

# HISTORICAL PROCESS OF DEVELOPMENT THE MASS PHYSICAL CULTURE THEORY IN UKRAINE

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UDK 796.01:314.182

796(477)

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## SUMMARY

This article presents the results of studying the issue of the historical process of development the theory of mass physical culture in Ukraine.

Based on the results of the analysis and synthesis of information obtained from domestic and foreign sources of scientific literature, we came to the conclusion that the process of historical development of the theory of mass physical culture in different regions of Ukraine took place with varying degrees of intensity.

The analysis of statistical data for many years in different parts of Ukraine indicates that the origin and development of the theory of mass physical culture took place at different times.

Historically, the need for such a theory has matured depending on the level of economic development of the region. So, for example, this process proceeded more intensively in those regions of Ukraine where industry and agriculture were more developed.

In view of the fact that in these regions there was a high demand for labor, the question arose about maintaining the health of large masses of the population by means of physical culture.

Therefore, in the Kharkov, Kiev, Dnieper, Zaporozhe and Lvov regions, wide networks of sports institutions began to develop, and the promotion of mass physical culture events was carried out at a higher level.

Scientists have stepped up their activities, developing programs of mass physical education, adapted to the potential capabilities of the inhabitants of these regions and contributing to the strengthening of the health of the population, as well as the development of physical qualities necessary for effective work at enterprises and fields of the country.

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The most intensive process of involving the broad masses of the population in the movement of mass physical culture took place during the years of intensive construction of industrial facilities and the development of virgin lands.

**Keywords:** physical development of the population, mass physical culture, industrialization of the country, the level of working capacity.

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## INTRODUCTION

Historically, the development of the theory of mass physical culture of the population was associated with the need to conduct a health campaign throughout the country <sup>1</sup>.

Such work was extremely important for those regions of the country, the incidence rates of the population in which were higher in comparison with those of other regions of the state.

As a result of this process, a historical need was formed to improve the state system of physical culture of the population, the main task of which was to support the optimal level of development of basic physical qualities in people, despite the presence of certain functional disorders in their body <sup>2</sup>.

At the same time, the most competent experts, whose activities were directly related to the organization of health care throughout the country and the improvement of the system of physical education of the population, united their efforts to find ways to solve this extremely important social and scientific problem.

It should be noted that the process of historical development of the movement of mass physical culture did not proceed smoothly and without obstacles everywhere, taking into account the mentality of certain segments of the population and the rather conservative position of local authorities.

But progress in this regard was irrepressible and, overcoming the resistance of reactionaries who did not want to recognize the usefulness of this initiative, the state system of physical education of various segments of the population gradually

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<sup>1</sup> Zivanovic, Nenad; Pavlovic, Petar; Antala, Branislav; Pantelic-Babic, Kristina.(2015): The History of Physical Education in Europe, Book 1-2, FIEP Europe – History of Physical Education and Sport Section, Faculty of Physical Education and Sport, Leposavic, Serbia.

<sup>2</sup> Foundation until the First World War (1839 - 1914)". Magistarska teza, Faculty of Sport and Physical Education, University of Belgrade, 2016.

developed with the aim of improving people's health and training active workers for industry and agriculture.

In the end, at the beginning of the last century, local health-improving movements that existed in many regions of the state were united into a single system, which by that time still required improvement and further popularization.

The usefulness of this system was obvious because in the following years after the start of its use, indicators of the health status of the population began to gradually improve.

In addition, according to statistical studies, it was during this period of time that the issue of filling the personnel reserve of industrial enterprises and agrarian organizations with full-fledged able-bodied specialists was most successfully resolved.

The results of the analysis of information from domestic and foreign scientific literature confirm the idea that the issue of further improvement of state systems of physical education of different categories of the population in different countries is given special attention, given the exceptional importance of this issue.

In recent years, a large number of scientific studies have been carried out, the purpose of which was to find ways to solve urgent problems associated with physical education of various segments of the population<sup>3</sup>.

Very interesting information was obtained by those scientists who studied the aspects of the influence of mass physical culture events on the main indicators of health by a professional involved in various spheres of labor activity.

This confirms the idea that the competent use of mass physical culture, based on the use of innovative technologies, is an indispensable tool for influencing the health and performance of people living in society.

