

ABSTRACT

of the dissertation work of Suleeva Karina Madijevna "Formation of tolerance of school-age children to emotional stress in conditions of competitive activity", submitted for the degree of Doctor of Philosophy (PhD) in the educational program "8D01101 - Pedagogy and Psychology"

The relevance of research. In modern Kazakhstan society, as well as in the whole the world, the requirements for the preparation and education of school-age children are increasing every year due to changing environmental conditions. According to the "Concept for the Development of Education in the Republic of Kazakhstan until 2025", schoolchildren are covered not only by compulsory secondary school education, but also by additional education. Since 2021, the norm of placing a state educational order for additional education of children by local executive bodies has been legislatively fixed. At the moment, based on the Open NLA Egov 64% of school-age children (2.211.595 people) study in additional education organizations, one of which are sports schools of various directions. The main tasks of children's and youth sports schools are health promotion, development of physical qualities, training of motor skills and abilities, development of mass sports and preparation of sports reserves of the country from among young pupils. The implementation of these tasks is possible under the condition of creating a favorable psychological support for children, since, firstly, the very specificity of sports activity implies the presence of a psychological load caused by the training and competitive processes, and secondly, training takes place in the conditions of modernization of school and additional education, the emergence of new trends, living in conditions of constant urban and school stress, environmental influences, etc.

In addition, if we turn to the history of the development of sports activities, it becomes obvious that sport is unthinkable without competitive activities, because competitions were originated and then there was preparation for them, that is the training process. In turn, modern sport, and especially sport of the highest achievements, is unthinkable without the maximum volume and intensity of loads, intense sports struggle, intense rivalry, constant experiences of success or failure, i.e. all that constitutes the concept of "stress".

The word "stress" is now known to everyone. The problems of emotional stress occupy a special place in the practice of training, education and education of highly qualified athletes, since at present the position that the situation of high-ranking competitions, even for an experienced athlete, is stressful, and the competitions themselves are a constant source of emotional stress, has become an axiom.

The current trend in sports is toward rejuvenation in many sports. Major competitions involve teenagers who are not mentally mature and stable, which also contributes to emotional stress.

Analysis of the results (V.N. Platonov, 2015; N. Prasad, 2003) of competitive activity shows that school-age children cannot fully realize their potential, because one of the decisive factors for achieving success in competitive activity with

relatively equal levels of preparedness is the ability to withstand emotional stress in the conditions of competitive activity.

In addition, sport is a factor in the socialization of the individual. In the process of sports competitions create such social values as sports victory, the prestige of a certain community of people, the spectacle, and so on. In a sporting competition, each of the athletes, each of the teams reflects the hopes of both the collective and the country. This also becomes an additional source of emotional stress.

On this basis, within the framework of training in the organizations of additional education there is a need to find such a tool, which would allow school-age children not only to resist emotional stress, but also to act effectively under its impact in the conditions of competitive activity, because competitive activity is the main specificity of sports activity in general. Such a tool, in our opinion, can be such a quality as tolerance.

This indicates that within the framework of psychological support of school-age children in the organizations of additional education of great importance is focused formation of tolerance of school-age children to emotional stress in the conditions of competitive activity, which negatively affects not only the result, but also their mental state

The relevance of this problem is determined by reasons of both practical and theoretical nature.

At the moment psychology and, in particular, sports psychology has sufficiently fully studied phenomenology and sequence of mental functioning of athletes under extreme conditions, which is presented in the works of L. D. Giessen, B.A. Vyatkin, J.B. Cretti, V.R. Malkin, P.M. Naidiffer, V.N. Platonov, A.V. Rodionov, V.F. Sopov, R.M. Shagiev and others), but the theory of tolerance to emotional stress in conditions of competitive activity remains understudied.

The study of the problem of tolerance to emotional stress in the works of L.M.Abolin, P.B.Zilberman, M.I.Diachenko, V.A.Ponomarenko and others revealed, that many researchers understand it differently, due to the lack of a unified theory of stress. Other properties and qualities of the personality, influencing counteraction to stress factors of competitive activity require study.

The analysis of scientific, educational and special literature allowed us to formulate the following **contradictions**:

- between the high emotional and physical tension of school-age children in the conditions of competitive activity and the complexity of realization of their preparedness;

- between the need to form school-age children's tolerance to emotional stress in the conditions of competitive activity and the lack of scientific and methodological developments to solve this problem.

The resolution of these **contradictions** determined the research **problem**, the essence of which is to substantiate, develop and experimentally verify such a pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity, which would contribute to the achievement of the set results.

The object of the research: educational and training process of training children of school age.

The subject of the research: formation of tolerance of school-age children to emotional stress in the conditions of competitive activity.

