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**FORMATION OF NATIONAL CONSCIOUSNESS IN STUDENTS  
CONCERNING THE SPECIALTY “PHYSICAL CULTURE AND SPORT”**

**Abstract.** The article deals with the issue of formation of national consciousness in students concerning the specialty “Physical culture and sport”. The topicality is predetermined by rather low level of patriotism among the student youth of Ukraine. The objectives of the study included: the analysis of semantic meaning of the concepts “nation”, “ethnos”, “mentality”, “spirituality”, “patriotism”; as well as determination of the mechanism of formation in students national self-consciousness and analyses of patriotic education of students of Rivne State University for the Humanities.

It has been determined that national consciousness, national mentality and national feelings genetically formed, supported and multiplied by the upbringing, help individual and national communities as the whole to mobilize their internal physical and spiritual forces in the struggle for their natural and social life.

It is substantiated that the formation of national consciousness in students in the process of educational activities should occur in such a way that there is no gap between the acquisition of knowledge and moral development of a student.

The success of this process will depend, on the one hand, on the content of the curriculum and the organization of mental work in the classroom and after-school hours, and on the other hand – on the spiritual wealth of the teacher as a person, his erudition, culture, desire and ability to relate any educational material on the tasks of national education in order to comprehensively influence the student's consciousness, feelings and behavior.

It is determined that the power and effectiveness of influencing the formation of national consciousness is determined by how deeply the idea of the Motherland penetrates into the spiritual world of the student during his formation as a person and maturing as a citizen, how deeply he sees the world and himself through the eyes of the patriot. The dialectical unity of such three components of patriotism as knowledge – emotional experience – actions defines the depth of this feeling.

**Keywords:** mentality, spirituality, national consciousness, patriotic education, student youth, physical education.

**Target setting.** The future of each state largely depends on how successful it can define its goals and priorities, understand its interests and how accurately the national interests of the State itself will go with the interests of its citizens, and also, how ordinary citizens and the elite will be able to find common ground and to what extent they will be able to rally together around the idea of the nation building.

**Analysis of recent research regarding to the problem.** Specifically targeted study and methodical researches of outstanding educators of Ukraine (V. Andruschenko, I. Bekh, M. Boryshevskiy, M. Yevtukh, P. Ihnatenko, O. Sukhomlynska, K. Chorna) emphasize that a nationally conscious personality is formed only on condition of integrated influence of mental, physical, moral, labor, environmental and other educational components, when they are integrated into the national consciousness at a significantly higher level of humanistic oriented, heroic-patriotic, national-holistic, intent on nation building formation of the youth. However, most of these works are devoted to the education of patriotism in preschool facilities and secondary schools, and there are almost no studies on the formation of national consciousness of students of higher educational institutions.

**The purpose of the research** is to analyze the formation of national consciousness of students majoring in specialty “Physical Culture and Sport” at Rivne State University for the Humanities. Methods of the research: analysis, synthesis and generalization of literary sources and own experience in that regard

**Presenting the main research material.** The modern development of education needs to establish some interdependence between certain educational-bringing-up processes, assess them and creatively apply them to educational work. The need to strengthen the role of national education among students in higher educational institutions through the subject “Physical education” and integration of educational subjects were the reason of choosing the topic of this study.

First of all, what is the subject matter of the terms “nation”, “ethnos”, “national consciousness”, “mentality”, “spirituality”, “patriotism”?

Ukrainian researcher-ethnographer academician S. Rudnytskyi noted that “the nation (independent ethnic) is one of the distinguishing features of the species ‘human’ (Homo sapiens)”, and the national feelings, that is, love and attachment to their people and their homeland, aim at the retention of human species, called the people, to obtain their optimum existence” (1994, p. 278). Thus, it is undeniable that the very first necessity of any national community such as ethnos, is the same need, as of every other being on the Earth: to save his life, to ensure his development, to hand down his inheritance to the future generations. Since ethnos has been a form of common life-sustaining activity of individuals in a specific area, the ethno-national development of a human in this context is an endless natural-historical process of humanizations of a personality and the environment of his existence.

