

МЕЖДУНАРОДНОЕ НАУЧНОЕ ПСИХОФИЗИОЛОГИЧЕСКОЕ СОДРУЖЕСТВО
INTERNATIONAL SCIENTIFIC PSYCHOPHYSIOLOGICAL SOCIETY

ISSN 2587-5558

ПРИЛОЖЕНИЕ

Международного научного журнала «Вестник психофизиологии»

SUPPLEMENT

International scientific journal «Psychophysiology News»

*....«развитие», «самореализация», «самоактуализация»,
«созидание», «творчество», «субъектность»
формируют новое понимание целостности человека*

Зимичев А.М.

№ 1

Санкт-Петербург

2022

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ISSN 2587-5558

Приложение международного научного журнала «Вестник психофизиологии»
2022. №1. 80 с.

Выходит два раза в год с июля 2017 года, с 2019 года выходит 4 раза в год.

Учредитель: Научно-практический центр «Психосоматическая нормализация».

Издатель: НПЦ «ПСН»

Журнал зарегистрирован в ФС по надзору в сфере связи, информационных технологий и массовых коммуникаций ПИ №ФС77-79277 от 22.09.2020.

Журнал включен в базу данных "Российский индекс научного цитирования" (РИНЦ).

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«Психосоматическая нормализация»

СОДЕРЖАНИЕ
(CONTENTS)

Редакционная статья
Кузьмичева И.В. ЮРИЙ НИКИФОРОВИЧ СОЛОНИН. ЧЕЛОВЕК ОФИЦИАЛЬНО РАЗРЕШИВШИЙ РАБОТАТЬ СЕКЦИИ «ФИЛОСОФСКАЯ ПСИХОФИЗИОЛОГИЯ» ПРИ РОССИЙСКОМ ФИЛОСОФСКОМ ОБЩЕСТВЕ В САНКТ-ПЕТЕРБУРГЕ

Теоретические работы, обзорные статьи
Theoretical works

Медицинская психофизиология (Medical psychophysiology)
Vulgakova O.S.
Булгакова О.С. MODEL OF PSYCHOPHYSIOLOGICAL DISORDERS: PROBLEM STATEMENT
МОДЕЛЬ ПСИХОФИЗИОЛОГИЧЕСКОЙ ПАТОЛОГИИ: ПОСТАНОВКА ПРОБЛЕМЫ

Медицинская психофизиология (Medical psychophysiology)
Дмитриева А.Ю.
Dmitrieva A.Yu. ДЕТСКИЙ ЦЕРЕБРАЛЬНЫЙ ПАРАЛИЧ – ДИАГНОСТИКА, КЛАССИФИКАЦИЯ, ЛЕЧЕНИЕ, ПРОФИЛАКТИКА
CHILDREN'S PARALYSIS – DIAGNOSIS, CLASSIFICATION, TREATMENT, PREVENTION

Психологическая психофизиология (Psychological psychophysiology)
Иванова Д. С.,
Молодых К. Н.
Ivanova D. S.,
Molodykh K. N. К ПРОБЛЕМЕ О РАЗВИТИИ ПРОИЗВОЛЬНОЙ СЛУХОРЕЧЕВОЙ ПАМЯТИ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА
ON THE PROBLEM OF THE DEVELOPMENT OF ARBITRARY AUDITORY-SPEECH MEMORY OF PRESCHOOL CHILDREN

Исследовательские статьи
Research article

Физиологическая психофизиология (Physiological psychophysiology)
Булгакова О.С.
Vulgakova O.S. ДИНАМИКА ЭЭГ У МОЛОДЫХ ЛЮДЕЙ С РАЗЛИЧНЫМ ЦИРКАДНЫМ РИТМОМ ПРИ ТЕСТИРОВАНИИ МЕТОДОМ «ИНДИВИДУАЛЬНАЯ МИНУТА»
EEG DYNAMICS IN YOUNG PEOPLE WITH DIFFERENT CIRCADIAN RHYTHMS WHEN TESTED BY THE "INDIVIDUAL MINUTE" METHOD

