

## Features of influence of sports activities on the identity of students

Vasilij Sutula<sup>1</sup>  
Vjacheslav Shuteev<sup>1</sup>  
Larisa Lutsenko<sup>2</sup>  
Andriy Kolisnichenko<sup>3</sup>  
Valentina Ispravnikova<sup>3</sup>  
Alfiya Deyneko<sup>1</sup>  
Inna Bodrenkova<sup>2</sup>

<sup>1</sup>Kharkov State Academy of Physical Culture, Ukraine  
<sup>2</sup>Yaroslav Mudryi National Law University, Kharkiv, Ukraine  
<sup>3</sup>National Technical University «Kharkiv Polytechnic Institute»,  
Kharkiv, Ukraine

**Purpose:** the definition of features of influence of sports activities on the identity of athletes.

**Material & Methods:** the special surveys of students and teachers of KhSAPC, and also students, who train in sports club "Politekhnik", and the students who are engaged in sports sections NLU were conducted for the solution of purposes.

**Results:** the most important qualities of the personality which sports activities influence are: formation of "confidence", "emotional stability", and "orientation to achievement" at athlete. According to most of the interviewed athlete and experts, the authority of the coach is not significant factor which influences the identity of athlete.

**Conclusions:** it is established as a result of the conducted researches that sports activities most of all influence the formation of confidence, emotional stability and orientation to achievement of athlete. Results of the research demonstrate also that the identity of the athlete is most influenced by the competitive relationship which develops in the course of competitive activity. Results of the research also indicate disturbing tendency which is shown that most of sportsmen connect the end of their sports career with injuries.

**Keywords:** personality, student's sport, sports activity, requirements, sports specialization.

### Introduction

The integration processes that are taking place around the world, including all aspects of human existence and deal with the scope of the mass student sport as a system of organization and holding of sports events (competitions, entertainment, games, etc.) for mass kinds of physical activity [3]. Currently, there are two different strategic directions in the development of mass sports student. One, based on the territory of the Soviet Union and still being implemented in modern Ukraine, provides for students mandatory physical exercises in the framework of the educational discipline "Physical Education", as well as sports of their choice at leisure [2; 4]. This direction, reflecting the state policy in the field of physical education of student youth, inherently assumes a relatively centralized management of the processes that unfold in this area. Thus, the practical organization of physical education and mass sport is governed by the Regulations in higher education [3]. This regulations provides the universities with ample opportunities for organizing the physical education of student youth. However, practice shows that the most common is a sports-oriented form of organization of student's classes in physical education [5; 6]. This is the first and most massive level of attracting students to sports activities, and accordingly this is the first organizational form of mass impact on the student's personality.

The second trend in the historical development of university

sports, which is a consequence of the evolution of the Euro-American civilization, provides for the establishment for students' conditions and opportunities for free choice of types of physical activity, as a form of leisure activity (sports or physical exercise at your leisure). This approach involves the formation of the students' respective needs, achieved by two interrelated components: the development of an appropriate social thought, and through her influence on the formation of students' respective needs, that is, a certain level of personal physical training (to use the terminology adopted in the national scientific community), and the creation of conditions for the practical implementation of such requirements. For example, in the United States, the formation of an appropriate social environment, in which a healthy physically active lifestyle is a priority, began in the sixties of the last century, when President D. Eisenhower established the Council for Sports and physical fitness, which is coordinated at the national level of activity in this field. This has influenced the formation of the universities need to establish specialized sports and recreation centers. An analysis of the information posted in the report on the top 25 such centers shows that, for example, the University of Texas has seven basketball and handball courts, a full-size Olympic pool, archery areas, dance classes and much more, and the University of Cincinnati has three swimming pools, several gyms, a climbing wall, a football and basketball stadiums [9]. Despite the seemingly effective functioning in foreign universities students bringing the system to the physical exercise, as well as the availability of appropriate

sports base for the realization of their needs in motor activity, however, as evidenced by the results of special studies, about 50% of today's young Americans still do not receive the necessary volume of physical activity [10]. Some foreign experts have concluded that one of the most common barriers to physical activity and active recreation students is the lack of free time. Some foreign experts have concluded that one of the most common barriers to physical activity and active recreation students is the lack of free time. In their opinion, the system of education in higher educational institutions should be changed in the direction of creating conditions conducive to a rational and healthy way of life for students in their spare time [7; 8].