National consciousness is the highest criterion used to evaluate the level of social life. On the one hand it is characterized by such universal values as goodness, compassion, ability to perceive another person as an equal citizen of the Earth. On the other hand this is the feeling and consciousness of their own dignity and pride in belonging to the nation.

Mentality is a collective, relatively steady way of thinking, based on a set of self-obviousness for representatives of a social community. Mentality is a phenomenon of mental order and is not identical to public consciousness, but only characterizes the specifics of this

consciousness regarding the social consciousness of other large groups of people, such as ethnos, nation, social stratum.

National consciousness, national mentality and national feelings that are genetically formed, supported and multiplied by education, help individuals and national communities on the whole to mobilize their internal physical and spiritual forces in the struggle for their natural and social survival.

Spirituality it is generated by any socium throughout its long historical and cultural existence on various territorial locations; incorporates the social experience of the community in the form of patterns of activity, stereotypes of behavior and interpretation of world phenomena; acts as a world image that serves a particular individual as a kind of orientation in the real world. Externally, spirituality exists and is offered for adoption by an individual in the form of folk customs, mythology, group traditions and beliefs; it has difficulties to yield to innovation which is manifested in the preservation of a certain invariant during long historical periods of existence of a socium or a group.

To our mind, spirituality has three stages of development: basic (fundamental, experienced), reflexive (worldview, conscious, ideological, conceptual), unpredictable (spontaneous, holistic, irrational, proactive, heterostatic, transcendental). The formation of spiritual culture begins with the basic part, which serves as a fundamental one, and continues with a reflexive part, which serves as an adaptive one and is formed as a result of socialization of an individual (in our case – a student).

For our research, we consider the reflexive part of spirituality to be important in the formation of national consciousness university students.

The subject matter of the term “patriotism”, in our opinion, at the philosophical level reflects the system of people’s views on nature and society; at the mass-domestic level expresses the inherited and cultivated by people love to everything that is dear (language, culture, traditions, etc.); and a rational-social level it is the existence of people in time, self-awareness and self-affirmation of themselves as an ethnic group among other nations of the world and cooperation with them; at a personal level they uphold love and responsibility for the fate of their people, they consciously place the interests of the society ahead of their own.

Hence, the foundation of mental parameters of a certain social system is based on the specific genome of the society, in which the information is constantly changing in correlation with the development of the society and is inherited by its new members. Worth recalling in this regard is the proverb: “Today’s seed, tomorrow’s harvest”.

The genome of the nation is a process of hereditary transmission of public and therefore mental information, which includes anthropological, ethnic, racial and other signs of society. The genome of the nation is expressed in the language, myths, art, moral principles and is adopted by a personality in the process of socialization in a particular socium.

An individual who does not identify himself with a particular social group is in danger of being a person without his/her own “root”, which correlates with a personality without social meanings, morals and worldview. After all, human world perception develops on a particular cultural basis and is largely determined by the latter.

The formation of the world-view largely depends on the dominant ideology of the society, and the awareness of the leading ideas of the fundamentals of science (cognition of the world, mutual development and conditionality of phenomena, the ability and natural need for transformation of the world around; fight for freedom and independence of their nation; social induced way of looking at good and evil, justice and injustice, etc.). The success of the formation of national beliefs and national consciousness depends, in fact, on the social environment in which a man at the age when he absorbs to the full the world of human relations, the world of the motherland lives.

The main institutions of socialization and centers of national upbringing are the family and education institution.

Over the centuries the family as an exponent of immortality of the people due to the succession of generations, was the main component of public life in the system “person-

family-society". It was and remains the first link in national upbringing, since in the family system of upbringing every nation organically runs its course in its children, steadily generates its national spirit, character, mentality, traditional-household culture, native language, lifestyle.

An educational institution in its essence should also be inseparable from the national ground, because it is intended to form and preserve national culture, organically combine and maintain human and national values by means of purposeful organization of pedagogical activity that helps students to express themselves, self-assert their moral essence through the independent activity.

