

The orientation on the student's identity and its influence on size and nature of physical activity

La orientación sobre la identidad del estudiante y su influencia sobre la naturaleza y la naturaleza de la actividad física

A orientação sobre a identidade do aluno e sua influência no tamanho e na natureza da atividade física

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Abstract

This article is a relevance of new methods search of the classes organization in physical culture and ways of influence which would provide formation of positive orientation of the identity of the student on systematic occupations with physical culture and sport. Results of large-scale research on studying of orientation of the students' identity and its influence on size and the nature of physical activity are presented in the article. As a result of research, it is proved that the personality orientation exerts direct impact on size and the nature of physical activity and incidence of students.

Keywords: physical activity, students, health, personality orientation, physical culture and sport.

Resumen

Este artículo es una relevancia de los nuevos métodos de búsqueda de la organización de las clases en la cultura física y las formas de influencia que proporcionarían la formación de una orientación positiva de la identidad del estudiante en las ocupaciones sistemáticas con la cultura física y el deporte. Los resultados de la investigación a gran escala sobre el estudio de la orientación de la identidad de los estudiantes y su influencia en el tamaño y la naturaleza de la actividad física se presentan en el artículo. Como resultado de la investigación, se demuestra que la orientación de la personalidad ejerce un impacto directo en el tamaño y la naturaleza de la actividad física y la incidencia de los estudiantes.

Palabras clave: actividad física, estudiantes, salud, orientación de la personalidad, cultura física y deporte.

Resumo

Este artigo é uma relevância dos novos métodos de busca da organização das aulas na cultura física e as formas de influência que proporcionariam a formação de uma orientação positiva da identidade do aluno nas ocupações sistemáticas com a cultura física e o esporte. Os resultados da pesquisa em larga escala sobre o estudo da orientação da identidade do estudante e sua influência no tamanho e na natureza da atividade física são apresentados no artigo. Como resultado da pesquisa, mostra-se que a orientação da personalidade tem um impacto direto no tamanho e na natureza da atividade física e na incidência de estudantes.

Palavras-chave: atividade física, estudantes, saúde, orientação de personalidade, cultura física e esporte.

Introduction

The conscious orientation of the personal occupations by physical culture and sport is one of fundamental elements of formation of physical culture in modern society. It defines behavior of the personality, the attitude towards itself and people around. The orientation of the personality reveals not in separate, casual acts of the person, and in the chosen, main field of activity (Kondakov, et al. 2014; Davidenko, 2001; Ponomaryov, N.I., Reyzin, V.M. 1988). In modern situation reconsideration of contents is important, methods and holds of formation of the personality orientation on the basis of the personal approach standing in the center of pedagogical researches the analysis of subjective factors in understanding of values, ideals, sense in different types of activities. The special alarm is caused by the absence observed in practice among most of students of positive orientation of occupations by physical culture and sport (Kondakov, V.L., Gorelov, A.A. 2014).

The analysis of our researches results of formation orientation of the identity of the studying different age groups has shown that to the senior school age the number of pupils with positive orientation on occupations by physical culture significantly decreases (to 30%), and in higher education institution this result is only stabilized (Kondakov, et al. 2014).

The observations made in higher education institutions allow to conclude that the size of physical activity of students depends not only on features of the organization obligatory occupations by physical culture ((Balysheva, et al. 2013; Goroby, et al. 2013; Grachev, A.S., Gavrishova, E.V., 2013; Kondakov, et al. 2014; Samokish, 2016; Sobko, et al. 2016). Application only of traditional methods and ways of influence often separated among themselves, which are poorly considering individual and typological features of students are insufficiently perspective. It is more expedient to use such complete system of specific forms of the organization occupations and ways of influence which answer the humanistic principle "to induce, but not to force" and, thereby, increase interest among students in that activity on which they are focused by the teacher. Function of such ways of influence has to consist in ensuring reorganization of the motivational sphere of students which is adequately accepted by them the activity purposes therefore the positive orientation on it is formed.

Purpose, materials and methods of work

The object of the research was the analysis of interests orientation of student's youth on occupations by physical culture and sport. Recently large number of experts in the field of physical training bring up question of need in interest increase and improvement of the relation of youth occupations by physical culture and sport (Ponomaryov, N.I., Reyzin, V.M. 1988; Bocharova, 2011; Voloshina, L.N., Isayenko, Y.M., 2007; Gorelov A.A., Tretyakov, A. A., 2011; Kopeikina, et al. 2013; Pivneva, M.M., Rumba, O.G., 2013). At the first stage the research of three groups of students has been conducted (total – 1438 people): group of the main branch where were the students who do not have contraindications; group of special medical branch into which were students with violations of health; group of sports branch where were students with good health and wishing to do profoundly any sport.

