
SELF-EVALUATION OF HEALTH AND INTERESTS OF STUDENTS OF HIGHER EDUCATION INSTITUTIONS ON COURSE PHYSICAL EDUCATION

Bazylyuk T.A.

Donetsk State Institute of Health, Physical Education and Sport

Annotation. The purpose of this study was to identify priorities to specific assets of physical education students. The study involved 50 students aged 18-19 years. Conducted surveys to identify self-reported health of students and their preferences for different types of training exercise. Revealed that 10% of students assessed their health as excellent, 48% is considered good state of health, and 20% have an optimum level of physical activity. Found that students want to attend classes, which, along with the development of physical qualities affect the physiological and cognitive abilities. It was revealed that the top three of physical education include sports, swimming and water activities with the use of modern technology.

Keywords: student, health, aqua, exercise, evaluation, survey, games, swimming.

Introduction

In modern conditions of society's existence woman's health requires special attention [8, 11, 12]. Different means of physical culture play important role in woman's health improvement, in prevention from too early ageing and preservation of high workability.

Modern researches witness about low level of women's physical condition, physical level and workability indicators, including girl students of higher educational establishments. In this connection there is an acute need in searching of new forms, means and methods of physical culture trainings' organization, increasing of women contingent's motivation to practicing of physical culture and sports [2, 3, 4, 6, 7, 10].

Actual situation with the health of students in general and especially girl-students, which has formed in our country, is rather important factor, because this situation gives birth to practical demand in searching of new effective means of health related physical culture [1, 5, 9]. Against the background of increasing hypokinesia and hypodynamia the quantity of girl-students, suffering from different diseases is growing. For them the task of health rehabilitation, physical and social adapting to loads, improvement of physical conditions, progressing in study is rather urgent [1, 2, 11, 12].

Besides, system of means, which are used for correction of students' physical conditions, often is unattractive for youth, because its measures have mandatory character instead of being attractive, instead of being able not only to ensure physical development but also to give emotional relaxing [2, 3, 9].

The work has been fulfilled as per "Combined plan of scientific & research works in the sphere of physical culture and sports for 2006-2010" of Ministry of family, youth and sports of Ukraine by subject 2.1.9 "Theoretical-methodic principles of individualization of educational-training process in separate groups of kinds of sports" (No. of state registration 0108U010862), by subject 2.4.1.4.3 "Psychological, pedagogical and medical-biological means of workability rehabilitation in outdoor games" (No. of state registration 0106U011989) and by subject of Ministry of education and science, youth and sports of Ukraine for 2011-2016, 91 "Theoretical-methodic principles of individualization in physical education and sports" (No. of state registration 0112U002001) and by state-financed subject 3-13 of Ministry of education and science, youth and sports of Ukraine for 2013-2014 "Theoretical-methodic principles of using of informational, pedagogic and medical-biological technologies for formation of healthy life style".

Purpose, tasks of the work, material and methods

The purpose of the work is to find out, which physical culture means are considered by girl students to be of priority.

For estimation and analysis of motivation and priorities of Donetsk national university, philological faculty girl students concerning attendance of physical culture classes we used the method of questioning. For this purpose we developed two questionnaires for revelation of self estimation of own health by them and to find out what their preferences are concerning practicing of different kinds of physical exercises.

The research covered 50 girl students of 18-19 years old of Donetsk national university.

Results of the research

Statistical processing of the obtained in questioning data witnesses, that only 10% of HEE girl students consider their health as "excellent", and this is in spite of the fact that 48% of the questioned girl students estimated their health as "good". Part of girl-students, who evaluated their health as "satisfactory" or "unsatisfactory" is still rather significant and is 30 and 6% accordingly (see fig.1).



Fig.1. Self-evaluation of health state by girl-students, (n=50)

It is necessary to pay attention to the fact that only one fifth of girl-students (20%) have optimal for their age group level of motion activity. For 66% of young women this indicator is 2-3 and 4-5 hours a week, that satisfies only half of demand in movement. I.e., for majority of girl-students low level of motion activity is characteristic.

From forms of rest girl-students prefer walks, slipping, then TV watching, reading and sports – in the last place.