Психофизиология творчества (Psychophysiology of creativity)
Буркова С.А.,
Булгакова О.С.
Burkova S.A.,
Vulgakova O.S. МУЗЫКА КАК ФАКТОР ИЗМЕНЕНИЯ ФУНКЦИОНАЛЬНОГО (ПСИХОФИЗИОЛОГИЧЕСКОГО) СОСТОЯНИЯ: ПОСТАНОВКА ПРОБЛЕМЫ
MUSIC AS A FACTOR OF FUNCTIONAL (PSYCHOPHYSIOLOGICAL) STATE CHANGE: PROBLEM STATEMENT

Психологическая психофизиология (Psychological psychophysiology)
Никулина А.И.
Nikulina A.I. ВЛИЯНИЕ МУЗЫКО- И ЦВЕТОТЕРАПИИ НА ХАРАКТЕРИСТИКИ ВНИМАНИЯ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА
THE INFLUENCE OF MUSIC AND COLOR THERAPY ON THE ATTENTION CHARACTERISTICS OF PRESCHOOL CHILDREN

Методические статьи

Methodical articles

- Лукьяненко Т. Г. Педагогическая психофизиология (*Pedagogical psychophysiology*)
Lukyanenko T. G. ФИЗИЧЕСКОЕ ВОСПИТАНИЕ КАК ОДНА ИЗ
СОСТАВЛЯЮЩИХ НРАВСТВЕННОГО ВОСПИТАНИЯ В
ДЕТСКОМ САДУ: НА ПРИМЕРЕ ЗАНЯТИЙ ПЛАВАНИЕМ
*PHYSICAL EDUCATION AS ONE OF THE COMPONENTS OF MORAL
EDUCATION IN KINDERGARTEN: ON THE EXAMPLE OF SWIMMING LESSONS*

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 9-11.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 9-11.

ТЕОРЕТИЧЕСКИЕ РАБОТЫ

Краткое сообщение
УДК 61

MODEL OF PSYCHOPHYSIOLOGICAL DISORDERS: PROBLEM STATEMENT

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Abstract. Information from the environment is highly traumatic for the body. It is not possible to change the situation, the distress becomes prolonged. Adaptive defense mechanisms begin to work in tension. An alternative ("traumatic") dominant is formed, which has demonstration and protective functions. "Defenses" are being formed that change (distort) the prevailing reality. The stress factor does not disappear, the tension of the adaptation mechanisms increases. An alternative psychophysiological system is being formed. A "homeostasis of ill health" is being formed. If the body does not leave unfavorable conditions, a psychosomatic pathology is formed.

Keywords: model, psychophysiological pathology

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Статья поступила в редакцию 03.02.2022; одобрена после рецензирования 28.02.2022;
принята к публикации 20.03.2022.

The article was submitted 03.02.2022; approved after reviewing 28.02.2022;
accepted for publication 20.03.2022.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 12-24.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 12-24.

Научная статья
УДК 61

Original article

CHILDREN'S PARALYSIS - DIAGNOSIS, CLASSIFICATION, TREATMENT, PREVENTION

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Abstract. Cerebral palsy (cerebral palsy) is a concept that unites many types of motor disorders. Cerebral palsy occurs due to damage or impaired brain development that occurred during prenatal development or at an early age. Depending on the localization of brain damage, spastic, ataxic and dyskinetic forms of paralysis are distinguished. The main clinical symptom of cerebral palsy is a violation of motor function associated with developmental delay and improper development of statokinetic reflexes, pathology of tone, paresis. In addition to disorders in the central nervous system, changes in nerve and muscle fibers, joints, ligaments, and cartilage occur a second time during life. The main symptom of cerebral palsy is motor disorders, in most cases, mental disorders, speech, vision, hearing and others are joined. Some children have convulsive syndrome. Thus, the treatment of children with cerebral palsy implies a comprehensive approach, which includes, in addition to medical and surgical intervention, timely rehabilitation measures.

