

PAI at initial testing had an average value of 45.71, and at final testing registered 26.1, the average difference between testings being of 19.61, and in what stress level is concerned this was lower at initial testing, only 14.06, increasing relatively with 5.5 at final testing.

At the beginning of the test, subjects registered an acceptable level of PAI and a light to moderate stress level; during the exam session PAI decreased considerably, being situated within insufficient active/relative sedentary category, while stress level increased, becoming moderate with rare accents of major stress.

All these data demonstrate that the level of physical activity is indirectly connected to stress level and vice versa.

At the initial testing, the bilateral correlation index had the value $r=0.059$, with a significance level $p<0.01$, which denotes positive correlation.

At the final testing, the bilateral correlation index had the value $r=0.003$, with a significance level $p<0.01$, which denotes positive correlation, but was much more decreased than initial testing.

CONCLUSIONS

Study results confirm the hypothesis, the superior and inferior limits of stress level show reduced physical activity, which is reflected by the obtained values, and these values situated between limits show a dependence relation, indirectly proportional, therefore, the higher the stress level, the smaller the physical activity index level, this leading to a small degree of awareness about negative effects of stress factors.

The study reflects an increased stress level for the questioned people, which can lead to a lower quality of life and limited individual performances.

Results show significant opposition of individual to reduce stress parameters because of limited awareness about these effects and the methods to combat them.

Physical activity index is too low for this age category, indicating gloomy perspectives regarding health and psychic condition of adult population.

We consider that the decrease of physical activity index correlated with stress level increase results from more factors, among which: defective time and stress management, organization of learning activity, reduced awareness about negative stress effects on individual performances and about the fact that these can be combated or faded away, especially through various physical and recreational activities.

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COMPARATIVE STUDY ON THE EFFECTIVENESS OF THE PLAYERS IN WORLD LEAGUE MEN'S VOLLEYBALL FINAL

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Abstract

In modern volleyball game like the one practiced today worldwide, the defense becomes more and more aggressive, especially the blocking actions. This issue has led to new ways to address the attack phase, to study the smallest details of the opponent that is how it approaches the game in certain situations, which can also be decisive in how a volleyball game is performed.

In the final games of volleyball World League 2012, Poland won the first World League title after beating America with the score of 3-0 in the finals of the Armeec Arena in Sofia, Bulgaria.

In this study, we started from the hypothesis that to win a game, the defense is essential.

Keywords: World League, efficiency, actions, volleyball.

INTRODUCTION

At present times the volleyball game is an Olympic sport, with more than 220 countries affiliated to the FIVB, and is in perpetual development. The main problem currently is organizational, as well as attracting a large number of investors, for a good performance of the activities. Priority is the development of children and youth volleyball, aiming and the discovery of the talents as early as possible.

Due to continuous dynamics that it characterizes and the large number of practitioners (over 200 million), the volleyball, can be considered one of the most popular games on the planet.

In modern volleyball game like the one practiced today worldwide, the defense action becomes more aggressive, especially the blocking actions. This has led to new ways to address the attack phase, to study the smallest details of the opponent that is how it approaches the game in certain situations, which can also be decisive in how volleyball game is performed.

The strategic idea of the involvement in the game is the maximum efficiency of each component of the team. It is possible to recognize technical and tactical behavior patterns for each player, and the models of collaboration between players.

The specialization of the players on positions and most effective areas of attack, blockade or takeover, attack on a broad background of training in specialization, dominant game actions being perfected at high performance as action and efficiency.

Current volleyball raises a very important issue, the developing of the new methods of training, in order to extend the functional possibilities of the body. This is manifested by:

- Creativity in the game development
- New strategies and systems modeling of training and competitions
- The emergence of new motor actions in the game in actions

Modern volleyball priorities are:

- Speed and variety of game
- High point of hitting the ball over the net
- Improvement action game
- Mental and social status
- Appropriate competitive requirement

As mentioned news in sports training:

- Component management team: coaches, doctor, massage therapist, psychologist, cameraman, informatics specialist, etc.
- Increase the quality of training.
- Motor learning as a bio-psycho-motor process

The effort in volleyball performance is strictly related to the conduct or actions of each phase of the game. The reason is that, in the volleyball game every mistake is charged with the loss of a point, which can lead to the loss of a set or a match.

