

DETERMINING THE LEVEL OF MOTIVATION AND ATTITUDE OF STUDENTS FOR CLASSES IN PHYSICAL EDUCATION IN HIGHER EDUCATION INSTITUTIONS

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Annotation. Pressing questions of the motivation of students to attend physical education classes in high schools. Shows the level of their physical fitness. Presented by the personal attitude to studies and evaluated for a target orientation, forms and practical training. The study involved 79 students. It was stated that the motivation of students to the motor activity generated from them is wrong. Found that the greatest preference is given to students of the development of force: a meager 26 students (33%), flexibility - 20 students (25.3%), speed - 18 students (22.8%), endurance - 11 students (13.9%), agility - 4 students (5%). The data on the poor state of physical fitness of today's youth and its negative attitude to physical education and sport.

Keywords: survey, motivation, learning, students, activities.

Introduction

In connection with the fact that at present students' health has worsened, their level of motion activity reduced and there is observed insufficient motivation for physical exercises' practicing, there appears need in creation and realization of practical measures, directed at improvement of physical education methods and means.

The process of students' physical education at higher educational establishments shall base on synthesis of wide complex of scientific-theoretical and scientific-applied principles, which should be determined as a result of researches of interconnections and interactions between different elements of special, psychological-pedagogic, medical-biological knowledge, their subsystems and links. Physical education classes are the most effective only when participation in them is stimulated by appropriate motives (G.V. Bezverkhnia (2003), T.Yu. Krutsevych (2009), O.Yu. Marchenko (2009)) [1-5]. As on to day the task of first priority is search of rational approaches to physical education and students' health improvement, considering their motivation to physical culture classes (M.B. Musakayeva, A.Z. Zynnaturova (2008) [6, 7]. Health related effect of every physical exercises training can be quite different depending on specificity of this training and the state of person's organism (I.V. Muravov (1989), Ye.G. Bulych, I.V. Muravov (2003) [8-10]. Training of students can be successful only if achievement of target of teaching becomes dominating motive of pedagogical process in physical education. Main condition of motivation's formation is involving of students in appropriate educational activity. In this case motives of trainings become dominating and training process – active and conscious.

Purpose, tasks of the work, material and methods

The purpose of the work are development of questionnaire and determination of the level of students' motivation for physical culture at HEE, their attitude and appraisal of target orientation, forms and methods of physical culture trainings.

Results of the research

As a result of fulfilled questioning we found that at XHAДY main department of physical education includes 61 students, that is 77.2% from total quantity of the questioned. Special health department includes 11 students (13.9%) as per results of medical examinations and only 7 students, that equals to 8.9% are in sport department (see fig.1).

