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Psychological Aspects of Physical Culture and Agonistics in Kazakh Culture

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Abstract

Personality-creative component of physical training of the person due to the fact that it can realize the man is aware of himself as a person capable of releasing his "I" of reality, has developed self-awareness. The creative nature of sports activity associated with novelty and significance of the results is due to the synthesis of cognitive, emotional, volitional and motivational sphere of personality. Personality-motivational reflection could undergo progress in developing historically traditional forms of national sports - competitions, festivals, games, aityses, as the main factor tradition victory in the national culture. Reflection of the "I" of the person with a well defined subjectivity can consciously done, rather than on an unconscious level, it is characterized by the ability to assess their capabilities in a particular situation, to control themselves, specifically to implement their goals in life, to achieve results and success. In the competition sporting character needed just such personal-willed features more conscious plan, rather than poorly perceived, as sporting event often requires a high reflection to achieve a positive result, the success of which is estimated personality not only physical attributes, but in the universal cultural and historical terms - understanding of its cultural and traditional values, it becomes a way of self-affirmation and self-realization. Personal development of physical culture of man presupposes the existence of two models of self-realization. Progressive option - characterizes the process of constant overcoming contradictions, overcoming itself to full disclosure of their powers and abilities. In this case, there is a continuous build-up of personal potential through self-denial and self-determination in the process and the results of sports activity. Regression option - represents peace, tranquility in the activities, which are the basis of past experience illusions. Incomplete expression in sports activity generates dissatisfaction with it, its results, which lead to restriction of the cultural space of life.

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1. Introduction

The object of our research is the Kazakh sport in the cultural values of mankind, his best achievements, his mental and psychological factors, its best representatives. This is an important layer of our national history and contemporary culture. The problem of the formation of human (because of its specificity) taken to solve based on the idea of unity and interdependence of the categories of "social" and "biological" to the process of development and implementation of human values of physical culture and sports. The latter, in contrast to other areas of culture, the most natural way connect these components together and it is the sphere of harmonization. Development of knowledge of physical culture and sports related to clarifying the relation of biological and social, physical and spiritual in man, look at them from the perspective of the macrostructure (cultural theory) and data interdisciplinary research - there is a methodological basis for understanding diversity and integrative nature of physical culture and sports, formation of a coherent theory (Visitei, 1986).

However, in our view, the essential foundation of man is his social dominance, rather than natural, as the spiritual freedom is the basis of its ontology, that is a reflection, the ability to distance themselves from nature, the environment and circumstances relevant to preserve peace and to himself. This implies the existence of his "I", the openness of its being possible, as ontological freedom lies in the creation of the variety of spiritual sense (which is not yet exists) and select one of them as the meaning of their existence. Selected meaning of his life, whether positive or negative, turning into the motives and aspirations, intentions may be implemented in his actions and behavior, exploits, or retreats, finding existential features, turning into being.

This is the uniqueness of being a person, its autonomy, individuality. And at the same time it does not prejudice the meaning of the selected person forever, he might reconsider his life meaning and values, change them, this is the openness and freedom of his being. Freedom involves reflection of "I", which, in our opinion, can occur on a conscious and unconscious level. At the same time, the higher the level of subjectivity, the more prevalent his conscious level, which is especially characterized by personality inherent awareness of his principles, values and ideals, the ability to control himself, specifically to translate their beliefs into practice, to achieve results and success. In the competition sporting character needed just such personal willed features more conscious plan, rather than poorly perceived, as sporting event often requires a high reflection to achieve a positive result, the success of which is estimated personality not only physical attributes, but in the universal cultural and historical terms understanding own cultural and traditional values, it becomes a way of self-affirmation and self-realization.

Personal sense of sports requires a fairly high degree of activity, the ability to manage, regulate own behavior in accordance with the emerging situations. Self-regulation as a manifestation of the strong-willed personality reveals the nature and mechanism of its features as initiative, independence, responsibility, and others. Therefore, the creative personality in physical education can be regarded as "invariant", which appears in the interaction of consciousness, values, abilities, intellect, will and activity (Averincev, 1969).

2. Mental and subjective components of the sport

As a result of the integrated liberal education physical training of the person as activity-related categories manifests itself in three main areas. First, determine the ability to self-reflect the orientation of the personality "over" deterministic of his social and spiritual experience, ensures his commitment to the creative "self-construction" self-improvement. Secondly, it is the basis of amateur, professional proactive expression, manifestation of creativity in the use of physical training, aimed at the subject and the process of their professional work. Third, reflects the creativity of the person aimed at public relations arising in the process of physical culture and sports, social and professional activities. The richer and wider range of individual links in this activity, the richer becomes a space of subjectivity, as he begins to create the social relations, which is the total ensemble.

The fact that the physical training of the person is based on a predominantly spiritual component, although it would seem, many researchers marked the emphasis is on improving the physical factors. Thus, Gildial emphasizes the role of sports in shaping the character and personality, the development of management skills, communication skills and the ability to manage risks (Ghildiyal, 2015). Personality included in socio-cultural practices like race games with traditional sources and performing certain functions of culture itself must possess leadership qualities, be holistic, integrated, to succeed, to understand the process and its results, set goals, analyze the situation objectively to assess the advantages and disadvantages of both. On the practice of inclusion in the training program

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