The main goal of national education is to let young generations acquire social experience, inherit the spiritual achievements of the Ukrainians, achieve a high level of culture of interethnic relations, develop regardless their national affiliation, traits of a citizen of the Ukrainian State, mature spirituality, moral, physical, artistic-aesthetic, legal, labor, environmental culture.

The aim of developing national consciousness of young people is to instill, revive and restore in the soul and genetic memory the spiritual roots of our people's customs, convey to every student (and there through to his family) the understanding that we are not just Ukrainians, we are the Nation, we are the people with our centuries-long history, culture, language, customs; to make students realize themselves as parts of their nation.

Psychological scheme of the formation of semantic structures of national consciousness is characterized by the transition from the sensual degree of knowledge to abstract thinking, the transition from the reflection of the surrounding world in the form of feelings, perception and ideas to displaying it in concepts. Thus, the process of formation the national consciousness of an individuality goes through the generalization of observations, personal impressions and experiences, already formed, acquired knowledge, that is, based on the "primary" material it is becoming moral notions and concepts. In particular, at first a person gets the general semantic pleasure from the listening to a verse or song, and only then realizes the beauty of the national folklore. That is why the interpretation of new concepts requires the student's previous accumulation of personal observations, facts, clear and sensual ideas. The formation of national consciousness of the youth is based on transforming these accumulated perceptions into a concept.

Generally, the mechanism of forming national consciousness of a person is as follows. Based on the personal experience an individual generalizes the activity of consciousness, processes data of sensual cognition. A student compares much in his experience, matches various phenomena of moral and spiritual life and gradually while putting away everything less important and casual, distinguishes in these phenomena what is general, substantial, basic. There is a very close relationship, constant interchanging between notions and concepts. Notions while becoming more and more generalized, obtain the qualities of concepts. Thus, the formation of the most wide and general concepts implies the concretization of them in the elements, in particular, it goes on through the direct perception of the ethnic sphere, in every phenomenon of which the wide concept finds its manifestation and is displayed by the consciousness. There is taking place a process of accumulation of facts that contributes to the formation of sensual ideas. In the future, the sensual level of cognition through perception and imagination ends with the formation of national self awareness.

The driving force of the mechanism of national self-consciousness formation is the intensification and development of cognitive activity. And the basis of intensification is the development of interests and formation of motivational activities that can be carried out by familiarizing students with the peculiarities of the nation, to which they belong, bringing forward its positive traits, studying the peculiarities of its existence and activities, historical successes and failures, determining the nation's place among other nations and raising the ability to overcome difficulties.

In particular, the students majoring in specialty “Physical Culture and Sports” participate in large-scale ethnographic and tourist activities on the territory of Rivne region. Variety of walking tours and weekend trips reveal to the students the history of their native land: for example, the Ukrainian printing pioneers of Peresopnytsya Evangelical, the famous Battle of Berestechko in Mlyniv district, Cossack victories near the castles of Ostroh, Dubno, Korets, formation of the first detachments of the Ukrainian Insurgent Army near Kostopil in October 14, 1942, etc. Students not only visit historical sites, but also conduct ecological actions on cleaning contaminated areas, tidy up and look after the graves of unknown fallen fighters for free independent Ukraine in the victorious battles of 1942-1952.

The students majoring in specialty “Physical Culture and Sport” are active participants of annual city, regional and all-Ukrainian patriotic tourist competitions, in particular, “100 km for 24 hours” □ dedicated to the day of remembrance of Holodomor in Ukraine , inter-regional camping tour “Dobrovolets”, dedicated to the memory of UIA heroes, regional tourist campaign “Star Rally”, dedicated to the heroes of the Heavenly Hundred, the All-Ukrainian campaign “The Paths of Heroes” in the Carpathians □ dedicated to the fallen in the fight against fascist invaders, and climbing Hoverla dedicated to the anniversary of independence of Ukraine and so on.

