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DEYNEKO A.

Kharkiv State Academy of Physical Culture

Socio-Educational Premises of Culture Building of Motor Activity in Students of Secondary Schools

Abstract. Purpose: the analysis of characteristics of the formation of a pupils conscious attitude of engaging in physical culture, preferences to the direction of physical education, to health and fitness activities, etc. **Materials and Methods:** the sociological research which was conducted among students of the fourth-eleventh grades of the secondary school № 67 of Kharkov. **Results:** the desire to attend lessons of physical culture reduces at pupils during the period of a study at the school. However, the use of sports games on lessons of physical culture gives them the greatest interest. Moreover, the analysis of the obtained materials showed that sports minutes are used from sports and health-improving actions the most regularly, which are must be carried out in the mode of a school day. It was revealed that the highest physical activity of pupils is on the lessons of physical culture during a day. **Conclusions:** the research confirms the role of social and pedagogical factors influencing the students' motivation to sports activities. Due to the results these factors determine the effectiveness of the system of physical education.

Keywords: physical culture, pupils, culture of motor activity, motivation, health.

Introduction. The children and adolescents formation of healthy, physically active lifestyle is relevant socio-pedagogical problem and its solution depends on not only the health and welfare of the individual, but also society as a whole. During creating of the conditions for the formation of children and adolescents healthy, physically active lifestyle should play the important role school system of physical education [12]. However, as the results of the research, only 20% of school age children can be considered healthy, 56% of students revealed the poor physical training [5; 7]. Most scientists think that this situation is stipulated for decreased levels of students physical activity [10; 11], during physiological school day inobservance normalized level of mental and physical activity, the students lack motivation to exercise [1; 6; 8; 9]. The studying of students' interests to extracurricular sports activity areas, the perception of physical education by students and their attitude to visiting physical culture lessons, that should precede the introduction of physical education in the process of modern means and forms of physical activity. Research findings indicate that the main direction of solving the problem of health for secondary schools students is increasing their motivation to exercise, that is, the formation of their personality on certain level of physical training. However, according to the analysis of some specialized literature, this problem is currently no complete solution [3]. It is in need the additional study conditions of the students conscious attitude to exercise, their motivation to attend the lessons of physical culture, the impact of exercise on their level of health.

Purpose: the analyze of features of formation conscious attitude by students in an educational institution to desire of students to attend physical education, preferences focus on the lessons of physical culture, holding fitness activities and more.

Material and methods of the research. The study was conducted on the basis of the secondary school № 67 in Kharkiv. 230 students from fourth to eleventh grades took a part in the research. During our study we used questionnaire closed. The respondents were questions about the content of physical activity, volume, and its implementation in the standby school day and at home. For each questions students chose one of the answers - "yes" or "no." During the processing of questionnaires was determined as percentage of the number of students choosing positive ("yes") and negative ("no") the answer to a question.

Methods of the research: theoretical analysis and compilation of scientific and methodical literature, sociological methods.

Results and discussion of the research. The study of students motivation to physical culture lessons were separated thematic blocks - especially the perception of students physical training, the attitude of children to attendance trends and extracurricular sporting activities of students. Results of the study show that the kind of rating factors that determine the motivation of students to attend lessons of physical culture, where the first place is the factor of "physical culture lessons visit reluctantly" (Table.).

On average across the sample it preferred to 40.4% of the surveyed students. The results also show that over the period of schooling decreased desire to attend lessons of physical culture. Thus, among fourth grade pupils factor "to attend lessons of physical culture reluctantly" preferred 32.4% of respondents; Five-ninth grades - 36.8%; tenth-eleventh - 52.0%. The second most important factor that determines the level of motivation of students to attend lessons of physical culture is "to attend lessons of physical culture eagerly." It preferred to 35.5% of students in the total number of students from fourth to eleventh grades who participated in the survey. It should be noted that the lessons of physical culture are more interesting for pupils of the fourth grade (42.6%) compared to the nine-fifths of students (33.9%) and tenth-eleventh grades (30.0%). The survey results also showed that the average for the entire sample, 15.8% of students attend school lessons on physical training that is necessary. The largest number of students in high school (28.5%) and the least in the primary school (6.5%).