The analysis indicates significant differences between the effect of the process on the student sports personality takes place in the domestic and foreign sports practice [1]. In domestic practice, such influence is realized mainly through sports training in the educational process and, to a lesser extent, in sports sections. In foreign practice, it is implemented through sports clubs, which represent a special form of self-organization of students' activities in the implementation of common interests in the field of sports. This contradiction actualizes the need to study the problem of the influence of sports on the individual student.

## **The relationship of research with scientific programs, plans, themes**

The research was carried out within the framework of the implementation of the scientific project of the Ministry of Education and Science of Ukraine "Theoretical and methodological foundations for the formation of a culture of physical health in student youth" (state registration number: 0115U006767).

## **Purpose of the research**

The definition of features of influence of sports activities on the identity of athletes.

### *Objectives of the study:*

1. Identify the qualities of personality, which are most influenced by the employment of various sports.
2. Find out the main factors that influence the personality of students involved in sports.

## **Material and Methods of the research**

To solve these tasks, special surveys of students (n=137) and teachers (n=48) of the Kharkov State Academy of Physical Culture (KhSAPC) were conducted, as well as students who train in sports club "Politekhnik" (NTU) (n=67) and students engaged in sports sections of the Yaroslav Mudryi National Law University (NLU) (n=58). In the course of the study, a closed type questionnaire was used.

## **Results of the research and their discussion**

The results of studying the problem of the influence of sports on the personality of students studying in KhSAPC, NTU, NLU, presented in tables 1 and 2. They show that the most important quality of personality, which is affected by exer-

cise, according to most respondents is the formation of the "confidence" of athletes, which gave preference to 57,0% of the athletes students KhSAPC (table 1, question 1), whereas among NTU students, 50,0%, and in NLU – 49,8% (table 2, question 1). As shown by the results of research conducted among students of KhSAPC, among sports specialties this quality is most significant for wrestling wrestlers (75%), and it is least important for gymnasts (40%). Essentially less expressive quality of the athlete's personality, which is formed under the influence of training and competitive activity, is "emotional stability", which 20,5% of KhSAPC students drew attention to. Significantly higher these grades for student athletes NTU and NLU, respectively, 45,0% and 30,6%. 19,3% of KhSAPC students noted the importance of such personality quality as "orientation towards achievement" (among NTU students, 10,0%, and among students of NLU – 16,4%). As shown by the results of the study, physical culture and sports activities, which are realized in universities of Ukraine, practically do not affect such qualities of the athletes' personality as "aggressiveness" and "independence".

The results of the research also indicate that the competitor's personality is influenced to the greatest degree by the competitive relationships that develop in the course of competitive activity (table 1, question 2). About this factor there is a fairly consolidated position of almost all athletes who took part in the study. Of all the sample of the students-athletes of KhSAPC this factor was noticed by 93,0% of respondents. Among the students of NTU athletes such 90,0%, and among students of NLU – 98,3% (table 2, question 2). The analysis of materials reflecting the students' point of view about the influence of sports on the qualities of the individual showed that 39,0% of the surveyed athletes were most influenced by sports achievements (table 1, question 3), which is confirmed by the data obtained at NTU (30,0%) and NLU (33,0%) (table 2, question 3). The results of the study, conducted on the basis of KhSAPC (table 1), indicate that among the representatives of various sports in this matter there are certain disagreements. Thus, only 16,6% of athletes involved in football singled out this factor as significant, while among boxers 66,6% of respondents preferred it. In a similar survey conducted among trainers and teachers of specialized departments of KhSAPC, 44,0% of respondents also preferred the factor of "sports successes" as the most rating one.

