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The human behavioral and practical model of 'atrisk teacher training' at Kazan Federal University: Sports and educational environment

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ABSTRACT

Purpose of the Study: Risks have become an integral part of the modern world. Elevated risk levels resulted from an accelerated pace that modern society has developed at, extreme degree of digitalization and informatization of human life. The system of education is therefore challenged by additional tasks to educate future generations for situations of risk. In view of this, this research aims to find and justify a suitable measure to evaluate the effectiveness of the 'at-risk teacher training' model. The purpose of this empiric study is to examine whether the 'at-risk teacher training' model is efficient. Methodology: Beta-testing of the model of 'at-risk teacher training' has been run in the Institute of psychology and education at Kazan Federal University since 2013. The research tool used is the questionnaire on coping strategies developed by Heim. Main Findings: According to Russian researchers studying risks, a teacher's willingness to work in risk situations is defined as the noxological competence. Noxological competence includes situational, motivational, cognitive, active, analytical, and reflexive components. Thus, the performance evaluation of the 'at-risk teacher training' model equals assessment of the noxological competence development of teachers. However, there is no single measure that can assess all components of the noxological competencies. According to this view, the authors designed the model of 'at-risk teacher training' building on the importance of action competencies in situations of risk which are essential for a professional teaching career in the modern world. Applications of this study: The research helped to identify student teachers' motivation for communication, behaviour patterns in conflict situations, ability to understand non-verbal communication cues and gestures, which are referred to as essential professional teaching competencies needed to resolve and manage conflict situations. Novelty/Originality of this study: The authors suggested a possible suitable measure to evaluate the effectiveness of the 'at-risk teacher training' model.

Keywords: Human behavioural; Practical model; Teacher's noxological competences; Risk-oriented teacher training.

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INTRODUCTION

Risks have become an integral part of modern world. Elevated risk levels resulted from an accelerated pace that the modern society has developed at, extreme degree of digitalization and informatization of human life. The system of education is therefore challenged by additional tasks to educate future generations for situations of risk (Makarova et al., 2019; Razumovskaya et al., 2019; Shinkevich et al., 2020). Kennedy, Latham & Jacinto (2016) underlined that one of the main requirements to teachers is the ability to work in situations of risk. Such educational tasks are impossible without the development of action competencies in situations of risk among teachers. According to Russian researchers studying risks, a teacher's willingness to work in risk situations is defined as the noxological competence. S.V. Belov, E.N. Simakova (2013) defined noxology as an independent area of knowledge about risks and ways to prevent them. However, the study of noxology as a basic professional module is available only at technical courses (Bayanova et al., 2019; Piralova et al., 2020). Teacher education curricula do not include modules on risk-based training.

We designed the model of 'at-risk teacher training' building on the importance of action competencies in situations of risk which are essential for a professional teaching career in the modern world. Beta-testing of the model of 'at-risk teacher training' has been run in the Institute of psychology and education at Kazan Federal University since 2013.

The purpose of this empiric research is to examine whether the 'at-risk teacher training' model is efficient. The research tool used is the questionnaire on coping strategies developed by E. Heim (1988).

Literature review

The research builds on the theoretical framework of the life safety culture and the noxological competence in the university system (Abramova, 1996; Devisilov, 2011; Sabinina, 2011; Mikhailova, 2010; Prichinin, 2014; Kutuev et al., 2016; Avdeev et al., 2019; Gimaliev et al., 2020). V.A. Devisilov (2011) was one of the first scholars who emphasized the problem of risks in professional activities. He studied risks as real or potential threats to an employee's life and health.

Pedagogical riskology is a relatively new field of pedagogy. I. Abramova (1996) is known as the founder of the theory of pedagogical riskology in Russia. I. Abramova (1996) focuses on the multidimensional nature of the concept of 'risk' and defines the concept of reasonable pedagogical risk as one of the conditions for the development of an activity approach in teacher training. The scholar's theory was reflected in the works by E. Mikhailova (2010), N. Sabinina (2011), A. Prichinin (2014) who specified and broadened the classification of risks in an educational environment. In addition, it is essential to pinpoint the role of the state in security assurance.

