

MIDDLE-AGED WOMAN'S SOCIALIZING THROUGH FITNESS

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Abstract

The present paper aims to verify whether by implementing the means of physical culture in general and the means of fitness in particular, women between 35 and 45 years of age get or do not get more effectively involved in day by day activities.

The purpose of the research is the elaboration and implementation of a psycho-pedagogical model based on means specific to fitness in view of socializing for women between 35 and 45 years of age.

Keywords: *socializing, society, physical education activities, women*

1. INTRODUCTION

The term "socializing" acquires various meanings depending on the research field: biology, anthropology or sociology. In the sociological sense, the concept is defined as means of involving individuals belonging to a certain society in the process of assimilation of norms, knowledge, values and beliefs. In the differentiated modern systems that are permanently changing and thus allow individuals' mobility, socializing is understood as a life-lasting process.

This latter understanding of the term makes reference to socializing as a long, continuous, life-lasting process which includes a few distinct stages. Each stage is conditioned by criteria of age, social status, and specific norms and value systems. Through socializing, the individual is prepared to pursue activities at each and every level of the social life: humanist, technical, medical, artistic, sports, management, executive, institutional or unconventional, in private or state-owned enterprises.

Due to social transformations and cultural changes in society, the woman's role has also changed. Women have come to access various ways of socializing and we would like to stress the fitness activity. This activity helps women maintain good physical condition, but also opens new horizons and opportunities through interaction with other individuals from various social classes.

There are many reasons why women opt for this activity: from their wish to have a fit body and lose weight as a result of irrational nutrition (fast-food aliments) or changes after giving birth, to the need to eliminate the daily stress or crises determined by conjugal violence.

What is remarkable about the women who opt for this activity, especially about those who are between 35 and 45 years old, is that, besides body shaping action, they feel an urge to communicate with the other participants in the training process. By tackling various topics, from a different field than that of fitness training, women learn new

things, get relief from frustration, and acquire experience and self-confidence.

Communication is part and parcel of the socializing concept. In this context, it is not hard to understand why many women are more self-confident, feel that they look better, are more relaxed, relieved from daily stress, and ready at all times to commence or complete new projects of their personal or professional life. This entire process of socializing through fitness is guided by norms, principles and rules imposed by its biological, psychic and social aspects. Its main aim is to develop women's motor, moral, intellectual and affective abilities.

Taking all the above into consideration, we have embarked to pursue a scientific survey in view of elaborating a programme capable to assess the importance of implementing fitness means and their contribution in socializing for women between 35 and 45 years of age.

The research topic is the socializing process for women between 35 and 45 years of age through fitness, based on a psycho-pedagogical model previously established.

The research method applied in the present demarche has been the survey.

2. RESULT ANALYSIS

After the sociological survey in which the questionnaire has been used as a tool for collecting data, we have begun the analysis of the results acquired in initial testing. There have been established the socializing indices present at the beginning of the pedagogical experiment. Based on the responses received, we have selected 35 women of different ages and social statuses. Another criterion taken into account has been the frequency of their fitness training sessions.

Thus, the subjects are between 35 and 45 years old, go to the fitness centre at least three times a week and belong to various social categories. The initial testing was carried out with the help of the *sociometric matrix*, which established the sociometric indices of the group: density, cohesion,

stability and intensity. Based on this matrix, there has been drawn the *collective and individual*

sociogram, which is a graphic illustration of the group interrelations.

Table 4. Group index for positive choices within the group (attractions)

Density	Cohesion	Stability	Intensity
0.0479	0.00336	1.67	0.0924

Table 5. Group index for negative choices within the group (rejections)