The complexity of modern volleyball effort is studied by means of video or computer having as basis the specific psychomotor performance of the volleyball, so being able to reach a very objective decision.

Through the game model of a team, it may understand how their game will be performed at a given moment, in a competition. It must be taken into account the qualities and the skills of the players to fully use their skills as players, but it must also be very well calculated and presented to players on objectives and specifically how these will be achieved.

A model of game is required to submit the specific role of each player in the field on the six positions and how they have to win a point or the service.

The center player role during the attack is mostly the disorganization of the blockage, it is the one running the attack from "climbing", and is essential for it to perform faultlessly this attack, because on its basis are made the most of the combinations. The most important role of the center player is on the phase of defense, he being forced to defend all the three areas of attack and in zone 3 it running most of the individual blockages. It is very important to note that, a center player in a game normally runs at least three times as many attacks as blockages, this thing being the main task at the net. It should be noted that this is met mostly at professional level (first division, national), because at the amateur level are very few experienced players, that can anticipate the center player attack, and if this one fulfils his work properly.

MATERIALS AND METHODS

Study hypothesis

In this study, we started from the hypothesis, that to win a match the defense is essential. As the defense of a team is more effective, so the opportunities to win are bigger.

At this tournament the 6 teams were divided into 2 groups, each group of 3 teams. After the games of 4-6 July, the two leading teams in each group advanced to semifinals. In the final of the four from 7-8 July, the winners of each category have faced those from the adverse-group in the cross semifinals. The winners of the two semifinals played for the title of FIVB Volleyball League 2012.

The results of the two teams in this stage are presented in the following context.

A preliminary analysis of the results of the groups is presented in the number 1 table which

underlines with a slight superiority regarding the number of sets and winning points, the team of Poland defeated SUA.

Tabel number 1 The Standings

Pool E

Rk	Code	Team	Points	Matches			Results Details						Sets			Points		
				Played	Won	Lost	3-0	3-1	3-2	2-3	1-3	0-3	Won	Lost	Ratio	Won	Lost	Ratio
1	USA	USA	4	2	1	1	1			1			5	3	1.667	180	161	1.118
2	BUL	Bulgaria	3	2	1	1		1				1	3	4	0.750	159	168	0.946
3	GER	Germany	2	2	1	1			1		1	4	5	0.800	200	210	0.952	

Pool F

Rk	Code	Team	Points	Matches			Results Details						Sets			Points		
				Played	Won	Lost	3-0	3-1	3-2	2-3	1-3	0-3	Won	Lost	Ratio	Won	Lost	Ratio
1	POL	Poland	5	2	2		1		1			6	2	3.000	186	166	1.120	
2	CUB	Cuba	3	2	1	1	1				1	3	3	1.000	142	140	1.014	
3	BRA	Brazil	1	2		2			1		1	2	6	0.333	165	187	0.882	

Tabel number 2 The Semifinals

No	Date	Teams	Set	Result per set (points)					Total Points	Time	Audience
				1	2	3	4	5			
103	07-Jul	POL-BUL	3-0	25-23	25-20	25-18			75-61	1:26	11'000
104	07-Jul	USA-CUB	3-0	25-23	25-22	25-23			75-68	1:33	4'000

Tabel number 3 The Finals

No	Date	Teams	Set	Result per set (points)					Total Points	Time	Audience
				1	2	3	4	5			
105	08-Jul	CUB-BUL	3-2	25-18	19-25	23-25	25-23	15-12	107-103	2:15	7'000
106	08-Jul	POL-USA	3-0	25-17	26-24	25-20			76-61	1:29	4'000

In tables 2 and 3 are presented the outcomes of the two mentioned teams in the semifinals and finals.