Keywords: children's central paralysis, diagnosis, classification, treatment, prevention

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Статья поступила в редакцию 01.02.2022; одобрена после рецензирования 28.02.2022;
принята к публикации 19.03.2022.
The article was submitted 01.02.2022; approved after reviewing 28.02.2022;
accepted for publication 19.03.2022.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 25-28.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 25-28.

Краткое сообщение
УДК 159.9

Short message

ON THE PROBLEM OF THE DEVELOPMENT OF ARBITRARY AUDITORY-SPEECH MEMORY OF PRESCHOOL CHILDREN

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Abstract. In this article, we consider the problem of the development of arbitrary auditory-speech memory of preschool children, namely, the question of the development of auditory-speech memory in children in pre-school conditions is raised. The definition of arbitrary auditory-speech memory is given, its significance in the formation of a child's personality is determined, and the advantages of a plot-role-playing game for the development of this mental process are also considered.

Keywords: memory, auditory-speech memory, arbitrariness, preschool age, plot-role-playing game

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Статья поступила в редакцию 01.02.2022; одобрена после рецензирования 28.02.2022;
принята к публикации 19.03.2022.

The article was submitted 01.02.2022; approved after reviewing 28.02.2022;

accepted for publication 19.03.2022.

Заявленный вклад авторов: все авторы сделали эквивалентный вклад в подготовку публикации.
Авторы заявляют об отсутствии конфликта интересов.

Contribution of the authors: the authors contributed equally to this article.

The authors declare no conflicts of interests.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 29-36.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 29-36.

ИССЛЕДОВАТЕЛЬСКИЕ СТАТЬИ

Научная статья
УДК 612

Original article

EEG DYNAMICS IN YOUNG PEOPLE WITH DIFFERENT CIRCADIAN RHYTHMS WHEN TESTED BY THE "INDIVIDUAL MINUTE" METHOD

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Abstract. The strengthening of interneuronal connections is due to the appeal to the center of the "setting point of time" and the imposed, priority state of conformity assessment of metric and subjective time, which explains the activation of the central nervous system. The difference between the EEG background and the EEG test can be explained by the work of phylogenetically fixed defense mechanisms, when orientation in time is crucial for survival. Girls are more stable and able to withstand heavy loads compared to boys. In young men, "jumpiness" demonstrates neurohormonal instability, a state of tension, which shows a sharp increase in stayers and owls and a sharp decrease in sprinters' dynamics when studying the results of five trial testing. There is a significant difference in the definition of subjective time in young larks of stayers and owls. But in terms of working hours, they are closer to each other than owls and sprinters. There is no significant difference in girls. In the owls in the two groups, the definition of subjective time coincided, slightly exceeded normal indicators, which may indicate personal and physiological destabilization.

Keywords: men, women, circadian rhythms, individual time test, electroencephalography, EEG waves

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Статья поступила в редакцию 16.01.2022; одобрена после рецензирования 15.02.2022;
принята к публикации 18.03.2022.
The article was submitted 16.01.2022; approved after reviewing 15.02.2022;
accepted for publication 18.03.2022.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 37-46.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 37-46.

Научная статья
УДК 612+159.9

Original article

MUSIC AS A FACTOR OF FUNCTIONAL (PSYCHOPHYSIOLOGICAL) STATE CHANGE: PROBLEM STATEMENT

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Abstract. To date, the problem of studying the impact of music of different tones and rhythms on the psychophysiological state of a person remains urgent. According to modern scientists, music can change this state in one direction or another. The selection of music for the purpose of therapy and the identification of the specifics of its impact on people with qualitatively different background characteristics (gender, temperament, level of stress resistance, pain sensitivity, etc.) continues to be an important task of optimizing the human condition and its adaptation. In this article, the results of experiments on the effects of different music on the functional state are published.