Density	Cohesion	Stability	Intensity
0.00756	0.00336	0.242	0.0151

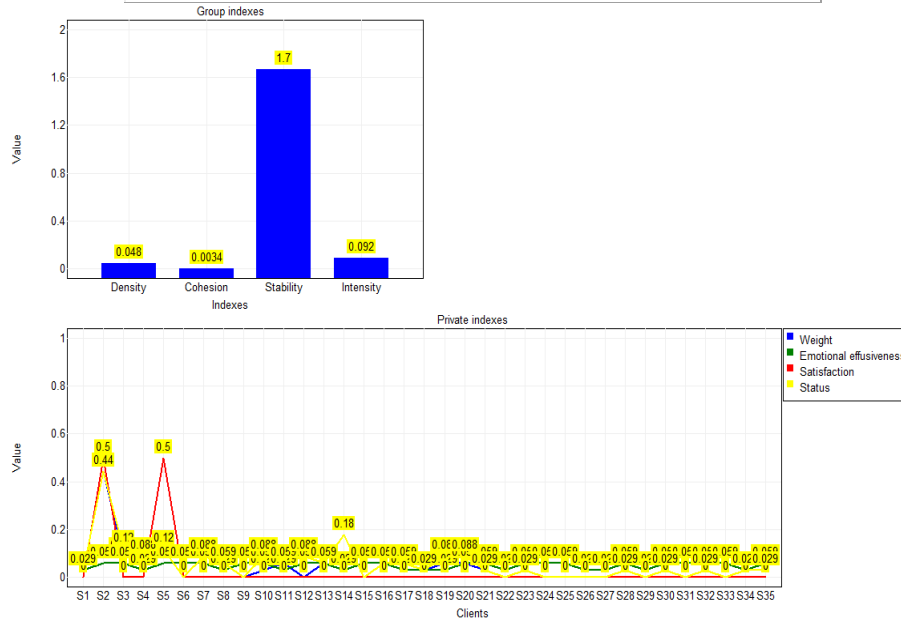


Figure 1. Group index for positive choices within the group (attractions)

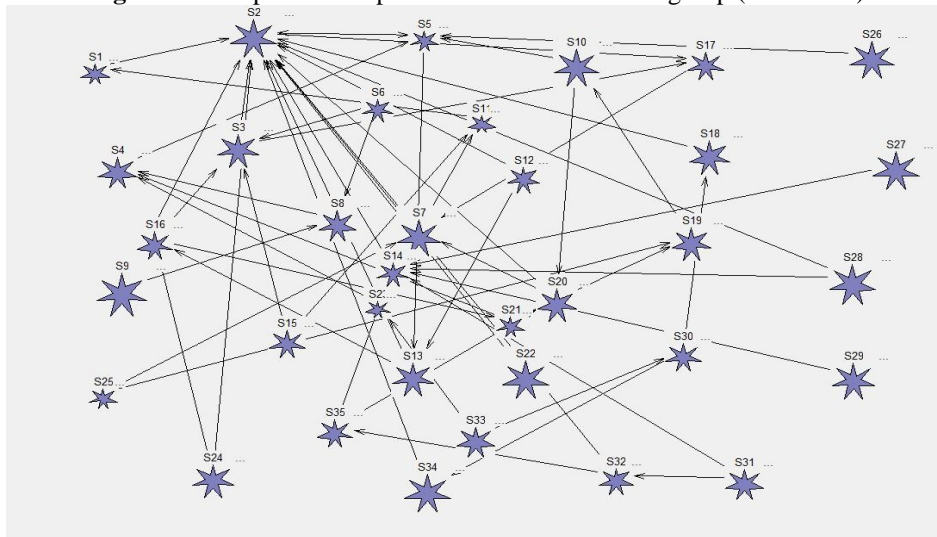


Figure 2. Graphic representation group indices (attractions)

