

Motives for Young People to Participate in Physical Education and Sports Training

Armen Grigoryan

Ph.D., Associate Professor, Department of Physical Education and Healthy Lifestyle
Russian-Armenian (Slavonic) University, Yerevan, Armenia
Email: armengrigoryan61 {at} mail.ru

ABSTRACT--- *Motives for Young People to Participate in Physical Education and Sports Training. The article discusses the motivation of students to regular physical training and sports. The study is based on specially designed questionnaire identified the main factors preventing the necessary physical activity of young people. The survey involved students from various universities in Yerevan. Analysis of the results allowed to identify the main factors influencing the formation of students' motivation to engage in physical education and recreational sport.*

Keywords--- motivation, personality, sports, physical education, healthy life.

1. INTRODUCTION

The problem of health protection of young people is urgent nowadays and is widely discussed along with the contemporary issues of the educational system. Physical education plays an important role in the preparation of socially active, young specialists. The conceptual provisions of health, educational and upbringing were initially aimed at shaping healthy and improved lifestyle.¹

Taking into consideration contemporary needs in physical education, healthy life and changes in sports system, several new and widespread sports types, such as shaping, bodybuilding, ushu, karate, aikido etc., are implemented. This activity brings to the necessity of investigating the influence of psychological features. The lack of scientific and methodological manuals in this sphere indicates the importance of complex investigations of the influence of new methods of physical activity on shaping motivation basis for students.

According to research national traditions and factors of shaping individual patterns are ignored in the system of physical education. Due to several investigations the positive influence of physical activity on shaping motive skills as well as educational improvements have been stated.²

Nowadays physical education is strongly motivated and is aimed at healthy life as one of the main human values endangered by different modern electronic means, mainly computer usage.

Nowadays physical education is strongly motivated and is aimed at healthy life as one of the main human values endangered by different modern electronic means, mainly computer usage³.

In this respect the research on the physical education of young people has been carried out for the last decade. The aim of the research is to show that the main guarantee of community progress is to have healthy young people. According to

¹ Ed. by T.U Kurtsevich ,Theory and Methodology of Physical Education : Kiev: Olympic Literature, vol 2. pp.56-65, 2003

² R. T. Meliqsetyan , New Trends of Physical Education in Armenian School. Yerevan , ‘‘Sos and Voga’’, p.94, 2001.
H. M. Avanesyan, A.A. Chatinyan , The Research of Training Motor Skills of University Students . Yerevan, ASIFE, pp.45-46, 2003.Kudryavcev A.V. Deficit of motor skills of students of mathematics and means of its compensation. Summary , Thesis of c.p.s. Malakhovka, p.17,1989. Mc. Ardle, William D., Essentials of exercise phusiology/Lippincot Williams & Wilkins, Raven Publishers,p. 563,1995.

³ M. Y. Vilenski, Methodological Basis and Conceptual Background of the Formation of Person’s Physical Culture. Petkov V.A. RANS. Moscow, p.56, 2002.

some authors' investigations, young generation doesn't really take seriously the importance of health

protection. Specialists in this sphere prioritize the issues dealing with the promotion of physical education and physical trainings⁴.

The faster the idea of protecting and enhancing health is formed within the society the faster we can have a healthy individual or society. To implement this idea it is important to find out the causative features of shaping an individual's physical culture, as well as impeding reasons for sports and physical activities.

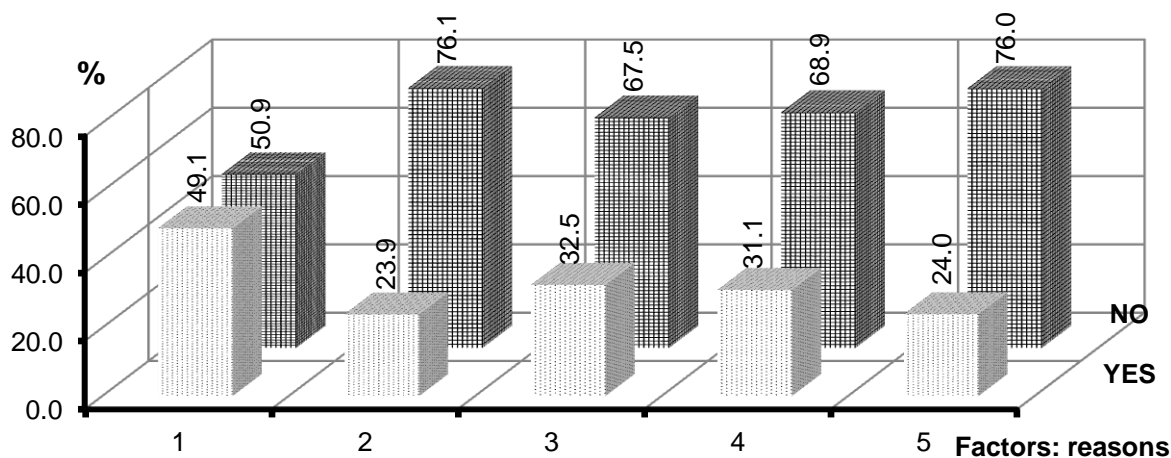
This stage of investigations shows the peculiarities of the causative features which impede the involvement of students in sports activities.

