

A CROSS-CULTURAL STUDY OF HARDINESS AND WELL-BEING OF STUDENTS AND STUDENT- ATHLETES IN KAZAKHSTAN AND RUSSIA

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Abstract: The article considers the problem of personal resources of young people, which can contribute to their adaptation to life in modern society. The main characteristics of social development are: industrial revolution, international integration, high dynamism of socio-economic and socio-cultural processes. It is proved that their future depends on the ability of young people to overcome life difficulties, to be ready to overcome external and internal difficulties. In this regard, it is extremely important to study the resilience of young people and the factors that determine them. The purpose of the study was to study the resilience of Kazakh youth depending on their involvement in sports, as well as to conduct a cross-cultural comparison of Kazakh and Russian youth in terms of resilience and well-being. Significant differences in the level of indicators of resilience among students engaged in sports compared with non-athletes students, both in the sample of Kazakhstan and Russia, were revealed. Correlation analysis showed that young people who plan their activities, know how to maintain the desired weight, exercise and positively evaluate their physical development indicators, as well as are focused on social activity and communication with people have a high level of resilience. The data obtained can be used in the development of strategies for working with the youth of Kazakhstan. Further investigation of the problem may be related to the development of trainings on the development of resilience, as well as the development of strategies for involving young people in active sports.

Keywords: hardiness, well-being, youth of Kazakhstan, cross-cultural research.

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МЕЖКУЛЬТУРНОЕ ИССЛЕДОВАНИЕ ЖИЗНЕСТОЙКОСТИ И БЛАГОПОЛУЧИЯ СТУДЕНТОВ И СТУДЕНТОВ-СПОРТСМЕНОВ В КАЗАХСТАНЕ И РОССИИ

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Аннотация. В статье рассмотрена проблема личностных ресурсов молодежи, которые могут способствовать их адаптации к жизни в современном обществе.

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Среди основных характеристик общественного развития были выделены: промышленная революция, международная интеграция, высокая динамичность социально-экономических и социокультурных процессов. Обосновано, что от способности молодежи преодолевать жизненные трудности, быть готовым преодолевать внешние и внутренние трудности зависит их будущее. В связи с этим чрезвычайно важным является изучение жизнестойкости молодежи и факторов их определяющих. Цель исследования заключалась в изучение жизнестойкости казахстанской молодежи в зависимости от вовлеченности в занятия спортом, а так же проведение сравнения казахстанской и российской молодежи по показателям жизнестойкости и благополучия. Выявлены достоверные различия в уровне показателей жизнестойкости у студентов, занимающейся спортом по сравнению со студентами не спортсменами, как на выборке Казахстана, так и России. Корреляционный анализ показал, что молодые люди, которые планируют свою деятельность, знают, как поддерживать желаемый вес, занимаются физическими упражнениями и положительно оценивают показатели своего физического развития, а также ориентированы на проявление социальной активности и общение с людьми обладают большим уровнем жизнестойкости. Полученные данные могут быть использованы при разработке стратегий работы с молодежью Казахстана. Дальнейшее исследование проблемы может быть связано с разработкой тренингов по развитию жизнестойкости, а так же разработкой стратегий вовлечения молодежи в активные занятия спортом.

Ключевые слова: жизнестойкость, благополучие, молодежь Казахстана, кросс-культурное исследование.

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In the modern era of its development, humanity meets with daily improvements in innovative technologies in the field of science, communication, education, upbringing, sports, etc. The new technological structure of the modern world is changing our views on many things, including how we work, implement civil rights and raise our children.

Deep and rapid changes in the field of new technologies, economics and social phenomena dictate a new level of development to humanity. Huge educational, social and professional opportunities are also unique for the younger generation. Young people now, more than ever before, have access to a huge amount of all kinds of data, to large amounts of information, they are given a wide range of opportunities, from meeting new people and searching for information to making deals and communicating with clients, so they try their best to master knowledge, various foreign languages and professions.

This is a time of young, energetic and talented people and unique opportunities are open to them. But along with these new opportunities, there are new challenges and risks that young people are not always able to accept and are ready to respond to.

Socio-economic and socio-cultural changes in various dynamically developing systems in society, as well as the presence of such problems

as religious extremism, national chauvinism, youth subculture, negative environmental impact, crisis phenomena in the education system, requires young people to be able to predict how the near future and long-term prospects in order to prevent and overcome various risk factors. There are such risks in the interaction of a person who has not formed a life-sustaining position with the environment, and lead them to a negative perception of the situation and, as a result, to negative behaviour. And the negative behaviour and actions of young people serve as the initial basis for committing crimes, and has a relative prevalence, since it is associated with violations of the norms established by society. These phenomena include: unemployment, drunkenness, incitement to national, racial and religious hatred, drug addiction, substance abuse, sexual perversion.

A person who has learned and knows how to act against not only external, but also internal obstacles, and is able to overcome life situations in the name of values, the achievement of which he has made his goal, revealing his hidden abilities and talent, becomes a winner over circumstances [1]. And that is why, in the present conditions of the industrial revolution and international integration, the problem of the development and formation of hardy qualities in young people becomes urgent.

In 1979 Suzanne Kobasa first introduced the construct – hardiness. According to Kobasa, ‘hardiness’ is a personality characteristic: ‘persons who experience high degrees of stress without falling ill have a personality structure differentiating them from persons who become sick under stress’ [2].

