

ATHLETIC AND SPORTING INTERESTS OF STUDENTS IN THE PHYSICAL EDUCATION CLASSES

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Annotation. The aim is to study the structure of sports and sporting interests and motivation for physical activities first year students. An anonymous questionnaire was attended by 209 students (116 girls, 93 boys). The presence of additional independent study of organized physical activity, lack of missed classes. High self-esteem health of boys and girls due to the high level of interest in physical training. The main condition for the formation of interest in physical culture is the introduction of innovative technologies in physical education and attracting students to sports events. The highest level of interest in girls revealed their studies shaping, the young men - martial arts. Found that the high level of interest indicated 44.19% of the boys, the average - 51.16%, low - 4.65%. Found that the high level of interest indicated 15.15% of the girls, the average - 77.27%, low - 7.58%.

Keywords: students, physical education, sports, interests, motivation.

Introduction

Successes in students' physical education depend, to large extent, on how actively and consciously the youth participates in educational process. Successful mastering of academic program of physical education depends, to large extent, on students' conscious attitude to the process of physical education. Sociological data [5] witness that most students' physical culture activity is determined by structure of their interests, demands, motives and value orientations.

The problem of motivation for physical culture practicing was elucidated in works of many researchers [2-4]. The question of determination of students' physical culture-sport preferences was studied by many researchers [1, 5-9, 11, 12] however, there has not been yet single opinion about this matter.

Most authors point at necessity to consider students' physical culture-sport preferences when planning physical education trainings.

For example, in the opinion of N.V. Kostogryz-Kulykov, O.V. Chornoutska body-building, wrestling, different martial arts, football, basketball, tourism, are popular among boy-students, as well as swimming, lawn tennis, shaping – among girl-students. Results of P.P. Sirenko's researches witness, that 39.1% of students prefer outdoor games, 23.3% - swimming and 17.2% - athletic gymnastics.

The present research has been carried out as per plan of scientific & research works of physical education theory and methodic department of Lutsk institute of human development of University "Ukraine".

Purpose, tasks of the work, material and methods

The purpose of the research is to study the structure of students' physical culture-sport preferences and motivations for physical exercises' practicing. (The first year students of Lutsk institute of human development of University "Ukraine").

The methods and organization of the research: we used such methods as analysis, generalization of literature sources, questioning.

In order to study students' attitude to content of physical culture educational process in Lutsk institute of human development of University "Ukraine" we carried out questioning. In anonymous questioning 209 first year students of different faculties took part, among them 116 girls and 93 boys.

Results of the researches

In order to study the level of students' preferences in physical education they were proposed to answer the question: "How do you appraise your level of interest in physical education?" The variants of answers were the following: 1) high; 2) middle; 3) low; 4) no interest. The data, obtained from all respondents, witness that 26.61% of the questioned defined their level of interest as "high", 66.97% - as middle, 6.45% - as low and no one chose "No interest".

Analyzing the girl-respondents' questioning data about their preferences in trainings, we can see that high level was pointed by 15.15% of the questioned; 77.27% appraise their level of interest as middle; 7.58% - as low and no one chose "No interest".

The obtained boy-respondents results of their appraisal of their interest in training witness that 44.19% pointed high level, 51.16% - middle level and 4.65% - low level (see fig. 1).

