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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

of athletes spiritual approaches discussed as a cultural component of competence, as well as the need to consider the many spiritual qualities such as faith or experience problems, noted Egli, Fischer and Gentner (2014).

Physical education and sports since ancient times played an important role in the formation and expression of the culture of different nations; they identified folk heroes, embodying the spirit of the specific features of the ethnic group. These acts, as well as artistic and aesthetic forms of competing sports achievements as a whole can be seen those values and ideological and spiritual foundation that characterize the specificity of each culture. Exploring the symbolism of gaming competitions, their target and motivational intentions, the importance of winning, it is possible to identify the richness of each culture, the vector of its development. Even in antiquity Herodotus on the example of the agonistic festivals characterized people. Thus, considering the comments of Xerxes, king of the Persians, the Greeks, participating in the Olympic Games, not fighting for material gain, but for the *arête*, that the Greeks meant excellence and efficiency in all goodness, that name called people able to use all of their abilities, potency, strength, courage and the will to achieve results, and this, according to Herodotus characterized the 'Greek', that is, Greek culture (Kyle, *International journal of the history of sport*, 2009). In turn, Nietzsche, however, on the basis of his theory and its culture, tried to see in the Greek agonistic manifestation of the will to power as an absolute value, a sport he regarded as sublimation, the embodiment of the will as the game and play, have already adopted the aesthetic character (Hatab, *International studies in philosophy*, 1998).

Imagine a tree: it seeks high up to the sun, but its roots are always in the ground ... Also it looks like our lives: the past and the future are closely intertwined. You cannot just go and take a step forward, forgetting about what happened to us before. We all carry within a particular culture and express it in a way of thinking and style of behavior in a certain order of material and spiritual organization of our life. Culture is developing continuously, and each generation builds on what has been created predecessors. But the process of inheritance of cultural values is complex and contradictory, so in this respect the culture should contribute to the spiritual and physical development of people. This is one of the most important factors that determine the life of society.

These outwardly simple cultural phenomena should include physical culture and sports - the most important components of a healthy lifestyle in our society. The personification of force, physical and moral beauty, eternal youth advocates Kazakh national sport, its ancient traditions, also wonderful, developing and national sport games. Kazakhstan's national sports culture that evolved from ancient times to the national games, contests, fighting duels, and its historical interpretation was only at the dawn of the twentieth century, with the personality of an outstanding world class fighter Hadzhii Mukan Munaitpasov (Mukanov, 1989).

Personality striving to implement the values and objectives in the field of sports and competitions, and have had cultural significance with special unique traditional substantive content in each culture had to have more or less consciously inclusive reflection on their own subjective weaknesses, opportunities barriers objective nature and cultural contradictions of the plan and have enough willpower, courage to make responsible decisions, to find original creative approaches to be proactive, not only in the interests of personal achievements, but also the progress of culture. From this point of view is of great interest definition gaming and agonistic source in the Kazakh culture. Moreover, these aspects have been expressed deep into the culture of the people. Moreover, that culture manifests itself most impressively people in physical education. "Labor and military activities, customs and rituals, the rule of law, all of this is reflected in physical education. It has performed as part of the general culture of the people, in its development had already expressed much more specific trends of the independent cultural industries (Tanikeev, 1992).

3. The role of agonistic and sports in Kazakh culture

Of course, that was originally the ancient pastoral tribes of Kazakhstan could not have any stadiums or swimming pools. Residents learn to run, jump, swim, and other naturally applied kinds of physical exercise in the natural environment. Kuhn in his fundamental book "General history of physical culture" emphasized that in the cities of the Hellenistic empire, the main element of physical culture was agonistics, the hallmark of which is great entertainment. In the mentality of the people of the encoded value of the holiday as an extremely important phenomenon. Festive fun, games, ceremonies, competitions, performances - all syncretic complex of festive life. In a festive transformation freely participated every person. People acted and acts on his own "I" and it is attributable to common ideals. Generally in Kazakh culture festival laced with all sorts of games, entertainment, stimulating creative aspirations of their members. Virtually any holiday includes various kinds of sports, games, shows, demonstrating the physical perfection of people.

Giovanni Plano Carpini pointed out: "Men do not do anything, except to the arrows, and also have some care for the stage, but they hunt and practice shooting, because they are all good shooters, and their children, when they two or three years old, immediately start to ride and ride a horse and jump on them and they are given a bow according to their age, and they learn to shoot arrows, because they are very agile, as well as brave. Girls and women on horseback ride and deftly jump on horses as men. We also saw how they were quivers and bows. And both men and women can ride long and hard ... Wives they all do: coats, dresses, shoes, boots and all leather goods, and they rule carts and repairing them lading camels, and in all affairs women are very agile and swift. All women wear pants and shoot as men" (Kun, 1982).

Competitions since ancient times were an inherent part of life of the Kazakh people. To have survived, such as historical information about the major competitions on the occasion of release of Cyrus in Babylon, where a landslide victory in the horse racing jockey won Sak rider (Perchen, 1960). Competition held in honor of the Persian king Cyrus, and took place on the territory of ancient Mesopotamia in 539 B.C. (South - west of modern Baghdad). Cyrus himself, as is well known, died while hiking in Central Asia when he decided to conquer the Saks and Massagets - these freedom-loving and warlike tribes of that era. Herodotus told a legend that the queen Massagets Tomiris, after the victory gained over the Persians, ordered leather bag full of blood, drooping in it Cyrus's head said: "You wanted blood, drink it!" (History of Kaz.SSSR, 1977).