The aim of the research: theoretical substantiation, development of a pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity and its experimental approbation.

The hypothesis of the research: if we develop and implement in the educational and training process a pedagogical system of forming tolerance of school-age children to emotional stress in the conditions of competitive activity, it will contribute to the increase of their tolerance level, as they will have individual and psychological features of personality that meet the conditions of competitive activity of school-age children and ensure the achievement of the necessary result.

The research objectives:

1. To analyze the problem of tolerance, to reveal the essence of tolerance of school-age children to emotional stress in the conditions of competitive activity.

2. To design a theoretical model of tolerance to emotional stress in the conditions of competitive activity.

3. To develop a pedagogical system of forming tolerance of school-age children to emotional stress in the conditions of competitive activity.

4. Experimentally verify the effectiveness of the pedagogical system of formation of tolerance of school-age children to emotional stress in a competitive activity.

The leading idea of the research lies in the fact that the developed model of tolerance to emotional stress and the pedagogical system of formation of school-age children tolerance to emotional stress in the conditions of competitive activity will contribute to the effective implementation of young athletes in competitions, thereby increasing the effectiveness of performances in tournaments of various levels.

The methodological basis of the research is:

- philosophical approaches to the study of tolerance (M.M. Bakhtin, N.A. Berdyaev, V.C. Bibler, P.R. Valitova, A.A. Huseynov, V.M. Zolotukhin, V.A. Lektorsky, A.V. Loginov, F. Losano, M.K. Mamardashvili, P. Nicholson, F.T. Mikhailov, E.V. Magomedova, A.V. Pertsev, V.A. Petritsky, J. Rowles, M.S. Stetskevich, M. Wolzer, K. Wayne, E.S. Cherepanova);

- political aspects of tolerance (M. Gandhi, A. Gzhegorchik, A.A. Derkach, M.L. King, M.S. Kagan, M.P. Mchedlov, A.D. Sakharov, V.A. Tishkov, M. Zh. Abdildin, A.N. Nysanbaev, S. Yu. Kolchigin, T. Kh.);

- psychological aspects of personality methodology (L.S. Vygotsky, L.S. Rubinshtein, A.N., A.G. Asmolov, G.U. Soldatova, L.A. Shaigerova, O.D. Sharova);

- psychological and pedagogical aspects of the formation of tolerance (I.V. Abakumova, Sh.A. Amonashvili, A.A. Baranov, V.V. Boyko, E.G. Vinogradova,

M.M. Eszhanova, Z.T. Gasanov, B.S. Gershunsky, D.V. Lepeshev, E. Kalymbetova, D.M. Mallaev, R.T. Mambetova, E.V. Chudnovsky, V.V. Shalim);

- the general concept of tolerance (A.G. Asmolov, G.L. Bardier);

- the concept of the formation of tolerance of schoolchildren and students of secondary educational institutions (M.N. Ashirbagina, A.M. Baibakov, A.N. Zyatkov, Zh.A. Karmanova, L.L. Makova, E.A. Pastukhova, L.P. Shustova, R.I. Khuzin);

- the concept of the formation of tolerance among university students (V.G. Gimaliev, O.V. Zhelnovich, H.N. Zherdeva, N.Yu. Kudzieva, A.O. Nasledova, L.F. Surzhikova);

- the concept of tolerance formation in professional physical education (L.G. Balanovskaya, A.M. Valeev, Yu.M. Vinnik, A.M. Guryanov, T.A. Prigorovskaya);

- the theory of the integrity of the pedagogical process (K.M. Aryngazin, Yu.K. Babansky, M.A. Danilov, V.S. Ilyin, I.F. Isaev, S.T. Kargin, V.M. Korotov, V. V. Kraevsky, B. T. Likhachev, A. I. Pidkasisty, V. A. Slastenin, E. N. Shiyanov, N. D. Khmel);

- the concept of the formation of pedagogical tolerance of future teachers (P.F. Komogorov, N.O. Lipatova, G.A. Lopushnyan, M.A. Perepelitsina);

- the general concept of stress as an adaptive response of the body to the impact of extreme factors (G. Selye), the concept of psychological stress (V.A. Bodrov, B.Kh. Vardanyan, P.B. Zilberman, P.C. Lazarus, L.A. Kitaev-Smyk);

- psychological theories of activity in stressful conditions (L.P. Grimak, Ts.P. Korolenko, N.I. Naenko, V.I. Lebedev, V.F. Sopov);

- theory and methodology of physical education and sports (L.P. Matveev, A.D. Novikov, N.G. Ozolin, Zh.K. Kholodov, Yu.F. Kuramshin);

- the concept of sports selection (V.M. Zatsiorsky, L.V. Volkov);