At the second stage of our research was defined average value of physical activity of students. The complex of researches included studying of physical activity during school and vacation hours, in days off and holidays, and also survey among students in the form of questioning for the purpose of clarification of the mode of their physical activity.

Statistical analysis

In 2015-16 academic years teachers of physical training department of BSU have carried out anonymous survey among students. 1438 students (581 boys and 857 girls) have participated. Studying the formation of orientation of the identity of the student on occupations by physical culture allows to claim that the orientation in general is at the low level, for 30% of students the orientation has negative character. It should be noted that 29% of girls and 4,5% of boys have never played sports at all. Most of students, besides obligatory occupations do not go in for physical culture though according to questioning 28,5% of boys and 39% of girls specify that in their higher education institution there are all conditions for occupations by physical culture and sport in time, convenient for them.

Some optimism is caused by results of the analysis of students' answers to question of the

purpose of attending physical culture classes in higher education institution (Table 1).

Anonymous survey among students of higher education institutions has shown that more than 60% of students go to classes of physical culture only for receiving a credit; 23% – to distract from classroom activities; 9% – "to kill" time; and only 8% – to improve health. Thus, it is possible to conclude that, firstly, most of students do not realize the value of physical culture on the health and future success in profession and life. Secondly, to most of them (and that who goes to classes regularly, and that who skips them) insufficiently interesting the content of these occupations. In spite of the fact that at the bulk of the occupations which are engaged in the purpose of receiving credits, and at smaller part – strengthening of health is, their percentage ratio from course to course changes for the better.

The analysis of students' answers to questions about their lifestyle and to define the factors promoting decrease in level of health allows to estimate also causes alarm (Table 1).

The evidence-based need of young organism for the movements corresponds to 14-19 thousand steps a day, or 1,3-1,8 hours a day. At the same time the self-assessment of physical activity of students testifies to its insufficiency. The researches carried out by us have shown that the actual size of physical activity of students is obvious below their self-assessment (Gorelov, A.A., Rumba, O.G., et al. 2010; Gorelov, A.A., Kondakov, V.L., et al. 2010; Grachev, A.S., et al. 2014; Kolumbet, A.N., Dudorova, L.Y., 2016; Gorelov, A.A., Kondakov, V.L., et al. 2013; Khudolii, et al. 2015). So, most of boys characterize the physical activity as above average, and most of girls – as average (Table 1).

Table 1.

question	answer option	girls			boys		
		1 course	2 course	3 course	1 course	2 course	3 course
Purpose of attending physical culture classes among students	improving health	25.05%				45.81%	41.85%
	receiving credits	64.2%	62.01%	56.85%	88.44%	49.03%	49.36%
	other	10.75%	37.99%	43.15%	11.56%	5.16%	8.79%
Self-assessment of students' healthy lifestyle in BSU	have a healthy lifestyle	36.54%	33.15%	43.41%	21.18%	37.98%	31.58%
	don't have a healthy lifestyle	63.46%	76.85%	56.59%	78.82%	62.02%	76.9%
Self-assessment of students' Physical Activity in BSU	low	7.99%	5.08%	11.35%	9.11%	2.04%	3.45%
	below average	45.12%	53.24%	49.68%	42.36%	22.98%	30.24%
	average	39.18%	29.35%	28.35%	46.35%	46.35%	34.12%
	above average	4.56%	12.22	10.62%	48.54%	28.63%	32.19%
	high						

According to the results of students' survey, it has been revealed that the least active lifestyle is led by students with health disorders: they prefer passive rest, use the elevator often and use transport for short distances; they spend a lot of time sleeping. There are students of the main group on the second place (according to indicators of physical activity): they also prefer passive rest, regularly use the elevator and transport; spend the small amount of time sleeping. Students of sport department are the most active: they prefer active resting, practically do not use the elevator, sleep enough time.

With the help of pedometers the research of physical activity value on students of all specified categories of the following indicators has been conducted: daily average, daily average in days of occupations by physical culture in the gym and on the street, weekly average physical activity. The obtained data demonstrates that the highest level of students' physical activity has the students of sport department, on the second place – students of the main group of health, on the third – students of special medical group.

The results of the research. The data of our research demonstrates that transition to special medical group and, especially, release from occupations by physical culture inevitably involve decrease in level of physical activity. There is a contradiction in this regard: on the one hand, physical activity is one of the indispensable components of healthy lifestyle meaning strengthening of health, on the other hand, young people with health disorders indicators of physical activity decrease almost twice, although they especially need to strengthen their health.

