

STUDY ON USING SPORTS COMPETITIONS AS MEANS OF INDEPENDENT PRACTICING OF PHYSICAL EXERCISES FOR STUDENTS FROM OTHER THAN SPORT GALAȚI FACULTIES

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Abstract

In this paper we investigated the interest of the students from Galați other than sport faculties regarding tournaments practicing. The study belongs to author preoccupation range about increasing diversity, density and especially the attractiveness of physical activities practiced by higher education students. These preoccupations were directed towards attracting a greater number of students to practice physical activities, thereby aiming to form students capacity in independent practice of physical exercises in general and especially of mass sports tournaments.

Key words: *sports competition, positive attitude, independent practice*

INTRODUCTION

Increasing the attractiveness of students physical activities for shaping the ability to practice exercises independently may underlie to a form of both physically and mental recreation and fast and efficient recovery, useful for modern intellectual who is under a constant stress.

Research conducted by us is dealing about introducing advanced and efficient operating technologies in the university physical education activity, which will determine students to participate actively and consciously at their own personalities shaping, within the framework of an active school and a formative education. In the students educational process from other than sport faculties, using mass sports tournaments is an important tool in developing a positive attitude towards independent practice of physical exercises.

One of the central objective of physical education and sport in almost all levels of education and of course in university education is shaping the ability to practice physical exercises independently. In developing this capacity, positive attitude towards practicing physical exercises plays the determining role. Regarding the students, volitional dimension remains the main obstacle to this goal. Stimulation of affective-emotional side will induce the activation of positive attitude with direct effects in regulating and self-regulation of student behavior in the physical education and sport instructive process. Sports competition is one of the most important activities through which the student can achieve this goal. Combativeness is a constructive activity. As a direct participant in the game, the young man fight for his reputation and his team, making a good cooperation with his partners.

University physical education contributes significantly to the physical training of students in their adjustment to the requirements and functions

of the professional activity which they must fulfill after graduation. Taking into account the attractiveness of practicing sports competitions, the satisfaction offered to students as well as the beneficial influence on their body, we can estimate the efficiency of these activities introduction into the physical education curriculum from the other than sport faculties.

THEME CHOOSING MOTIVATION

During my didactic work I have closely looked at the students sportive activities from other than sport faculties. I noticed that the practice of organized mass sports tournaments as well as independently ones represents for them an extremely attractive and stimulating activity, without the intervention of the teacher, students managing to spend their free time in a pleasant and useful way. Therefore I proposed myself to undertake a research in this matter, to see which are the students leading stimulus to participate in mass sports activities, which are the motivations that make them practice these activities.

WORK HYPOTHESIS

Mass sports competitions can represent important means in developing a positive attitude towards physical exercises?

RESEARCH PURPOSE

Finding appropriate means to age particularities for the purpose of forming a positive attitude towards physical exercises, essential premise in shaping their ability to independently practice sport.

RESEARCH METHODS:

1. Bibliographical study - includes study and analysis of current and reference works.
2. The field experiment - features:
 - preceded by the stimulant experiment type
– students accommodating with the

- conditions and goals of the experiment itself;
- accessibility of the experiment repetition in order to check his possibility;
 - independent variable - volleyball competitions ;
 - dependent variable – students attitude;
3. Observation in significant situations and products activities analysis.
 4. The investigation – was performed through tests
 - collective, verbal and leisure completion character;
 - reliability coefficient of response - 9.8;
 - type of tests
 - specialized background knowledge;
 - emotions and reasons for practicing isolated and in sports competitions physical exercises;
 - attitude towards isolated and sports competitions physical exercise practicing.

RESEARCH CONDUCTING:

First stage: Investigation of student interest for mass sports competitions. Was done by inquiry, using tests.

Conclusions:

- great interest to direct participation in competitions (68.4%);
- very great interest to prepare for the participation in competition (94%).

Second stage: The experiment developing

1. Forming groups (gr. experiment 24 students, 24 students control group);
2. Simulation experiment type;
3. Tests completion – initial;
4. Involving the experimental group in the activity itself; 18 monosport lessons, approximately 20 bilateral games in sports competitions;
5. Completing final tests.

Third stage: Collection, processing and interpreting the obtained data.

Cognitive component - the experimental group has acquired a greater number of knowledge;

Affective and motivational component

- the experimental group has significantly enriched the affective "experience", leading to formation of positive feelings;
- control group recorded a regression in the dynamics of positive feelings.

Attitude towards physical exercises practicing:

- experimental group manifest an increased attitude (97%) towards practicing physical exercises, compared to (79%) taken by the witness group.
- Regarding the attitude towards participation in sports competitions dynamics is all in favor of the experiment group. From 12% of the initial test has increased to 87% at the the final test.

Attitude in the control group did not change remaining 8% in both tests.

- the interests dynamics for sports competitions shows significant increases in the experimental group compared to the control one. The students in the experimental group considered the relaxation, in 100% ratio, one of the motivations of practicing sports tournaments, compared to the control group where only 30% are of the same opinion. Also 100% of the students experimental group considered sports competitions as being spontaneous and unpredictable compared to 25% of those from control group. A percentage of 95% of the students experimental group motivated participation in the sports competitions by establishing interrelations with young people close to their age, compared to 45% of the control group who believe the same thing.

CONCLUSIONS

After processing and interpretation of test data following conclusions emerged. Practicing sports competitions meet the following students reasons:

1. Physiological reasons - need to move -85%;
2. Social reasons - personal relationships with young people groups of different age -95%;
3. Reasons for the ego – stands out in the group of young people (prestige) -80%;
4. Straight and direct fight with the opponent (identity) -100%;
5. Unpredictability and spontaneity (self-awareness and self-esteem) 100%.

Making a comparison with Maslow's pyramid we can say that sports competitions results in effective means of forming positive attitudes towards physical exercises at students from other than sport faculties in Galați.

Another argument is activity analysis and observing of student work in significant situations. In the University volleyball competitions where was not been imposed compulsory direct participation, announcements being made based on faculty posters, experimental groups have signed all in the competition reaching the latter stages of the match, while the control groups teams did not entered in the competition.

PROPOSALS

1. Due to the attractiveness, stimulation of the initiative and creativity achieved by practicing sports tournaments by students from other than sport faculties in Galați, their use should be amplified, being used as means to achieve the educational objectives of physical education curriculum.
2. The beneficial influences on the body multilateral development, in fighting stress and spending meaningful and enjoyable leisure time, recommends attracting a greater number

of students in practicing sports tournaments, being one of the physical education objectives in these faculties.

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