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MEANS OF NATIONAL-PATRIOTIC INFLUENCE IN PHYSICAL EDUCATION OF YOUTH

Abstract. The relevance of the study is due to the urgent need to form the national consciousness of the younger generation, which is of particular importance in the context of modern socio-political changes, transformational processes in society and the growing influence of globalisation trends. The purpose of the study is to substantiate the pedagogical potential of using folk games, elements of Ukrainian dance exercises, embroidery, sports events dedicated to national holidays as a means of patriotic education in the physical education of students. The study uses the methods of analysis and interpretation of scientific sources to identify pedagogical approaches to the integration of elements of Ukrainian culture into the physical education process.

The obtained results confirm the expediency and prospects of using the means of national-patriotic influence to form the values of students. It is shown that physical education plays an important role in the patriotic upbringing of young people, contributing to the formation of moral qualities, civic consciousness, team spirit and readiness to act for the benefit of the state. It is determined that the integration of folk traditions, in particular Cossack games and national sports competitions, into



physical education classes contribute to the formation of national identity, strengthening of moral qualities and development of pupils' and students' spirituality.

It has been found that the introduction of elements of Ukrainian folk dance and rhythmic gymnastics in physical education contributes to the development of coordination, rhythmicity and endurance of students, while deepening their emotional connection with the cultural heritage and forming national consciousness. It has been determined that the use of vyshyvanka during physical education and sports activities not only enhances the patriotic feelings of students, but also contributes to a deeper understanding of the cultural heritage of Ukraine, the formation of pride in their country and respect for national symbols and traditions. In particular, the integration of vyshyvanka into the educational process helps students to feel that they belong to a great nation, improves the moral and psychological state of young people, and motivates them to live an active life and engage in self-development, in particular through the example of reputable Ukrainian athletes who demonstrate respect for national culture.

Keywords: national-patriotic education, physical culture, folk games, Cossack games, embroidery, students.

ЗАСОБИ НАЦІОНАЛЬНО-ПАТРІОТИЧНОГО ВПЛИВУ У ФІЗИЧНОМУ ВИХОВАННІ МОЛОДІ

Анотація. Актуальність дослідження зумовлена нагальною потребою формування національної свідомості молодого покоління, що набуває особливого значення за умов сучасних соціально-політичних змін, трансформаційних процесів у суспільстві та дедалі більшого впливу глобалізаційних тенденцій. Метою дослідження є обґрунтування педагогічного потенціалу використання народних ігор, елементів українських танцювальних вправ, використання вишиванки, спортивних заходів, присвячених національним святкам, як засобів патріотичного виховання у фізичному вихованні здобувачів освіти. У процесі дослідження використано методи аналізу та інтерпретації наукових джерел, що уможливили виявити педагогічні підходи до інтеграції елементів української культури у фізкультурно-освітній процес. Здобуті результати підтверджують доцільність і перспективність використання засобів національно-патріотичного впливу для формування цінностей здобувачів освіти. Показано, що фізичне виховання відіграє важливу роль у патріотичному вихованні молоді, сприяючи формуванню моральних якостей, громадянської свідомості, командного духу та готовності діяти на благо держави. Визначено, що інтеграція народних традицій, зокрема козацьких ігор та національних спортивних змагань, у заняття фізичною культурою сприяють формуванню національної ідентичності, зміцненню моральних якостей і розвитку духовності учнів і студентів. Виявлено, що впровадження елементів українського народного танцю та ритміки у фізичне виховання сприяє розвитку координації, ритмічності та витривалості здобувачів освіти, одночасно поглиблюючи їх емоційний зв'язок з культурною спадщиною та формуючи національну свідомість. Визначено, що використання вишиванки під час фізкультурних та спортивних заходів не лише посилює патріотичні почуття здобувачів освіти, а й сприяє глибшому усвідомленню культурної спадщини України, формуванню гордості за свою країну та поваги до національних символів і традицій. Зокрема, інтеграція вишиванки в освітній процес допомагає учням відчувати свою належність до великої нації, підвищує морально-психологічний стан молоді, а також мотивує до активного життя та саморозвитку, зокрема через приклад авторитетних українських спортсменів, які демонструють шану до національної культури.

Ключові слова: національно-патріотичне виховання, фізична культура, народні ігри, козацькі забави, вишиванка, здобувачі освіти.