Pedagogical riskology studies the social nature of risks and dangers. Also, it includes studies on the nature of conflict, ways of conflict resolving in social psychology (Aronson, Wilson & Akert, 2015), research into the impact of conflict situations on the effectiveness of teamwork and intergroup relations (Smith et al., 2018; Orekhovskaya et al., 2019), studies on the mental state of people experiencing conflict situations and their patterns of behaviour (Havermans, Vanassche & Matthijs, 2017).

In terms of the methodology, the 'at-risk teacher education' model builds on the research of simulation gaming and non-gaming technologies in teaching. The use of simulation technologies in education was studied by R. Duke (1983), Y. Middlewick, T.J. Kettle and J. J. Wilson (2012), A.P. Panfilova (2006), I.V. Plaksina (2004).

RESEARCH METHODOLOGY

The study was carried out in three stages. At the first stage, we designed the model of 'at-risk teacher education' and devised its content (Prokofieva et al., 2018; Khairullina et al., 2020). At the second stage, the model was tested. At the third stage, the effectiveness of the model was evaluated. The thirst two stages were described in detail in our previous articles (Kayumova & Zakirova, 2016; Kong, Kayumova & Zakirova, 2017) which is why this article focuses on the third stage of the research.

According to Russian researchers studying risks, a teacher's willingness to work in risk situations is defined as the noxological competence. The noxological competence includes situational, motivational, cognitive, active, analytical, and reflexive components. Thus, the performance evaluation of the 'at-risk teacher training' model equals assessment of the noxological competence development of teachers. However, there is no single measure that can assess all components of the noxological competencies. In view of this, this research aims to find and justify a suitable measure to evaluate the effectiveness of the 'at-risk teacher training' model. Due to the complexity and multidimensional nature of the noxological competencies, the assessment of the competence development should be conducted taken as a whole (Zyubina et al., 2019; Podymov et al., 2019). In this article, we elaborate on the assessment of the noxological competence development according to its three components: active, situational, cognitive. The experimental design used in this study is the pretest-post-test control and experimental group design. The research tool employed in this study is the questionnaire on coping strategies developed by E. Heim (1988).

E. Heim's (1988) questionnaire on coping strategies allows to identify individual behaviour patterns, both unproductive behaviour patterns and personality resources, in conflict situations. In terms of the noxological competence development, this method can pinpoint student teachers' (relatively frequent) stress coping strategies that are already developed and predict how these strategies will manifest in risk situations in professional life.

The research tool consists of three sections corresponding to three groups of coping strategies (cognitive, emotional, behavioural). Each participant is asked to choose one statement from each section. If a participant selects a specific item as the most suitable for oneself, it is assumed that a relevant coping strategy will be typical for that participant. Qualitatively meaningful data analysis was employed to interpret responses. Each statement corresponds to a certain coping strategy. Behaviour patterns of each section can be adaptive, non-adaptive and relatively adaptive (productive, non-productive and relatively productive). Coding of the coping strategies was done according to the statements: P – productive coping strategy (helps to quickly and successfully cope with stress); O – relatively productive coping strategy (helps in some not very significant situations involving little stress); N – non-productive coping strategy (does not eliminate stress, on the contrary, contributes to its strengthening). Correspondence of coping strategies and criteria used for measuring the levels of noxological competence development of student teachers is presented in Table 1. According to Table 1, a productive coping strategy corresponds to a high level (a confident application of the competence in unconventional situations). A relatively productive coping strategy corresponds to an average level (basic development of the competence). A non-productive coping strategy corresponds to a low level of development.

Table1. Correspondence of coping strategies and criteria used for measuring the levels of noxological

competence development of student teachers.