The second group of factors influencing the athletes' personality is, in the opinion of KhSAPC students, "correctly organized training process" – 16,5% of respondents preferred it on average (among trainers and teachers of KhSAPC, this factor was also preferred by 16,0% of respondents). The students of NTU (30,0%) and NLU (27,5%) gave a much higher rating to this factor. 15,6% of the students of the KhSAPC singled out, as an important factor, also the "feeling of their significance" factor. Among NTU students, there are 15,0%, and among NLU students – 7,2%. The factor is most significant for football players, respectively 20,8%, as well as for volleyball players, respectively 33,3% and 20,0%.

Attention is drawn to the fact that in the overall ranking of factors that athletes noted, "the credibility of the coach" occupies only the fourth position, it was preferred by 10,6% of the respondents by KhSAPC, 10,0% – NTU and 14,8% – NLU. This assessment almost coincided with the assessment made by the trainers and teachers of the specialized chairs of the KhSAPC (12,0%). In the opinion of athletes, the factor "au-

**Table 1**  
**Features of the influence of the employment of various sports on the personality of athletes**  
**(judgments of students of KhSAPC, n=137), %**

| №   | Variants of answers  | Kinds of sport |          |           |               |        |            |            | Summary results |
|---|--|----------------|----------|-----------|---------------|--------|------------|------------|-----------------|
|   |  | Athletics      | Football | Wrestling | Weightlifting | Boxing | Gymnastics | Volleyball |                 |
| <b>What an athlete personality the greatest impact exercise?</b>  |  |                |          |           |               |        |            |            |                 |
| 1   | Confidence   | 66,6           | 45,8     | 75,0      | 56,2          | 55,5   | 40,0       | 60,0       | <b>57,0</b>     |
|   | Emotional stability  | –              | 12,4     | –         | 25,0          | 33,3   | 40,0       | 33,3       | <b>20,5</b>     |
|   | Orientation to achievement                                     | 33,3           | 33,3     | 25,0      | 12,5          | 11,1   | 13,3       | 6,6        | <b>19,3</b>     |
|   | Aggressiveness   | –              | 4,1      | –         | 6,2           | –      | 6,6        | –          | <b>2,4</b>      |
|   | Independence   | –              | 4,1      | –         | –             | –      | –          | –          | <b>0,6</b>      |
| <b>Influence the formation of the individual athlete's competitive relationships that are formed in the course of competitive activity?</b> |  |                |          |           |               |        |            |            |                 |
| 2   | Yes  | 100            | 95,9     | 75,0      | 93,7          | 100    | 100        | 86,6       | <b>93,0</b>     |
| <b>In your opinion, the personality of the athlete is most affected:</b>  |  |                |          |           |               |        |            |            |                 |
| 3   | Sporting successes   | 50,0           | 16,6     | 37,5      | 62,5          | 66,6   | 20,0       | 20,0       | <b>39,0</b>     |
|   | Optimal training process                                       | 24,9           | 33,3     | –         | 6,2           | –      | 18,3       | 33,3       | <b>16,5</b>     |
|   | Feeling of importance  | 8,3            | 20,8     | 12,5      | –             | 33,3   | 14,3       | 20,0       | <b>15,6</b>     |
|   | Authority of the coach   | 16,6           | 12,4     | 12,5      | 12,5          | –      | 20,3       | –          | <b>10,6</b>     |
|   | Relationship between athletes                                  | –              | 12,5     | 37,5      | 6,2           | –      | –          | 13,1       | <b>9,9</b>      |
|   | Participation in competitions                                  | –              | 4,1      | –         | 12,5          | –      | 26,8       | 13,3       | <b>8,1</b>      |
| <b>What can affect your decision to finish your sports career?</b>  |  |                |          |           |               |        |            |            |                 |
| 4   | Injuries   | 66,6           | 75,0     | 37,5      | 68,7          | 54,4   | 33,3       | 73,3       | <b>58,4</b>     |
|   | Awareness of the impossibility of the growth of sports results | 10,0           | 8,3      | 12,5      | 12,2          | 22,2   | 26,6       | 6,6        | <b>14,0</b>     |
|   | Disappointment in sport  | 6,6            | –        | 12,5      | 6,2           | 12,1   | 20,0       | 6,6        | <b>9,1</b>      |
|   | Take a lot of time   | 16,6           | –        | –         | –             | 11,1   | 13,3       | 6,6        | <b>6,8</b>      |
|   | Your option  | –              | 16,6     | 37,5      | 12,5          | –      | 6,6        | 6,6        | <b>11,4</b>     |