The contradiction is also that decrease in physical activity, being result of decrease in the level of health, at the same time is its reason. Results of researches of many experts (Grachev, 2012; Zhovan, G.F., Rumba, O.G., 2015; Ahmad, et al. 2010; Goginava, S.E., Rumba, O.G., 2014; Golod, 2015; Prosvirina, 2015; Symons, 2013), and also our own research (Kondakov, et al. 2014; Kondakov, V.L., Gorelov, A.A. 2014; Kondakov, et al. 2014; Tretyakov, A.A., Gorelov, A.A., 2012; Kondakov, 2015; Kovaleva, M.V., Rumba, O.G., 2013) testify it. So, for example, the number of the students who are in addition go in for physical culture decreases proportional to the number of students having deviations of various health difficulties increases (Fig. 1).

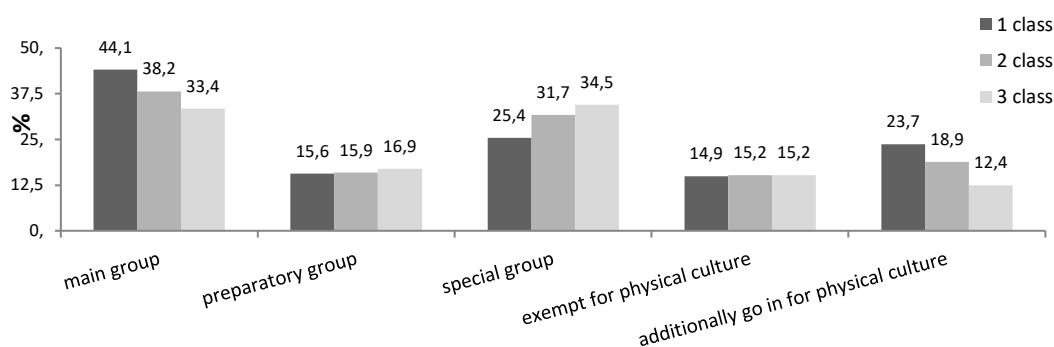


Figure 1. Dynamics of students' distribution on groups of health and number of the students who are in addition go in for physical culture.

Confirmation of the progressing decrease in physical activity of students was a comparison of results of answers to survey about occupations in sport clubs while they were at school and in the subsequent in higher education institution (Fig. 2).

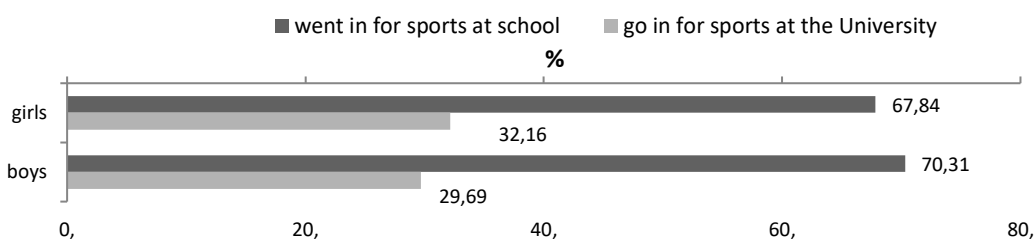


Figure 2. Students' occupations in sport clubs in BSU before entering a higher education institution and during studying at a higher education institution.

The vast majority of young people stops go in for sports after entering in a higher education institution. Perhaps, it is connected with the lack of free time which they begin to spend for preparation their homeworks, communication with new friends, etc.

Studying the students' answers about sports where they were engaged at school or are engaged now, has allowed to reveal the most popular types. Most of boys have chosen sport games. Girls at school were engaged in sport games more often, and during studying in higher education institution began to pay more attention to different types of fitness.

Conclusion

While studying influence of orientation on the personality of occupations by physical culture and sport, it has been revealed that at the students who have negative focus and the low level of physical activity and health is noted. But those students who have higher level of physical activity and health is noted the positive orientation. The size of physical activity depends. Firstly, on having (or absence) additional classes of physical culture. Secondly, on to what group of health he or she are carried for occupations by physical culture. Everything what was previously told testifies the need of taking serious measures for formation an orientation the person to occupy in physical culture and sport, instilling in students the interest in different physical activity types, formation orientation of the personality, and also, in general, formation installations to them healthy lifestyle.

It should be noted that classes in physical culture will be more effective, than the studying students is clearer realizes the purposes of physical culture and the personal value of such occupations. On these conditions application only of traditional methods and ways of influence often separated among themselves, which are poorly considering individual and typological features of students and they are insufficiently perspective. It is more expedient to use such complete system of specific forms of the organization occupations and ways of influence which answer the humanistic principle "to induce, but not to force" and, thereby, increase interest among students in that activity on which they are focused by the teacher. Function of such ways of influence has to consist in ensuring reorganization of the students motivational sphere which is adequately accepted by them the activity purposes therefore the positive orientation on it is formed. Therefore search of such methods of the organization of classes in physical culture is necessary, ways of influence which is most effective could provide formation of positive orientation of the personality on occupations with physical culture and sport that will promote in turn increase in physical activity and strengthening of health.

Conflict of interests. Authors declare that there is no conflict of interests.

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