

- The psychological tests applied during the experiment have identified superior values in regards to the experimental group athletes' ability to concentrate, resistance to mental fatigue, visual creativity, imagination, and IQ.
- In regards to the motor skills tests, constant variables were identified, essential for the evaluation of aptitudes favoring general and specific skills and technical training in 14 – 15 year-old female athletes.
- It is necessary for a permanent observation of the dynamics of the track and field results for the middle distance and long distance running events worldwide, in order to be able to make predictions in regards to their development and to be able to make corrections in the selection process in due time.

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SOCIAL INTEGRATION OF MIDDLE AGE WOMEN BY USING THE FITNESS MEANS

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Abstract

By analysing the literature in the field, one notes that most authors claim that the human being's socializing process through various means contributes effectively to his or her social integration. The socializing process may be pursued through various means, and one of them is physical culture.

Keywords: women, social integration, fitness.

Due to changes in the social and cultural modifications of the individual in our society has changed the role of women. Thus it was that they have access to different types and ways to socialize among which and fitness, a process which ensures good physical condition, but also openness to new horizons and opportunities by interacting with other individuals belonging to different social categories [5].

The research topic is the socializing process in the case of women aged from 35 to 45, by means of fitness, according to a previously established psycho-pedagogical pattern. To this end, there have been established the means of action and recovery through fitness, their acceptance and assimilation by women aged 35 to 45, with respect to their morpho-functional and psychomotor specificities, as well as to their social and family life.

Methods. Review of the literature in the field [1,2,3] application of the sociological survey on a sample consisting of twenty subjects (women aged 35-45), questionnaires, discussions and interviews concerning the topic in focus, the observation method, focusing on the analysis of behaviour, the testing method, relying on non-standard tests (also known teacher-made test), applicable to particular situations or groups, and not allowing comparisons to other groups; the pedagogical experiment, carried out along six calendar months, consisting in the drafting of a structured curriculum of fitness training (this undertaking has emphasised the execution of a series of exercises of fitness, classical aerobics, pilates and Zumba®Fitness) and statistical-mathematic methods used for the calculation and interpretation of the data acquired.

The elaborated programme [Table 1] has been synthetized in forms specific to fitness as the people included in the research have been given the possibility to communicate, to relate to other training partners during the fitness class. Another aspect is that these forms have specific characteristics based on the expected results or, to put it otherwise, on the objectives set.

The following section individually presents each fitness form used during the research in view of improving the socialising process of the subjects in the experiment.

Aerobic – As already mentioned before, a routine aerobic programme induces self-esteem and auto-control. Also, routine aerobic exercising helps relaxing strained muscles and makes the body increase the endorphin production (a natural sedative), whose role in creating high spirits is well-known [4]. This is the reason why the programme that we have elaborated includes 10 aerobic training programmes, with various objectives and methods, such as: for losing body weight (using elastic strips, balls, aerobic step, sticks, etc.) at various work-out intensities and volumes adapted for the subject group, with appropriate method guidelines and, most importantly, appropriate for working in twos.

Pilates – As Joseph Pilates rightfully put it, “physical exercise helps in maintaining the correct posture along the entire life, helps in muscle innervation, and thus keeps the general state of health unaltered”. We have introduced Pilate exercising especially in view of releasing the tension from some muscular areas, for acquiring a pleasant body posture, so necessary for women in this age category.

In the programme we propose, the Pilates exercise are performed with a partner, under the direct supervision of the fitness trainer, who can correct the execution of these exercises at any moment, in view of preventing the acquisition of incorrect skills, which may lead to deficiencies.

Zumba® – The Zumba phenomenon is a craze on all continents, especially because it addresses all age categories, all people who love dancing seen as physical exercise. In the programme we have proposed, Zumba® Fitness has been selected precisely for defusing the air on Latino rhythms, in the presence of the group partners, without any concern for the individual anthropometric particularities

Zumba includes some of the basic principles of aerobic and resistance training which maximize the burn of calories, cardiovascular benefits and body invigoration.

Table 1. The implementation program of fitness means

Nr. crt	Fitness form	Fitness goals	Methodic indication	Nutrition	Rehabilitation	Social objectives	Variable of the socialization process
1.	Aerobic	1. Decrease of body weight 2. Tonification	1. Compliance training phases 2. Working with partner	1. Adequate caloric intake effort 2. Adequate hydration	1. Warm shower 2. Pool 3. Sauna 4. Jacuzzi	1. Social control transformation to autocontrol 2. Interaction with other members of the group	1. Assuming different roles 2. Positive attitudes
2.	Pilates	1. Maintaining body attitude 2. Correcting deficiencies body	1. Correct execution 2. Ample movement	1. Low fat nutritions 2. Adequate hydration	1. Active rest 2. Warm shower 3. SPA	1. Self-esteem 2. Assuming responsibilities to result	1. Completion self identity 2. Behavioral remodeling
3.	Zumba	1. Tonification 2. Relaxation	1. Active participation 2. Emotional	1. Nutrition compensatory slight	1. Warm shower 2. Pool	1. Adaptation to the team goals 2. Integration and	1. Acquiring social skills 2. Building and

			involvement	2. Liquid consumption	3.Sauna 4.Jacuzzi	social strengthening 3. Keeping devotion to rules and group values.	maintaining social relationships 3. Loyalty to the assumed identity.
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Results. Comparative analysis of the results of the initial and final sociometric testing of the subjects included in the scientific research

The sociometric tests applied at the beginning and the end of the experiment have led to a number of results which have been further quantified, in view of conducting a comparative analysis of the level of socialising among the subjects, based on the established indexes, at the initial and final stage of the experiment.