	ompetence development of student teachers.							
Components of	Coping Strategies							
noxologic	Non-productive	Relatively	Productive					
competence		productive						
Cognitive coping strategies								
Criteria used to	Ability to identify, distinguish	Ability to reproduce	Ability to apply acquired knowledge					
measure the levels	a previously familiar object,	previously learned	in practical activities to ensure safety					
of the cognitive	phenomenon, information	information about	in the education system ('knowledge					
component	about risks according to	risks according to	 skills' according to V.P. Bespalko 					
development	basic theoretical principles	basic theoretical	(1996)).					
	of ensuring safety in the	principles of ensuring						
	education system	safety in the						
	('knowledge – introduction'	education system						
	according to V.P. Bespalko	('knowledge – copies'						
	(1996)).	according to V.P.						
		Bespalko (1996)).						
Emotional coping s								
Criteria used to	Negative attitude to a future	Indifference to risk	Ability to identify the developing					
measure the levels	profession;	situations in an	potential of risk situations in					
of the motivational	Denial of risks associated	educational	education;					
component	with professional teaching.	environment;	Acceptance of risk as a condition for					
development		Desire to minimize	the development of an individual.					
		any manifestations of						
		situations of						
Debasiesmal conica		uncertainty and risk.						
Behavioural coping		Tamalaman, mak ka kalea	Hadaystandina of the averaginational					
Criteria used to measure the levels	Avoidance, rejection of risk situations.	Tendency not to take an active position in	Understanding of the organizational structure of teaching and learning in					
of the active	Situations.	risk situations;	situations of risk'					
component		Application of existing	Ability to predict and plan					
development		algorithms of actions	professional teaching activities in					
dovolopinont		in risk situations.	situations of risk					
Criteria used to	Non-acceptance of risk	Ability to identify and	Ability to identify and predict					
measure the levels	situations in education,	predict potential risks	potential risks of educational					
of the situational	assessment of conflict	of educational	environment;					
component	situations is extremely	environment;	Ability to assess possible					
development	negative;	Ability to assess	consequences of risk situations in					
'	Tendency to avoid any	possible	education;					
	manifestations of risk	consequences of risk	Intuitive identification of possible					
	situations or creation of	situations in	reasons behind the development of					
	conflicts without analysing	education;	risk situations and conflicts in					
	possible consequences;	Acquaintance with	education;					
	Lack of managerial skills in	teaching and learning	Ability to manage the educational					
	the field of education in	theories in situations	process in situations of risk or in					
	situations of risk or conflict in	of risk or in situations	situations of possible conflicts in					
	education settings.	of possible conflicts in	education.					
	Ctatistical data analysis was north	education.						

Statistical data analysis was performed with the use of Fisher's permutation test.

RESULTS

The research experiment was run at the Institute of Psychology and Education, Volga Centre for Advanced Studies and Professional Retraining of Teachers, and the Institute of Philology and Intercultural Communication of Kazan Federal University. The research comprised of 14 participants. The experimental group consisted of 62 participants, and control group comprised 152 participants.

Results were interpreted in two stages:

- 1. Comparative analysis of the research results on the effectiveness of the 'at-risk' model of teacher training (experimental and control groups). Research results allow to elaborate on the effectiveness of the 'at-risk' model of teacher training in the development of personality qualities.
- 2. Fisher's permutation test (F-test) to determine what proportion of observations in a given sample has the necessary effect.

Ascertaining experiment results

The majority of the participants chose to use relatively productive coping strategies in situations of risk (Figure 1):

- Cognitive coping strategies (control group) 65,3% (89 participants);
- Cognitive coping strategies (experimental group) 43,3% (27 participants);
- Emotional coping strategies (control group) 40% (61 participants);
- Emotional coping strategies (experimental group) 58.4% (37 participants):
- Behavioural coping strategies (control group) 64,5% (97 participants);
- Behavioural coping strategies (experimental group) 59,5% (37 participants).

Effectiveness of these behaviour patterns depends on a specific situation. The use of productive behaviour patterns scored a lower percentage (compared with relatively productive behaviour patterns):

- Cognitive coping strategies (control group) 18,7% (29 participants);
- Cognitive coping strategies (experimental group) 35,7% (22 participants);
- Emotional coping strategies (control group) 26,7% (41 participants);
- Emotional coping strategies (experimental group) 21.6% (13 participants):
- Behavioural coping strategies (control group) 11,3% (17 participants);
- Behavioural coping strategies (experimental group) 18.4% (11 participants).

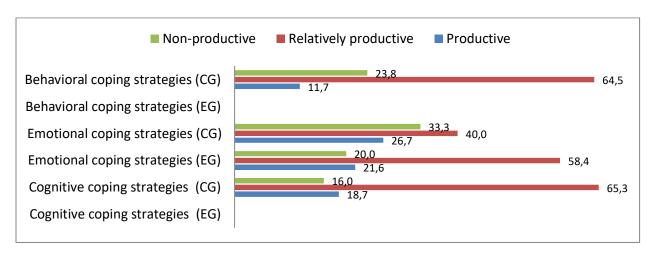


Figure 1. Students' coping strategies (EG and CG).

