

Problems of introducing the GTO complex in higher education institutions

UDC 378.14:796



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Abstract

Objective of the study was to identify the problems of introducing the GTO complex in universities and identify measures that increase the motivation of students and university staff to comply with the standards of the GTO complex.

Methods and structure of the study. In the period of 2018-2023 academic year, sociological surveys were conducted among students of the Pacific State University (PNU) on various aspects of the GTO and their attitude to the complex.

Results and conclusions. The practice of introducing the GTO complex in universities, a survey of students showed that many students are not interested in its implementation; causes are indicated. The results of student surveys on various aspects of the GTO and their attitude to the complex are presented; factors contributing to the motivation of students to pass the standards of the GTO complex were identified. The low activity of university employees in fulfilling the standards of the GTO complex is indicated. The issues of the need to strengthen the incentive system for students and employees for participating in competitions and meeting standards are considered. A set of measures has been outlined to encourage students and university staff to participate in passing the standards of the GTO complex, which will help improve the situation with its implementation in universities.

Keywords: GTO complex, university, physical education, discipline "Physical culture and sport", organization, motivation, values, incentives.

Introduction. One of the measures aimed by the state to solve the problems of improving the health of the population of Russia is the revival since 2014 of the All-Russian physical culture and sports complex "Ready for Labor and Defense" (GTO) for all population groups (from 6 to 70 years and older) in a new form and under new conditions. This should contribute to the development of mass sports in the country, the formation of a conscious need among the population for systematic physical education and sports, physical self-improvement and a healthy lifestyle.

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Methods and structure of the study. In the period of 2018-2023 academic year, sociological surveys were conducted among students of the Pacific State University on various aspects of the GTO and their attitude to the complex.

Results of the study and their discussion. The practice of introducing the GTO complex in universities, a survey of students show that many students are not interested in its implementation. This is due to a number of reasons, among which are:

1) insufficient physical readiness of students to pass the GTO standards. Attending practical training sessions at a university in the discipline "Physical Culture and Sports" does not provide proper physical preparation for the successful passing of standards;

2) the inability to additionally engage in physical



culture and sports activities outside of training sessions to prepare for the delivery of standards;

3) contraindications to the performance of some tests designated as mandatory tests (for example, endurance running - 2 km for girls, 3 km for boys);

4) a complex registration system for participation in the delivery of GTO standards (you must undergo a medical examination and have a certificate of admission to pass the standards; registration on the GTO website with entering personal data);

5) the absence of additional significant incentives and preferences for the successful fulfillment of the standards and obtaining the GTO distinction (increased scholarships; free subscription to a fitness room or swimming pool for a certain period; bonuses when applying for a job after graduation, etc.). Moral satisfaction from the fulfilled standards and receiving encouragement in the form of a diploma and the badge of distinction itself are not enough for students to participate in GTO competitions.

So, for example, in accordance with the order of the Ministry of Science and Higher Education of Russia dated August 21, 2020 No. 1076 [2], upon admission to study at universities, it is possible to accrue additional points at the decision of the organization of higher education (at least 2 points), if the applicant was awarded in his age group with a distinction (gold, silver or bronze) for fulfilling the standards of the GTO complex. And this is a good incentive to pass the standards for potential applicants.

Discussing the problem of incentives for university students to pass the GTO standards, it should be noted that in the order of the Ministry of Education and Science of Russia dated December 27, 2016 No. Scholarships for student achievements in sports activities can only be applied for by students who have a golden GTO distinction. For the appointment of an increased scholarship in the field of sports activities, there is a competition among university students, one GTO sign is not enough, other sports indicators are needed. And therefore, for many "unsportsmanlike" students, this is not an incentive to pass the GTO standards.

At the same time, students who are actively involved in physical culture and sports on their own also do not show due interest in passing the GTO standards. For them, participation in competitions is an additional burden without prospects and bonuses.

Thus, a survey of 132 students of 1-3 courses in May **2019** showed that 90.1% of students know about the GTO standards. To the question "What, in your opinion, does the GTO complex give to a student?" they singled out (out of eight proposed parameters): firstly, the opportunity to check the development of their physical qualities; secondly, increase your rating, personal portfolio. The least significant for stu-

dents was: to receive material rewards for passing on a badge of distinction and to improve their status among classmates, university students.

At the same time, only 31.1% of the students surveyed are interested in the GTO complex ("very interesting" - 7.6%, "perhaps interesting" - 23.5%).

Among the students surveyed, 78.0% did not take part in passing the GTO standards at the university. The main reasons why they did not pass the GTO standards were the following (out of nine proposed answers): firstly, I am not interested; secondly, I am untrained, I will not be able to pass the standards; thirdly, health does not allow; fourthly, I do not see the point in this; fifthly, there is no free time (I work, I take part in other events).

Of all the students surveyed, only 12.9% are going to take part in the GTO complex at the university (the answers "yes, I will" - 4.6%, "perhaps I will" - 8.3%), will not accept - 57.5% found it difficult to answer - 29.5%.

The main negative factors, according to students, in the GTO complex are the following: firstly, the standards are too high, it is difficult to pass them; secondly, there is not enough choice of standards for delivery, it is necessary to expand the choice; thirdly, it is necessary to reduce the number of tests for obtaining a distinction.

