

THE INFLUENCE OF MASS SPORT COMPETITIONS IN FORMING A POSITIVE ATTITUDE TOWARD THE INDEPENDENT PRACTICE OF PHYSICAL TRAINING BY NON-PROFILE FACULTY STUDENTS

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Abstract:

Reliable theoretical knowledge is required of future specialists by the contemporary society in spite of the physical activity. Preventing the negative effects due to the lack of physical motion we tried to form habits of physical training practice in students and to stimulate the interest and attractiveness in the independent practice of physical training by participating in mass sporting events.

Keywords: *physical training, independently practice, positive attitude*

The development of science and technique, a new system of work organization, production processes such as extended mechanization and automation, substantial development of knowledge that had to be assimilated by youth, all result, especially for intellectuals in a lifestyle, living conditions and a nature of activity characterized by sedentary activities, the lack of movement and dynamism, because of the gradual elimination of physical efforts.

In our modern society, with complicated and varied problems and with a continuous nervous tension, the nervous system needs relaxation. For these reasons the physical activity necessity is felt more and more acute, according to the sedentary character of the work of mainly intellectual professions.

So, it is necessary to fight in every way possible against a sedentary behaviour that favors the apparition of continuously expending diseases, especially through movement, physical training and an active lifestyle, means that are as efficient as they can be within reach for anyone.

In the conditions of modern society and the contemporary human life, the following question is rising: what are the lack of movement consequences for the organism?

An interesting answer to this question was given by an academician from Cluj, honored teacher Eugen Popa: "Muscularity represents more than half of the body mass. At rest only a small part of the muscular tissue is functional and the capillary blood is flowing through it. But the rest of the muscle, representing its biggest part, is almost entirely devoid of circulation. As a result a batch of basic catabolism products is gathering in it. On vein and artery walls grease drops of cholesterol are depositing. Because of this situation the blood vessels tighten and their walls are harmed, becoming friable. The lack of movement leads first of all to serious circulatory problems which are to be felt especially when you have to make effort.

The sedentary feeling of tiredness is very strong. Because of this vessel ruptures, cerebral hemorrhage, hypertension are producing."

What is the meaning of movement for the human organism? Movement means muscular contraction, and this needs a very abundant and intensive blood irrigation, both in the muscles, and indirectly in the liver, digestive tube, kidneys, heart and of course in the nervous system. In this way the blood extracts the toxic products of catabolism. The circulation speed is accelerating, the cholesterol is not depositing any more on vessel walls. In this way the blood is drawn toward all the human body organs, the brain included.

"Every day life shows us that humans who move daily are healthier, livelier, more optimistic and less exposed to work accidents than sedentary ones. That movement, physical education and sport have beneficial effects on the health state of the organism is a proved and unanimous accepted truth." (Badiu, 1998). Numerous studies attest that, in the modern life conditions, exposed to sedentary behavior, movement represents a special preventive element, and when applied scientifically and on a curative level, it brings benefits to sick people.

On the basis of statistical studies Finnish scholars reached the conclusion that those who practice physical training live longer, with an average of 7 years, and they extend their active period by 10 years compared with those that live a sedentary life.

One of the central goals of physical training and sport in almost all study periods and of course in university is forming the capacity of independent physical training practice. In forming this capacity the positive attitude towards the practice of physical training plays a decisive role. Student's volitive dimension remains the main obstacle to this goal. The stimulation of the sensitive-emotional side will determine the intensification and galvanisation of positive attitude with direct effects in adjusting and self-adjusting of the student's behaviour in the

educational-instructive process of physical education and sport.

The sport competition is one of the most important activities through which the student could achieve this objective. Combativity is a constructive activity. As a direct participant in the game, the young man fights for his prestige or the group's, and achieves a good co-operation with his partners.

Using the sport events as a means of acquiring knowledge from the perspective of positive attitude formation towards physical training practice represents a challenge even to the authors.

In his *The Theory and Method of Physical Training and Sport*, Cârstea (2000) points out the importance of forming independent physical training practice capability, individually or in group.

ARGUMENT

The necessity of capability forming in independent practice of physical training in students as a modern intellectual form of adaptation to the social life needs. It is known that social modernization and intellectual work draw subjects to a sedentary life with deforming effects biologically speaking. In this conditions, independent practice capacity of physical training is a useful and efficient way in counterbalancing sedentary life.

HYPOTHESIS

The utilization of mass sporting events represents a means to forming a positive attitude towards independent physical training practice.

PURPOSE

Finding adequately means and methods to the age peculiarities in order to form a positive attitude towards physical training practice in students of Galati University Center.

RESEARCH METHODS

Bibliographical study, observation, experiment, inquiry, the statistically analysis of the acquired data.

RESEARCH SYSTEMATISATION

In the first stage of the research we unfolded, with the help of a test, an inquiry regarding the Galati University Center students' interest in mass sport events (8-18 October 2009).

As a result of the inquiry, we established that an average of 62.5% considered the sport event as very interesting, while 68.4% wanted to participate directly in it.