thority of the coach” in its significance is equated to “relations between athletes” (9,9%) and “participation in competitions” (8,1%). Attention is drawn to the fact that for 37,5% of the athletes of the KhSAPC, who are engaged in various types of struggle, the most important factor is the “relationship between athletes”, and for 26,8% of the gymnasts of this institution – «participation in competitions».

The results of the study indicate an alarming trend, which manifests itself in the fact that the majority of athletes from KhSAPC (58,7%) associate with the end of their sports career with injuries (table 1, question 4). A similar trend can be traced in the answers of student athletes NTU (65,0%) and NLU (43,2%) (table 2, question 4). Also noteworthy is the fact that in a similar survey conducted among trainers and teachers of specialized departments of the KhSAPC, 44,0% of respondents noted the “sports injuries” factor. This factor is most significant for the sportsmen of KhSAPC who are engaged in game sports (football – 75,0%; volleyball, basketball – 73,3%). In the rating of the factors that make athlete leave active sports, the second place is occupied by the “awareness of the impossibility of the growth of sports results” (14,0%), NTU – 15,0% and NLU – 16,4%. The analysis of the survey results KhSAPC athletes of various specializations shows that this factor is most important for boxers (22,2%) and gymnasts

(26,6%). An important factor for gymnasts is also “disappointment in sports”, which was preferred by 20,0% of athletes. The considerable time spent on training and competitive activities practically does not influence the decision of the athletes to complete their sports career.

## Conclusions

The analysis of the influence of various sports on the personality of the athletes showed the following.

- The highest marks were received by such qualities of the personality of students, which are formed as a result of sports activity:
  - “Confidence” (KhSAPC – 57,0%, NTU – 50,0%, NLU – 49,8%);
  - “Emotional stability” (KhSAPC – 20,5%, NTU – 45,0%, NLU – 30,6%);
  - “Orientation to achievement” (KhSAPC – 19,3%, NTU – 15,0%, NLU – 16,4%).
- The study results also suggest that the athlete identity in the most affected by the degree of competitive relationships that are formed in the course of competitive activity.
- The analysis showed that the quality of the individual, ac-

Table 2

Judgments of students who train in the sports club “Polytechnic”, and students involved in sports sections of NLU, the impact of sports on the athlete’s personality, %

| №   | Variants of answers  | Universities |            |
|---|--|--------------|------------|
|   |  | NTU (n=67)   | NLU (n=58) |
| <b>What an athlete personality the greatest impact exercise?</b>  |  |              |            |
| 1   | Confidence   | 50,0         | 49,8       |
|   | Emotional stability  | 45,0         | 30,6       |
|   | Orientation to achievement   | 15,0         | 16,4       |
|   | Aggressiveness   | –            | –          |
|   | Independence   | –            | 3,1        |
| <b>Influence the formation of the individual athlete’s competitive relationships that are formed in the course of competitive activity?</b> |  |              |            |
| 2   | Yes  | 90,0         | 98,3       |
| <b>In your opinion, the personality of the athlete is most affected:</b>  |  |              |            |
| 3   | Sporting successes   | 30,0         | 33,0       |
|   | Optimal training process   | 30,0         | 27,0       |
|   | Feeling of importance  | 15,0         | 7,2        |
|   | Authority of the coach   | 10,0         | 14,8       |
|   | Relationship between athletes                                      | –            | 11,8       |
|   | Participation in competitions                                      | 15,0         | 6,2        |
|   | <b>What can affect your decision to finish your sports career?</b> |              |            |
| 4   | Injuries   | 65,0         | 43,2       |
|   | Awareness of the impossibility of the growth of sports results     | 15,0         | 16,4       |
|   | Disappointment in sport  | 5,0          | 10,6       |
|   | Take a lot of time   | –            | 17,5       |
|   | Your option  | 15,0         | 12,3       |

