

Forms of physical culture and sports activities of general education schools pupils at the age of 15–17 years in their spare time

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Purpose: to determine the forms of physical culture and sports activities in the general structure of spare time for pupils of general education schools aged 15–17 years.

Material & Methods: analysis and generalization of scientific literature; methods of theoretical level of research (analysis and synthesis) sociological survey. The study was attended by students of 10–11 grades of general education schools. Lviv, Ternopil, Ivano-Frankivsk and the city of Khmelnytsky. The total number of interviewed students was 907 people.

Results: most common types of activities are identified, to which students of general education schools aged 15–17 are involved in their spare time. Factors that determine the choice of activity by students in their spare time are established.

Conclusion: most popular types of physical culture and sports activities in their spare time among students aged 15–17 years is active rest and physical training and sports. The main factors influencing the choice of activities in their spare time among students aged 15–17 years, have their own tastes and preferences, a healthy lifestyle and school.

Keywords: physical culture, motor activity, spare time, leisure, students.

Introduction

The period of study in grades 10–11 is characterized by an increased level of academic load, which, as a rule, is not limited to compulsory school lessons. Preparation for final exams and external independent evaluation reduces the amount of free time that students can spend on other activities, including motor activity [7].

Intensification of the teaching load leads to school hypokinesia, negatively affecting the health status of modern schoolchildren [5]. In addition, a significant part of the student population prefers passive forms of rest in their spare time, which further reduces the necessary volume of daily motor activity [2; 4]. As a result, the number of school leavers who are practically healthy is between 5 and 25%, and by the end of schooling, every second student [10].

An effective way to prevent hypokinesia is to attract students of all ages to physical culture and sports activities in their spare time. Leisure is one of the unique and most effective sociocultural spheres, according to many scientists and practitioners affects the development of the personality of adolescents and young people [12].

Rational use of sports and fitness forms contributes to the proper organization of leisure, positively influences the formation of a culture of free time and promotes the observance of a healthy lifestyle [2]. The study of content filling leisure offers significant opportunities for updating, enriching and actualizing recreational activities in accordance with the real needs of different socio-demographic groups [1].

The formation and organization of the rational activity of students in their spare time is in the list of priority problems requiring urgent solutions in various fields of science [12]. The forms of activity of students in their spare time are often analyzed in scientific works on sociology and pedagogy. Today

there are also separate studies of this subject in the field of physical education.

The structure of leisure of schoolchildren was investigated by S. V. Gudim and M. P. Gudym who established ways of spending free time among students [5].

Studying the structure of the motor leisure of adolescents, T. S. Bondar singled out two components of the forms of organization of motor leisure, namely leisure activities in the educational system and recreation recreational activities [4].

The place of motor activity in the leisure of modern schoolchildren was studied by Ivanna Bodnar and Anna Kindzer [3].

In a study aimed at studying the socio-pedagogical prerequisites for the formation of a culture of motor activity among students in general educational institutions, A. Kh. Deineko found that the forms of motor activity that are carried out at leisure are less popular among pupils of grades 4–11 than forms of motor activity in mode of school day [6].

The widespread scientific works, the object of study of which is extracurricular, as well as independent forms of physical education, many of which are realized in their spare time. In this context, we recall the research of Natalia Kovalyova, who, studying the factors of negative influence on the organization of extracurricular activities in physical education, among others singled out the factor of the lack of consideration of the factors influencing the volume and structure of the free time of schoolchildren [9]. The peculiarities of the method of forming the readiness of high school students for independent physical exercises were studied by Vladimir Zachychy [8].

Group of authors – M. Nosko, S. Garkusha and A. Arkhipov, studying the possibilities of improving the health of the out-of-school and out-of-school work on physical education, came to the conclusion that such work can be effective only if spe-

cially developed methodological and methodological provisions are observed [11].