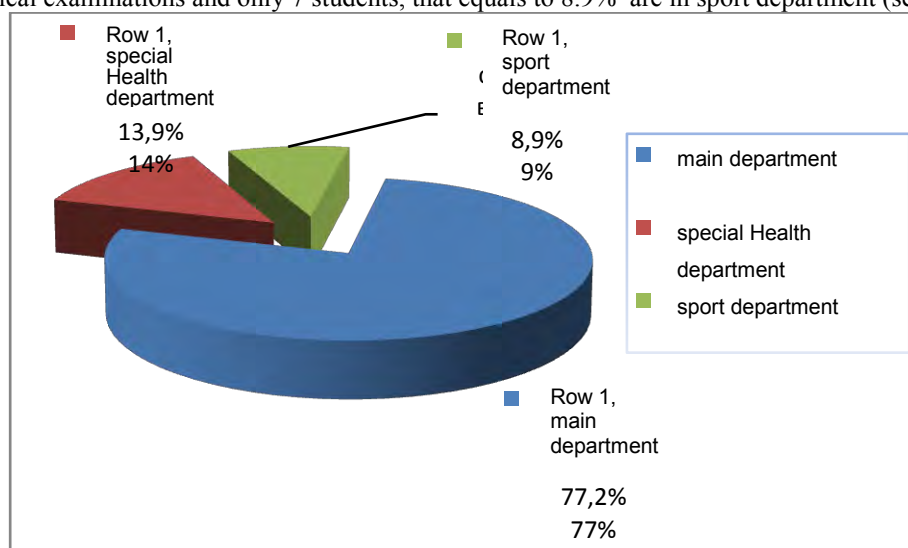


Fig. 1. Distribution of students by health groups

It witnesses that most of students have no counter indications to active physical culture and sports trainings, but only their insignificant part attends sport circles and go in for sport actively. In this connection we may conclude that involving of students in active sport training is not paid proper attention to in education of a student. Concerning attendance of physical education lessons we received the following answers: 64 students (81%) answered that they attend trainings with pleasure, 12 (15.2%) could not answer and 3 (3.8%) gave negative answers. In our opinion these answers are interconnected with students' theoretical level and qualitative characteristics of trainings as well as with improper level of students' motivation for physical culture and sports trainings. This opinion is proved by answers to question concerning students' attendance of sport circles (see fig.2). From total quantity of the questioned only 22 students, that is only 27.8%, attend sport circles, while 57 students (72.2%) are not interested in sports at all.

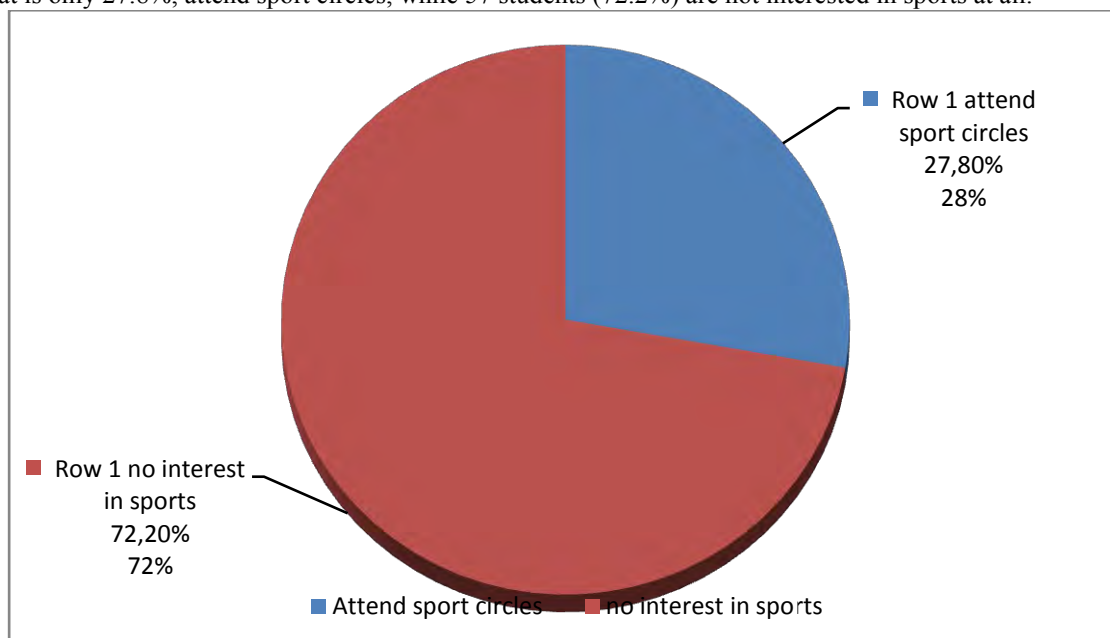
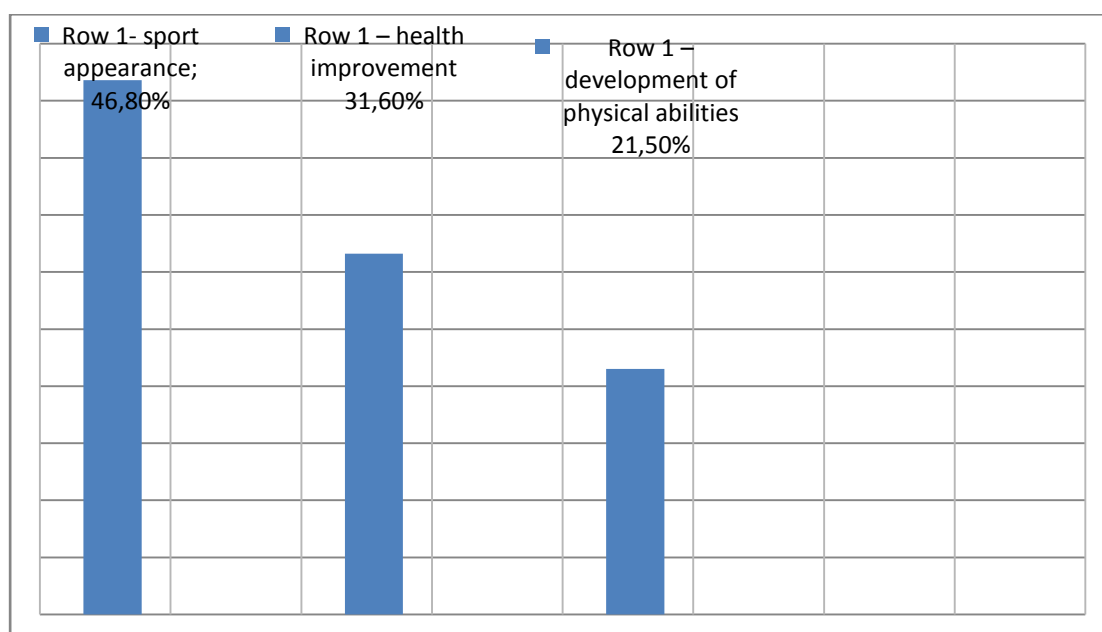


