

Emotional-Volume States of Students with Different Degrees of Scoliosis

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Abstract: *The article discusses the emotional-volitional states of students with different degrees of scoliosis, the fact that students with scoliosis experience emotional maladjustment, high-level anxiety manifestations that emphasize the need to satisfy this need, and changes in mental state.*

Keywords: *will, physical, movement, exercise, scoliosis, emotional, mental, disease.*

Introduction.

When a person perceives various things and phenomena in the external environment, he is never completely indifferent to them. The process of reflection of a person is always active. The process of reflection includes the following: a) the ability of a person to satisfy a need; b) participation as a subject in objects that help or oppose satisfaction; c) attitudes that motivate him to seek knowledge, etc. Because when a person perceives and reflects various things around him, he has a certain attitude towards these things. For example, if we like some things, that is, they lift our mood, other things do not like and spoil our mood and make our heart sad. A person likes some food very much, and does not like other food at all, or some people are pleasant to us, or other people are unpleasant. In general, a person has an attitude towards all things around him, and his attitudes are also reflected. It is known that, in addition to the characteristic clinical manifestations inherent in each disease, any disease has a certain negative impact on the mental state of a person. It is assumed that when organizing corrective measures, it is necessary to analyze not only the physical and functional state of the subject, but also his individual and personal characteristics.

Materials.

A number of authors have found that the disease "scoliosis" also has a negative impact on the psychological state of individuals with disorders of the musculoskeletal system. Shyness, modesty, timidity and dependence on authority, a high level of anxiety and depressed mood are characteristic of people with spinal diseases. In addition, a number of studies show that the characteristic features of people with spinal disorders are passivity, inactivity, a desire for peace, interest in rational things. Dependence on the opinions of others, sensitivity, vulnerability, selfish tendencies, avoidance of serious obligations and responsibility, as well as self-centeredness, desire for pleasure, are noted. Some studies show that students with scoliosis have a decrease in academic performance in academic subjects, as well as changes in psychophysiological characteristics - a decrease in the dynamics of nervous processes, lower attention compared to peers without health problems.

Research and methods.

It has been established that, depending on the severity and structure of the disease, the disease "scoliosis" can affect cognitive processes and personality traits. Students with scoliosis experience emotional maladjustment, which is characterized by high levels of anxiety manifestations with an emphasis on meeting needs, mood swings, and a low ability to plan and control their behavior. People with scoliosis have social impairment, which manifests itself in the imagination as an opportunity to overcome mental problems and seek help from outside. Such psycho-emotional problems were not identified in girls

without health problems. They perceive the future positively, are pronounced extroverts, they have high activity and openness to communication.

From the point of view of assessing the quality of life, the noted personal characteristics negatively affect human life. The problems are that psychosomatics is currently not given enough attention, and in terms of interest in systematic scientific developments, individuals with scoliosis, their psychological characteristics, are the subject of scientific research not as often as they would like. Mental health was considered in a separate context, not associated with the concept of "psychosomatics". Similarly, the issues of physical health of individuals with diseases of the musculoskeletal system were also considered. Individual components of physical condition were assessed - weight-speed indicators, physical fitness, physical performance, functional state. Programs, methodological developments created for the physical education of students of a special medical group were based only on the physical component, without taking into account the changes in the psychological state and psycho-emotional state in the dynamics of corrective measures. The effectiveness of these programs was assessed by individual and personal in the dynamics of the experiment was not carried out in terms of taking into account changes in characteristics. Nevertheless, when studying a person, it is necessary to consider him comprehensively in the context of the physical, functional and psychological components of the individual. When organizing the educational process, physical education means should be used taking into account the interests of the individual, their need for physical activity, their level of health, and psychological aspects. The created methodology should include the selection of the necessary means and methods that will help develop the personal and motor components of the educational process, including interest in physical education and sports, the activation of students in classes on such a subject as "physical culture", the formation of knowledge and skills in the field of self-defense.

Consequently, in order to develop complex exercises for correcting the physical condition of individuals with structural and functional disorders of the spine, it is necessary to study and analyze their individual psychological characteristics in order to successfully and effectively solve the problems facing the teacher working with these students.

Results.

Many studies have been devoted to the sphere of interest of university students, in particular, to the attitude of students to participation in physical education classes. The professional training of students, their values and interests have been studied, the influence of external and internal factors on the motivational sphere has been determined, the motives for the formation of certain directions of students have been identified. If we comment on the results of the professional sphere of students with functional disorders of the spine, the researchers highlight problematic points, emphasizing that the main aspect is the low level of need for motor activity. Having identified the reasons for this fact, namely the decrease in physical activity, the researchers highlight the main reasons: in various ways of organizing physical education among this category of students, failure to take into account the interest of students in engaging in certain types of physical activity, failure to pay attention to individual morphofunctional characteristics and individual psychological characteristics of students, depending on the material and technical base.

Discussion.

Thus, physical education programs for students of special medical groups should be developed on the basis of traditional and active forms of activity, combining intellectual and motor activity. Improvement of health indicators, expansion of motor experience, interest in independent physical exercises and the formation of the need for systematic physical activity were noted in the experiments of the authors, who formulated physical education programs taking into account the interests and needs of students, their desire to engage in certain types of physical activity. In the process of such studies, the number of

positive changes in the cognitive sphere increased, students' desire to acquire knowledge in the field of physical education and sports increased. The use of innovative methods helped to increase the physical activity of students themselves, only the number of students who were engaged in physical education decreased, therefore, the number of those engaged in physical education, including in various directions, is increasing, and the number of those who are not engaged at all is decreasing. There is an understanding that each person is responsible for his own health. Students with functional disorders of the spine focus on self-improvement and communication, self-awareness through physical education and sports activities, and the number of young people who are unable to plan and adjust their goals decreases [20].

Conclusion.

Studies on the assessment of the health of people with scoliosis show that the targeted use of physical education not only has a positive effect on the biological basis of adaptation (physical development, physical qualities, functional state of the cardiovascular system, psychophysiological processes), but also activates the process of their social adaptation (during the socio-psychological process), the use of physical movements increases the level of activity in educational activities. The success of physical education classes is associated with high physical activity of young people, and as noted in a number of studies, the constant activity of the teacher in this direction is necessary. Undoubtedly, the formation of a student's readiness for physical education and health activities requires, in addition to attracting them to this process and forming a training component, offering a wide range of physical education and health programs. This includes knowledge in the field of a healthy lifestyle, rational nutrition, physiology and sports training, as well as

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