Therefore, the values presented during the final sociometric testing, with the group indexes (considered according to specific formulae), have showed an increase in what the interrelation level is concerned, as it can be observed from Tables 2, 3 figures 1 and 2 and also from the initial and final sociometric matrices.

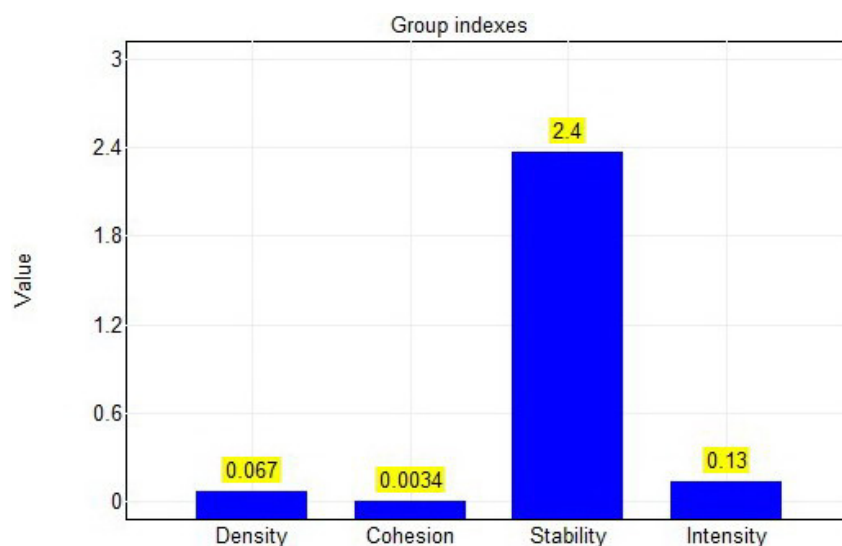


Fig.1 Group indexes for positive choices - final test

Table 2. Group indexes for negative choices - final test

Density	Cohesion	Stability	Intensity
0.0084	0.00336	0.273	0,0168

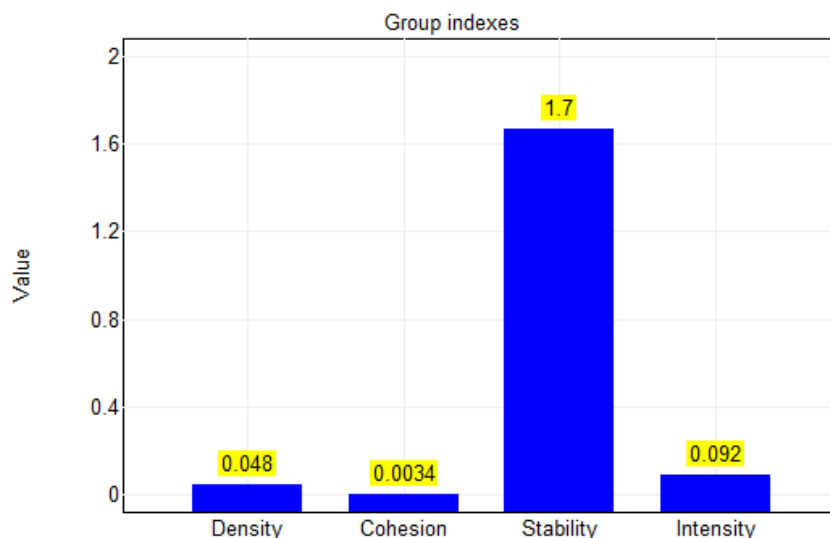


Fig.2 Group indexes for positive choices - initial test

Table 3. Group indexes for negative choices - initial test

Density	Cohesion	Stability	Intensity
0.00756	0.00336	0.242	0.0151

The socialization proposed for persons included in the experiment may extend to different age groups in various other conditions by motor and functional, where you can get results that create an environment conducive to the emergence relationships of mind, psycho-physical, which leading to improved human relations and thus improve the process of socialization.

Conclusions

The study conducted by applying the sociometric survey has emphasised that contemporary young adult woman is confronted at this moment with a number of problems related to the high amount of daily activities (family and job-related, in her involvement in children's rearing and education). As a result, the woman cannot fully and effectively integrate in the socialising process, which would positively influence her intellectual, physical and cultural well-being. Thus, more than 90% of the women in the survey have noted this aspect.

The scientific research carried out allows us to conclude that applying the contemporary means of fitness may have significant effectiveness in the socialising process at various ages, all the more when people are involved in intense and stressful activities, the stress being regarded as a complex psychosocial phenomenon.

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