

Characteristics of Psychological Sphere of Pupils of Secondary School Age

National University of Physical Education and Sport of Ukraine (Kyiv)

Analysis of the Latest Studies and Published Works. In conditions of modern social and economic transformations, high demands are made to human personality. It concerns person's ability to independently make vital choices and reach the defined aims. Juvenile age is named transitional. It is related because in this period there occurs a transition from childhood to youth, transition from immaturity to maturity. This characteristic appears in physical, moral, psychical, social and spiritual aspects. Often there are a lot of conflicts at juvenile period with classmates and teachers. The pupils of a secondary school cannot manage with own opinions and emotions. It is a very difficult, problematic and important period in life of everybody. These and other reasons cause special interest to this topic.

Objective of the Study. The purpose of our research was to describe the basic features of development of psychological sphere of teenagers from information of scientifically-methodical literature.

Research methods: analysis and generalization of literary sources.

Presentation of the Main Material of the Study. Discussion. Juvenile age is a period of changes and alterations of all systems and functions of a human organism. At this time there are not only physiology and functional changes, but also attitude changes toward the surrounding world and changes by self. Occurring processes develop self-knowledge and self-determination. And it causes conclusive choice of vital position. Also it is necessary to underline that at juvenile age the process of formation of personality is not completed. All this period is time of adjustment alteration of psychological structures that appeared before and origin of new that only begin the further way of the development with this moment. However, in this time will be leading not age-old conformities to law, but those, that related with human psyches in the individual forming.

Crisis of character in transition from one stage of personality the second one is conditioned by that necessities and aspirations that arise up for a subject in connection with formation of new psychological structures meet barriers on the way, and remaining unrealized.

The crisis of adolescence is longer and sharper. The main reason of this fact is high speed of physical and mental development of teenagers. There are many actual necessities in secondary school. These problems cannot be satisfied in turn in the conditions of insufficient social maturity of schoolchildren of this age period.

Thus, deprivation needs expressed much stronger in this critical period. And it is very difficult to overcome. This is due to the lack of synchronicity in the physical, mental and social development of adolescents [1].

The crisis of adolescence differs in one very significant respect. Pupils of secondary school age are derivate of necessities which are related mainly to the external barriers (for example prohibition of adults); internal factors played not less role by in the crisis of teens: the prohibitions imposed by a teenager on itself, psychological new formations are formed before (habits, character traits) that often prevent a teenager from obtaining a desirable result. External conditions influence a lot, especially necessity to remain dependent upon adults when already there was a desire to occupy other, more mature social status that releases from permanent external control in turn gives an opportunity to a teenager to independently solve problems, but they do not prevail [2]. In this period relations between family members and with class-mates and teachers become especially important.

By the same character, the in itself factor of the biological ripening does not decide exceptionally. It is impossible to refute circumstance that alteration of organism, and including somatic changes, does not relate to teens. Researches testify that physiology changes that take place in this period promote emotional excitability of teenager, his impulsiveness, mental instability, and the rapid maturing strengthens feeling of the «adulthood» with all next consequences [7].

Incompetent are all theories of teens that try to explain psychology of a teenager, going only out external, in relation to psychical development of factors. In fact, the factors of biological and social order do not determine directly the development: they join actually in the process of development, becoming the internal components of psychological new formations, that is produced in an organism. A. Leontyev justly asserted that no development is shown out directly from that folds his making only. Development, according to his point of view, is needed to be investigates as a process of «self-motion», in that him «...making come forward as him own moments that is transformed in him» [6, 172–173]. Accordingly, new formations that arose up

already begin to come forward in quality of internal factors of development. Through them influences, a subject yields that and, in accordance with these influences, that is integrated with his consciousness, are transformed, internal position, behavior and further motion of forming of personality of object, is determined.

From this point of view, none of theories of teens (as known they it exists enough) can be built on the basis of account only one factor. Teens, according to the theory of L.Vygotskiy [3; 4], cannot be overcome by one formula. Internal motive forces and contradictions peculiar to this stage of psychical development must be studied for this purpose. Also must be analyzed a central new formation, that performs the unifying duty and allows to understand all complex of symptoms of teens, nature of crisis that here takes place and his phenomenology.

The crisis of adolescence flows more easily, if during a school age will permanent personality interests or some proof reasons of behavior relatively. Personal interests are characterized by their resistance, as opposed to episodic interests. Such cognitive interests, aesthetic necessities, going in for sports and other. Satisfaction of such necessities is related to the active search of the article of their pleasure. It pushes a teenager to setting new aims that have a long-term character. Knowledge of this fact is difficult to be over-estimated. Psychological researches of the last time convincingly testify that role of formation of firmness of personality and her self-regulation the orientation of object has on remote aims [8].

K. Levin paid attention to the decision value of perspective aims for the psychological structure of behavior of subject [5]. He proved that aim is put before itself by a man, intentions that he accepts are original necessities («quasi-need») that after force and dynamic descriptions does not differ from other necessities in him authentic studies. And what wider is «vital space», in what included individual, more ponderable value is acquired those by remote aims. The valued orientations of subject on future long-term aims subordinate to the soba intermediate aims and behavior, emotions and morale of subject, is determined the same.