Participation of Sak rider in games in Babylon this is the first so far known in the historical literature mention of international sporting ties that have become a tradition in subsequent periods. In general, the form of the competitions at Saks was quite diverse. They held, between horse and foot soldiers. One of these events was fights on the spears and peaks. Image fights on horseback Saka warriors found in the mountains of Central Kazakhstan Khantau. A similar picture was also found on the rocks Terektisai, located in the south-western Balkhash. A little further, a woman in a pose of a free viewer. This woman is, according to archaeologists, the main prize of the competition is a duel.

Anichkov, noting the ancient custom of the Kazakhs, writes: "Prior to joining Russian Kyrgyz extracted from Bukhara and Khiva slaves (kuly) man or woman of Kyzyl - baschey (Persians), put them nice clothes to hang a good weapon, and put on camel, exhibited a sports prize ". Traditional folk game is a social phenomenon, which is of great educational value. Forms of popular games are extremely diverse. Along with the development of human society, they are continuously being improved and modified. Competition in games such as "kokpar", "arkantartu", "aksuyek", "akserek-kokserek", "sybys", "saiys" contributed to sports and physical development of the men and women. The main thing in the whole process of physical education held riding. Riding were related to the basic physical exercises, games and entertainment experienced these purposes as physical development and physical perfection of the younger generation. By riding adapted to the child's birth. A. Levshin pointed out in this connection that the Kazakhs swaddled and placed between the knees and feet babies small pads to their feet to have the proper riding form accordingly" (Anichkov, 1887).

Suffice it to say that the equestrian events were an integral part of the culture and life of the Saks tribes. Harsh military, nomadic life demanded of them excellent horse training. Saks were excellent horsemen and cavalry of Sak tribes enjoyed great popularity. In the ancient world, the ancient peoples of their "heavenly" horses are reflected in the ancient epics, particularly in the "Avesta". In terms of popularity of horse riding, horse races and runs, no country can match with Kazakhstan. "Enlightened England is famous for its horse races ... But England must in this case yield advantage is not in the beauty and ease of horses - is meanwhile still a problem, but in their fortress, and almost incredible transferring works. These are the same and the people in it ... It does not take them a single holiday, none of the feast, which would not have been nominated races, and which would not have to cook for many hunters, often coming within a few hundred miles. Even simple woman with great valor participates in them" (Bronevsky, 1830). It is believed that the athlete won a legal victory when a sport in which he succeeded, his country has a long history. Tradition is one of the factors of sports victory.

In Kazakhstan, the equestrian sport is developing for a long time. National competitions and national games are good way to mastery and performances at the world sports arenas. The horse has long been an indispensable assistant of the Kazakhs. People usually sought to ride, learn to perfectly control the horse. And it was quite natural appearance of horse games and competitions that bring out the best riders, masters the ability to ride, to make horse racing like the wind, to obey the orders of each person. Popular domestic species remain today. Take the same leap, there are many options. Kiz kuu is both a game and jump. In this popular game girls on an equal basis with men and compete with them, dashing race on his feet. "Horseman, catch up a girl, wrote A. Ivanovsky, receives a reward a few kisses, if you do not catch up, to catch up with them she turns back the horse and she chases a horseman and

catch up awards blows whip" (Ivanovskii, 1887).

4. Conclusion

Thus, in games and reflected folk memory of the heroic qualities of Kazakh girls - warriors, who could blow spears thigh throw off the horses dzhigits. This game in the past was part of the wedding ceremony. The task of the groom was to caught up on a horse galloping on horseback in front of the bride, to show not only the speed and agility, but also to reaffirm their love, their right to it. Of particular importance was given to archery, this competition has been known for at Usuns. System of training shooters can foster great masters in this kind of warfare. Especially can be said about the horse shooting. Marksmanship with horses contributed to the saddle, and the shape of the bow. For example, Usun compound bow was in the form of the letter "M", which was the most convenient, it is for shooting from horseback. There was also a custom trim riding horses mane growing strongly hinders the rider at archery.

As has already been pointed out, the game was not only fun, but the game becomes more diverse in form and profound in content. Becoming popular exercise, games and entertainment, with special dice - stragalov. Thus, during the excavation of ancient tombs in the Pamirs, characterizing the culture and life of Sak and Usun tribes were found numerous dice (alchiks). Tellingly, the dice were found only in the graves of men. One of them was found 72 instance. They lay side by side with bronze iron knives. This suggests that these games have been circulated only among the male population has been particularly in later times, including our modern era. Astragalus has been used not only in games and entertainment, men and children's outdoor games, by which brought such physical qualities as agility, speed accuracy.

Game is a conscious activity aimed at achieving this goal. Various games, entertainment and exercise applied consistently and almost daily. The widespread use of games, exercise led to the fact that some of them had already sporty character. As independent sports were decorated horse racing at various distances, horse games, and kokpar kiz kuu, archery, wrestling two riders -audaryspak, fencing two riders on peak-sayys, freestyle, belt wrestling and others. They meet all the requirements of the sport in modern sense of the word.

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