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STUDENT'S ATTITUDE TO PHYSICAL EDUCATION AND HEALTHY WAY OF LIFE AND THEIR SELF-ASSESSMENT OF PHYSICAL FITNESS

Abstract. *Aim:* To study the student's attitude of physical education and healthy lifestyles and their own assessment of physical fitness and physical qualities of priority. **Material and methods:** The questionnaire of students from Kharkov National Economic University and Kharkov National Technical University of Agriculture by Petro Vasilenko. The study involved 166 first-year students from which there are 77 boys and 89 girls. **Results:** The study revealed that 69.35% respondents supported a healthy lifestyle and keeping it; 84.8% respondents supported to physical education classes and realize the benefits; 40.65% respondents are satisfied with their own level of physical fitness. **Conclusions:** This study did not provide enough information that in this current time there is a significant decline in the level of interest and motivation of students towards healthy living and physical fitness.

Keywords: *interest, motivation, positive attitude, educational process, physical qualities.*

Introduction: The individual development of students depends on their health, levels of motivation, the attitude towards physical education and a healthy lifestyle. The main problem of the modern system of higher education is to search for the best ways to prepare competitive professionals, improving physical fitness and physiological adaptation of young students to the requirements, which will be needed in the future profession needs.

Analysis of "Regulation on physical education and mass sports in higher education" that in general they don't consider learning the specifics for future careers and are not focused on solving problems laying in the foundations of a healthy lifestyle, strengthen the health of students, improve their physical development and developing the necessary physical qualities.

The intensity of the learning process in higher educational institutions increases psychological stress and has raised the question about the role of sports and recreational activities in the daily lives of students. Physical education plays important role in maintaining and strengthening the health of students, improvement of the quality of life, forming important professional qualities of the individual. It is proved that systematic physical exercise increases the neuro-psychological resistance to emotional stress, maintains mental performance, enhances the success of students [1, 2, 7].

According to scientists researches in past years of Ukraine there is a deterioration of population's health status including youth. In the years 2000-2010 the number of population decreased by 2.5 million people due to increased mortality (18.6%) and falling birth rate (35%). The average life duration for men decreased by 2.4 years and for women 0.9 years. Disease structure is dominated by chronic diseases. The prevalence of cardiovascular disease increased by 1.9 times; whereas cancer – 21%; asthma – 39.3%; Diabetes – 11.4%; on average every 5th resident suffers because of hypertension. The number of students according to their health levels are in the main groups decreased from 87.4% to 69.2%. Number of preparatory and special medical groups in higher education has increased from 5.76% in the first year going to 18.68% in the fourth [1, 5, 8].

For the last time there is a growing contradiction between the level of social needs and the effectiveness of physical education students. To solve this problem, there are a lot of different researches. Particularly, it's an offer to improve the methods and forms of conducting classes [5], to improve software and regulatory support and enhance professional-applied physical training [7], to build a healthy lifestyle, to increase physical activity of students [8], to increase interest in physical education and improve the system evaluation of physical fitness [6], to make a new modern methodological support subject "Physical education" [3].

The issue of healthy lifestyles in modern Ukrainian society is very important for sustaining economic growth, country needs a healthy nation in a position to ensure this growth.

One way is optimizing physical education of students, differentiation and individualization of the learning process is the organization of sports and fitness sessions and self-exercises [1, 5].

The ratio of education values, making connection of physical education with the following professional activities and encourage students to support healthy lifestyle will get positively motivated accordingly transformation external stimulus influences on their personality in encouraging internal power that motivate internalization [4, 7].

The aim and objectives of researches: based on analysis of survey results, to determine the ratio of students to physical education and healthy lifestyles and their own assessment of physical fitness and priority of physical qualities.

Material and methods of research: The study was carried out on the basis of Kharkiv National Economic University and Kharkiv National Technical University of Agriculture Petro Vasilenko. The survey of 166 first year students containing 77 boys and 89 girls. To achieve the objectives of the study the following methods were used: analysis of scientific and methodological literature and information, sources from the Internet, teaching observation, questionnaires, mathematical statistics methods, discussion and synthesis of research results.

The main material research. The basis of the criteria laid analysis associated with the confirmation that today, the interest of students to physical education, healthy lifestyles is harshly reduced, all that is inter connected with studies of mass physical culture, sports and recreational activities.