Approaches to the realization of various forms of motor activity in their free time are studied by foreign authors. In particular, a group of scientists from the University of Leuven (Belgium), found that a powerful factor in influencing the systematic involvement of students in motor activity in their spare time is the inner need or inner conviction of the child. The authors proposed their own method of step-by-step impact on the psycho-emotional sphere of students in order to form a stable need for physical training and sports [16].

Motor activity in the period of leisure among different age and social groups of Estonia was investigated by Peter Lusmagi, Mart Einasto and Eve-Liz Rossman. The authors established the dependence of the level of involvement in motor activity in their free time from age, social and economic factors [15].

Scientists at the Texas Technical University, Mark Lochbaum and Javan Jin-Noel, in their study of the connection between physical education and leisure time of students, note that the level of involvement of high school students in motor activity of at least 60 minutes per day in developed countries is critically low [14].

A group of authors from the University of Western Australia and the University of Kartin explored the influence of school physical education and the structure of leisure time for schoolchildren on the level of motor activity [13].

At the same time, the problems of the place of various sports and sports form in the general structure of free time for schoolchildren of different ages.

Relationship of research with scientific programs, plans, themes. The research was carried out in accordance with the research topic of the Department of Theory and Methods of Physical Culture of Lviv State University of Physical Culture for 2017–2020. "Theoretical and methodical aspects of the optimization of the motor activity of various population groups" (Minutes No. 4 of 17.11.2016).

Purpose of the study: to determine the forms of physical culture and sports activities in the general structure of free time for pupils of general education schools aged 15–17.

Objectives of the study:

1. Identify the most popular types of physical culture and sports activities, carried out in their spare time by students aged 15–17 years.
2. Determine the factors that affect the choice of activities in their spare time.

Material and Methods of the research

Research methods: analysis and generalization of scientific literature; methods of the theoretical level of research (analysis and synthesis), a sociological survey.

In the course of the survey, students of secondary schools aged 15–17 years in the cities of Lviv, Ternopil, Ivano-Frankivsk and Khmelnytsky were interviewed. The survey was conduct-

ed on the basis of such educational institutions: No. 1, No. 2, No. 9, No. 34, No. 54, No. 87, No. 89 (Lviv, 988 people) No. 9, No. 16, No. 20 (Ternopil, 322 people) No. 5, No. 7, No. 17, No. 24 (in Ivano-Frankivsk, 325 people); No. 3, No. 19 (Khmelnytsky metro station, 314 people).

The total number of students surveyed was 907, which is 4% of the total population. The number of interviewed children was 451 people, the number of interviewed girls – 456 people. The error in the study was $\pm 3\%$.

Results of the research and their discussion

At the initial stage of the study, we found out the opinion of students aged 15–17 on the degree of satisfaction with their own free time. The students were asked to answer the question: "Are you satisfied with the amount of your own free time?".

The obtained results showed that 31.5% of the students surveyed in grades 10–11, as a rule, are satisfied with the amount of their own free time. Among young men, this figure was 32.4%, among girls 30.9% (Figure 1).

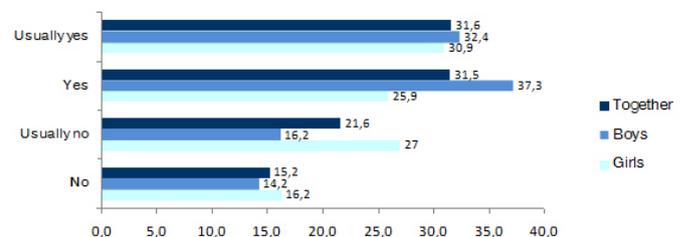


Figure 1. Satisfaction with the amount of your own spare time by students of general education schools aged 15–17 (% , n=907)

The generalization of the results of groups of students, positively or in part, positively assesses the amount of their own free time has shown that on the whole 63,1% of pupils of the senior school age to some extent positively estimate the amount of their own free time. Among young men this indicator reached the level of 69,7%, while among the girls it was lower, making up 56,8%.