Analysis of the survey results showed that the use of sport games at the lessons of physical training is most interest to students, noted that on average 53.0% of respondents. Pay attention to itself the fact that the lessons that use sport games, like most students of high school - 69.6%, compared to students basic (52.8%) and primary schools (36.6%). Results of the study showed that the lesson in which to increase physical activity of students used mobile games (relay races, funny and so starts. D.), took second place in original rating for use in class sports established by students. The most interesting it is for elementary students (65.2%) and primary (60.1%) of school.

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№	Poll area	Students of the 4-th form n=66	Secondary-school students n=100	High-school students n=64	Mean value
		Results of the research (%)			
I. Factors that motivate students to attend lessons of physical culture					
1	I attend lessons of physical culture reluctantly	32,4	36,8	52,0	40,4
2	I attend lessons of physical culture with a great pleasure	42,6	33,9	30,0	35,5
3	I attend lessons of physical culture because it is necessary	6,5	12,6	28,5	15,8
II. The focus and content components of physical culture lesson that enjoy students the most of all					
1	Sports Games	36,6	52,8	69,6	53,0
2	Motor activity in the form of relays and fun starts etc.	65,2	60,1	30,9	52,1
3	Using of gymnastic exercises as a means of rehabilitation	44,0	46,9	60,6	50,5
4	Types of jumping	52,0	50,1	48,5	50,2
5	Rope jumping	45,5	34,4	30,0	36,6
6	Run and its variants	30,8	28,0	39,4	32,7
7	Climbing and preclimbing	36,4	21,9	16,0	24,8
8	Acrobatic exercises (crab position, "candlestick", tumbling, etc.)	24,0	21,9	21,2	22,4
9	Vaulting	15,3	18,8	18,1	17,3
10	Walking and its variations	15,1	16,3	18,4	16,6
III. Regular holding of sports and recreational activities in the school day mode					
1	P.T. break (physical training break)	75,8	40,6	34,0	50,1
2	Moving a break in the form of mobile games	48,5	30,0	25,0	34,5
3	Gymnastics before lessons	39,4	32,0	30,5	34,0
4	Moving breaks using gymnastic complexes	36,4	15,6	10,0	20,7
IV. Popularity forms of physical activity students					
1	During a lesson of physical training	27,2	34,4	62,0	41,2
2	During a break	51,5	21,9	18,0	30,5
3	At leisure	30,3	28,0	18,8	25,7

Among high school students only 30.9% prefer such form of the lesson organization. The analysis also showed that such factors as "using of physical exercises as a mean of recovery", occupies the third position in the ranking of content elements lesson of physical culture, which was determined by the average. The greatest preference. The high school students preferred to this factor most of all (60.6%), that is significantly higher compared to the survey average of students (46.9%) and primary (44.0%) school. The study found that on average 50.2% of students are interested in the lessons of physical culture to use varieties of hops as a special kind of physical activity.

It must be note that this means of basic gymnastics was preferred by about same number of students enrolled in fourth forms (52.0%), fifth-ninth (50.1%) and tenth-eleventh (48.5%). The next exercise - "rope jumping" is significantly lower in the ranking presented in Table. Students of fourth forms perform and enjoy the "jumping rope" at the lesson of physical culture (45.5%) most of all. It should be noted that the transition of students to secondary and high school traced tendency to reduce popularity of this kind of physical activity (from 34.4% in secondary school to 30.0% in the high). Priority kind of physical activity during a lesson according to only 32.7% of students are "running and its variants." In accordance with this result it occupies the sixth line of the rating. Pay attention that this is the least interesting exercise for students of secondary school age - 28.0%, and the most interesting for students of high school age - 39.4%. The seventh place ranking in the conventional focus on students' preferences and content elements lesson of physical culture (24.8%) is the factor "climbing and preclimbing". This type of physical activity is the most popular among elementary school students (36.4%). This exercise is less popular among secondary school pupils (21.9%) and much lower among seniors (16.0%). The results showed that the next step in this ranking is acrobatic exercises (22.4%). In all groups of students we observe about same level of interest in these exercises. According to the analysis of the study it was revealed that in its popular "vault" (17.3%) and "varieties of walk" (16.6%) are the ninth and tenth step of rating of more interesting for pupils types of physical

activity. The mentioned exercise are almost equal popularity in elementary schools (respectively 15.3%, 15.1%), secondary (respectively 18.8%, 16.3%) and high (respectively 18.1%, 18.4%).