Solving the problem of succession at the intersection of "School – Higher Educational Institution" is limited to organizing training courses, the aim of which is to prepare high school graduates for entrance exams. But practically the problem of "complex succession" that would improve physiological, psychological and social adaptation of prospective students is not considered [7].

In order to detect the attitude of students towards healthy lifestyle and physical fitness, we have prepared a questionnaire and conducted survey. The study produced the following results (Table. 1):

Table 1

Student's ratio to a healthy lifestyle and physical education

| № | The content of questions and answers | Total students (%) | Boys (%) | Girls (%) |
|----|---|--------------------|----------|-----------|
| 1. | Ratio to a healthy lifestyle | | | |
| | Positive (follow HLS) | 69,4 | 62,3 | 76,4 |
| | Positive (but not respected HLS) | 30,7 | 37,7 | 23,6 |
| | Indifference | 0 | 0 | 0 |
| 2. | Bad habits | | | |
| | Answer "no" | 68,8 | 62,3 | 75,3 |
| | Answer "yes" | 14,3 | 19,5 | 9,0 |
| | «Sometimes» (drink or smoke) | 16,9 | 18,2 | 15,8 |
| 3. | Ratio to physical education | | | |
| | Positive (realize the usefulness exercises) | 84,8 | 83,1 | 86,5 |
| | Negative | 0 | 0 | 0 |
| | Rather positive than negative | 15,2 | 16,9 | 13,5 |
| | Rather negative than positive | 0 | 0 | 0 |
| 4. | Consider themselves physically active | | | |
| | "Yes" (engaged in sports and fitness clubs) | 23,4 | 29,9 | 16,9 |
| | "Enough" active (lead HLS) | 38,9 | 35,1 | 42,7 |
| | Doing exercises only in the class for school (on schedule) | 37,7 | 35,0 | 40,4 |
| | Leading a sedentary lifestyle | 0 | 0 | 0 |
| 5. | Assessment of their own level of physical fitness (being prepared) | | | |
| | High | 13,1 | 18,2 | 7,9 |
| | Average | 77,5 | 66,2 | 88,8 |
| | Low | 9,5 | 15,6 | 3,3 |
| 6. | Satisfied with their physical fitness | | | |
| | "Yes" | 40,7 | 53,2 | 28,1 |
| | "No" | 59,4 | 46,8 | 71,9 |
| 7. | Participation in sportive events held in school | | | |
| | Taking part | 27,7 | 35,1 | 20,2 |
| | Do not taking part | 72,4 | 64,9 | 79,8 |

Analysis of the results shows that 69.35% of students have a positive view on healthy lifestyle. In addition, 30.65% also have a positive attitude but do not follow (not committed to this process).

The research showed that a positive attitude to healthy living is lower than a positive attitude towards physical education (Fig. 1).