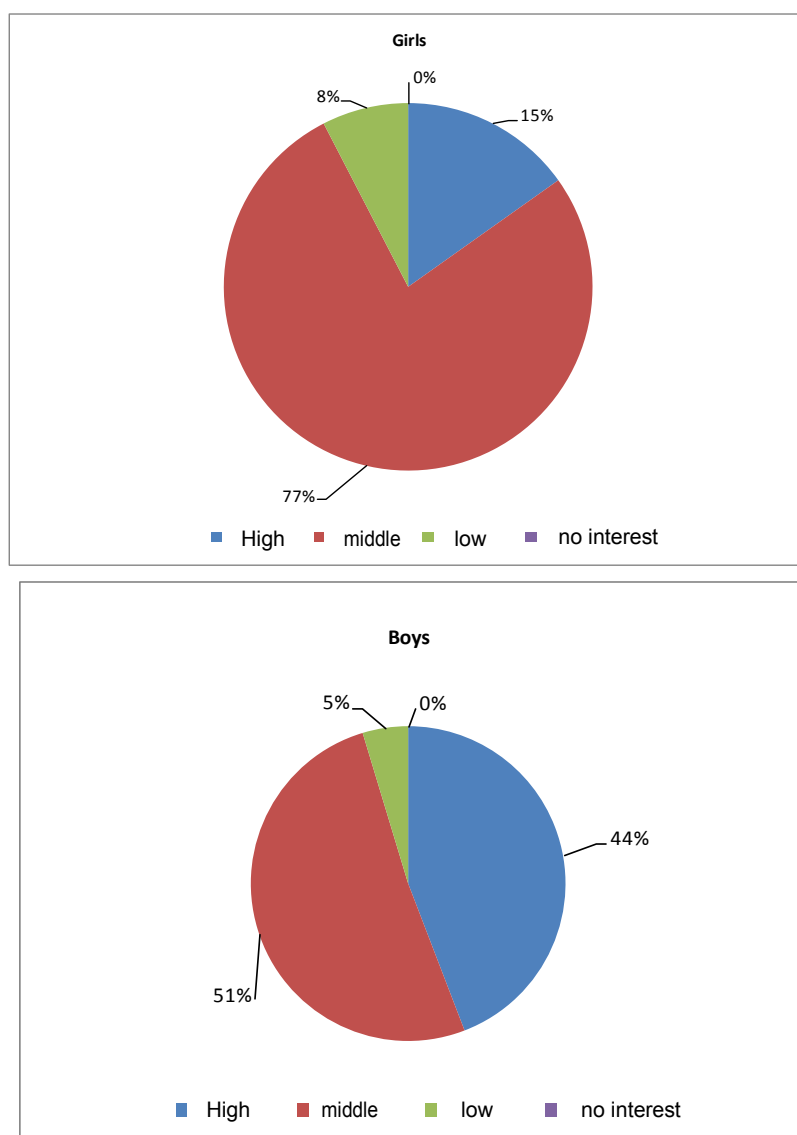


Fig.1. Diagrams of physical education preferences' level in groups divided by sex

When comparing boys and girls answers this question, it was found that high level of interest was pointed by confidently greater quantity of boys than girls (by 29% ($p < 0.05$)). While, by 26% greater quantity of girls appraises their level of interest as middle ($p < 0.05$).

We also found confident correlation connection of high level of interest in physical education with high self-appraisal of own health both by boys ($r = 0.372$, $p < 0.05$) and girls ($r = 0.357$, $p < 0.05$).

We found confident correlation connection of high level of interest in physical education with additional independent trainings with organized motion activity both among boys ($r = 0.513$, $p < 0.05$) and girls ($r = 0.259$, $p < 0.05$).

Besides, correlation analysis permitted to state confident connection of high level interest to physical trainings without missing classes both among boys ($r = 0.322$, $p < 0.05$) and girls ($r = 0.366$, $p < 0.05$).

For determination of conditions, which form interests in physical trainings we offered to answer the question "What, in your opinion, forms students' interest in physical training?" We proposed the following variants of answers: 1) implementation of innovative technologies in physical education; 2) adequate evaluation; 3) following positive examples; 4) involving into mass-sports measures.

From all respondents 45.38% called "implementation of innovative technologies in physical education" as main condition of formation of interest to trainings, 10.19% marked "adequate evaluation", 14.82% think that "following of positive example" is the main reason and 28.70% - "involving into mass-sports measures" (see fig.2).

Having analyzed questioning results in groups, divided by sex, we found that for girls the most important condition of formation of interest to trainings is "implementation of innovative technologies in physical education" - 48%; the following by importance were: "involving into mass-sports measures" - 24.24%, "following positive example" - 15.15%, "adequate evaluation" - 12.61%.

Boys chose, as important conditions, “implementation of innovative technologies in physical education” 38.09 %, and “involving into mass-sports measures” – 38.09 %; the following by importance were: “following positive example”– 14.30 %, “adequate evaluation” – 9.52 % (see fig.2).