Furthermore 94.9% of the 68.4% considered it necessary to train before the event, of which 61.1% wanted to train in their spare time.

We found out, therefore, a great interest in the physical training practice as part of the precursory period and during sport events. Consequently, we

decided to use volleyball competitions (having the necessary circumstances) as a means in forming the positive attitude given by the physical training practice.

The research covered two semesters, 8 lessons in the 1st semester 2009, concluded with a tournament at the end of December, and 10 lessons in the 2nd semester, concluded with another tournament at the end of May 2010.

Before ending the so-called experiment (after establishing the experimental groups), we realized a simulated experiment (October 2009) consisting in simulating tests, easy training lessons with free speech about activity demands, direct participation in the activity demands and direct participation in a volleyball match. Two groups consisting of 24 students and their options was the basis of the experiment. The 48 students, between 19-22 years old, attended courses at non-profile faculties (I.A.A.P., Nave and I.S.E.). Every student responded in writing to 3 sets of questions: the first consisted in their specialized general knowledge; the second tried to reveal the emotional experiences and reasons for practicing physical training and participating in sport events; the third aimed at the students attitude towards isolated physical training practice or sport events.

After the first inquiry a group of 24 students were engaged in the activities mentioned above while the others participated in the physical education class in the curriculum. The submissive group of the experiment was divided into 4 teams of 6 players and they attended the sport training classes and the planned competition system. The training classes consisted in single-sport lasting about 90 min. What intended was the initiation in volleyball practice and the training for sport events.

At the end of the month, the tournament "The Games of the Danube" was organized, and 8 teams (of which the 4 experimental ones) participated. The participation of the 4 teams in the tournament was 100%. After concluding the preparing and competition motive activities, the 48 students took again the three sets of questions (May 2010).

As a result of the initial and final testings we came to the following conclusions:

a) Specialised general knowledge

The experimental group assimilated a great volume of knowledge regarding the authority of physical training practice, systematical practice forms of physical training, the management of certain physical activities and some sport events, volleyball game regulation notions.

b) Volume and diversity of emotions and feelings experienced during practicing isolated physical training and sport events.

In the initial testing we found that in both groups the scarcity of emotional experience (emotions, feelings, passions) in connection with isolated physical training practice or in sport events.

At the final testing, the experimental group significantly enriched their "emotional experience"; in most cases affection and positive emotion lead to forming positive feelings and passions regarding the systematical practice of physical training.

c) The attitude towards isolated physical training practice and sport events.

In the initial test both groups showed great interest in sport events participation (100% of the experimental group and 92.7% of the control group). In the final test the interest of the experimental group remained the same (100%), while that of the control group decreased to 79.2%. As far as the interest in extra-curricular physical activities, we found a significant increase by 60% at the experimental group, whereas for the control group the percentage decreased by 4%. For the experimental group, the final test pointed out a great desire in participating in physical activities as part of curricular and extra-curricular activities regarding the training for mass sport events. This wish increased the percentage by 35% for the experimental group, reaching in the end 92.7% of the students who participated in the experiment and who were interested in training for sport competitions, while the control group recorded a decrease from 66.8% to 62%. At the end of the experiment we noticed a 70% increase (from 30% to 100%) at the experimental group regarding students' belief that direct participation in mass sporting events helps them to recreate and relax. For the control group the final test showed that only 33.2% (of the initial 20.8%) considered that their participation in sport events helps them to relax and recreate.

CONCLUSION

As a result of data interpretation we consider that university mass sporting events suit some of the students' interests and wishes as:

- unforeseeable and spontaneity (100%)
- spending leisure time with same-age peers (95.9%);
- relaxation and recreation (100%);
- honest and direct fight with adversary within regulations and fair-play limits (100%);

- victory achievement and excelling in the youth group (80%).

For the experimental group students all this caused a clear superior both physic and psychic stimulation, both in the training lessons and during bilateral games of the sport games system, which did not happen in the control group.

If we add the superior leap of the experiment group in specific knowledge and general techniques compared with the control group, we can talk about the premisses of forming the systematical and independent physical training practice capacity, which we could not find in the control group where the interest in physical activities decreased by 10%.

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L'UTILISATION DE COMPÉTITIONS SPORTIVES DE MASSE DANS LA FORMATION D'UNE ATTITUDE POSITIVE VERS LE FAÇON INDÉPENDANTE DE LA PRATIQUE D'ENTRAÎNEMENT PHYSIQUE PAR LES ÉTUDIANTS DE FACULTÉ DE NON-PROFIL

Résumé:

Une multitude de connaissance théorique est exigée par la société contemporaine des futurs spécialistes malgré l'activité physique. En prévenant les effets négatifs pousse par raison du manque de mouvement physique nous avons essayé de former des habitudes de pratique l'entraînement physique aux étudiants et stimuler l'intérêt et l'attraction dans de façon indépendante de la pratique d'entraînement physique en participant aux événements sportifs de masse.

Mots clé: l'entraînement physique, le façon indépendante de la pratique, l'attitude positive