Total number of pupils of the senior school age, who on the whole negatively estimate the amount of free time available to them, was 36,8%. The indicator of boys in this group of students was 30.4%, the indicator of girls – 43,2%.

The study of the role of various forms of motor activity in leisure activities of pupils is impossible without determining the structure of free time. That is why the next stage of our survey was the identification of the most common types of activities that students of senior school age in their leisure time do. For convenience analysis, adjacent activities were grouped into groups that indicated the general orientation of a particular activity carried out by students in their free time. In response to a question of open-mindedness, pupils of senior school age could choose the appropriate thematic group of activities, or give their own answer.

Results of the research showed that the most common among students in grades 10–11 is a type of activity at leisure is the use of the worldwide Internet. This was indicated by a total of 71,7% of the students surveyed. The indicator of involvement in the use of the Internet at leisure was found to be equally

high among both boys and girls, accounting for 70,7% and 72,6% respectively (Figure 2).

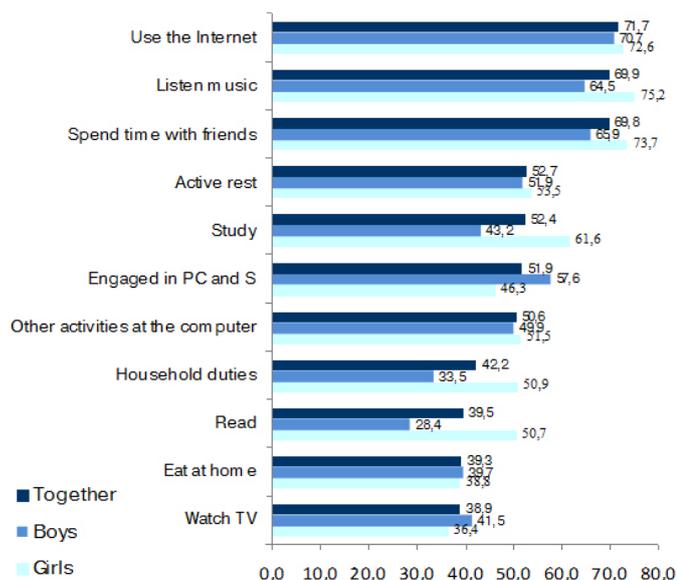


Figure 2. Most popular activities that are carried out by students of secondary schools aged 15–17 years in their spare time (% , n=907)

In the top three most popular activities, pupils of the senior school age also attributed music listening (69,9%) and pastime with friends (69,8%). Differences in results, taking into account the gender factor, accounted for 10,7% of listening to music and 7,8% for pastime with friends. In both cases, high rates were recorded among girls. The corresponding absolute figures for girls were 75,2% and 73,7%. Among the young men, these figures were 64,5% and 65,9%.

The next most popular type of activity among students of high school age was an active vacation. The total number of students who chose this option was 52,7%. Among young men, this indicator was 51,9%, among girls – 53,5%. It should be noted that activities such as activities requiring the active work of skeletal muscles (cycling, swimming in water bodies, skateboard, rollers, etc.) were included into the category of "active rest".

In general, 51,9% of schoolchildren attending physical education and sports in their free time. Among young men, the rate of such children was higher and amounted to 57,6%, while among girls it was 46,3%. In the category of "physical education and sports" classes were included classes in sports sections or self-employment with certain types of sports.

Important in the context of our study is this type of activity in their spare time, like "attending sports events". It is about attracting students of the senior school age to various events of the sporting direction as spectators. To this activity in their free time, 22,9% of pupils of grades 10–11 participate in the whole. Among young men, this figure was 30,2%, almost double the rate among girls on 15,8%.

The next stage of the study was to study the factors that determine the structure of leisure time for pupils of senior school age. The choice of these or other activities in their spare time is due to certain factors that form a stereotype of students' behavior, influencing the formation of a certain regime of the day.

The study found that the main factor that influences the choice of activity of students of senior school age in their spare time is their own tastes and preferences of students. In general, 65,9% of respondents indicated this. Among the girls, this indicator was significantly higher than the rate of children, making up 77%. The figure among young men was 60.8% (Figure 3).