From the point of view of many modern scientists working in the field of health care and physical education of the population, such factors as favorable living conditions, rational nutrition and an optimal mode of physical activity have a positive effect on the functional state of the human body<sup>4</sup>.

It should be noted that the historical aspect of the problem of improving the state systems of physical education of different social groups of the population with the aim of strengthening people's health and training qualified workers in many countries of the world still remains insufficiently studied.

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<sup>3</sup> Antala, Branislav and Jaromir Sedlacek, "International Federation of Physical Education history and the present in Europe", FIEP Bulletin, no.1, vol.83 (2013): 7 - 36.

<sup>4</sup> Ivashchenko, Sergii, "Historical Preconditions of the Origin of Self-Olympic Direction of Physical Culture in Ukraine", Physical Education and Sport through the Centuries (2019): Vol. 5 - Issue 2. - P. 36 - 42.

The need to take measures to find ways to solve this extremely important medical and social problem served as an incentive for the implementation of our planned scientific research, as well as for the formation of materials that formed the basis of this scientific article<sup>5</sup>

## METHODS

In carrying out this research, we used the methods of analysis and synthesis of information obtained from domestic and foreign sources of scientific literature.

In the course of the implementation of the activities envisaged by the plan of the individual stages of this study, the methods of historical analysis, literature review and expert assessments were used.

The data obtained were processed using modern methods of statistical processing of scientific data.

In the process of forming final conclusions and recommendations, the classical comparative method was used.

This study was conducted in the period from August 2018 to September 2020.

During the implementation of the activities of the first stage of our research, a study of documentary sources of information was carried out, which contained information about the emergence and development of the main directions of mass physical culture in certain regions of Ukraine, the purpose of which was to strengthen the health of the population and prepare an efficient human reserve.

During the second stage of this scientific study, measures were taken to statistically process the data obtained, conduct their scientific analysis, expert assessment and prepare justifications for final conclusions and recommendations.

The use of an optimal set of scientific research methods allowed us to reduce the time required to implement the activities provided for in the research plan, as well as to obtain the expected results.

The first stage of the study lasted from August, 20 of 2018 to November, 12 of 2019.

At the first stage of the study, 248 sources of scientific information on the development of the movement of mass physical culture in Ukraine and other countries of the world were processed.

At the second stage of the study, which lasted from November 12, 2019 to September 4, 2020, the information obtained from the processed information sources was verified, analyzed, summarized and peer-reviewed.

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<sup>5</sup> Bradar, Milan, *Between the Abyss and the Sky*. Institute for Political Studies, Beograd, 2015.

At the end of the study, based on the data obtained in the course of this scientific work, general conclusions were formulated and practical recommendations were substantiated.

One of the directions for further research of this problem is to study the peculiarities of the development of the system of physical education of the population in the states of the European Union and other states of the world.

I would like to hope that the results of the research conducted in Ukraine can be successfully used to carry out similar scientific research in other countries of the world.

## RESULTS

In Ukraine, the idea of creating special organizations, the main task of which would be to popularize mass physical culture among the general population, appeared at the beginning of the nineteenth century.

This is evidenced by archival records in documents stored in the state archive fund.

But the implementation of these ideas and projects became possible only in the first half of the twentieth century.

In many regional centers of the country, public sports societies began to be created, the main task of which was to attract the general public to systematic physical culture and sports.

In the course of this research, a large number of documentary sources of information were processed, which described in detail the process of the origin and development of certain areas of mass physical culture in various regions of Ukraine from the end of the 19th century to the middle of the 20th century.

It was found that at that time the living conditions of people in the most populated cities and regions of Ukraine were such that should be considered favorable for the cultivation of physical culture and sports<sup>6</sup>.

This fact could be explained by the fact that in those years the majority of residents of large settlements had the opportunity to devote more time to physical exercises. In comparison with them, the inhabitants of villages and small settlements did not have sufficient time resources for physical culture and sports, since they were all very involved in agricultural production processes<sup>7</sup>.

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<sup>6</sup> By Martin-Storey and Crosnoe, Robert, "Trajectories of overweight and their association with adolescent depressive symptoms", *Health Psychology* 34 - 10 (2015): 1004 - 1012.

<sup>7</sup> Rados, Jovo, *Ethics in Sport*. Kairos, Sremski Karlovci, 2013.

It should be noted that it was during this period of time that an opinion was formed about the positive impact of systematic physical exercises on the health of people and the indicator of the frequency of their visits to medical care<sup>8</sup>.