According to 39,0% of the surveyed athletes most affected by sporting success, which was confirmed by 44,0% of coaches and teachers of specialized departments KhSAPC.

4. The results of the research showed that 16,5% of the respondents (16,5% of the respondents preferred the factor among the trainers and teachers of KhSAPC), as a significant factor, “the training process is correctly organized”. A much higher appreciation of this factor was given by students NTU (30,0%) and NLU (27,5%).

5. In the overall ranking factors that mentioned athletes, “the authority of the coach,” is only the fourth position, he expressed a preference for 10,6% of respondents and 10,0% KhSAPC NTU and 14,8% of NLU. With this assessment, the assessment almost coincided with the trainers and teachers

of the specialized chairs of the KhSAPC.

6. The results of the study also point to an alarming trend, which is manifested in the fact that the majority of athletes from KhSAPC (58,7%) are associated with trauma after completing their sports career. A similar trend can be seen in the responses of athletes NTU (65,0%) and NLU (43,2%), as well as 44,0% of trainers and teachers of specialized departments of KhSAPC.

### Prospects for further research

In the future, it is planned to develop a pedagogical technology for the formation of personal physical culture in students’ youth by means of mass sports.

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## Information about the Authors

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**Vasilij Sutula:** Doctor of Science (Pedagogic), Professor; Kharkov State Academy of Physical Culture: Klochkovskaya 99, Kharkov, 61058, Ukraine.

**ORCID.ORG/0000-0001-6459-8564**

**E-mail:** vsutula@rambler.ru

**Vjacheslav Shuteev:** Kharkov State Academy of Physical Culture: Klochkovskaya 99, Kharkov, 61058, Ukraine.

**ORCID.ORG/0000-0001-6459-8564**

**E-mail:** shutey1971@mail.ru

**Larisa Lutsenko:** PhD (Physical Education and Sport), Associat Professor; Law University named after Yaroslav the Wise: Pushkinskaya Str.77, Kharkov, 61000, Ukraine.

**ORCID.ORG/0000-0001-6459-8564**

**E-mail:** L.S.lutsenko@mail.ru

**Andriy Kolisnichenko:** National Technical University «Kharkiv Polytechnic Institute»: street. Kirpicheva, Kharkiv 610022, Ukraine.

**ORCID.ORG/0000-0003-4141-4253**

**E-mail:** a\_kolesnichenko@ukr.net

**Valentina Ispravnikova:** National Technical University «Kharkiv Polytechnic Institute»: street. Kirpicheva, Kharkiv 610022, Ukraine.

**ORCID.ORG/0000-0002-8211-2465**

**E-mail:** Vika\_ty@bk.ru

**Alfiya Deyneko:** PhD (Physical Education and Sport); Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058, Ukraine.

**ORCID.ORG/0000-0001-7990-7999**

**E-mail:** ulija\_d@mail.ru

**Inna Bodrenkova:** PhD (Physical Education and Sport), Associat Professor; Law University named after Yaroslav the Wise: Pushkinskaya Str. 77, Kharkov, 61000, Ukraine.

**ORCID.ORG/0000-0001-8807-6808**

**E-mail:** Innasport2009@rambler.ru