

PHYSICAL ACTIVITY STUDENTS AND UNIVERSITY PROFESSORS AS LEADERS OF HEALTH

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Annotation. Aim: to find out the students and professors attitude to physical activity, as a factor preserving the health. Were interviewed 956 people. Research model «students and university professors» have positive outcomes of the attitude towards physical activity as a component of health. 92.7% of students play sports. Interviewees said: they have optimal 50.8% (45.8% of students and 57.8% of university professors) and adequate physical activity (60.6% of students and 37.1% of university professors) and they consider themselves healthy. Active position to independently create its own health holds 92.2% of the students. Knowledge and competence of health can be used in a future professional career. Doctors and teachers should be leaders of health promotion for the population.

Key words: students, university professors, physical activity, health.

Introduction

Physical activity of different population strata and problems, connected with it, are one of the most important factors of formation of society's general culture, in which the health of man is not only medical problem, but also economical, social, medical-psychological and pedagogical. In general, physical activity and its indicators (e.g. physical preparedness) create the foundation of health formatting education of youth. The levels of physical workability and preparedness are important evaluation criteria of physical activity efficiency for previous period, while physical preparedness, being physiologically interpreted, was formed by many factors, which consider motion as one of the most important components (A.G. Schedrina, 2007, L.G. Klimatskaya, A.I. Shpakov, S. Laskene et al. 2011). Formation of physical activity is directly connected with acquiring of knowledge, skills and abilities and this, in integrity with such factor as eating and health preserving behavior, forms individual's life style and life style of society in general (Klimatskaya L., Shpakou A., Laskiene S., 2012). On the one hand, it should be noted that a lot has been done in the sphere of studying of youth motion activity. On the other hand, motivation factors of motion activity have not been sufficiently studied. Especially it concerns future pedagogues and medicine workers, who shall be the leaders of health propaganda for population.

The work has been fulfilled as per the plan of scientific and research work of Krasnoyarsk state pedagogical university, named after V.P. Astafyev.

Purpose, tasks of the work, material and methods.

The purpose of the work: to clear up the attitude of university's students and teachers to physical activity as the factor, maintaining health.

The researches were conducted with questioning method on the base of questionnaire, which was developed by Rosperebnadzor Administration* of Krasnoyarsk region. By the results of the research data base with using of MS Excel program packet was formed. Materials are the fragments of international project on study of Russian, Byelorussia, Lithuania universities students' motion activity and way of life in comparative aspect.

In the course of sociological study there were questioned 956 full time students and teachers of three higher educational institutions of Krasnoyarsk: Krasnoyarsk state medicine university, named after prof. V.F. Voyno-Yasenetskiy, Siberian federal university, Siberian state air-space university, named after academician M.F. Reshetnev, that is a representative sample for the given groups of population of Krasnoyarsk region [4].

From 956 of respondents' questionnaires 6 were rejected in the process of analysis. In spite of the fact that questionnaire was anonymous, some participants of sociological research did not answer certain questions (may be owing to inattentiveness, may be they considered these questions too private, may be due to some other reasons); such answers were reflected in analysis as "no data".

From 950 questioning participants the following social portrait was composed: 554 students (or 58.3%) of mean age 18.7 years and 396 teachers (41.7%) of mean age 42.5 years. In the conducted research 450 men (47.4%) and 500 women (52.6%) took part.

Among the questioned students, the third year students (40.1%) and first year students (37.7%) prevailed, distribution of other students was as follows: second year -14.1%, fourth year - 4.5%, fifth year - 0.9%.; the students, who did not mark the year of study, - 2.7%.

The respondents' life conditions are as follows: 95.3% are single, 2.7% - married, the rest 2% of respondents cover: spouseless mother (1 person), those, who did not answer this question - 10 persons; most of students live in families (57.9%), the rest live in hostels (21.1%) or rent flats (20.6%); 2 persons (0.4%) did not answer this question.

Among teachers 60.6% of the questioned have families, 29.8% are single, 3.0% are spouseless mothers and 2 respondents (0.5%) did not answer this question. Most of teachers (84.9%) live in their flats, 10.6% live in hostels and 4.5% rent flats.

The evaluation of the respondents' physical activity was carried out not only by their subjective opinion, but also with the help of special evaluating indicator, which was developed as integrated from three questions, covering the

time of walks, physical culture and sports trainings, their regularity, without consideration the answers, how days off were spent. The evaluation indicator of physical activity divided respondents into the following groups:

- people of high physical activity (HPA) – those, who regularly go in for sports, do jogging, attend weight rooms and have active leisure;
- people of medium physical activity (MPA), - the same as HPA but doing sports irregularly, with regular morning exercises and significant time paid to walks;
- physically inactive population PIA – people, who do morning exercises and physical culture sporadically, spend minimum time fro walks; all other respondents were related to the group of low physical activity.

Conception “physical activity” was understood practically by all participants of this sociological study.

From all respondents 50.8% (45.8% of students and 57.8% of teachers) answered that they follow optimal motion regime. More than half of the questioned students (60.6%) evaluated their physical activity as sufficient; 24.7% think that their physical activity is insufficient and 14.3% could not answer this question exactly.

Among teachers, in opposite to students, more than half of the questioned consider their physical activity insufficient (51.5%), 37.1% evaluate it as sufficient and 10.6% could not answer this question definitely. 2 students (0.4%) and 3 teachers (0.8%) left this question without answer.

