

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

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Abstract

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

Keywords: physical training, independently practice, positive attitude

1. Introduction

The development of science and technique, new system of work organization, production processes mechanization and automation extension, substantial development of knowledge that had to be assimilated by youth people, all that induce for intellectual people especially a lifestyle, living conditions and a nature of activity characterized by sedentary activities, 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 work sedentary character of the intellectual professions emphasis.

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

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

An interesting answer at this question was given through the words of an academician from Cluj, honored teacher Eugen Popa: „Musculature represent more than a half from the body mass. In repose only a small part of the muscular tissue it is functional. Through it is flowing the capillary blood. But the rest of the musculature representing the biggest part it is almost entirely devoid of circulation. As a result in it is gathering a batch of basic catabolism products. On veins and arteries walls are deposing grease drops, cholesterol. Owing to 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 are producing vessel ruptures, cerebral hemorrhage, hypertension.”

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

„All day life had shown us that humans who are daily moving are more healthy, more lively, more optimistic and less exposed to work accidents than sedentary ones. Movement, physical education and sport beneficial effects on organism health state ensuring constitute a proved and unanimous accepted truth.” (Badiu T., 1998). Numerous undertaken studies attest that, in the modern life conditions, exposed to sedentary behavior, movement represent an special preventive element and scientifically applied on curative level brings benefits to sick people.

On the basis of statistical studies Finnish scholars reached to the conclusion that those who practice physical training lives longer with an average of 7 years and they extended their active period by 10 years beside those that lives 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 of this capacity the positive attitude towards the practice of physical training place a decisive role. Volitive dimension of students remains the main obstacle in this goal. The stimulation of sensitive-emotional side will determine the intensifying and galvanisation of positive attitude with direct effects in adjusting and autoadjusting of the student behaviour in educational-instructive process of physical education and sport.

The sport competition is one of the most important activities thru which the student could achieve this objective. Combativity is a constructive activity. As a direct participant at the game, the young man fights for its prestige or the collectives, and achieve a good co-operation with partners.

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

In his „The Theory and Method of Physical Training and Sport” Ghe.Cârstea (2000), points out the importance of physical training practice capability forming independently, individual or in group.

2. Theme choosing motivation

The necessity of capability forming in independent practice of physical training at 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 counter-balance the sedentary life.

The hypothesis - The utilization of the sport mass events represents a means in positive attitude forming towards independently physical training practice.

The purpose - Finding adequately means and methods to the age peculiarities in order to form positive attitude towards physical training practice at students from Galati University Center.

3. Methods of research

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

The research systematize - In the research first stage we unfold with the help of a test, an inquiry regarding the students from Galati University Center interest towards mass sport events (8-18 October 2017).

As a result of the inquiry we establish that an average of 62,5% from the students has considered the sport event as very interesting, while 68,4% wants to participate directly at it.

Furthermore 94,9% from the 68,4% consider necessary to train before the event, from which 61,1% wants to train in their spare time.

We find out, therefore, a great interest in physical training practice as part of the precursory period and in time of sport events. In this way we decided to use volleyball competitions (having the necessary circumstances) as a means in forming the positive attitude given by physical training practice.

The length of the research take part through two semesters, 8 lessons Ith semester 2017, concluded with a tournament at the end of December and IIth semester 10 lessons concluded with another tournament at the end of May 2018.

Before ending the so-called experiment (after established the experimental groups) we realized an simulative type experiment (October 2017) consisting in simulate filling of the tests, easy training lesson with free speech about activity demands, direct participation at the activity demands and direct participation to a volleyball match. At the experiment's base stays the established of two groups consisting in 24 students on basis of their options. The 48 students have between 19-22 years old and attended non-profile faculties courses (I.A.A.P., Nave and I.S.E.). Every student has responded in writing to 3 sets of questions:

- the first consists in specialized general knowledge which they have own;
- the second tried to reveal the emotional experiences and reasons to practice physical training and sport events participation;
- the third aims at the students attitude towards isolated physical training practice or in sport events.

After the first inquiry a group of 24 students were engage in activities specified above while the others participated to the physical education class carried on according to the actual educational plan. 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. Training classes consist in single-sport lasting about 90 min. It was intended the initiation in volleyball practice and the training for sport events.

At the end of the month it was organized the tournament „Jocurile Dunării” (Danube's Games) at which attended 8 teams and between them the experimental 4. Participation of the 4 teams at the tournament was at 100%.

After concluding the preparing and competition activities the 48 students have responded again to the three sets of questions (May 2018).

As a result of the initial and final testing we acquired the following:

a) Specialised general knowledge

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

b) The volume and diversity of emotions and feelings lived during practicing isolated physical training and in sport events.

In the initial testing we find that in both groups the scarcity of emotional experience (emotions, feelings, passions) in connections 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 which leads in forming positive feelings and passions regarding systematic practice of physical training.

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

In the initial test both groups show great interest in sport events participation (100% experimental group and 92,7% control group). In the final test the interest of the experimental group remains the same 100%, while the control group decrease to 79,2%. As far as the interest in extra-university physical activities, at the experimental group we find out a significant increase with 60%, at the control group the percentage decrease with 4%. The final test points out at the experimental group a greatest desire in participation at physical activities as part of university and extra-university regarding the preparing for mass sport events.

This wish increased at the experimental group with 35%, arriving in the end that 92,7% from students who participated at the experiment were interested to train for the sport competitions, while the control group was recording a decrease from 66,8% at 62%. At the end of the experiment it was observed a 70% increase (from 30% at 100%) at the experimental group regarding students belief that direct participation at sport mass events helps them to re-create and relax. At the control group the final test shows that only 33,2% (from initial 20,8%) consider that participation at sport events helps them to relax and to loosen.

4. Conclusion

As a result of data interpretation I consider that university mass sport events suites some of the students interests and wishes as:

- unforeseeable and spontaneity (100%);
- spending leisure time with same-age peers (95,9%);
- relaxation and loosen (100%);
- honest and direct fight with adversary in the regulation and fair-play limits (100%);
- victory achievement and excelling in the youth group (80%).

All this caused a plainly superior stimulation both physic and psychic from the part of the experimental group students, both in the training lessons and during bilateral games from the sport games system. This hadn't happened in the control group.

If we add the superior leap of the experiment group in specifics knowledge and general techniques toward control group, we can talk about the premisses of forming the systematically and independently physical training practice capacity. This fact we can't find at the control group where the interest in physical activities decreased with 10%.

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