To the question "What do you think needs to be changed in the GTO complex: in the complex itself, organization of its conduct and summing up?", which implies a free response of students (without the proposed answers), the same wishes were voiced: it is necessary to reduce the standards; to supplement the standards, expand the choice; introduce other standards for students of a special medical group; involve mass media in the competition and coverage of the results; not to allow a voluntary-compulsory form of participation in the delivery of standards, not to make it mandatory.

A survey of 106 students of 1-4 courses in November **2022** showed that the attitude of students towards the GTO complex has not changed significantly: with an overall positive assessment of the GTO complex (69.8% have a positive attitude towards the revival of the GTO complex in the country), interest in it, students have a low score - only 4.7% of students passed the GTO standards at the university.

The results of a survey of students about the factors that can motivate them to pass the standards of the GTO complex showed (see table) that financial incentives and additional incentives for obtaining the GTO badge, which have become a priority in the rating, could possibly become significant motivating factors for their participation in normative tests of the GTO complex.



*Results of a survey of university students on factors that can motivate them to pass the standards of the GTO complex, %**

What would prompt you to start preparing for the delivery of the GTO standards?	Girls n=61	Youths n=45	Total n=106
1. Financial incentives for obtaining the GTO sign (additional payment, increase in the size of the scholarship)	37,7	24,4	32,1
2. Additional incentives for obtaining the GTO sign (free subscription to a fitness room or pool for a certain period)	32,8	24,4	29,2
3. Moral encouragement (diplomas, official awards)	14,7	13,3	14,2
4. Additional preferences when applying for a job (if the GTO sign had an additional bonus when applying for a job after graduation)	18,0	6,7	13,2
5. Nothing, I don't see the point in it	11,5	15,6	13,2
6. More active propaganda, advertising of the GTO festival	6,6	6,7	6,6
7. The best organization for passing the GTO standards (a more solemn and festive organization of the festival itself, as an important competition)	4,9	6,7	5,7
8. Other (write)	–	–	–

*The table presents the factors according to the rating of their overall significance for students with the possibility of choosing several answers.

A survey of 1st-year full-time students on the implementation of the GTO complex and its importance for students, conducted in December **2022**, showed that no more than 5% of students are going to take the GTO standards in the future during their studies at the university. If not points were awarded for passing the GTO standards at the university (for example, at present, at the Pacific State University, 10 points are awarded for the golden GTO mark), but an increased scholarship would be immediately assigned, then this would motivate you to start training and take part in competitions GTO only a few students. As the survey showed, the GTO complex is not of interest to the majority of students, many of them are not athletic, they are going to receive increased scholarships for other activities (educational, research, etc.). If many free sections were organized at the university according to the interests of students, then they would also not engage in physical culture and sports in the system in connection with work and other hobbies.

The results of the study allow us to conclude that a significant reason for the lack of motivation among many students to fulfill the standards of the GTO complex is that they are not interested in physical culture and sports as a field of activity. In this regard, it is important to actively inform students about the importance of physical activity for healthy human life, create conditions in universities for involving students in physical culture and sports activities, including attracting students to participate in GTO festivals.

Considering the problems of introducing the GTO complex in universities, it is also necessary to indicate the low activity of university employees in fulfilling the

standards of the GTO complex. If the participation of students in passing the GTO standards can be motivated by teachers of physical education departments, including by receiving a test, for example, instead of passing educational standards in a discipline, then there is nothing to properly motivate employees. Although the federal documents on the implementation of the GTO complex address the issues of stimulating employees and rewarding them for meeting the standards [1], they are of a recommendatory nature for employers and, as practice shows, they are mainly implemented in universities only in the form of non-material incentives (letters, etc.).

Therefore, it is advisable in universities to consider the issues of strengthening the incentive system for students and employees for participating in competitions and meeting standards, and the Ministry of Science and Higher Education of the Russian Federation and the Ministry of Sports of the Russian Federation, which coordinates the implementation of the GTO complex [1, p. 28], jointly consider issues of financing these expenditure items in universities. Improving the system of rewarding persons who have fulfilled the standards for insignia of the GTO is designated as a priority area for improving the standard of living of the population through physical education and sports [3].

Thus, to encourage students and university staff to participate in passing the standards of the GTO complex, the following set of measures can be proposed:

- Introduce into the Regulations on increased scholarships for students a scoring scale for passing the gold, silver, bronze badges of distinction.
- Provide material rewards (monetary incentives, reimbursement of expenses for visiting sports and



fitness clubs, etc.) for students and employees who have fulfilled the standards for insignia.

- Include in the indicators of an effective contract for university staff a score rating for participation in the delivery of GTO standards and an increased rating for those awarded with GTO distinctions.

- Fix the system of incentives for university employees with a clause of the collective labor agreement.

- Ensure the solemnity of the event to honor students and university staff who have passed the standards for insignia of the GTO, coverage of these events in the university and regional media.

The above incentives will increase the motivation of students and university staff to comply with the standards of the GTO complex and help improve the situation with its implementation in universities.

Conclusions. An analysis of the results of the study showed that with a general positive assessment of the implementation of the GTO complex, the interest in it among university students is low. This is due to a number of reasons, among which one can single out their lack of interest in physical culture and sports as a field of activity. In this regard, motivating students and stimulating them to participate in passing the GTO standards seem to be the most relevant in terms of increasing the effectiveness of physical education at a university. One of the factors for this at the university, it is advisable to consider strengthening the incentive system for students and employees for participating in competitions and fulfilling the standards of the GTO complex.

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