- the concept of complex control in sports (B.A. Ashmarin, M.A. Godik);

- the provisions of the theory of management of training of highly qualified and young athletes (L.P. Matveev, Yu.V. Verkhoshansky, V.N. Platonov, B.N. Shustin, V.P. Filin, V.G. Nikitushkin);

- theoretical and methodological approaches to the study of personality in sports (B.A. Vyatkin, A.V. Alekseev, L.D. Giessen, J.B. Cretti, V.R. Malkin, R.M. Naydiffer, A.V. Rodionov);

- developments in the field of self-regulation of the activities of athletes (A.V. Alekseev, Kh.M. Aliyev, V.P. Nekrasov, V.F. Sopov, A.T. Filatov, N.A. Khudadov);

- the concepts of psychological training in sports (A.Ts.Puni, P.A.Rudik, Yu.Ya.Kiselev, G.D.Gorbunov, G.D.Babushkin, V.F.Sopov, etc.);

- the concept of training badminton players (Yu.N. Smirnov, A.V. Galitsky, V.Ya. Livshits).

The research methods: to solve the tasks and test the working hypothesis, a set of methods of scientific and pedagogical research was used in accordance with the characteristics of the study: theoretical analysis of philosophical, psychological and pedagogical literature, educational university documentation, documentation of additional education organizations, legislative acts and regulations, pedagogical

experiment, observation, questioning, modeling method, psychodiagnostic methods, collection and generalization of independent characteristics, methods of mathematical statistics, analysis and generalization of the results of experimental and pedagogical work, and others.

The main sources of research: scientific works of philosophers, political scientists, sociologists, psychologists, teachers, researchers on the problem under study; materials of researches of tolerance to emotional stress in competitive activity; periodicals; documents of organizations of additional education; legislative and regulatory documents; university documentation; educational and methodical literature; training programs in sports; pedagogical experience of leading trainers-teachers; sports and coaching and pedagogical experience of the applicant.

Stages and procedure of the research:

At the first stage (2017-2018), the state of the problem under study in psychological and pedagogical theory and practice was studied, the scientific, methodological, educational literature of foreign and local authors on the problem of tolerance formation, regulatory documents were analyzed, and the scientific apparatus of the research was developed. The initial state of formation of school-age children's tolerance to emotional stress in the conditions of competitive activity was investigated.

At the second stage (2018-2019), a theoretical model of tolerance to emotional stress in the conditions of competitive activity was designed, a pedagogical system for the formation of tolerance of school-age children to emotional stress in the conditions of competitive activity was developed, methodological materials were developed to ensure the pedagogical process of formation of tolerance in school-age children to emotional stress in the conditions of competitive activity, the implementation of experimental work on the formation of tolerance of school-age children to emotional stress in the conditions of competitive activity has begun.

At the third stage (2019-2020), the experiment on approbation of the pedagogical system of formation of tolerance of school-age children to emotional stress in the conditions of competitive activity was continued and completed, statistical processing of the data obtained during the experimental work was carried out, conclusions were formulated.

Research base: CSI (Communal State Institution) “Karaganda Complex Children's and Youth Sports School”, Regional specialized children's and youth school of the Olympic reserve in table tennis of Karaganda, Karaganda Buketov University.

Scientific novelty and theoretical significance of the research are as follows:

- the essence of tolerance of school-age children to emotional stress in the conditions of competitive activity was revealed and its concept was defined;
- criteria, indicators and levels of tolerance of school-age children to emotional stress in the conditions of competitive activity were developed;
- the theoretical model of tolerance to emotional stress in the conditions of competitive activity was designed;

- the pedagogical system of forming tolerance of school-aged children to emotional stress in the conditions of competitive activity was developed and its effectiveness was determined.

The practical significance of the research lies in the fact that:

- The diagnostics of determining the level of formation of tolerance of school-age children to emotional stress in the conditions of competitive activity have been selected and adapted;

- an educational program on badminton was developed for children and youth sports schools, specialized children and youth schools of the Olympic reserve, schools of higher sportsmanship, Olympic training centers, approved by the decision of the Executive Committee of the PA "Kazakhstan Badminton Federation";

- the training "Formation of Tolerance to Emotional Stress in the Conditions of Competitive Activity" for athletes was developed and tested;

- methodological recommendations for teachers, coaches and sports psychologists for the training "Formation of tolerance to emotional stress in the conditions of competitive activity" were developed and implemented;

- electronic teaching aid "Psychodiagnostics in the sphere of physical culture and sports" was developed and implemented, for which a certificate of authorship (№ 19085 of 30.06.2021) was received;

- electronic teaching aid "Psychological and pedagogical support of sports activities" was developed and implemented, for which a certificate of authorship (№33491 of 13.03.2023) was received;

- the textbook "Psychodiagnostics in the sphere of physical culture and sports" was published and implemented (Karaganda: Publishing house of KarSU, 2019. - 312 p.);

- the textbook "Psychological and Pedagogical Support of Sports Activity" was published and implemented (Karaganda: non-commercial joint-stock company "Karaganda Buketov University", 2022 - 439 p.);

- the elective discipline "Pedagogy and Psychology of Physical Culture" was developed and implemented in the educational process;

- the elective discipline "Psychological and Pedagogical Support of Sports Activity" was developed and implemented in the educational process.

