

Сучасний спорт вищих досягнень немислимий без жорстокої змагальної боротьби. Змагання вимагають від спортсмена мобілізації всіх сил - і фізичних, і психічних, причому, психічних насамперед, так як участь в змаганнях завжди не просто особиста справа спортсмена, а справа високої суспільної значимості.

Настільки відповідальна та високо мотивована діяльність хвилює спортсмена, а особливо в юнацькому віці, викликає цілу гаму переживань - від тверезої впевненості в своїх силах до панічного страху і небажання виходити на старт. В таких умовах спортсмени схильні до різних несприятливих станів, ймовірно погіршує їх діяльність. Ступінь хвилювання і обоювання за успіх в даному змаганні багато в чому визначає психічний стан паралімпійця перед виходом на старт і рівень його мотивації. Мотив не тільки визначає поведінку спортсмена, але і обумовлює кінцевий результат його діяльності. Виходячи з цього, неможливо не оцінити надзвичайно важливу роль психолога у підтримці паралімпійців під час змагань в юнацькому віці.

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INSTALLATION AS A MODERN FORM OF INFLUENCE ON THE CONSCIOUSNESS OF THE INDIVIDUAL

The most popular stereotype about contemporary art is the following: it is incomprehensible, closed, somewhat provocative, and does not require much effort from the artist. However, since it appeared, more and more people are becoming interested in it, looking into its philosophy as it concerns us directly. Contemporary art expresses the world we live in. Modern art exists not just for the sake of art but for the impact it produces on people at large.

The last two decades of the 20th century are becoming a period of a creative open mindedness that nullifies artificially imposed art. Meanwhile, it is a period of carrying

out new tastes and preferences, the demand for which is implemented in the works of contemporary artists. The art of installation occupies an important place in works of artists of the 20th and the beginning of the 21st centuries. In the meantime, they have created numerous compositions without avoiding real subject forms that forced to percept their design ideas in a new light, which were ahead of their time helping to combat stylistic simplifications and stereotypes in pop culture. There is a growing public interest in the art of installations as one of the brightest forms of influence on human consciousness within the context of the everyday world. It is evidenced by regular biennials, festivals and exhibitions that take place all over the world and across Ukraine, the result of which is an enhance of the role of installation in particular situations perceived by a human.

According to Borys Groys, “/... / installation is the leading form of a contemporary art, as it demonstrates a certain selection, a chain of acts of choice, the logic of introducing and excluding elements. Thus it affirms /... / certain ideas about what is old and what is new, what is the original and the copy. Each /... / installation is created in order to reorganize an archive of memories or to propose new criteria for the message to show the differences between the past and the future.”

The impact of art on human life and health has long been known, as well as it has a close connection between physical and mental processes of the individual. But at present, there is no plenty research on the impact of interactive art on human consciousness. Therefore, we consider accurately both the features of interactive art and the characteristics of its impact on human consciousness. Needless to say that there is an impact on the state of mind of an individual in the process of interaction with art objects, both consciously and subconsciously : on the one hand it may help to relieve tension, stress, anxiety or get rid of depression, on the other, it may intensify these manifestations instead. These reactions will depend on many psychological factors such as individual characteristics, thoughts, experiences, interests of a person, as well as life experience. Therefore, the perception of an interactive art object will not always be the same. This is the main phenomenon of interactivity: the viewer is not always capable of perceiving the creator's idea, but he or she will never remain indifferent "experiencing" that sort of installation.

Art, especially interactive one, provides and maintains peace of mind and balance. Evidently, psychotherapists in Ukraine and around the world are increasingly using a variety of methods in their practice: art, fairy tales and music therapy, as well as offer a variety of installations for the consideration. Depending on his or her mental condition, an individual feels and perceives through the prism of his or her own experience. If a person has experienced a similar situation in his or her life or has occupied this profession, thus he or she will surely find a response within himself or herself. If a person is not "involved" in this composition, he or she will find there what he or she dreams of, his or her desires or what troubles him or her.

Art is communicative in its nature, it involves the reflection of perception, co-creation of an artist and a spectator. The images, created by the artists, evoke counter-feelings and become a source of perceiving their own identity and the world around them. They motivate to an inner monologue and attempts of creative self-expression.

Excessively sensitive viewers can easily feel the influence of contemporary art. At times, there may be a certain “sediment” in the heart of an individual after viewing such

compositions. An individual may catch so-called insights after long contemplation on what is seen, otherwise he or she begins to percept and realize things, not like before. The main phenomenon of this interactive is that it is a three-dimensional. An individual can see it, touch it and be inside it. Evidently, the strongest influence on a person is what he or she can feel experiencing first-hand. It helps to break stereotypes inside the human head, to see things unconventionally, not in the way we are accustomed to.

Thus, artistic practices, associated with installations of various kinds, types, shapes and techniques have not emptied their capacity, but on the contrary, have been the most effective means of influence on human consciousness and subconsciousness. Visual and verbal landmarks are created to achieve a greater awareness of the event, image and action in observer's consciousness by means of installation. Artistic tastes are formed by means of installation as well. Everyone is able to realize his or her creative ideas, using it as methods of a therapy. Installation has been firmly rooted in the cultural space as a form of social projects by its artistic means. These are creative pursuits and realizations of both professional artists and those individuals for whom it is a phobia.

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PREVENTION OF ADAPTATION OF RECRUITS TO THE CONDITIONS OF MILITARY SERVICE

The problem of disadaptation of military service recruits is a pressing issue for many populations and spheres of activity. The young 18-year-old, constantly living in the comfort of home unexpectedly or expecting extremely from accompanying people (self on-self in completely new unusual living conditions). The specifics of experiencing new conditions is accompanied by a number of adaptation experiences of the young person during this period, namely: adaptation to the army way of life; adaptation to the new collective; adaptation to subordination and hierarchy; adaptation to carrying weapons; adaptation to possible participation in military actions.

The process of adaptation to military service conditions is rather complicated for a recruit's personality and depends on a whole list of factors. In this connection, recruits with signs of disadaptation to military service come to the attention of psychologists. Most often, disadaptation is associated with a psychological state of frustration and depression, inadequate communication skills and behavioral disorganization, internal stiffness and stressed aloofness - this is by no means an exhaustive list of its symptoms.