From this we can conclude that the urban population was more actively engaged in mass physical culture compared to the rural population. Although the incidence rates of urban and rural residents did not differ significantly.

A comparison was made of health indicators among representatives of the working-age population before the popularization of mass physical culture and sports in the country with similar indicators obtained in those years when popular culture reached the peak of its popularity.

The results convincingly testified that systematic physical education contributed to maintaining good physical shape, reducing the incidence rate and the frequency of medical assistance, as well as the development of those physical qualities that are necessary for effective professional activity.

At this time, the fundamental principles of organizing mass physical culture events are formed, which are characteristic of a given country and take into account the national characteristics of the lifestyle of the population.

Based on the data from medical records, we have determined the average health indicators of lot of representatives of the working population per thousand inhabitants in two different periods of the history in our country.

First, we determined the health indicators of the population, expressed in conventional units per thousand inhabitants, in that period of history when the movement of mass physical culture was just beginning to develop in the country.

Then we repeated the study of these indicators with respect to the same contingents of the population, but already at that period in the history of the development of the state, when the popularization of mass physical culture and sports in it reached its apogee.

Depending on the level of health indicators, all respondents were divided into five categories: 1) with low health indicators; 2) with indicators below average; 3) with average indicators; 4) with indicators above average; 5) with high rates.

The results of a comparison of the data obtained during these two studies are presented in the following table.

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<sup>8</sup> Avramovic, Zoran. (2011): Sociological Wahchtower of Culture and Education, Raska Skola, Belgrade.

**Table 1.** Population health indicators

Nº	Health indicators	First period	Second period
1	High level of health	127 ± 2,8	167 ± 3,4
2	Above average level of health	195 ± 4,2	225 ± 4,5
3	Middle level of health	329 ± 5,6	410 ± 6,4
4	Below average level of health	224 ± 4,5	105 ± 2,4
5	Low level of health	125 ± 2,7	93 ± 2,1

As we can see from this table, the number of respondents with a high level of health indicators and those who had health indicators above average turned out to be significantly greater in the period when the movement of mass physical culture reached its peak of popularity, in contrast to the period when it was only was born.

Thus, the fact was recorded that during the period in state history, when is real systematic use of physical culture and sports means for the general population, the number of people with higher indicators of health status increases.

## DISCUSSION

Taking into account the fact that in many countries of the world the popularization of mass physical culture and sports is growing in our time, it is important to establish how it affects the level of health indicators of the population.

It would be logical to assume that in those countries where the popularity of mass physical culture events is quite high, the level of population health indicators will be quite high.

The results of the study confirm the idea that the high level of popularity of mass physical culture and sports can help maintain a high level of health indicators of the working-age population and a sufficiently high level of development of physical qualities necessary for successful professional activity.

Therefore, in those states in which the government really cares about maintaining the health of the population, it is advisable to popularize mass physical culture and sports and take steps aimed at developing the appropriate infrastructure.

The elements of such an infrastructure can be sports grounds available for all segments of the population, located both indoors and outdoors.

In addition, it can be gyms equipped with special sports equipment, gyms, swimming pools, in short ones you can work on a variety of simulators, as well as water aerobics.

Systematic using these objects, designed for needs of different categories of population, play an important role in correcting the health condition of those citizens, who have certain health disorders, in particular, some diseases of the organs of the cardiovascular system, which are now extremely wide distributed throughout the world.

Thus, the popularization of mass physical culture and sports is one of the extremely important state tasks. Therefore, its organization and implementation of its activities should be given great importance.

Undoubtedly, such work should be carried out in conditions of permanent monitoring of the functional state of the respondents, which is the subject of the competence of healthcare workers.

It should be noted that the organization and conduct of events of mass physical culture and sports (from the level of morning exercises to the level of responsible sports competitions) requires high professionalism in the field of sports activities and medical control.

Therefore, the quality of training of specialists working in the field of physical education of different categories of the population is extremely important.

The training of such specialists is a complex and responsible process and can be successfully carried out throughout the country only in the context of the full support of the relevant government agencies.