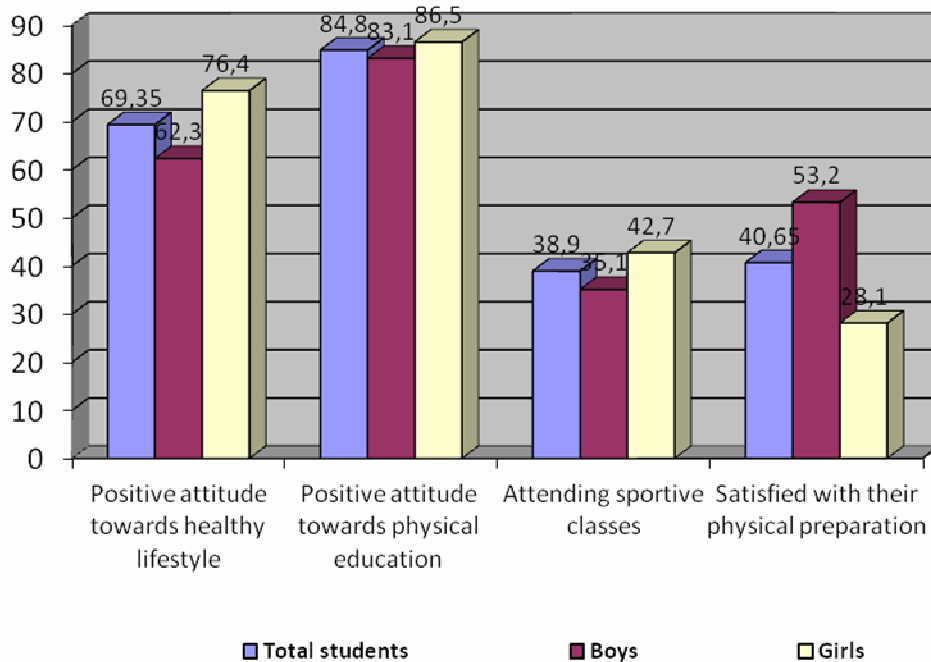


Fig. 1. Motivation value students ratio to physical education and healthy living (%)

The majority of students, 68.8% (62.3% boys and 75.3% of girls). Said that they don't have bad habits. A positive attitude towards physical education observed in 84.8% of students surveyed; "More positive than negative" 15.2% from 100%.

The results shows that students as a part of society, reflecting its essence and they understand the benefits of a healthy lifestyle but due to various reasons, don't follow requirements.

Results of priority physical qualities and their own level of physical fitness are presented in Table 2.

Table 2
Student's ratio to an assess of physical qualities and level of their own physical fitness

| № | Content questions and options for answers | Total Students (%) | Boys (%) | Girls (%) |
|-----------|--|--------------------|----------|-----------|
| 1. | The most important physical qualities (as a priority) | | | |
| | endurance | 41,8 | 36,4 | 47,2 |
| | power | 14,9 | 26,0 | 3,8 |
| | speed | 7,6 | 11,7 | 3,4 |
| | flexibility | 12,2 | 5,2 | 19,1 |
| | agility | 13,7 | 10,4 | 16,0 |
| 2. | Assessment of their own level of physical fitness (the best mark) | | | |

| | | | |
|-------------|------|------|------|
| endurance | 11,9 | 10,4 | 13,5 |
| power | 22,3 | 31,2 | 13,5 |
| speed | 16,1 | 22,1 | 10,1 |
| flexibility | 15,3 | 10,4 | 20,2 |
| agility | 14,9 | 14,2 | 15,7 |

According to the survey results, the importance of physical qualities, students placed them in the following order: endurance – 41.8% (36.4% boys and 47.7% of girls), force – 14.9% (26.0% boys and 3.8% of girls), agility – 13.7% (10.4% boys and 16.0% of girls), flexibility – 12.2% (5.2% boys and 19.1% of girls) and the rate 7.6% (11.7% boys and 3.4% of girls). A proper level of physical fitness rated as follows: power – 22.3% (31.2% boys and 13.5% of girls), the rate – 16.1% (22.1% boys and 10.1% of girls), flexibility – 15.3% (10.4% boys and 20.2% of girls), agility – 14.9% (14.2% boys and 15.7% of girls) and endurance – 11.9% (10.4% boys and 13.5% of girls).

As a result of the survey also found that sports students prefer: table tennis – 18.15%; volleyball – 13.5%; football – 12.8%; aerobics – 11.55%; wrestling – 10.05%; swimming – 8.2%; basketball – 6.55%; athletic gymnastics – 5.55%; athletics – 5.2%; badminton – 3.05%; improving gymnastics – 3.45%; handball – 1.95%. The results can be used in the formation of sports and recreational sports teams for the next academic semester or year.

Conclusions.

1. The results of the study do not support the data that there is a significant decline in interest in students towards healthy living and physical fitness currently.

2. The reasons for obtaining high positive results is: *Firstly*, a survey was conducted among students, who *attended* classes in physical education; *Secondly*, students realize the positive impact of physical education classes and a healthy lifestyle for their own health but for various reasons, they have not committed to this process; *Thirdly*, the desire to show their best side, even during anonymous survey that is like publication *what is wished as own thinking*.

3. In order to attract more students to a healthy lifestyle and to increase interest: motivation sessions with various kinds of sports and recreational activities are necessary, to implement a learning process of modern innovative curriculum, implement the principle of individual approach (consider the wishes and physical abilities of students), conduct various sports events and updating the material and technical base of the institution.

Further researches are planned to be conducted for improvement of general endurance of students through the use of complex aerobic exercise character.

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