According to the research of fitness activities which be conducted in the school day mode (P.T. breaks (physical training breaks), outdoor breaks, gymnastics before lessons, fitness pause), the most regularly used minute fitness (50.1%). Moreover, this form of physical activity is the most regularly used in elementary school, 75.8% of students of elementary school noted it, less regularly in the secondary (40.6%) and high (34.0%). Second place in the regularity event mode of a school day, according to students, is a break in the form of mobile outdoor games (34.5%). This type of physical activity most regularly in elementary school (48.5%) and the least attention to it is in high school (25%). As for the results of the research, "gymnastics before classes" as a whole reached 34% of students. Moreover, the highest rate of using of gymnastic exercises before lessons is in elementary school (39.4%) and the lowest - in high school (30.5%). Among the sports and recreational activities that are used in school, "mobile break using gymnastic complexes" are much less that 20.7% of respondents confirmed it. The most regularly this kind of physical activity used in elementary school (36.4%), much less in the secondary (15.6%) and high (10%).

The next area of sociological research was to identify the popularity of sports and recreational activities in the school day mode, and entertainment to ensure optimum motor activity of schoolchildren. Analysis of the research showed that during the day the highest physical activity of students in class is physical education, it was noted by 41.2% of students who participated in the research. The lesson of physical culture, as a period of maximum physical activity, 27.2% of students marked the fourth grade, 34.4% of students in secondary school and twice as many - 62.0% of students in high school. Another form in accordance with the importance of physical activity students are "mobile break between lessons" that was noted by on average 30.5% of students. 51.5% of elementary school students pay attention to active recreation during breaks and between lessons, another classes use this type of physical activity much less frequently (Table). The results showed that in general across the sample 25.7% of students in the period of greatest physical activity accounted for after lessons time. Leisure is an important part of children lifestyle that significantly affects their health. Physically active teenager will likely active adults. The ability to properly regulate free time for various kinds of activities during the day is an important parameter that influences on the health [2]. Results comparing of questioning of different classes students (from 4-th to 11-th classes) showed that 30.3% of primary school pupils, 28.0% of secondary and 18.8% of high school physical activity most accounted for leisure (tab.).

Conclusions:

1. The researches confirm the role of social and educational factors that influence on motivation of students to sports and sports activities and determine the effectiveness of the system of physical education. The need to take account of them due to the fact that during the period of schooling students decreases the motivation to exercise on physical training lessons. Thus, the results indicate that on average, 40.4% attend lessons of physical culture reluctantly.

2. The results of the research indicate that the main direction of solving the problem of raising the level of students physical activity is: 1) the formation of their personality and certain level of physical training by improving substantive components of physical culture lesson through greater using of sports games that marked 53.0% of pupils, relay, fun starts - 52.1% of students, various means of basic gymnastics - 50.5% of students; 2) by holding more regular fitness regime activities in the school day, especially mobile breaks using special gymnastics complexes (only 27.0% of students indicated that these activities are carried out) to gymnastics lessons (34, 0%).

3. Subjective assessment by the forth-eleventh grades of share various forms of physical activity in the total amount of daily activity showed that during the period of schooling increased role in this lesson of physical culture (from 27.2% in the fourth grade to 62, 0% in the tenth-eleventh grades), while decreasing importance of physical activity during breaks (from 51.5% in the fourth grade to 18.0% in the tenth-eleventh grades) and leisure (from 30.3% in the fourth grade to 18.8% in the tenth, eleventh grades).

Prospects for further research. In the further research is planned to develop pedagogical technology of culture means with the main motor of gymnastics for the fifth-sixth grades.

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Alfiya Deyneko Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.

ORCID.ORG/0000-0001-7990-7999

E-mail: ulija_d@mail.ru