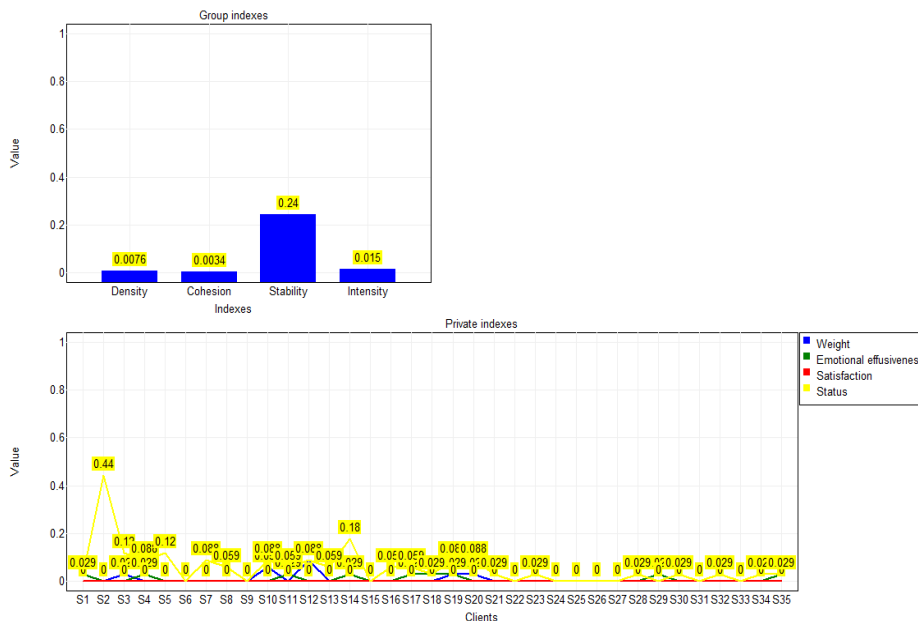


Figure 3. Group index for negative choices within the group (rejections)

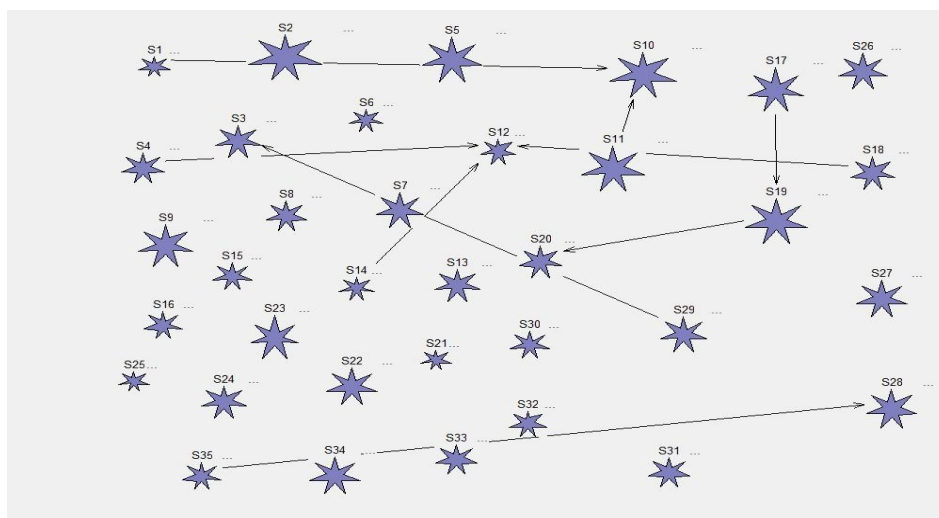


Figure 4. Graphic representation group indices

The sociometric analysis carried out allows us to affirm that the percentage of women between 35 and 45 years old who involve in physical education activities intensively and regularly is 10-15%. At the same time, the analysis has revealed that women would like to get more involved in practising physical exercise, with a preference towards fitness, as they believe that this activity may contribute to socializing at their group level. In order to pursue the envisaged scientific research, a model of programme has been elaborated. It includes various means specific to fitness in view of acquiring optimal socializing level in groups of women from 35 to 45 years of age, but also in other environments.

2. CONCLUSIONS AND RECOMMENDATIONS

The results obtained after the pedagogical experiment comprising the implementation of this socializing pattern have indicated significant increases in the group's stability coefficient, from 1.7 in initial testing to 2.4 in final testing on a scale from 0 to 3.

In the context of the aforementioned, we have elaborated a timetable for physical exercise through fitness for a period of 6 months, for a group of women from 35 to 45 years old. The structure and contents of this programme includes activities related to fitness, such as Pilates, Zumba and standard Aerobic exercises.

In this programme, Pilates exercises are carried out with the help of a partner, under the direct supervision of the fitness trainer, who must intervene at any moment to correct the execution and to prevent the formation of wrong habits which may lead to deficiencies.

Zumba includes a few of the basic principles of Aerobic and training for resistance, which

maximize the caloric consumption, yield cardiovascular well-being and lead to body toning.

It is important to mention that the persons who are **constantly attracted** to practising physical exercise by various means, including fitness, become emotionally stable due to the balance created as a result of the chemical and physical processes in the human body.

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