2. METHODS

In this respect the following research methods have been used: scientific methodological sources, analysis of some educational materials, students' request and analysis of those requests. Drawing positive attitude towards physical culture and sports values is a continuous activity. This activity is generally influenced by the following factors:

- Values of time and attitude towards the physical involvement in sports activities.
- Values of knowledge, such as awareness of current sports events.
- Values of conditions, such as the existence of different sports sections, gyms and training capacity.
- Values of means – the possible values of necessary gear and services of physical training and sports activities.
- Values of traditions – the influence of customs and traditions on the physical and sports activities.

Considering all the above mentioned facts, we have formed the following chart of ten reasons impeding physical and sports activities (fig. 1).



Conventional signs

Survey responses – Yes, No

⁴ Ed. V. Stolyarov, D.Sagalakov, E. Stopnikov, The Relationship of Sport and Politics from the Standpoint of Humanism . "SpArt" Astra-pub. Moscow, p.256, 2005.

Reasons:

1. The attitude towards physical and sports activity and overall time.
2. The lack of information and experience in self management of physical and sports events.
3. Impeding conditions for physical and sports activities.
4. Impossibility of necessary sports gear acquirement and unavaiable price list of service.
5. Influence sporting traditions and activities on physical activity

Figure 1. The comparative rate impeding factors for physical and sports activities.

3.DISCUSSION

Analysing the results of questionnaire, 342 students from for universities in Yeravan have been interviewed.

The research shows that the impeding factor of 49.1% of the interviewed students is the lack of time and indifference towards the physical and sports activities.

The derivative of this factor shows that a serious impeding factor for the majority of students (52.9%) is the lack of time.

Along with this there was a great number of students who were indifferent towards their health (44.7%).

To organize and participate in physical and sports events one should have proper knowledge and awareness in this sphere.

The results show that the majority of students (76.1%) are satisfied with the acquired knowledge and information (fig.1).

More over 72.7% indicates the contentment of awareness and 79.4% of obtained knowledge.

Physical and sports activities are likely to be realized in special buildings with proper technical gear. The majority of the interviewed students (67.5%) are satisfied with the gyms and sports conditions in their areas (fig.1). However, the research shows that 45.0% of the interviewed students don't have proper sports buildings in their areas. 79.9% of the students are satisfied with the choice of sports clubs in their areas.

Along with present social economical conditions, sports and healt complexes work on private conditions, which supposes personal expenses for any service, good or sports costume. This is an impeding factor for physical and sports activities.

The above mentioned financial problems are likely to be solved by the 68.9% of the students (fig.1). 74.6% are ready to obtain personal sports costume or other sports gear.

36.7% of the interviewed have financial difficulties in this respect.

Family traditions and university practice play essential role in the development of sports and health activities. The research shows that the interviewed students assume that the above mentioned factors positively influence physical and sports activities (fig.1).

4.CONCLUSION

Theoretical analysis prove that physical and sports activities are essential motivating aspects of human behaviour.

According to the specialists this structure involves such activities, for instance self-assertion, discharge of workload, leisure, which must be taken into consideration while improving the system of physical education.

Students' physical activities and involvement in modern sports activities haven't been properly considered yet.

According to the research the lack of free time is the general impeding factor in physical and sports activities. 52.9% of the interviewed students can't join sports and health activities.

44.7% have not thought of the reasons, hence they are indifferent towards their health protection. First of all it is necessary to emphasize the importance of physical education during the classes of physical culture.

45.0% of the interviewed students don't have proper sports gyms in their areas. However the majority of students (74.6%) can obtain personal sports costumes and gear. 36.7% of the interviewed students have serious problems with the payment of health and sports service. Since the Soviet times some families have preserved sports traditions, which can be seen as good example for young people.

All the above mentioned facts must be taken into consideration while forming students' consciousness about sports activities and physical education.

Survey results show that the improvement of physical state and health of young people strongly depends on economical, social, household and educational conditions.

Students' positive attitude towards health and physical state depends on teaching subjects, content of the theoretical lessons, as well as parents' and professors' personal influence.

5. REFERENCES

- [1] Ed. by T.U Kurtsevich ,Theory and Methodology of Physical Education : Kiev: Olympic Literature, vol 2. pp.56-65, 2003
- [2] R. T. Meliqsetyan , New Trends of Physical Education in Armenian School. Yeravan , ''Sos and Voga'', p.94, 2001.
- [3] H. M. Avanesyan, A.A. Chatinyan , The Research of Training Motor Skills of University Students . Yerevan, ASIFE, pp.45-46, 2003.
- [4] A.V. Kudryavcev, Deficit of Motor Skills of Students of Mathematics and Means of its Compensation. Summar, Thesis of c.p.s. Malaxhovka , p.17,1989.
- [5] Mc. Ardle, William D., Essentials of Exercise Phusiology/Lippincot Williams & Wilkins, Raven Publishers, p.563, 1999.
- [6] M. Y. Vilenski, Methodological Basis and Conceptual Background of the Formation of Person's Physical Culture. Petkov V.A. RANS. Moscow, p.56, 2002.
- [7] Ed. V. Stolyarov, D.Sagalakov, E. Stopnikov, The Relationship of Sport and Politics from the Standpoint of Humanism . "SpArt" Astra-pub. Moscow, p.256, 2005.