Keywords: music, functional state, psychophysiological state

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Статья поступила в редакцию 13.01.2022; одобрена после рецензирования 10.02.2022;
принята к публикации 16.03.2022.

The article was submitted 13.01.2022; approved after reviewing 10.02.2022;
accepted for publication 16.03.2022.

Заявленный вклад авторов: все авторы сделали эквивалентный вклад в подготовку публикации.
Авторы заявляют об отсутствии конфликта интересов.

Contribution of the authors: the authors contributed equally to this article.

The authors declare no conflicts of interests.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 47-50.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 47-50.

Научная статья
УДК 159.9+37

Original article

THE INFLUENCE OF MUSIC AND COLOR THERAPY ON THE ATTENTION CHARACTERISTICS OF PRESCHOOL CHILDREN

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Abstract. The article presents a study of the characteristics of attention under intellectual (informational) load. The most stagnant characteristics of arbitrary attention were "volume" and "stability". The "concentration" and "switchability" of arbitrary attention deteriorated with an unreliable difference.

Keywords: preschoolers, music therapy, color therapy, attention

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Статья поступила в редакцию 15.01.2022; одобрена после рецензирования 10.02.2022;
принята к публикации 19.03.2022.

The article was submitted 15.01.2022; approved after reviewing 10.02.2022;
accepted for publication 19.03.2022.

Приложение международного научного журнала "Вестник психофизиологии". 2022. №1. С. 51-58.
Supplement International scientific journal "Psychophysiology News". 2022. No.1. P. 51-58.

МЕТОДИЧЕСКИЕ СТАТЬИ

Original article

PHYSICAL EDUCATION AS ONE OF THE COMPONENTS OF MORAL EDUCATION IN KINDERGARTEN: ON THE EXAMPLE OF SWIMMING LESSONS

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Abstract. The process of moral education must begin with preschool age. Physical education classes have wide educational opportunities. Swimming is a sport that has a positive effect not only on the physical development of the child, but also on the formation of his personality. The actions and behavior of preschool children engaged in swimming are based not on a separate motive or incentive act, but on a holistic flexible system of motives that is differentiated and partially changed during sports. The motivation of sports activity among novice swimmers is characterized, first of all, by a positive personal attitude to swimming. It is necessary to ensure that children come to regular classes as a result to a clear understanding of the purpose of swimming lessons and consider swimming as a means of mastering a certain sport that affects the development of physical, moral and volitional qualities, as a means of communicating with other people and instructors and as a means of showing the results achieved. With the different nature of the difficulties encountered by swimmers during initial swimming training, the complex of strong-willed qualities necessary to overcome them includes purposefulness, perseverance and perseverance, endurance and self-control, independence and initiative. Numerous examples show that the strong-willed qualities brought up in the process of sports are transferred to other aspects of human activity.

Keywords: physical education, moral education, swimming, preschoolers

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Статья поступила в редакцию 11.01.2022; одобрена после рецензирования 13.02.2022;
принята к публикации 11.03.2022.

The article was submitted 11.01.2022; approved after reviewing 13.02.2022;
accepted for publication 11.03.2022.

Приложение Международного научного журнала
«Вестник психофизиологии»

№ 1 2022 г.

Макет обложки – Булгаков А.Б.
Макет журнала – Андрущакевич А. А.
Компьютерная верстка – Кузьмичева И.В.

Перепечатка материалов только по согласованию с редакцией.

Формат 70x108/60. Гарнитура Таймс. Печать цифровая.
Усл.-печ. листов 5,3 Уч.-изд. листов 5,3
Тираж 300. Заказ № 127

ISSN 2227-6157

Издательство: ООО «НПЦ ПСН»
Тел: +7 (904) 601 70 95
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199106, Санкт-Петербург, Средний пр., 99/18 лит.А
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