INTRODUCTION

The problem formulation. National-patriotic education is one of the main tasks of modern education, especially in the context of socio-political and cultural changes, in particular during the war, when it is important to strengthen national identity and unity of the nation. In the context of globalisation, where cultural pluralism is preserved, national identity becomes an important aspect that needs to be formed from an early age. In this context, physical education is a powerful tool for fostering national values and patriotism among young people and an important aspect of modern education (Savchenko et al., 2023).

At the current stage of education development, in particular during the war, patriotic education is becoming a priority in schools and in the physical culture and sports environment (Bezlyudna, 2022). The goal is not only the physical development of young people, but also their moral and patriotic education, which is an integral part of their overall development. In the context of a decline in young people's interest in physical education and a weakening of national identity, there is an urgent need to find new approaches to patriotic education in the educational process (Nepsha et al., 2023). Combining such elements with modern forms of activity, in particular in the sports environment, is particularly effective: holding sports challenges, interactive lectures and conferences in the format of physical education allows for a positive attitude to physical culture, which is an important factor in increasing motivation for regular sports and physical education. The formation of national identity through the involvement of elements of traditional Ukrainian culture, including folk games, dance exercises based on Hutsul or Podillia movements, the use of embroidery, as well as sports events dedicated to national holidays, such as relay races and Cossack games, ensures harmonious spiritual and physical development of the individual.

Analysis of recent research and publications. The study of the influence of traditional Ukrainian symbols on the development of national identity among young people is insufficiently researched, although there are some works that emphasise the importance of integrating cultural traditions into the education and physical education system (Kurlishchuk and Alekseeva, 2022; Kuzmenko and Zhuk, 2023). For example, Syvolap (2024) emphasises that physical education is an important component of the formation of national consciousness in primary school students through the use of Ukrainian symbols and national heritage, including folk crafts and embroidery. Onoprienko (2020) emphasises the



importance of integrating folk culture into the educational process as a component of national and patriotic education. The author notes that through the use of traditional cultural elements in physical education, it is possible to strengthen the patriotic feelings of young people, contributing to the development of national identity through art and physical activity. Horash (2020) emphasises the importance of using folk sports games and national symbols to promote patriotic education among young people. Her research shows that physical culture, combining elements of national traditions, can contribute to the development of not only physical but also moral qualities of students, which is an important component of national education.

As noted by Mykytchuk (2023), national and patriotic education has a direct impact on the development of the individual, the formation of their moral principles and values. Experience has shown that students who participate in activities that use national symbols, such as embroidery, show a higher level of self-awareness and patriotism. In addition, physical activities related to Ukrainian folk games and cultural practices can help foster a sense of pride in their country and an understanding of their national identity. In the context of modern integration processes in the field of education, especially within the framework of new pedagogical programmes, the issues of national and patriotic education through physical education are becoming increasingly relevant. Therefore, the study of how to use the means of national-patriotic education in the educational process is of great importance, and the effectiveness of such initiatives will become the basis for further pedagogical developments.

THE PURPOSE OF THE RESEARCH

The aim of the study is to substantiate the pedagogical potential of using folk games, elements of Ukrainian dance exercises, the use of embroidery, sports events dedicated to national holidays as means of patriotic education in physical education of students.

RESEARCH METHODS: to analyse the essence of national-patriotic education in physical education and the importance of national symbols for this process; to study the impact of national-patriotic education on the formation of national identity of young people through physical education.

The study uses methods of analysis and synthesis of literature, in particular, analysis of pedagogical and scientific sources that consider the impact of national symbols on the process of patriotic education through physical education. A comparative study of the influence of various elements of national culture on the education of national consciousness among young people will also be conducted.

RESULTS OF THE RESEARCH

National-patriotic education is one of the key components of modern education, especially in the context of geopolitical changes and social transformations. In times of war, when the nation is under threat, the need to strengthen national identity becomes a priority for government and educational institutions. National-patriotic education is understood as the purposeful formation of a sense of deep respect and love for their country, its culture, traditions and history among young people, which contributes not only to personal development but also to strengthening the unity of the nation (Bezlyudna, 2020).

