture is presented by the author in fragments: 4 thousand BC – 476 AD – Mesopotamia, Egypt, India, China; 2 thousand BC – 6th c. AD – Ancient Greece; 8 cent. B.C. – 476 AD – Ancient Rome; 5 – 18 centuries. – Europe; 3 – 17 centuries. – India, China, Japan, America (Aztecs, Maya, Inca); 18th – 20th centuries – world history of modern times; since 1917 – the new era.

The chronology of the physical culture history according to such criteria as gradual morphological evolution of mankind, changes in the nature of the labor tools, types of socio-economic relations and the availability of writing, do not cover the general psychosomatic systems. According to the statements of physical culture historians, it is given a place in the time interval from the prehistoric period to the Middle Ages. In the later times they are mentioned in connection with the "primitive" tribes of our time. Magical movements and rituals refer to "primitive times", although they are still practiced. In ancient times, as well as today, the techniques of psychosomatic systems of religion, yoga, qigong, oriental martial arts and others are still practiced.

**Conclusions and prospects for further research.** The study found that chronology, as a general history of mankind, and its component in the field of physical culture, is based on a number of criteria, such as the gradual morphological evolution of mankind, changes in the nature of tools, types of socio-economic relations, the availability of writing, which are not perfect for its description. The optimal basic criterion for the chronology of the psychosomatic systems and physical culture history is the time classification that determines two periods: the period – before our era (... up to the end of 1 century BC); II period – our era (from the beginning of 1st century AD to the present). We plan to conduct further researches on the characteristics of ancient psychosomatic systems of different cultures.

#### References

1. Tverdokhlib, O. (2007). Doslidzhennya ponyatiynoho polya psykhosomatychnykh vprav v haluzi fizychnoho vykhovannya i sportu [Research of the psychosomatic exercises conceptual field in the field of Physical Education and Sports]. *Teoriya i metodyka fiz. vykhovannya i sportu*, no. 2, 35–39.
2. Ponomarev, N. Y. (1970). Voznyknovenye y pervonachal'noe razvytye fizycheskoho vospytannya [The creation and original evolution of physical education]. M.: Fyzkul'tura y sport, 248.
3. Stolbov, V. V. (1983). Ystoryya fizycheskoy kul'tury y sporta [The history of physical culture and sports ]: ucheb. dlya yn-tov fiz. kul't. M.: Fyzkul'tura y sport, 359.
4. Kun, L. (1982) Vseobshchaya ystoryya fizycheskoy kul'tury y sporta / Pod. obshch. red. V.V. Stolbova; per. s venh. Y. P. Aboymova. M.: Raduha, 398 s.
5. Zeigler, F. (1975). Historical foundation: social and educational. A history of physical education and sport in the United States and Canada (Selected topics). USA: Stipes Publishing Company. 11–27.
6. Tsos, A. V. Rozvytok fizychnoho vykhovannya na terytoriyi Ukrayiny z naydavnishykh chasiv do pochatku XIX st.: dy. ... dok. nauk z fiz. vykhovannya i sportu. [The development of the physical education on the territory of Ukraine from the foundations to the end of the 19th century]. Luts'k, 427.
7. Spencer, Wells. (2017). The Journey of Man: A Genetic Odyssey With a new preface by the author. USA: Princeton University Press, 240.
8. Cremona, M. A., Thompson, R. L. (1998). Forbidden Archeology: The Hidden History of the Human Race. 2nd ed. San Diego: Bhaktivedanta Book Publishing, 914.
9. Borodulin, V. I. and others. (1999). Novy ylyustryrovanny entsyklopedycheskyy slovar' [New Illustrated Encyclopedic Dictionary]. Pod red. V.Y. Borodulya y dr. M.: Nauch. yzd-vo «Bol'shaya Rossyyskaya entsyklopedyya», 911.

Received: 21.04.2018.