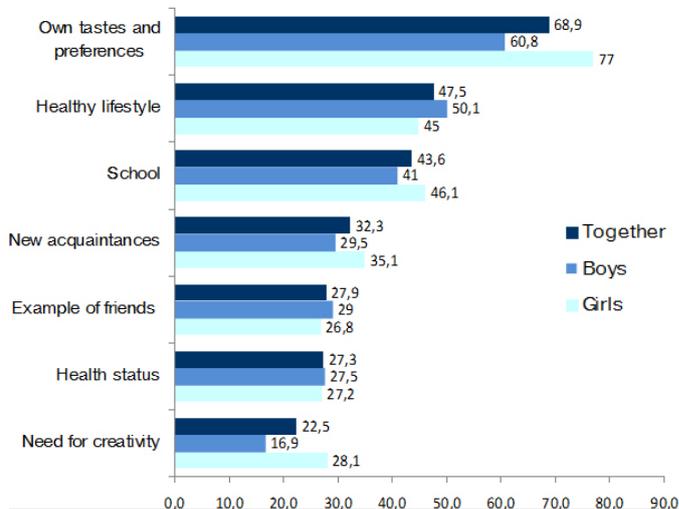


Figure 3. Factors affecting the choice of activities in their spare time students of senior school age (% , n=907)

A healthy lifestyle determines the choice of activity at leisure 47,5% of pupils of senior school age. Among young men, this figure was 50,1%, among girls, 45%.

In the three most important factors, the school also caused 43,6% of students aged 15–17 years to work in their spare time.

For 27,3% the choice of activity in free time is determined by the state of health. The rates of girls and boys in this group of students were almost the same, amounting to 27,2% and 27,5%, respectively.

One of the important indicators of the quality of the content of activities carried out in their spare time is the personal satisfaction or dissatisfaction of students with their own leisure. That is why, having received an approximate structure of free time for students of senior school age, we inquired about the opinion of this contingent of students on satisfaction with the content of their own leisure. The results obtained showed that the majority of high school students are more or less satisfied with the content of their own free time. In general, 48,1% of students in grades 10–11 indicated that they were unambiguously positive about the content of their leisure time and were satisfied. Among young men, this indicator was higher, amounting to 57,4%, while among girls it was 38,8% (Table 1).

Usually, 42,8% of pupils of the senior school age are satisfied with the content of their own free time. The children's figures were 34,1% and 51,3%, respectively.

Usually, dissatisfied with the content of their own time, 6,8% of students aged 15–17 years. Among girls, the rate of such children was 7,5%, among men – 6,2%.

Table 1
Satisfaction of pupils of secondary schools aged 15-17 with their own free time (% , n=907)

Possible answer	Boys	Girls	Together
Yes	57,4	38,8	48,1
Usually yes	34,1	51,3	42,8
No	6,2	7,5	6,8
Usually no	2,2	2,4	2,3

Generally dissatisfied with the content of their own leisure 2.3% of students of senior school age. The figure among young men was 2,2%, among girls – 2,4%.

Conclusions

Among students aged 15–17 years, the most popular activities in their spare time are the use of the Internet (71,7%), listening to music (69,9%) and spending time with friends (69,8%).

At the senior school age, the total rate of students who are attracted to various forms of active leisure in their spare time 52,7%.

The total number of students in general education schools aged 15–17, who are attracted to various forms of physical culture and sports in their free time, is 51,9%. Among young men, the figure of pupils involved in this activity is 57,6%, among girls – 46,3%.

The main factors influencing the choice of activities in their free time among students in general education schools aged 15–17 years are their tastes and preferences of students (68.9% overall), a healthy way of life (47,5%) and school (43,6%)

Prospects for further research are the details of the time parameters that are spent on certain activities in their spare time, as well as in setting the desired activities that the students would like to do during leisure.

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