As a conclusion, the superiority of Poland is clearly visible for both sets and points that have been won during the tour.

Methods and means of recording used in the study.

In this study we used the method of observation and basic statistical processing methods namely: arithmetic average and percentage calculations.

In terms of methods of recording, the observation method is a process of recording or written record of what was visualized, heard or felt. For this study I watched most of the games, and I took notes on the two finalists-teams, namely Poland and USA.

Observation is a process that applies to a field whose data, documents or events that the researcher wants to know, to describe, to organize, to classify, to quantify, to characterize them, to determine what is significant in them, who arouse them, what is the relationship between them and

what effects have on the others. From these data it result meanings, new explanations or hypotheses that will be modified through experiment.

The method of the observation, along with other complex methods can not miss out a scientific research.

The arithmetic mean(x), often called simply average, is the indicator that is used most often to characterize central tendency. It is the value that replacing all terms of a series, do not change their totalized level, and therefore it is calculated as the sum of the reported values. Its meaning is clear: the individual levels X1, X2..., Xn of the variable X it manifests under the incidence of a large number of essential and nonessential factors, systemic and casual; the arithmetic mean is the value that would be recorded if all these factors acted consistently to all units.

$$\bar{x} = \frac{\sum_{i=1}^n x_i}{n} \quad (1.1)$$

We calculate an arithmetical average using the formula (1.1)
Σ- the sum

X_i – individual value
 n – number of cases

Percentage calculation was done by a; simple rule of three:

Example:
10 actions.....100%
5 actions.....x%

$$X=5*100/10=50\%$$

Statistical method

As a statistical method depends on the study of mass, connections and correlations, significance of the results obtained on the subjects also the anticipation of the evolution of some of the parameters of those. At the base of the statistical processing of data there is the mathematical theory of the possibilities.

RESULTS AND DISCUSSION

After observing the two teams during the tournament players have been effective in the tables below.

Table 4 Efficiency of the main players of both teams attacking and blocking

Element	Poland			USA		
	Name Surname	Total actions	Successful percentage	Name Surname	Total actions	Successful percentage
Attack	B. Z.	102	52.94 (3.78 / set)	A. M.	102	48.04 (3.43 / set)
	W. M.	61	45.90 (3.27 / set)	S. C.	106	46.23 (3.30 / set)
	K. B.	112	43.28 (3.09 / set)	R. S.	67	43.28 (3.09 / set)
Arithmetic average			47.37 (3.38 / set)	45.85 (3.27 / set)		
Blockage	M. M.	51	0,86/set	H. R.	42	0,57/set
	N. P.	40	0,57/set	L. D.	49	0,57/set
	W. M.	22	0,48/set	A. M.	19	0,43/set
	K. B.	31	0,43/set	P. W.	15	0,36/set
	B. Z.	20	0,21/set	S. C.	34	0,29/set
	K. G.	21	0,21/set	R. S.	17	0,29/set
	Z. P.	12	0,14/set	S. D.	43	0,29/set
Z. L.	15	0,14/set	SD	31	0,14/set	
Arithmetic average			0,38/set	0,36/set		

Table 5 Efficiency of the setters of the two teams

Name Surname	Poland		Name Surname	USA	
	Total actions	Successful percentage		Total actions	Successful percentage
Z. P.	135	36.38	S. D.	300	56.71
Z. L.	167	46.77	T. B.	9	14.28
Arithmetic average		41.57 (2.96 / set)	Arithmetic average		35.49 (2.54 / set)

Table 6 Efficiency of Libero for the two teams

Name Surname	Poland		Name Surname	USA	
	Total actions	Successful percentage		Total actions	Successful percentage
I. K.	152	4.21/set	L. R.	97	3.20/set

Table 7 Efficiency of the service

	Poland	USA
Service AS	16	17
Good service	257	271
Wrong service	59	47

The data in the table above were interpreted graphically obtaining the following results for the main technical elements of the game of volleyball:

Following the results obtained and interpreted in graphs 1 and 2 it can be said that Poland's national team is above the U.S. national team in most technical elements.

