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ДИНАМИКА ЛИЧНОСТНЫХ КАЧЕСТВ ЛЮДЕЙ, ЗАНИМАЮЩИХСЯ
ЙОГОЙ

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DYNAMICS OF PERSONAL QUALITIES OF PEOPLE PRACTICING
YOGA

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Аннотация. В данной статье рассмотрены личностные качества людей, занимающихся йогой, их психологический профиль и особенности их функционального состояния. Произведен анализ статей по теме и описаны изложенные в данных источниках исследования.

Annotation. This article discusses the personal qualities of people engaged in yoga, their psychological profile and features of their functional state. The analysis of articles on this topic is carried out and the research presented in these sources is described.

Ключевые слова: личностные качества, йога, психология.

Key words: personal qualities, yoga, psychology.

Introduction

In modern conditions of active information exchange, high rhythm of life, increasing stress levels and insufficient motor activity, a person has a tendency to

decrease in health, the emergence of unfavorable functional conditions and various psychological problems associated with the professional and personal sphere. The awareness of many people of this situation leads to the search for ways to preserve physical and mental health by introducing regular sports into the habit. This determines the relevance of the chosen topic.

Currently, there are a huge number of different ways of physical activity. The choice is so great that everyone can find something he or she likes. In recent years, Eastern techniques, in particular, types of wellness yoga, have become increasingly popular. Yoga is considered as a practice aimed at learning about oneself and the outside world, as a means of practical psychology and psychotherapy [10]. It is believed that yoga helps to rethink existential issues, having a significant impact on the personal characteristics of people. However, is this influence always unambiguously positive? Thanks to the analysis of the scientific literature and the research conducted by the authors, the answer to this question was found.

In order to understand the influence of yoga on a person and how it is carried out, it is necessary to turn to the philosophy of yoga and its initial purpose. It is a collective name for a number of different spiritual, mental, and physical practices. The practice of yoga brings up the most important sense of proportion. Every non-functioning area of tissue and nerves, brain and lungs, is a challenge to our will and integrity. If we do not hear it, it can become a source of collapse and death [8].

Victor Boyko in his book "Yoga: the art of communication" said that the essence of yoga is characterized not by the sophistication of poses, but by a special state of mind that arises in the process of performing them. Just as the mind expands its physical capabilities by solving problems that are not subject to brute force, so the temporary inhibition of the process of thinking gives an invaluable effect that cannot be obtained in any other way [5]. By yoga, the Indian understands the desire to achieve liberating knowledge or liberation itself through systematic training of the body and spirit on the path of inner concentration through direct vision or experience [9].

The chapter "On absolute liberation" of the book "Yoga Sutras" says the following: "According to the Teacher, the narrowing and expansion of the all-pervading consciousness is the only way of its activity. Further, this [consciousness] is mediated by such conditions as righteousness (dharma) and so on. There are two types of conditions: external and internal ones. External one means the presence of a physical body and other means of performing [yoga]: glorifying [the gods], giving alms, devotional greeting, and so on. The internal [conditions] are faith and the like, depending only on consciousness" [4].

Psychology did not ignore this practice either. Carl Gustav Jung wrote: "...yoga is not just a mechanic, but has a philosophical content. By training different parts of the body, yoga connects them into a single whole, connects them to consciousness and spirit, as it is evident from the pranayama exercises, where prana is both the breath and the universal dynamics of the cosmos. If any act of the individual is at the same time a cosmic event, then the "light" state of the body (innervation) is combined with the uplifting of the spirit (universal idea), and thanks to this combination a vital whole is

born. It will never be produced by any "psychotechnics", even if it is the most scientific. The practice of yoga is unthinkable – and ineffective – without the ideas on which it is based. There the physical and the spiritual merge in a surprisingly perfect way" [7].

The purpose of the study is to identify what personal qualities of people develop during yoga classes and how this happens.

Research materials and methods

Research methods are the study of scientific literature, the analysis of research on a given topic and the formation of general conclusions.

Research results and discussion

To understand what personal characteristics people who practice yoga have, an analysis of scientific articles and research was conducted. It was possible to draw general conclusions on their basis.