This includes analysis of the difficulties encountered, search for possible solutions to a similar situation, predicting dangers in the future.

The choice of different behaviour patterns in situations of risk depends on many factors. These are primary factors of social and psychological adaptation of young teachers and the burnout risk of experienced teachers. We also assume that insufficient teacher training with regard to the noxological competence plays a significant role in the issue of teachers' stress resilience.

Analysis of the test results at the control stage

All participants scored adequately on cognitive coping strategies (productive and relatively productive). Emotional and behavioural trajectories of stress management are represented by unproductive behaviour patterns. This suggests that it is necessary to introduce noxological component to teacher training curricula. The results of the coping strategies analysis are presented in Figures 1 and 2.

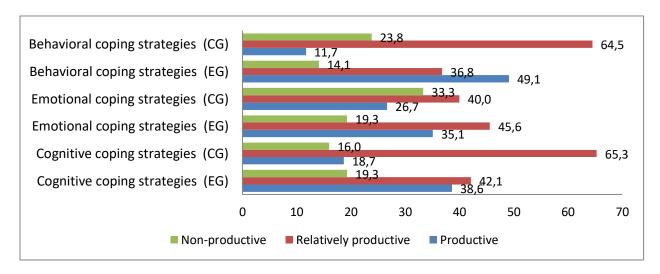


Figure 2. Comparative assessment of students' coping strategies in the control and experimental groups after the intervention.

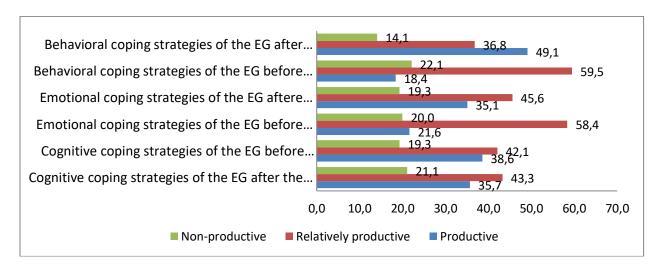


Figure 3. Comparative assessment of students' coping strategies in the control and experimental groups before and after the intervention.

The results based on the fisher's permutation test (f-test)

The results of the Fisher's permutation test (F-test) in the experimental group at the ascertaining and control stages of the experiment are presented in Table 2.

Table 2. The results of the Fisher's permutation test on the coping strategies of the experimental group at the

ascertaining and control stages of the experiment (significant differences).

Forms of behaviour	Low	Average	High
Cognitive coping strategies			
P. Problem analysis			3.175**
O. Dissimilation		2.072**	
O. Disregard	4.055**		
O. Relativity		0.269	
O. Assigning a specific meaning		2.170*	
O. Religiosity			
O. Self-control		0.287	
O. Self-worth		1.208	
N. Perplexity	0.179		
N. Humility	0.611		
Emotional coping strategies			
P. Optimism			1.291
O. Protest		1.091	
O. Passive cooperation		0.077	
N. Aggressiveness	0.998		
N. Suppression of emotions	3.358**		
N. Humility	0.613		
N. Self-condemnation	0.246		
N. Emotional discharge	0.939		
Behavioural coping strategies			
P. Cooperation			6.125**
O. Distraction	3.553**		
O. Constructive activity		0.298	
O. Appeal		1.045	
O. Altruism		0.783	
O. Compensation		0.422	
N. Active avoidance	1.310		
N. Retreat	0.962		

Note: Table 2 contains significant differences at the significance level of $p \ge .05$ and $p \ge .01$.

The results of the experiment showed that there were significant changes in productive (problem analysis) and non-productive (dissimilation, disregard, assigning a specific meaning) coping strategies of students in the experimental group. Dissimilation coping strategies are defined as a deliberate intent to conceal or understate a given problem. The strategy of 'assigning a specific meaning' allows considering a difficult situation as a test, i.e., to reconcile with it and postpone actions necessary to confront the problem. In this case, the problem is perceived as a way of self-improvement. Increasing the significance of the problem analysis as the productive coping strategy and decreasing the significance of dissimilation, disregard, and

assigning a specific meaning as the relatively productive coping strategy corresponds to the development of cognitive, analytical and reflexive components of the noxological competence.