In today's globalised world, when cultures are mixing and national identity is being threatened, it is important to foster a sense of pride in young people for their nation and its heritage. This is especially true in Ukraine, where, in times of war, national identity is becoming an important marker for social cohesion and resilience to external challenges. National-patriotic education is not only a social or political requirement, but also an important part of the formation of moral values that contribute to the stability and development of society (Otravenko, Dovhan, Dikhtyarenko, 2023).

Physical education is of particular importance in patriotic education, as it is not only a tool for physical development, but also an important aspect of moral and spiritual formation of the individual (Shcherbyna, 2024). Regular physical education contributes to the development of willpower, discipline and perseverance, which are necessary for active citizenship. In addition, collective forms of exercise, such as sports games, foster team spirit, mutual respect, a sense of unity and common purpose, which is closely linked to the ideals of patriotism (Sobko et al., 2025). As a result, physical education becomes an effective means not only of improving health, but also of forming a citizenry ready to act for the benefit of their country.

Physical education can not only develop physical skills, but also contribute to the development of moral and patriotic qualities, help to foster a sense of discipline, collectivism and support for national traditions through active activities (Bursala, 2025). Incorporating elements of patriotic education into sporting events, in particular through the use of national symbols, helps young people develop a sense of pride in their country. For most higher education students, a comprehensive approach that combines intrinsic motivation based on the desire for a healthy lifestyle with external incentives such as support from friends, teachers and sports events is crucial. It is this synergy that allows not only to increase the level of physical activity but also to deepen the understanding of the meaning of patriotism through sport and national symbols (Mikhalchuk, 2024).

Integrating folk traditions into physical education classes also contributes to the development of national identity. Folk games and sports competitions rooted in Ukrainian traditions can be an important part of the educational process, helping students to understand the connection between physical activity and cultural heritage, as noted in Nepsha (2023). Involvement in such games strengthens the moral qualities of pupils and students, contributing to their spiritual development and building a strong sense of national pride. In this context, Bezlyudna (2022) emphasises that it is important to use new forms of patriotic education that include interactive exercises and innovative approaches, among which folk games play a key role in shaping national identity. Holding sports events based on Cossack games is an effective means of patriotic education that combines physical activity with historical and cultural heritage. Competitions inspired by the traditions of



the Zaporizhzhia Cossacks contribute not only to the physical development of students, but also to a sense of pride in the heroic past of the Ukrainian people (Litvinenko, 2021; Otravenko et al., 2023). Cossack games are a set of games and competitions that imitate the life and training of Cossacks: tug-of-war, running in bags, 'pull out the mace', cross-wrestling, and throwing a stick for accuracy. Such activities make it possible to diversify physical education lessons and integrate national values into them, which has a positive impact on the formation of civic position and national identity of students.

Elements of Ukrainian folk dance and rhythm play an important role in the process of patriotic education of students. Dance exercises based on the characteristic movements of Hutsul or Podillia dances not only contribute to the development of coordination, rhythmicity and endurance, but also immerse students in the cultural environment of their people (Tanana, 2020; Mitsiuk, Hryzohlavova, 2025). Hutsul dance moves are characterised by fast tempo, rhythmicity, power elements, and jumps (stomps with a jump, stomps with a spin, transitions on bent legs). Podillia dance movements are performed smoothly, with sweeping steps, circular formations and imitation of everyday movements (cross step, smooth half-squats with a step, circle with an exit). The folk dance outdoor games 'Arkan' and 'Hopak Relay' combine dance elements with physical training. When performing such exercises, students have the opportunity to touch the traditions that have shaped Ukrainian identity over the centuries, which contributes to an emotional connection with their native culture, the formation of national consciousness, and awareness of the value of their historical roots. Therefore, the integration of folk choreography into physical education is an effective means of harmoniously combining physical and spiritual development of the individual.

CONCLUSIONS AND PROSPECTS OF FURTHER RESEARCH

As a result of the literature analysis, it was found that the integration of elements of Ukrainian national culture, in particular folk games, dance exercises, embroidery and sports events dedicated to national holidays is an effective means of patriotic education of youth in the process of physical education. It has been found that the use of vyshyvanka as an element of national symbolism not only enriches the content of physical education classes, but also contributes to the formation of national consciousness, a sense of identity and pride in cultural heritage. The prospects of pedagogical approaches to combining physical activity with national traditions for the development of moral and patriotic values in students are revealed.

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