Agapkin S.N. and Miroshnikov A.B. in their article "Features of the psychological profile of persons engaged in yoga" conducted a study on 279 women aged 36 ± 9.2 , engaged in yoga for at least 3 years. The research methods used were the analysis and generalization of literature, questionnaires, and methods of mathematical statistics. The survey was carried out by means of a questionnaire developed by Doctor of Medical Sciences, Professor V.P. Zaitsev "Abbreviated Multivariate Questionnaire for Personality Research" (SMOL). An interesting point is that the authors did not just use yoga classes in general, but also selected a sample in such a way that different areas of yoga were involved: Iyengar yoga, kundalini yoga, hatha yoga and ashtanga yoga. The conclusions of the study were as follows:

1. The data obtained tell us that the psychological profile of people engaged in yoga significantly differs from the average norm. The main differences can be considered a certain "flattening" of the profile, reflecting either the reduced emotionality of the group, or the desire to control and form a benevolent view. A significant decrease in the scales 1, 2, 3, 4 and 7 characterizes people who practice yoga as people who are confident in themselves and in their own health, have a positive perception of the world around them, are emotionally stable, and are not prone to confrontation with expressed moral principles. At the same time, we cannot exclude the possibility that such a profile is fraught with insufficient attention to their own health, uncritical attitude to themselves, excessive introversion, and in some cases – the lack of their own life position.

2. The analysis and generalization of literature showed that the psychological profile of women engaged in yoga is not sufficiently studied, studies on the Russian sample have not been conducted before;

3. The obtained data on the psychological profile of women engaged in yoga say that, despite a certain general picture for all areas of yoga, there are statistically significant differences between adherents of various areas of yoga;

4. The psychological profile of women obtained as a result of the study may be of interest for restorative and sports medicine, and further research is promising [3].

Next, consider the article by Sungurova N.L. and Gromova G.A. "Comparative analysis of cognitive and personal characteristics of men and women in adulthood

engaged in wellness yoga". The total sample size was 80 people aged 30–37 years, including 40 men and 40 women. All participants have been practicing yoga for at least 1.5 years. When conducting the study, the following methods were used: "The scale of basic beliefs" (R. Yanov–Bulman); "The time perspective questionnaire" by F. Zimbardo (ZTPI); the questionnaire "Cognitive Emotion Regulation Questionnaire" (CERQ) by N. Garnefsky and V. Kraig (adapted by Rasskazova E.I., Leonova A.B., Pluzhnikov I.V.); questionnaire "Self–organization of activity" (OSD) (E.Y. Mandrikova). Methods of mathematical data processing were also used. When summing up the results of the study, the conclusions were as follows:

1. The main basic beliefs of people engaged in wellness yoga are "the favor of the world", "the value of one's own self", "the kindness of people", "the degree of luck". They have a positive perception of their surroundings, but they do not tend to perceive the world as a chain of random events.

2. The dominant manifestation of the time perspective in the study sample is the orientation to the "future" and "positive past".

3. Middle–aged women who prefer yoga classes have a more pronounced belief in the kindness of people. They have a positive perception of the time of their life, are focused on the future, while men, on the contrary, are more likely to exaggerate the role of negative events in the past and present.

4. Men are more characterized by a negative, pessimistic view of the past, a fatalistic, helpless and hopeless attitude to the future and to life in general. They have a more pronounced belief in the controllability of the world and the need for self–control.

5. Men and women who practice yoga are characterized by such strategies of cognitive regulation of emotions as "positive reassessment", "focusing on planning", "acceptance". Both men and women are characterized by the desire to achieve a goal, to complete the work they have started, and the ability to structure their activities with an effort of will [1].

No less interesting research was the study of Venevtseva Yu.L., Shishkin P.A., Baranov V.V. and Melnikov A.Kh., described in the article "Features of the functional state of persons engaged in yoga and sports dancing". In order to study the psychophysiological features of students of Tula State University who showed interest in yoga classes, an anonymous questionnaire was conducted using a specially designed questionnaire, the SAN test, as well as a set of psychophysiological tests included in the hardware and software complex "NS–Psychotest", NeuroSoft–Psychotest, Ivanovo. 60 2nd–year students of the Faculty of Mining and Construction took part in this study. Elements of hatha yoga were introduced into their physical education program for the experimental group (30 people). They included static body postures – asanas, simple breathing techniques, as well as elements of auto–training and relaxation exercises. The results of this study were as follows:

1. Female students who chose yoga had lower speed abilities on the tapping test. At the same time, they have a shorter time of simple visual–motor reaction in the middle of testing, as well as an average reaction time with less variability. In this group,

the indicators of dynamic coordination were better (according to the profile): less number and time of touches. The indicators of the critical frequency of flickering fusion (CCSM) at the first presentation were higher, which indicates a good lability of nervous processes.

2. According to the SAN test conducted before the winter session, the girls doing yoga had slightly higher scores on all three scales, especially on the "mood" scale, but the differences were not significant. Thus, girls with good coordination of movements, but with lower speed capabilities, tend to practice yoga [2].