Intercessory integration and motion intercommunications get better at juvenile age, it is formed a capacity for perception and analysis of motions, presence of characters of dynamic, sentinel and spatial descriptions of own body and his different parts in difficult cooperation and understanding of decision of motive task. The varieties of coordinating capabilities have an original age-old dynamics of biological development. However, the highest rates of their natural development are on puberty period. Numerous scientific researchers showed that at the age of 14–15 are formed the dynamic stereotypes in a motive analyzer arrived at high perfection, an orientation maximally develops in space, attention feeling, capacity perception of space and analysis of the muscular feeling during changes the support area. Ability to consciously coordinate the muscular reductions in a number of cases for teenagers is near the similar reactions of adults. Motive reaction and the hidden time approach these indexes [2].

In the moment of especially sharp changes for teenagers the expressed anxiety, increasing level of anxiety are observed. Trying to get rid from this anxiety, splash out it outside, they often enter into conflicts, collective fights. This explains an increase propensity of teenagers to visiting noisy concerts, doing drugs and drinking alcohol.

Next to the psychical violations conditioned exceptionally by hormonal influence, for teenagers observed and deeply psychological, personality changes that are unconnected with alteration of the endocrine system. Here basic from them:

- forming new consciousness with an increase self-respect, own possibilities and capabilities;
- development and realization of high feelings of friendship;
- alteration of previous relationships with wider public and attitude towards himself, formation of own vital position from which a teenager starts his independent life.

Formation of sense of the grown man is basic new formation of teens. A social situation does not change when a teenager matures. He however remains a student, parents have him on maintenance. A student is deprived some rights and freedoms sometimes. Therefore many solicitations result in insuperable difficulties, included in a conflict with the real life. Principal psychological reason of crisis of teens is covered exactly here.

Studies remain a leading activity of teenagers. The main reasons of this activity changes. If a teenager arrives at high results in studies he gains authority among yearlings.

Behavior of teenagers on the essence is collectively-group. Intermingling with the persons of the yearlings gives the very important specific channel of information, from that teenagers know many necessary things that is not reported to the adults. Communication of teenagers is a specific type of relations between them. A group game and other types of compatible activity produce necessary pre-conditions of social group, ability to submit to collective discipline and in the same time to defend the rights, correlate the personal interests with public. It also specific type of emotional contact. Realization of group belonging, solidarity, companionable mutual help, but not only facilitates to the teenager to purchase independence but also gives important sense of emotional prosperity and firmness.

There is forming of world view in teenagers' minds, a teenager studies analyzes and draws conclusions independently. However, next to its put in such period unsteady mentally, they have frequent changes of mood, increase sensitiveness to the problems and insufficient attention to stranger. Teenagers feel adults, but in actual fact they are not adult yet, and aspiration to show the adulthood induces them to carry out impertinent acts [3].

The volume of memory, concentration of arbitrary attention, broadens in teens, there is a process of the psychical growing up. Connection is educed between motive possibilities of children and teenagers and data of their intellectual development.

All functional changes are a result on psychical mental instability of teenager (excitability, «explosive» reaction on a remark), frequent conflicts with parents and teachers. In that case becomes obvious that presence for the teenager of proof personality interests does him purposeful and, accordingly, more collected and organized inwardly. He obtains freedom. Not without reason L. Vyghotskiyy [3,4], objecting the look accepted in psychology, asserted that a teenager is characterized by the not weakness of will, but weakness of aims. Only correct healthy mode, quiet atmosphere, proof program of employments, physical culture and sport, extracurricular work, goodwill and understanding, interesting from the side of adults are basic terms in order that transitional age passed without development of functional disorders and complications related to them in life of child.

Conclusions From the Given Research. Thus, analyzing research of leading psychologists and teachers that engaged in research of age-old features of psychical and physical development, we came to the conclusion, that teens are one of the most contradictory periods in ontogenesis of man. All scientific schools acknowledge teens sensitive for self-development and self-actualization of students of basic school.

In this period the rapid developing of internal organs and systems not always coincides with the rates of psychological and intellectual development. It becomes reason of many difficulties with that on the way a teenager clashes in the process of educational activity. One of main terms that will help to settle these contradictions is the correct organization of educational process, help and support from of teachers and adults and sufficient motive activity.

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Annotation

In the article the author analyses the main aspects concerning peculiarity of psychological development of teenagers. The author stresses out the peculiarities of psychological sphere of teenagers and influence of practicing physical culture and sport on intellectual and physical development of pupils of a secondary school.

Key words: *teenager, pupils of secondary school, psychological sphere.*

Вікторія Кириченко. Характеристика психологічної сфери учнів середнього шкільного віку. У статті проаналізовано основні аспекти, які стосуються особливостей психічного розвитку підлітків. Увагу акцентовано на особливостях психічної сфери підлітків і впливу занять фізичною культурою та спортом на інтелектуальний і фізичний розвиток учнів основної школи.

Ключові слова: *підлітки, учні основної школи, психологічна сфера.*

Виктория Кириченко. Характеристика психологической сферы учеников среднего школьного возраста. В статье анализируются основные аспекты, которые касаются особенностей психического развития подростков. Акцентируется внимание на особенностях психической сферы подростков и влияния занятий физической культурой и спортом на интеллектуальное и физическое развитие учащихся основной школы.

Ключевые слова: *подростки, учащиеся основной школы, психологическая сфера.*