Fig. 2. Attendance of sport circles by students

These data prove information about unsatisfactory state of modern youth's physical condition and their negative attitude to physical education and sports.

Concerning students' morbidity, we received the following answers: 12 students often are ill (15.2%); 1-2 times a year – most of students – 68 persons (78.5%) and only 5 students are not ill at all (6.3%). The question, what is the sense of students' motivation to physical education lessons 37 students (46.8%) answered that they are attracted by sport appearance, 25 students (31.6%) attend physical culture classes for health improvement and only 17 persons (21.5%) attend trainings for development of physical abilities (see fig. 3).



Fog.3. Students' motivation for physical education classes

Most of all students prefer development of strength; positive answer was given by 26 students (33%), flexibility was preferred by 20 students (25.3 %), quickness – by 18 students (22.8%), endurance – by 11 students (13.9%) and dexterity – 4 students (5%).

In our opinion it is necessary to introduce in lecture material topics, connected with general characteristic of physical abilities and methodic of their development. After classes in physical education 47 students (59.4%) feel partially tiredness, 21 students (26.6%) feel strong tiredness and 11 (14%) persons feel no discomfort. The mentioned above conditions need in introduction of pulse metering – method, which can help to obtain information about actual effect of physical load. As per provided answers most of students prefer athletic exercises and aerobics, 28 (35.4%) and 21 (26.5%) accordingly; then goes shaping - 13 students (16.4%), rhythmic gymnastics – 9 students (11.3%) and pilates - 8 students (10.1%) (see fig. 4).