One of the ways to increase the efficiency of formation of national consciousness is the establishment of more close inter-disciplinary relationships, which, according to their educational and formative function, have a natural holistic influence on the consciousness, human feelings and activities of students. The effect of influence of inter-disciplinary relationships on the formation of national consciousness is carried out due to restructuring and improvement of internal logical structure of methods and methodical techniques of education and upbringing. In particular, for formation of national self-awareness of students it is advisable to use adequate methods and methodical techniques that correspond to specific conditions (age and psychological peculiarities of students, level of their knowledge, facilities and recourses of the university, etc.): stories, conversations, excursions to exhibitions, museums, workshops of folk craftsmen; meetings with masters off art; demonstration of fine folk art, viewing of slides, videos and movies; reading literature on history, biography (biographies of prominent people of the nation, great figures in culture, science and art) and geography, Ukrainian legends, ballads, legends; making albums and art montages, creation of layouts and products made of natural material; participation in folk ceremonies, national games, contests, olympiads, learning of folk songs, adapting for stage national literary works, sports competitions, sports and entertainment holidays and athletic parties.

In particular, the students majoring in specialty “physical education” have traditionally conducted for 12 consecutive years sports and entertainment holidays “Holy Pokrova”, “Cossack Fun”, “Well, let the boys win”, “Lava to lava” (wall-to-wall fight) □ which are dedicated to the day of the Ukrainian Cossacks, the day of the defenders of our Fatherland, commemorating the fighters of the Ukrainian Insurgent Army, “Well, let the girls win” □ spring sports festival of female students.

However, it should be taken into consideration that the process of mastering the scientific system of knowledge about one’s people, nation, its history, culture should not be episodic, and should be embodied in life through the integration into the entire system of all disciplines of the curriculum.

Undoubtedly, not all educational subjects have the same opportunities for national education, but these opportunities are incorporated into the content of any of them. The specific possibilities of some disciplines have a direct influence on the process of patriotic upbringing due to the great emotional saturation of ideas and facts contained in their content, peculiarities of other subjects have indirect influence. The task of every teacher is to discover every subject as an information source of mental development of students through the prism of the state national idea. However, it is worth remembering that education is carried out not only during lecture and practical classes or another limited period of time. Formation of

national consciousness is a constant process that is the more effective, the more work a teacher and the entire staff of the university as a whole invest in it. Everything educates students: studies, out of class development of diverse interests, mass media, and the students' interrelations within and outside the university, in the family and in the social environment of residence, etc.

The basic part of national education is the native language of the people – priceless spiritual riches in which people live transfer from generation to generation its wisdom, fame, culture and traditions. The language is perceived not simply as a means of communication, not only as an instrument of forming thoughts and ideas, but considerably more individually: as a means of manifestation of the spiritual and emotional sphere of a person. Communication in native language leads to the growth of national consciousness of a student forms his dignity, high moral qualities of the Ukrainian.

Love for Ukraine, your people, your nation is impossible without love of the native word, because everyone has only one native language, like one motherland: "Two native languages sounds as ridiculous as if we were trying to imagine that one child was born by two mothers" – emphasized in his notebook, the world-renowned Ukrainian pedagogue Vasyly Sukhomlynskyi (Sukhomlynska, 1993, p. 5).

Native Ukrainian language at the same time acts as a subject and as a means of mastering knowledge, as the basis for the influence of culture of moral feelings, relationships, deed on the outlook of students. That is why in the upbringing by a word it is necessary to follow the principle of psychological aspects of using the language (it requires the emotional development of an educator, his communication skills, which gives him the opportunity to touch the most remote corners of the student's heart by a word) and the principle of feedback in communication (i.e. to be able to see the world through the eyes of the student).

The information in classes in phytotherapy about plants-amulets, plants-symbols (viburnum of the valley, poplar trees along the road, willow trees over the pond, sunflowers in the garden, rose-mallows behind the fence) helps the students to remember better because they have long been remarkable signs of Ukrainian village, and are attributed a soul by a wide variety of legends, fairy tales, ballads.

The beauty of the native land, where the image, the emotion, the word merge and become the source of love for the people, the nation, Ukraine due to the thoughtful contemplation of pictures of nature during the two-week tourist hike in Rivne region and the Carpathians, weekend trips.