There was also a decrease in the values of the 'emotional sublimation' strategy in emotional coping strategies of students from the experimental group. The results showed that student teachers are more inclined to use the 'emotional sublimation' strategy as the most appropriate for the teacher. The participants believed that teachers need to be able to avoid humiliation, conceal their emotions. At the same time, this strategy is a non-productive coping strategy that is manifested in depression, a state of hopelessness and humility, zero tolerance for other feelings, anger, blaming oneself and blaming others. These characteristics show the development level of situational and motivational components of the noxological competence of teachers.

Table 3. The results of the Fisher's permutation test on the coping strategies of the experimental and control

arouns at the control stages of the experiment

Forms of behaviour	Low	Average	High
Cognitive coping strategies			
P. Problem analysis			2.73**
O. Dissimilation		2.383**	
O. Disregard			
O. Relativity		0.73	
O. Assigning a specific meaning		1.041	
O. Religiosity			
O. Self-control		0.543	
O. Self-worth		0.55	
N. Perplexity	0.926		
N. Humility	0.424		
Emotional coping strategies			
P. Optimism			0.844
O. Protest		1.562	
O. Passive cooperation		1.594	
N. Aggressiveness	0.791		
N. Suppression of emotions	1.511		
N. Humility	0.04		
N. Self-condemnation	1.443		
N. Emotional discharge	0.304		
Behavioural coping strategies			
P. Cooperation			1.421
O. Distraction			
O. Constructive activity		0.113	
O. Appeal		0.063	
O. Altruism		0.739	
O. Compensation		0.057	
N. Active avoidance	0.809		
N. Retreat	0.772		

Note: Table 3 contains significant differences at the significance level of $p \ge .05$ and $p \ge .01$.

The analysis of behavioural coping strategies of the participants from the experimental group showed that the strategy 'cooperation', as a productive form of behaviour, scored higher and the strategy 'distraction', as a relatively productive form of behaviour, scored lower. Such tendencies indicate the development level of situational and behavioural components of the noxologic competence of the teacher.

Students from the experimental group used productive forms of behaviour (Table 2: problem analysis, optimism, cooperation) to analyse encountered difficulties and find ways out of them, increase self-esteem and self-control, have a deeper awareness of one's own value, resources to overcome difficult situations. The forms correspond to a high development level of the noxological competence.

Relatively productive forms of behaviour (Table 3: dissimilation, disregard, assigning a specific meaning, distraction) are used to evaluate and compare difficult situations, find a special meaning in challenges, grow spiritually. It is noteworthy that productive forms of behaviour in some situations can cause problems in other situations. That is why low scores on this group of strategies can be seen as a positive dynamic in the development of teachers' noxological competence. This is the characteristic of an average and high level noxological competence development which illustrates a conscious attitude to risks in professional activities.

The results of the Fisher's permutation test on the coping strategies of the experimental and control groups at the control stages of the experiment are presented in Table 3. We identified significant changes in cognitive coping strategies, for example, high scores of the experimental group regarding such forms of behaviour as 'problem analysis' and 'dissimilation'.

CONCLUSION

The noxologic competence has been disregarded in teacher training for a long time. Although the field of pedagogical riskology and noxology has been substantially theorized, it still lacks solid practical considerations. IN this research, we suggested a possible suitable measure to evaluate the effectiveness of the 'at-risk teacher training' model.

The research results showed that student teachers tend to resolve conflict situations as soon as possible. Students perceive conflicts as factors of risk which have a detrimental effect on students' well-being. At the same time, all participants underlined that conflict situations facilitate a better understanding of relationship patterns and laws and resolve problems, which is why conflicts should be a part of teaching and learning.

The research helped to identify student teachers' motivation for communication, behaviour patterns in conflict situations, ability to understand non-verbal communication cues and gestures, which are referred to as essential professional teaching competencies needed to resolve and manage conflict situations.

Limitation and study forward

This study was conducted only on students at Russian universities. While this research can be done globally to confirm the student teachers' motivation for communication, behaviour patterns in conflict situations, ability to understand non-verbal communication cues and gestures on other samples for more general results.

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