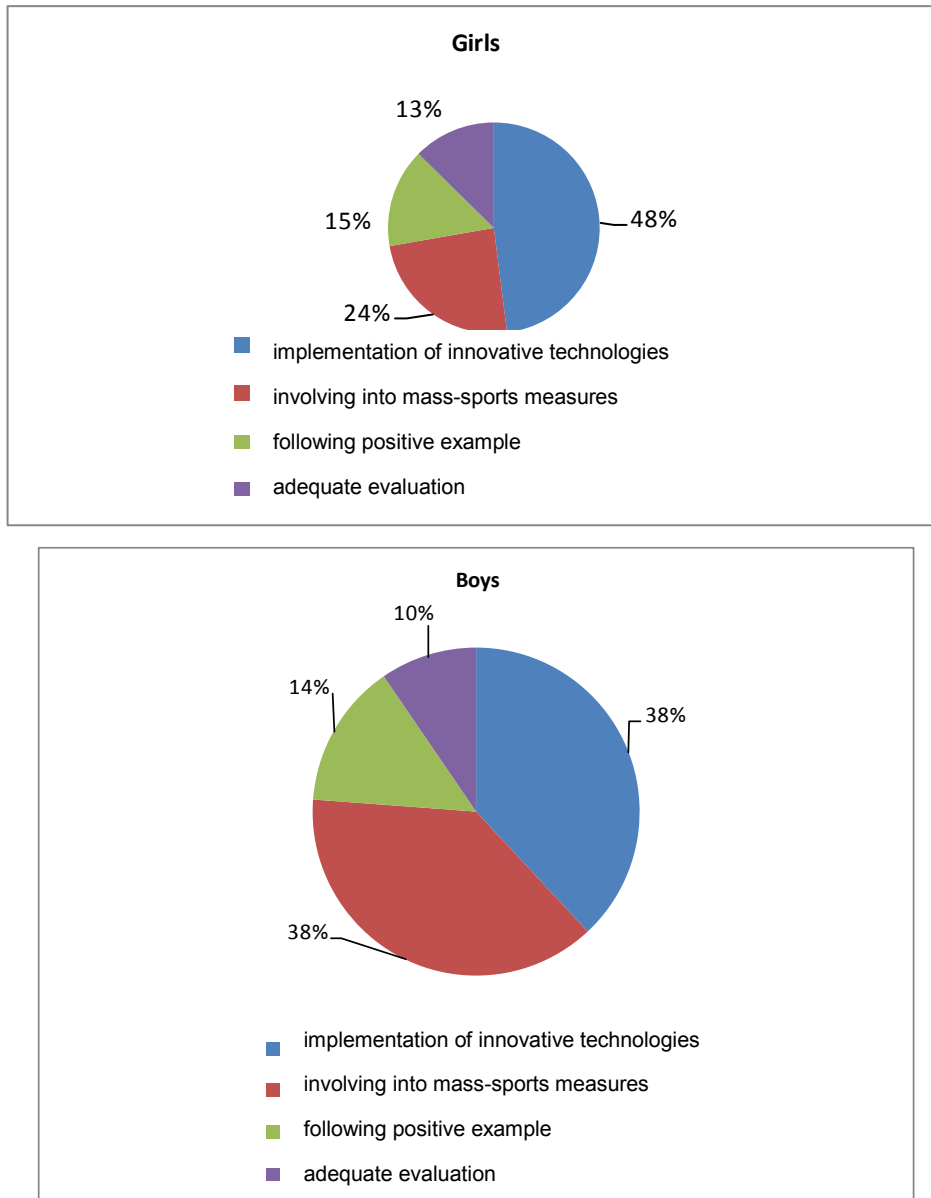


Fig.2 Diagrams of conditions of interest's formation in groups divided by sex

With comparing of boys' and girls' answers to this question it was established that confidently greater number of girls chose “implementation of innovative technologies in physical education” and “following positive example” as main conditions of formation of interest to physical training lessons ($p < 0.05$).

Researches of T.V. Sychova [10] also witness about positive results of innovative technologies' implementation in physical education process.

To find out the structure of preferences of different kinds of sports we offered to answer the question: “If you prefer training in one kind of sports, which exactly do you prefer? (number in order of interest's rising from 1 to 10)” Ten variants of answers were proposed: 1) volleyball; 2) basketball; 3) football; 4) track and fields; 5) swimming; 6) ping-pong; 7) shaping; 8) athletic gymnastics; 9) martial arts; 10) general physical training.

From all respondents we received the following answers by kinds of sports: martial arts – 45.86% showed high level of interest, 36.7% - middle level, 17.44% - low level; shaping – 39.5% showed high level of interest, 24.76% - middle level, 35.78% - low level; athletic gymnastics – 33.94% showed high level of interest, 29.35% - middle level, 36.71% - low level; swimming – 32.11% showed high level of interest, 41.29% - middle level, 26.60% - low level; football – 30.28% showed high level of interest, 38.53% - middle level, 31.19% - low level; general physical training – 29.35% showed high level of interest, 40.36% - middle level, 30.29% - low level; ping-pong – 23.85% showed high level of interest, 50.48% - middle level, 25.67% - low level; basketball – 22.02% showed high level of interest, 48.62%

- middle level, 29.36% - low level; volleyball – 20.18%, showed high level of interest, 38.56% - middle level, 41.26% - low level; track and fields – 16.51%, showed high level of interest, 55.96% - middle level, 27.53% - low level.