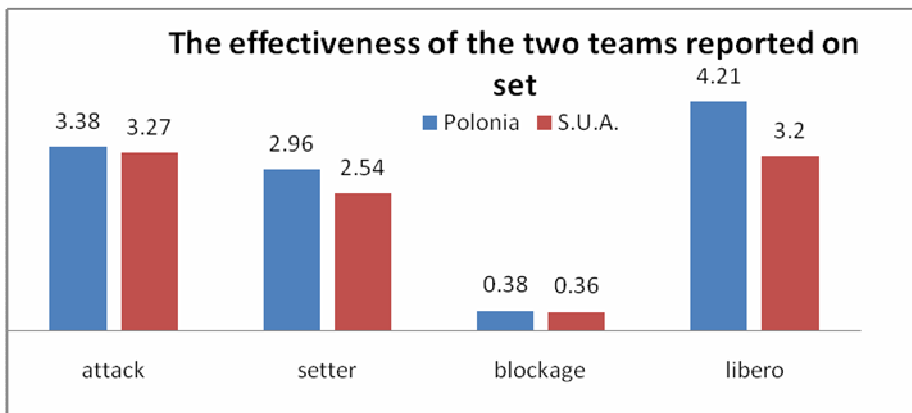


Figure 1 The arithmetic average of the effectiveness of attack, of the setters, blockage and libero of the two teams reported on set

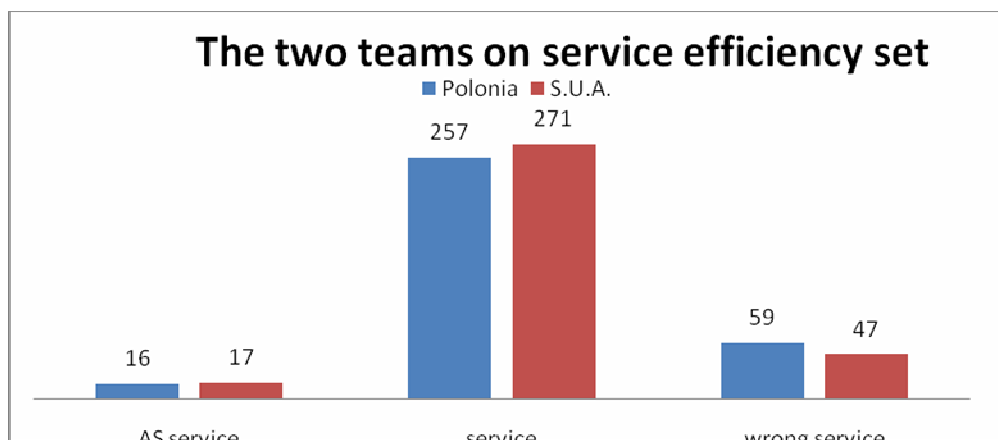


Figure 2 arithmetic mean of the two teams on service efficiency set

The arithmetic mean of the attack on set of the Poland team is of 3.38, while for the U.S.A. team is 3.27, a difference of 0.11.

Arithmetic mean of the Polish team blockage is 0.38, while for the U.S. team is 0.34, a difference of 0.04, in favor of the Polish team.

The arithmetic average of the set of successful actions Polish libero is 4.21, and the American libero is 3.20, a difference of 1.01 in favor of the Polish libero.

Polish team at this tournament was superior in terms of the efficiency of the setters. The Polish setters had an arithmetic average of 2.96 per set while Americans setters had arithmetic average of 2.54, a difference of 0.42 in favor of the Polish team.