During the lessons on professional training of future teachers of physical education much attention is paid to introduction to each practical training on physical education elements of national culture-Ukrainian folk active games, which provide for both the development of strength, endurance, agility, team spirit, ingenuity, observation, mind training, etc., and incorporate the experience of moral life of the Ukrainian people, give an opportunity to develop one's national identity through the storyline of the game.

During the foreign language classes it is also advisable to implement national education, which is to create an idea of students about the great diversity of life in the world, educate impartial perception of another culture through the prism of one's national consciousness. Under this approach, a foreign language is a means of holistic perception of the world culture, where, through the comparison and finding common and different aspects with regard to the native people, their culture, language, students develop not only tolerant attitude towards the language and spiritual world of other people, but also awareness of the identity of the Ukrainian nation in the world civilization, the feelings of national pride and self-respect become firmly established.

Consequently, the formation of national consciousness of students in the process of teaching should take place in such a way that between the acquisition of knowledge and moral development there is no gap. The success of this process will depend on the one hand, on the content of educational programs and the organization of intellectual work in classes and during the out-of-class activities, and on the other hand, the success will depend on the

spiritual richness of the teacher himself, his erudition, culture, aspiration and ability to bind any educational material with the tasks of national education for the purpose of complex influence on consciousness, feelings and behavior of students.

**Conclusions and directions for future research.** The strength and effectiveness of the formation of national consciousness is determined by how deeply the idea of homeland penetrates into the spiritual world of the student during his maturation as a person and citizen, how deeply he sees the world and himself through the eyes of a patriot. Dialectical unity of three components of patriotism: knowledge – emotional experience – actions determines the depth of this feeling. The quintessence of the formation of national consciousness of young people in a higher educational institutions is an organic consolidation of the totality of educational opportunities of each individual subject and the teacher's efforts to comprehensively influence the consciousness, feelings and behavior of a student.

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#### ФОРМУВАННЯ НАЦІОНАЛЬНОЇ СВІДОМОСТІ У СТУДЕНТІВ СПЕЦІАЛЬНОСТІ «ФІЗИЧНА КУЛЬТУРА І СПОРТ»

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**Анотація.** В статті висвітлено питання формування національної свідомості у студентів спеціальності «Фізична культура і спорт» в Рівненському державному гуманітарному університеті. Актуальність зумовлена доволі низьким рівнем патріотизму серед студентської молоді України. Завдання дослідження передбачали: аналіз термінів «нація», «етнос», «ментальність», «духовність», «національна свідомість», «патріотизм»; визначення механізму формування національної свідомості у студентів; проведення аналізу патріотичного виховання студентів РДГУ.

Визначено, що генетично сформовані, підтримані й примножені вихованням, усвідомлені і закріплені в національному інстинкті самовиживання національна свідомість, національна ментальність і національні почуття допомагають особистості й національному загалові в цілому мобілізувати свої внутрішні фізичні й духовні сили у боротьбі за своє природне і суспільне виживання.

Обґрунтовано, що формування національної свідомості у студентів у процесі навчальної діяльності має відбуватися таким чином, щоб між засвоєнням знань і моральним розвитком не було розриву. Успіх цього процесу залежатиме, з одного боку, від змісту навчальних програм та організації розумової праці на заняттях і в позанавчальний час, а з іншого боку – від духовного багатства самого викладача, його ерудиції, культури, прагнення і вміння пов'язувати будь-який навчальний матеріал із завданнями національного виховання з метою комплексного впливу на свідомість, почуття і поведінку студента.

Визначено, що сила і ефективність впливу на формування національної свідомості визначається тим, наскільки глибоко ідея Батьківщини проникає в духовний світ студента в період його становлення як людини і змужніння як громадянина, наскільки глибоко він бачить світ і самого себе очима патріота. Діалектична єдність таких трьох компонентів патріотизму, як знання – переживання – вчинки і визначає глибину цього почуття.

**Ключові слова:** менталітет, духовність, національна свідомість, патріотичне виховання, студентська молодь, фізичне виховання.

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