The last study was the experiment of Bereben O.I., which is described in her article "Yoga as one of the ways to develop the meaning of life positions of the individual: a collective monograph". The hypothesis of this study was the idea that systematic yoga practice contributes to the improvement of the individual, namely, the formation of positive and constructive life–meaning positions. The following methods were used to solve the tasks and test the proposed research hypothesis, theoretical methods, analysis of scientific psychological and philosophical literature on the problem of research; diagnostic methods, the test of "Meaning–life orientations" by V. Frankl; the test of "SAT" by E. Shostrom; the test of "Resilience" (S. Maddi, translation and adaptation by D.A. Leontiev, E.I. Rasskazov), the test questionnaire "Attitude to life, death and crisis situation" (by A.A. Bakanova). Methods of mathematical statistics were also used for data processing. The experimental study involved 50 people (15 men and 35 women) aged 25–45 years. The level of education was taken into account, as well as the professions and activities of the subjects were studied. Conclusions based on the results of the study:

1. As a result of the conducted psychological work based on the yoga system, the subjects experienced some changes in the meaning of life indicators, namely, there was a reassessment of self–perception and the perception of others. These qualities, in turn, reflect the comprehensive development of a person's creative and spiritual potential. The subjects were able to see the hidden potential in themselves, and partially implement them in life.

2. Psychological work with the use of the yoga system, promotes the development of an active personal position of a person in relation to their own life. Helps to overcome various fears, such as: fear of death, responsibility, fear of life changes, etc. It helps a person to self–actualize and improve in their meaningful life position. Yoga increases and strengthens the level of resilience, in the effective overcoming of stressful situations [6].

Conclusion

So, after studying the scientific articles and the studies given in them, it is not difficult to sum up and draw general conclusions regarding the personal qualities of people engaged in yoga. In addition to personal qualities, we will also touch on the features of the functional state, since they play an important role in the life of each person.

1. People who have started yoga classes, over time, improve themselves as a person, namely, they have a reassessment of self–perception of themselves and others.

The formations of such a person are also an active life position, overcoming fears and self-actualization.

2. As for the functional state, people who practice yoga have low speed capabilities, but at the same time have good lability of nervous processes and coordination of movements.

3. The psychological profile of people who prefer yoga classes includes such characteristics as confidence in themselves and in their own health, a positive perception of the world around them, emotional stability, lack of a tendency to confrontation, as well as expressed moral principles. However, we cannot exclude such an interpretation of some scales as reduced emotionality of the group, insufficient attention to their own health, uncritical attitude to themselves, excessive introversion, and in some cases – the lack of their own life position.

4. If we talk about cognitive-personal characteristics in the context of gender differences between people who practice yoga, the results are variable. A positive perception of the environment has become common for both men and women, but at the same time there is no tendency to perceive the world as a chain of random events. The study sample is mostly focused on the "future" and "positive past". Both sexes are also characterized by the desire to achieve a goal, to complete the work that has been started, and the ability to structure their activities with an effort of will. This study also showed differences in characteristics. Women have a more pronounced belief in the kindness of people, they perceive the time of their life positively, they are focused on the future. Men are more characterized by a negative, pessimistic view of the past, a fatalistic, helpless and hopeless attitude to the future and to life in general. They have a more pronounced belief in the controllability of the world and the need for self-control.

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АНТИПРИВИВОЧНЫЙ СКЕПСИС РОДИТЕЛЕЙ ПРИ ВАКЦИНАЦИИ
ДЕТЕЙ**

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**Sukhareva N.N., Kapshutar M.A.
ANTI-VACCINATION SKEPTICISM OF PARENTS WHEN VACCINATING
CHILDREN**

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Аннотация. В статье рассматриваются причины формирования антипрививочного скепсиса родителей в отношении вакцинации детей. С этой целью было проведено анонимное анкетирование родителей, чьи дети посещают детские дошкольные образовательные учреждения Малышевского городского округа Свердловской области. С помощью анкетирования родителей удалось выявить основные причины антипрививочного скепсиса и как его результата, отказов от вакцинации. Основными преградами приверженности к вакцинации являются страх осложнений, неуверенность в эффективности вакцин, неудовлетворенность качеством и количеством информации о прививках, получаемой от медицинских работников, недооценка тяжести инфекционных заболеваний, против которых проводится вакцинация. Так же было установлено, что необходимо усиление разъяснительной и просветительной работы с населением для повышения приверженности родителей к иммунопрофилактике своих детей.