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Dynamics Of A Functional State Of Players With Oligophrenia In Conditions Of Sports Competitions.

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ABSTRACT

Active muscular activity strongly stimulates the body and heals it at any stage of ontogenesis. Matches on football are an excellent opportunity for health and socializing impact on children and adolescents. They are able to attract participants of a wide range, including those belonging to the category of "having health problems". On the basis of the Russian State Social University in Moscow, Russia, an assessment was made of 32 children (8-10 years old) with a slight degree of oligophrenia before and after their participation in the football match with spectators. As a result of the questionnaire, the dynamics of three important components of the psychoemotional state of a person was elucidated. The state of health of the examinees against the background before the match with the audience increased to a level of 59.3 ± 0.22 points, indicating its improvement. In this case, young players also increased their activity to 49.6 ± 0.32 points. Apparently, this is due to the successful completion of the football match and the termination of young athletes of a period of intense excitement. Athletes also found a positive dynamics of emotional state towards the end of the football match. This can be explained by the fact of the performance of young athletes and a high degree of their satisfaction with the match.

Keywords: oligophrenia, football, competitions, athletes, psychoemotional state.

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INTRODUCTION

It is recognized that active muscular activity is able to exert a pronounced tonic effect on the musculoskeletal system, nervous and endocrine regulation, and blood [1,2]. This is noted in a healthy organism and an organism having a pathology [3,4]. Active motor activity in the framework of sporting events and sporting events is found to help people with disabilities improve the level of adaptation to the external environment and the degree of adherence to a healthy lifestyle [5]. Regular participation of people with disabilities in competitions of various levels allows them to reveal their talents on sports grounds, demonstrate them to others and prove to themselves the possibility of achieving high results in sports [6].

In this respect, football matches are an excellent opportunity for health and socializing impact on children and adolescents. They are able to attract participants of a wide range, including those belonging to the category of "people with disabilities". Unfortunately, at present in the Russian regions, football has not yet received a proper popularity among children and adolescents with signs of oligophrenia. In regional centers, competitive practice in football in the category of "persons with intellectual disabilities" needs more attention from local self-government bodies [7].

One of the important factors that stimulate young football players with easy oligophrenia to regular sports activities are public competitions that have a strong positive impact on the psychoemotional state of the child [8,9]. With participation in a football match held in the presence of spectators, there are important features characteristic of the competition: preparation for the performance, excitement before the performance, the attention of the spectators [10]. Children with mild oligophrenia are well aware that they need to demonstrate their craftsmanship with the ball in this event, since they are attracted to the attention of the audience. The emerging situation forms in these children the excitement before the match, similar to the "pre-start fever" in the competition. This confirmed the need for their survey in order to identify the degree of unrest before the sporting event and awareness of the level of responsibility for the functions assigned to them in the football team.

Purpose: to find out through the questionnaire the psycho-emotional mood of athletes with oligophrenia to a football match in the presence of spectators.

MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2017 (protocol No. 9). The study was conducted on the basis of the Russian State Social University in Moscow, Russia. An assessment of the psychoemotional state of 32 children (8-10 years old) was conducted with a slight degree of oligophrenia before and after their participation in the football match with spectators by questioning with recording their well-being, activity and mood. The results of the questionnaire were summarized in a table and processed by the mean value method (the calculations were performed using the standard Microsoft Excel for Windows software package).

RESULTS AND DISCUSSION

The results of the survey are reflected in Table 1.

Table 1: Indicators of the psychoemotional state of athletes with soccer players with slight oligophrenia

Indicators	State of health, M±m	Activity, M±m	Mood, M±m
beforematch, points	52.6±0.27	41.0±0.39	45.3±0.37
after the match, points	59.3±0.22 p<0.05	49.6±0.32 p<0.05	58.2±0.45 p<0.01

Legend: p - reliability of differences in indicators before and after the match.

As a result of the questionnaire, the dynamics of three important components of the psychoemotional state of a person was elucidated. The state of health before the match with spectators: the

average value was 52.6 ± 0.27 points, after 59.3 ± 0.22 points. The results allowed to state that after the performance at young athletes the state of health improved. At the same time, their activity also increased from 41.0 ± 0.39 points to 49.6 ± 0.32 points, which significantly exceeded the initial level and indicated an increase in the level of their activity. Apparently, this is due to the successful completion of the football match and the termination of young athletes of a period of intense excitement. This was also accompanied by an improvement in mood. Before the performance, the average value of this indicator was 45.3 ± 0.37 points, after 58.2 ± 0.45 points, which also indicated a positive dynamics of the athletes' emotional state towards the end of the football match. This situation can be explained by the fact that the young athletes experienced an improvement in mood due to the positive dynamics of their emotional background as a result of the success of the performances, their high degree of satisfaction, the completeness of the solution of the tasks assigned to the match and the absence of injuries.

CONCLUSION

Active muscular activity strongly stimulates the body [11,12] and heals it [13] at any stage of ontogenesis [14,15]. The data obtained indicate a pronounced positive dynamics of the psychoemotional state of players with a slight degree of oligophrenia during the competition. It becomes clear that after participating in competitions, the well-being of young athletes with mild oligophrenia improves. This is evident from the dynamics of this indicator, estimated in points. A significant increase in activity and mood are associated with the successful completion of the match in front of a broad audience and removing the impact of responsibility for the upcoming event. Also of great importance is the encouragement of young athletes in the form of sweet prizes.

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