In 2000 D. A. Leontiev suggested that this characteristic should be referred to in Russian as «zhiznestoykot’», describing the measure of the individual’s ability to withstand a stressful situation, maintaining internal balance and not reducing the success of the activity.

Hardiness helps a young person stay active and prevents the negative effects of stress. Kobasa views ‘hardy persons’ as sharing three characteristics: control, commitment and challenge. By possessing these characteristics, a hardy person is able to remain healthy under stress [3].

High indicators on the scale of commitment (involvement), indicates the commitment, involvement of a person in the processes occurring with him or around him. For such people, it is important not to be detached and alienated.

The second scale – control (control), gives information about the ability of a person to control the situation, regardless of how negative the situation is at the moment. People with high scores on this scale consider it a waste of time to sink into helplessness and passivity.

People with high scores on the challenge scale are able to accept the current circumstances as an opportunity for growth, are able to benefit even from stressful situations, are able to learn from both their successes and failures, accept life itself as a challenge, believing that satisfaction can only be achieved by turning stressful situations into opportunities for personal and professional growth.

When people have the psychological, social, and physical resources they need to solve specific life problems, we also use a concept called well-being.

There is a growing body of evidence that subjective well-being is linked to health and longevity. Pettai, for example, cited evidence that people with high life satisfaction were more likely to have a healthy weight, exercise, and eat well [4].

Life satisfaction and positive feelings predicted survival by controlling various socioeconomic variables, while high stress levels were associated with an increased risk of death.

The purpose of our study was to determine the level of hardiness of Kazakhstani youth.

As a research methodology was chosen «Test zhiznestoykosti» by D. A. Leontiev and E. I. Rasskazova [5]. In addition, the respondents were asked to answer the questions of our questionnaire of well-being and satisfaction with various aspects of their lives.

The questionnaire allowed us to identify the satisfaction of young people with their physical, social, emotional, spiritual and intellectual health; to identify their sports preferences and find out whether they are engaged in sports, and if so, the duration of their activities, as well as the presence or absence of sports achievements.

Within the framework of this direction, under the guidance of candidate of psychological Sciences, associate Professor of the Department «Theory of physical culture» of URFU L. N. Rogaleva, was also conducted a pilot study aimed at studying the hardiness of young athletes in Russia [6].

Thus 3 groups of respondents participated in the study: 2 groups of Kazakh youth who are not engaged in sports (n=87) and athletes (n=50), and a group of Russian youth athletes (n=50). The respondents are 18–30 years old.

The study revealed both general patterns and differences in the levels of hardiness of young athletes and non-athletes.

Table 1

Results of the «Test of hardiness»

Statistics	Hardiness	Commitment (Involvement)	Control	Challenge (Risk taking)
Kazakhstani youth (non-athletes). N=87	87,34	36,49	31,99	19,82
Kazakhstani youth (athletes). N=50	94,06	40,00	34,02	20,04
Russian youth (ath- letes). N=50	94,18	40,08	34,12	19,98

As can be seen from table 1, the level of hardiness of young people involved in sports differs from the level of hardiness of young people who do not go in for sports. Here, we also notice some differences in the level of hardiness of Kazakh and Russian youth, but these differences are not significant.

Below, in tables 2 and 3, we present the results of descriptive statistics conducted using the SPSS 23 program.

Table 2

Descriptive Statistics Kazakhstani youth (athletes). N=50

	N	Minimum	Maximum	Mean	Std. Deviation
Age	50	19	25	21,02	1,610
Hardiness	50	59	130	94,18	17,005
Commitment (Involvement)	50	22	53	40,08	7,943
Control	50	20	48	34,12	6,558
Challenge (Risk taking)	50	8	29	19,98	4,364
Valid N (listwise)	50				

Table 3

Descriptive Statistics Russian youth (athletes). N=50

	N	Minimum	Maximum	Mean	Std. Deviation
Age	50	18	28	21,30	2,493
Hardiness	50	59	128	94,06	17,013
Commitment (Involvement)	50	21	51	40,00	7,913
Control	50	23	49	34,02	6,659
Challenge (Risk taking)	50	10	29	20,04	4,370
Valid N (listwise)	50				

In terms of well-being, there are also significant differences in the indicators of young people who go in for sports and young people who do not go in for sports.

In the course of processing the results of the questionnaire data, a correlation analysis was performed in order to understand which questions of the questionnaire are related to hardiness. Correlation analysis revealed that young people who plan their activities, know how to maintain the desired weight, engage in vigorous exercise and enjoy their body condition, as well as participate in a variety of social activities and enjoy communicating with people who are different from them are hardy.

Table 4

Results of the well-being questionnaire

Statistics	Physical health	Social health	Emotional health	Spiritual health	Intellectual health
Kazakhstani youth (non-athletes). N=87	24	27,20	25	26,2	28,4
Kazakhstani youth (athletes). N=50	31	30,4	33,5	31	28,2
Russian youth (athletes). N=50	29,8	32,12	29,58	31,26	30,94

Differences in the indicators of athletes from Kazakhstan and Russia in this questionnaire are not significant, as in the first case, that is, in some scales there is not a large preponderance of indicators of athletes from Kazakhstan, and in the other case, this preponderance is on the side of athletes from Russia (Table 4).

This can probably be explained by the fact that Kazakhstan and Russia have strong ties in many areas of life, including sports. Our athletes often meet with representatives of Russian teams. When answering the questionnaire, many of our athletes chose the Russian version.

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