51.3%, 32.1% of teachers prefer to spend day off at home or in the country; 29.3% prefer cultural-entertaining leisure and only 11.4% attend gyms. Students (50.2%) mostly prefer cultural entertaining leisure at days off; 39.5% spend every day off at home or at hostel; 17.0% attend gyms; 8.8% spend day off in the country.

It takes 44.7% of students and teachers from 30 minutes to 1 hours to walk in free time or to go to work (lectures) (35.0% and 44.7% correspondingly); 52.3% of students and 23.5% of teachers go by foot for more than one hour.

Within the frames of academic program 60.7% of students attend physical culture and sports trainings; 22.9% attend extra curriculum sports trainings, 22.0% attend weight rooms, 25.5% spend leisure actively (play football, volleyball and etc. at sports sites) and only 7.3 of the questioned students practice no kinds of sports or physical culture.

Low physical activity of teaching staff is confirmed by the fact that 42.6% of the questioned do not practice any kind of sports or physical culture, 24.2% do only morning exercises, 16.3% spend leisure actively, 9.2% do aerobics and shaping, 7.1% attend physical trainings, 5.9% do jogging.

From all the questioned students and teachers 35.4% do sports and physical culture regularly, with this, the students’ share is 45.3% and the teachers – 21.5%. 32.9% of the questioned respondents do physical culture and sports irregularly (34.6% of students and 30.6% of teachers); 27.7% of the questioned do sports sporadically, with it, the students’ share is 18.8% and the teachers’ - is more than two times higher: 40.1%.

The absence of time is called the main reason, preventing from doing physical culture and sports, by 57.0% of students and 47.7% of teachers; the other reason is the absence of appropriate conditions and it was noted by 23.3% of students and 8.6% of teachers; tiredness after work (study) was marked as the reason, preventing from doing sports and physical culture, by 11.6% of students and 21.5% of teachers.

With evaluating the state of health, the tested were divided into following groups: healthy, not very healthy and unhealthy. The following factors, which authentically determined the group of “healthy” of the questioned students and teachers of Krasnoyarsk, were used: absence of chronic diseases (Student’s t-criterion, for students = 3.8 and for teachers = 3.9...10.9) less frequency of diseases during year (Student’s t- criterion for students = 2.5...3.2, for teachers = 3.1...5.8), following healthy life style (Student’s t- criterion for students = 2.4...7.4, for teachers = 2.1...3.9), high physical activity (Student’s t - criterion for students = 2.3...4.4, for teachers = 3.7...6.9), correct (full-fledged and rational) eating in young age (Student’s t- criterion for students = 2.3), table 1

Table 1

Distribution of answers of Krasnoyarsk universities’ teachers and students by the indicators, which determine groups: “healthy”, “not very healthy”, and “unhealthy”, considering physical activity level

Description of indicator		Distribution of answers by group %			Student’s t criterion among group	
		Healthy	Not very healthy	unhealthy	Healthy & unhealthy	Healthy & not very healthy
Students’ answers						
Physical activity level	Consider sufficient	71,8	42,5	26,3	4,4	1,5
	HPA	36,2	16,0	15,8	2,3	0,0
	MPA	20,3	22,1	10,5	1,3	1,5
	Sum of HPA & MPA	56,5	38,1	26,3	2,9	1,1
Teachers’ answers						
Physical activity level	Consider sufficient	58,8	24,5	7,4	8,1	2,9
	HPA	21,9	5,8	3,7	3,7	0,5

Description of indicator	Distribution of answers by group %			Student's t criterion among group	
	Healthy	Not very healthy	unhealthy	Healthy & unhealthy	Healthy & not very healthy
Students' answers					
MPA	18,8	12,0	0,0	6,1	5,3
Sum of HPA & MPA	40,6	17,8	3,7	6,9	3,1

Notes: HPA- high physical activity; MPA – medium physical activity.

52,7 % of student from Krasnoyarsk consider themselves healthy and 11,2 % - absolutely healthy, that is higher, than indicators, which characterize Moscow students' answers to this question in corresponding research: 51.0% and 9.0% correspondingly (G.A. Ivakhnenko, 2006). At Penza, 60.2% of respondents think that they are "unhealthy and sick" (G.Yu. Kozina, 2007) that 1.7 times higher than the same indicators of students from Krasnoyarsk – 36.1%.

92.2% of Krasnoyarsk students have active position in independent formation of own health, while at Moscow humanitarian university only 69.6% of students answered that everybody must take care of his health independently (N.I. Belova, 2008). Students from Krasnoyarsk are motivated for changing of life values so that they could be able to achieve not only professional success, but to acquire skills of rational eating and raise the level of motion activity as main conditions of life quality formation and prevention of many diseases [7].

Summary

We have obtained positive results about influence of motion activity factor on preservation of health. 92.2% of students from Krasnoyarsk have active position in independent formation of own health; they increased motivation for improvement of knowledge and competences in physical activity and health that can be used in professional career, in propaganda of healthy life style among population. More over, future doctors and pedagogues are the leaders of health. Acknowledgment: the author of this paper expresses gratitude to chief, MD, prof. S.V. Kurkatov and the officers of Rospotrebnadzor Administration of Krasnoyarsk region I.V. Tikhonova, N.N. Norotenkova, F.V. Dogadina, all pedagogues and students of universities, who took part in the research.

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