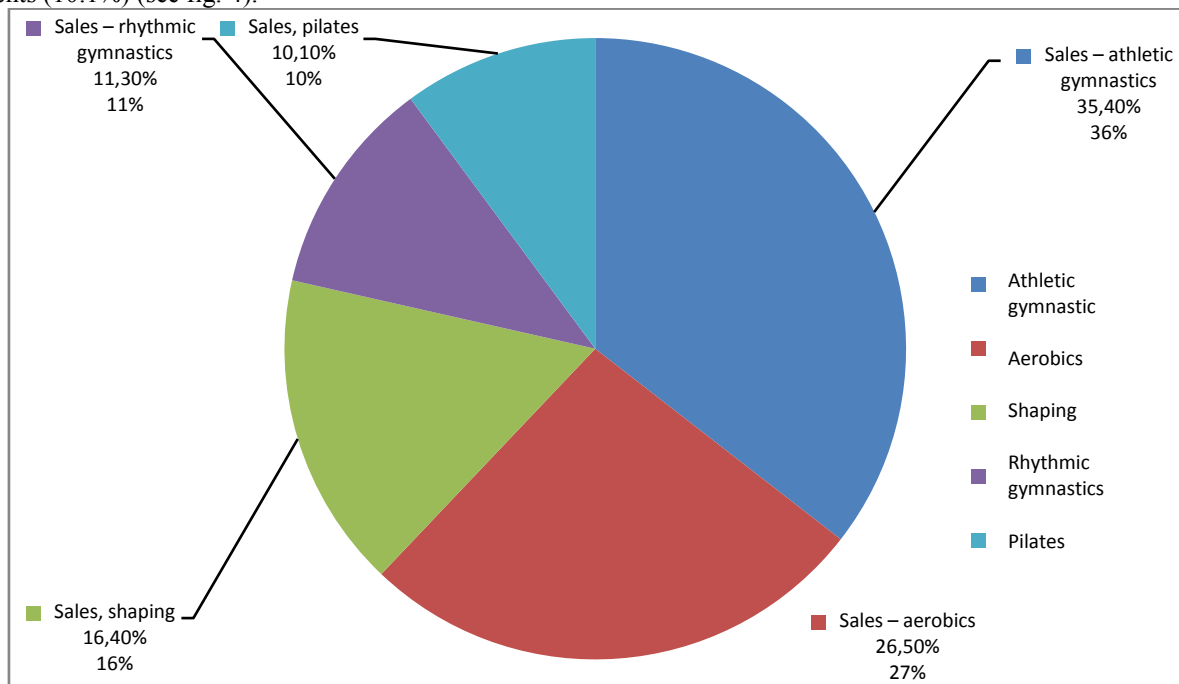


Fig. 4. Kinds of activity

44 students (55.7%) practice physical exercises independently, 27 students, that equals to 34.2% - do it sometimes and 8 persons (10.1%) do not include physical exercises in their daily regimen except academic classes in physical education. Such situation conditions need in certain assistance to students in their independent trainings from physical culture instructors. Outdoor games are preferred by 27 students that is 34.2%, running is chosen by 24 students (30.3%) a little bit less quantity of respondents consider gymnastic exercises with objects to be the best – 22 students (27.8%). Significant part of students 73 persons (92.4%) wish to be trained under musical accompaniment. Just this quantity of students likes modern music, under accompaniment of which they fulfill with pleasure the mastered exercises and learn new complex movements. 44 students (55.7%) actively go in for sports, 30 persons (38%) manifest interest to sport events; 5 persons (6.3%) are indifferent to sport life.

Concerning corrections of physical education content we received the following answers: 15 (18.9%) students consider it necessary, 42 students, that equals to 53.2 % of the questioned, are against any changes and 22 students (21.9%) did not answer this question, though 19 students (24%) stress that changes in organization of physical education classes are required and 28 persons (35.4%) thinks that it is necessary to introduce corrections in content of classes.

The question, concerning students' attitude to physical education classes, as well as to other disciplines, was answered in the following way: 28 students (35.4%) expressed their equal attitude to physical culture and to other disciplines, 24 students (30.4%) think that there is a kind of unequal attitude to physical culture and other disciplines and 26 students (34.2%) answered that their attitude to physical culture is as to discipline of secondary importance.

Conclusions:

Thus, the carried out questioning, which was oriented on determination of motivation level and students' psychic readiness to physical culture classes, permitted for us to state that students' motivation for motion activity has not been formed sufficiently and requires to find the way of solution of this problem. Besides, questioning results witness the fact that the basis of students' psychic readiness is motivation of their academic activity.

Owing to the fulfilled questioning we determined demand in further foundation of psycho-emotional selection of health related gymnastics' means, development of appropriate training methodic and implementation of pedagogic conditions of physical culture trainings with means of health related gymnastics.

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