

ANALYSIS OF CURRENT PEDAGOGICAL CONDITIONS AND METHODS OF FORMING EMOTIONAL STABILITY FOR PRESCHOOL CHILDREN IN THE SPORTS ACTIVITIES PROCESS

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Abstract. The peculiarities of modern pedagogical conditions and methods of forming emotional stability for preschoolers in the sports activities process are analyzed in the article.

Keywords: emotional stability, pedagogical conditions, educational and training classes, level of development.

Introduction. Nowadays emotional stability is one of the most important qualities of a person, which affects the success of his activities in difficult stressful conditions. The destruction of peaceful life in the world, in particular in Ukraine, has caused nervous disorders in many children, which increases the need to study modern features and ways of forming emotional stability of the individual.

The purpose and objectives of the research. *Purpose of the research* - to analyze modern pedagogical conditions and methods of forming emotional stability for preschoolers in the sports activities process. To achieve this goal, the following tasks are expected to be solved: Study of modern pedagogical approaches to education of preschool children. Analysis of methods of forming emotional stability in children. Study of the specifics of the use of sports activities for the formation of emotional stability in preschoolers.

Research methods: analysis of scientific and methodical literature and the Internet sources, analysis of educational and training sessions classes.

The method of joint activity of adults and children has a significant impact on the effectiveness of constructive interaction of participants in the educational process. Joint activity develops the skills of joint work, unites, accustoms children to the responsibility of everyone for the assigned task, develops initiative, creativity, as well as the child's confidence in himself and his abilities, and as a result - contributes to the formation of emotional stability of preschoolers [1].

One of the most effective and natural methods of constructive interaction is the communicative method. In the preschool period, the socialization of the child takes place simultaneously with the active development of speech, which leads to the need for the development of interpersonal communication both with peers and with adults [4]. The development of interpersonal relationships is an important step towards learning about the world around us and is the key to the development of children's confidence and stable psycho-emotional health.

Necessary methods of ensuring the conditions of constructive interaction of participants in the music-educational process are encouragement and motivation, incitement to initiative and creative activity [3]. Joint recognition of successes helps to increase the confidence of preschoolers and activate their participation in the process of sports and music classes. For the sake of such results, it is important to enrich the content of tasks with personally-oriented material, to treat the child as an individual, to

satisfy his needs in communication with the teacher, to stimulate cognitive interest, to form an adequate self-esteem in the child [5].

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Research results and their discussion. The analysis of modern pedagogical conditions and methods of forming emotional stability for preschool children in the sports activity process confirms that emotional stability is extremely important and is the key to successful development for children aged .

Conclusions. The analysis of scientific and methodological literature made it possible to carefully study the features of modern pedagogical conditions and methods of forming emotional stability in preschoolers during sports. Children's physical activity is a well-founded recommendation for further positive development of the child [2].

Prospects for further research are further searches and use of modern technologies (game, associative, suggestive, etc.) in the process of preschoolers' sports activities.

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