The following statements are presented for the defense:

- On the basis of the analysis of the problem of tolerance the essence of tolerance to emotional stress in the conditions of competitive activity is defined and the concept is defined, under which we understand an integral property of personality as a set of motivational, cognitive, volitional, regulatory blocks, including individual-psychological features of personality that meet the conditions of competitive activity of school age children, which ensure successful goal achievement in a difficult emotional environment.

- Theoretical model of tolerance to emotional stress in the conditions of competitive activity, containing motivational, cognitive, volitional, regulatory blocks and their corresponding individual psychological features of personality.

- The pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity, which includes interrelated structural elements (goal, objectives, approaches, principles, content, methods, forms and results of training) that contribute to the realization of the research goal.

- The results of an experimental verification of the effectiveness of the developed pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity.

Reliability and validity of the results is provided by the initial methodological and theoretical positions of the researcher, sufficient duration and consistency of work, the logicity of the scientific apparatus of research, the implementation of a set of methods of scientific and pedagogical research, qualitative and quantitative analysis of experimental data, positive changes in the levels of formation of the phenomenon studied in children who participated in the experiment, compliance with the content of the experimental work of scientific and experimental research.

Approbation and implementation of the research results were carried out in the course of experimental work, by publishing dissertation materials in the materials of international scientific and practical conferences (Karaganda, 2017 - 3 pcs.; Moscow, 2018 - 2 pcs.; Karaganda, 2018), regional conferences (Karaganda, 2018), scientific journals (Theory and methods of physical culture, 2018; Bulletin of KazNPU named after Abai, 2018; Bulletin of Karaganda University: Pedagogy series, 2020), in journals included in the Scopus base (Opcion, 2018; Education 3-13, 2021), in the journals of the highest attestation commission of the Russian Federation (Business. Education. Law. Bulletin of the Volgograd Institute of Business, 2019), as well as at meetings of methodological seminars of the departments of preschool and psychological and pedagogical training, theory and methodology of physical culture and sports training of Karaganda Buketov University and the federation of the Karaganda region in badminton.

The structure of the dissertation is determined by the aim and objectives of the research. The dissertation is presented on 145 pages and consists of an introduction, two sections, a conclusion, a list of references and applications. The dissertation has 6 applications. The work contains of 21 tables and 10 figures. The list of sources used includes 247 sources in the state, Russian and English languages.

In the introduction of the dissertation, the relevance and choice of the research topic are substantiated, its object and subject are determined; the aim, hypothesis and objectives of the study are formulated. The methodological basis of the research, its methods, procedure and stages are described. The base of the research is presented, the scientific novelty and theoretical significance, the practical significance of the research are described, the main provisions submitted for defense are revealed. It contains information about the approbation and implementation of the results of the research, the reliability and validity of its results, and describes the structure of the dissertation.

In the first chapter of the dissertation "**Theoretical and methodological foundations of the formation of tolerance of school-age children to emotional stress in the conditions of competitive activity**" the problem of tolerance in various areas of science: philosophy, political science, sociology, psychology and pedagogy is analyzed. The essence of school-age children's tolerance to emotional stress in the conditions of competitive activity is revealed and the definition of the phenomenon is given. On the basis of the analysis the theoretical model of tolerance to emotional stress in the conditions of competitive activity was designed. The system of measurers for each block: motivational, cognitive, volitional, regulatory was developed, the diagnostics of tolerance to emotional stress in the conditions of competitive activity consisting of valid, reliable psychodiagnostic methods is substantiated.

In the second chapter of the dissertation "**Experimental research on the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity**", a pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity is developed; psychological and pedagogical support for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity. The organization, methods and results of a study to test the effectiveness of the pedagogical system for the formation of school-age children's tolerance to emotional stress in the conditions of competitive activity are described.

In **conclusion**, the main results and conclusions of the dissertation research are described, practical recommendations are given.

The **appendix** contains the initial and control protocols of diagnostics of tolerance of school-age children to emotional stress in the conditions of competitive activity, revealing the results of the experimental work; the author's certificates, acts of implementation of the results of the dissertation research.