## **CONCLUSION**

Based on the data obtained during our research, we can draw the following conclusions:

1. There is a direct connection between the level of popularization in a given stratum of mass culture and sports and the degree of development of indicators of public health. In conditions of a high level of popularity among all categories of the country's population of physical culture and sports activities, the number of people with high indicators of professional health in society is increasing.
2. Organization on a state scale and on the basis of an official state program of a harmonious system of physical education for different categories of the population is an extremely important state task. The solution to this problem is possible only by means the participation of

experienced specialists working in the field of physical education and sports.

3. To ensure the possibility of continuous implementation of the policy of promoting a healthy lifestyle in combination with mass physical culture and sports, a carefully developed system of training specialists working in the fields of health care and physical culture and sports is required.

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## ИСТОРИЈСКИ ПРОЦЕС РАЗВОЈА ТЕОРИЈЕ МАСОВНЕ ФИЗИЧКЕ КУЛТУРЕ У УКРАЈИНИ

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### САЖЕТАК

Ово истраживање представља резултате проучавања питања историјског процеса развоја теорије масовне физичке културе у Украјини. На основу резултата анализе и синтезе информација добијених из домаћих и страних извора научне литературе, дошли смо до закључка да се процес историјског развоја теорије масовне физичке културе у различитим регионима Украјине

одвијао различитим степеном интензитета. Анализа статистичких података дужег временског периода у различитим деловима Украјине указује да су се перекло и развој теорије масовне физичке културе одвијали у различито време.

Историјски гледано, потреба за таквом теоријом сазрела је у зависности од нивоа економског развоја региона. Тако је, на пример, овај процес текао интензивније у оним регионима Украјине где су индустрија и пољопривреда били развијенији. С обзиром на чињеницу да је у овим регионима постојала велика потражња за радном снагом, поставило се питање одржавања здравља великих маса становништва средствима физичке културе. Стога су се у Харковској, Кијевској, Дњепарској, Запорошкој и Лавовској области почеле развијати широке мреже спортских установа, а промоција масовних догађаја из области физичке културе спроводила се на вишем нивоу. Научници су почели своје активности, развијајући програме масовног физичког вежбања, прилагођене потенцијалним могућностима становника ових региона и доприносили јачању здравља становништва, као и развоју физичких квалитета неопходних за ефикасан рад у предузећима и на пољима. Најинтензивнији процес укључивања широких маса становништва у покрет масовне физичке културе одвијао се током година интензивне изградње индустријских објеката и развоја дотада ненасељених области.

**Кључне речи:** развој физичких способности становништва, масовна физичка култура, индустријализација земље, ниво радне способности.

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## ИСТОРИЧЕСКИЙ ПРОЦЕСС РАЗВИТИЯ ТЕОРИИ МАССОВОЙ ФИЗИЧЕСКОЙ КУЛЬТУРЫ В УКРАИНЕ

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### АННОТАЦИЯ

В данной статье представлены результаты изучения исторического процесса развития теории массовой физической культуры в Украине.

По результатам анализа и обобщения информации, полученной из отечественных и зарубежных источников научной литературы, мы пришли к выводу, что процесс исторического развития теории массовой физической культуры в разных регионах Украины происходил с разной степенью интенсивности.

Анализ статистических данных в разных частях Украины в течение многих лет показывает, что зарождение и развитие теории массовой физической культуры происходило в разное время.

Потребность в такой теории исторически назрела в зависимости от уровня экономического развития региона. Так, например, этот процесс более интенсивно проходил в тех регионах Украины, где промышленность и сельское хозяйство были более развиты.

Ввиду того, что в этих регионах была большая потребность в рабочей силе, встал вопрос о поддержании здоровья широких масс населения средствами физической культуры.

Поэтому в Харьковской, Киевской, Днепроградской, Запорожской и Львовской областях стали широко развиваться спортивные учреждения, а популяризация массовых физкультурных мероприятий стала осуществляться на более высоком уровне.

Ученые активизировали свою деятельность, разрабатывая программы массового физического воспитания, адаптированные к потенциальным возможностям жителей этих регионов и способствующие укреплению здоровья населения, а также развитию физических качеств, необходимых для эффективной работы на предприятиях и в различных отраслях страны.

Процесс наибольшего вовлечения широких масс населения в развитие движения массовой физической культуры происходил в годы интенсивного строительства промышленных объектов и освоения целинных земель.

**Ключевые слова:** физическое развитие населения, массовая физическая культура, индустриализация страны, уровень трудоспособности.

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Received on 28.07.2020.

Accepted on 30.08.2020.