The efficiency of U.S. team during the tournament was less than of the Poland team. At the direct service point (service AS) Poland had a total of 16 services, and the Americans had 17 services being in advantage of a service for the U.S. team, the same thing happens and with over the net past services, the American team with a number of 271 services, while the Polish team served just 257 times, the advantage being of 14 services in the favor of American team.

Regarding wrong services, the Poland team had done that by 59 times, and the U.S. team had only 47 times during the tournament.

CONCLUSIONS

Following the study that was done we can say that the hypothesis has been verified. From the actions of both teams it notes that statistically, the Polish team was above the U.S. team, in terms of defense, both at the net and in the second line.

A superiority of the Polish team in this final tournament is clearly observed in dealing attack, where the results are above of those of the U.S. team.

In terms of efficiency of the setters of the two teams, statistically, the Polish team was above the U.S. team. It is noted, that the Polish team, during the tournament had used two setters and the American team, had used only a setter, the second one being introduced only a few times during the tournament, to pause the game.

The service was the only chapter in which the U.S. team dominated. The U.S. team has a slight superiority in terms of service efficiency by creating a more direct point of service than the Polish team. The Polish team made mistakes per

total on tournament, with 12 services more than U.S. team.

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COMPARATIVE STUDY REGARDING THE DEVELOPMENT OF MOTOR SKILLS FOR SEVENTH GRADE STUDENTS FROM COUNTRYSIDE AND URBAN AREAS

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Physical education aims health strengthening, harmonious body development and work capacity, improvement of motor skills, physical and psychological qualities recovery, inner development and is a good factor of relaxation. In our modern times the physical exercise is replaced by the static activities. Currently due to computer games and social internet sites, the lives of the children have radically changed, especially of those who live in the city. Lately, this social phenomenon began to affect children's lives in the countryside, which makes physical activity instead of benefits for maintaining optimal health, to be partially or completely removed.

Keywords: motor skills, students, urban, countryside

1 INTRODUCTION

The physical education is an essential component of education that aims normal and harmonious development of the body, strengthening of health cultivating physical qualities for work and sports activities. Physical education shall be responsible for ensuring optimal conditions to enable timely the maturation of natural functions and also the optimal development of human personality [Quote from Professor John Nicola, "Treaty of Pedagogy" EDP, Bucharest] (C. C. Balan-Fundamentals of Pedagogy. Curriculum Theory and Methodology, Material Support, page 53)

The physical education aims mainly health strengthening, harmonious body development, development of work capacities, motor skills improvement, moral, psychological and physical forces.

It is known that there are differences between physical education in rural and urban areas, regarding the conditions of education in rural areas compared to urban areas.

The integration of an individual into a new community means communication, socialization, active involvement in social life. Surprisingly it was revealed that most of the teachers commute, so their involvement in extracurricular programs is low, and during holidays the schools are closed and the computers are not in use.

([Http://dilemaveche.ro/sectiune/tema-saptamanii/articol/copiii-de-la-%C8%9Bbara](http://dilemaveche.ro/sectiune/tema-saptamanii/articol/copiii-de-la-%C8%9Bbara))

It is known that due to very poor material conditions many young parents of the children in the country are working abroad. Of course their departure often is done when the children are under seven, affecting them and having serious impact on their primary education, the "seven years of home".

To accurately understand the limits of normal physical development I will present further data in the synoptic tables, presented in "Collection of studies and methodology and documentation The hygiene problems of the child and of the adolescent. [Scarlat cited Scarlat E. AND M.]

Currently due to the computer games and social internet sites the lives of children have changed, especially of those living in the city. Lately this social phenomenon began to affect children's lives in the countryside, which makes physical activity instead of beneficial for maintaining optimal health, to be partially or completely removed.

Childhood games from years ago, that cheered the children, like "hide-and-see," "leapsha" and other games, brought joy and physical activity, have been replaced with computer games, which in addition not require physical activity, but affects both analyzers and psyche.