Having analyzed the questioning results, received in groups, divided by sex, we found out the following structure of physical culture-sports preferences. Among girls high level of interest in shaping was chosen by 62.12 %, middle level – by 24.25 %, low level – by 13.63 %; martial arts were preferred at high level of interest by 42.43 %, at middle level – by 33.34 %, at low level – by 24.21 %; high level of interest to swimming was shown by 33.34 %, middle level – by 37.88 %, low level – by 28.78 %; high level of interest to athletic gymnastics was shown by 33.34 %, middle level – by 28.80 %, low level – by 37.86%; 28,80 %, high level of interest to general physical trainings was shown by 28.79 %, middle level – by 42.43%, low level – by 28.78 %; high level of interest to ping-pong was shown by 27.28 %, middle level – by 48.49%, low level – by 24.23 %; high level of interest to football was shown by 19.70 %, middle level – by 43.95%, low level – by 36.35 %; high level of interest to basketball was shown by 16.68 %, middle level – by 53.04%, low level –by 30.28 %; high level of interest to track and fields trainings was shown by 15.15 %, middle level – by 53.04%, low level – by 31.81 %; high level of interest to volleyball trainings was shown by 13.64 %, middle level – by 34.58%, low level – by 51.78 %.

Among boys high level of interest in martial arts was shown by 51.16 %, middle level – by 41.86%, low level – by 6.98 %; high level of interest to football was shown by 46.50 %, middle level – by 30.23%, low level – by 23.27 %; high level of interest to athletic gymnastics trainings was shown by 34.89 %, middle level – by 30.24%, low level – by 34.87 %, high level of interest in swimming was shown by 30.26 %, middle level – by 30.24%, low level – by 23.23 %; high level of interest to volleyball trainings was shown by 30.24 %, middle level – by 44.18%, low level – by 25.58 %; high level of interest to basketball trainings was shown by 30.23 %, middle level – by 41.87%, low level – by 27.90 %; high level of interest to general physical trainings was shown by 30.23 %, middle level – by 37.21%, low level – by 32.56 %; high level of interest to track and fields trainings was shown by 18.61 %, middle level – by 51.46%, low level – by 29.93 %; high level of interest to ping-pong was shown by 18.60 %, middle level – by 53.49%, low level – by 27.91 %; high level of interest to shaping was shown by 4.68 %, middle level – by 25.59%, low level – by 69.73 %.

Thus, comparing boys' and girls' levels of interest in physical education, it was found that high level of interest was confidently shown greater by boys than by girls ($p < 0.05$). At the same time greater quantity of girls appraise their interest as middle ($p < 0.05$).

There were established: a correlation connection of high level interest in physical trainings with additional independent trainings with organized motion activity; confident correlation connection of high level interest in physical trainings with high self-appraisal of own health; confident correlation connection of high level interest in physical classes without missing of them (both for boys and girls).

Implementation of innovative technologies in physical education (48%) and involving into mass-sports measures (24.24%) are the most important conditions of formation of interest in physical education for girls. For boys, also, implementation of innovative technologies in physical education (38.09%) and involving into mass-sports measures (38.09%) are the most important conditions of formation of interest in physical education.

The obtained in the process of studying of structure of physical culture-sports preferences data witness that 62.12% of girls marked out high level of interest in shaping, 24.25% - middle level and 13.63% - low level; high level of interest top martial arts was shown by 42.43 % of girls, middle level – by 33.34 %, low level – by 24.23 %. Among boys 51.16% showed high interest to martial arts, 41.86% - middle interest and 6.98% - low interest.

Summary

1. Availability of additional independent trainings with organized motion activity, absence of missed lessons, high self-appraisal of boys' and girls' health are conditioned by high level of their interest in physical education.

2. Main condition of formation of interest in physical education lessons is implementation of innovative means in physical education process and involving of students in mass-sports activity.

3. The highest level of interest girls showed to shaping, while boys to martial art trainings.

The prospects of further researches in this direction imply implementation of innovative technologies, considering students' physical culture preferences, in practice of physical education at HEE.

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