All these is in spite of the fact that 68% of girl-students attend physical culture classes exactly in order to improve health and physical condition, i.e. for most of the questioned just physical education trainings are the main and may be the only mean of optimizing their motion regime; 46% of girls would like to attend physical culture trainings 2-3 times a week, 24% - even every day.

Besides, it is necessary to pay attention to the fact that 64% of girls would like to choose content of physical culture trainings independently, that is considered normal in most countries of the world (see fig. 6).

Modern girl-students want to receive at physical culture trainings not only traditional skills and abilities, but they want to attend classes, which would have educational and developing character (42%) or, together with development of physical qualities, would influence on psycho-physiological and cognitive abilities (40%). Analysis of correlation of answers to question “Why don’t you like physical culture training?” discovers more fully the reason of this discipline’s low attendance by girl-students, that already has been noted by us above. Only 22% of respondents noted that they like physical culture trainings. Accordingly the rest 78% of the questioned are not satisfied with both: the state of sport material base and the absence of variability of trainings; content (26%). This prompts conclusion that uniformity of content and structure of HEE physical education reduces girl-students’ interest to trainings.

At the same time, in order to attract girl-student to full fledged, interesting physical culture trainings it is not sufficient only to reveal the reasons of absence of their interest. It is also necessary to find out the preferences of modern girl-students in existing means of physical education, both traditional and innovative. In fig. 2 we can see that three leading means of physical education, which are preferred by girl-students, include: outdoor games, swimming and physical exercises in water with the help of up-to-date technologies. Exactly this fact served as the base for our developing of author’s program of girl-students’ physical education with application of aqua-fitness with technical equipment.

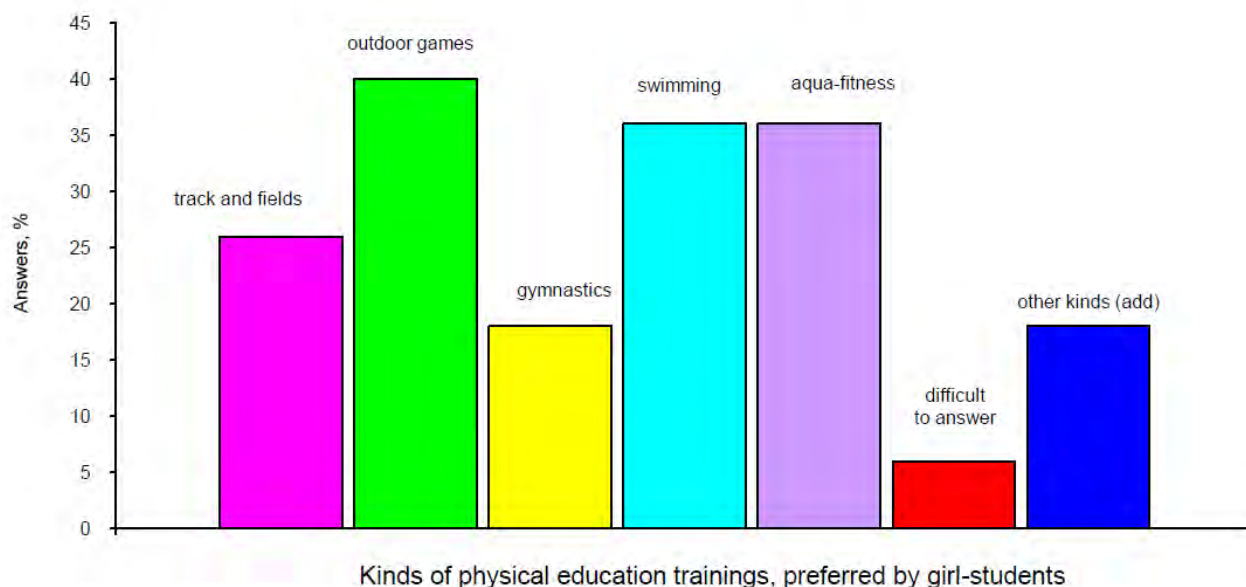


Fig.2 Kinds of physical education trainings, preferred by girl-students

Besides, 58% of respondents, as it can be seen in fig. 10 and fig.11, consider that just training in water with application of modern innovative technologies, including aqua-fitness and games, is the most effective mean of body constitution's correction.

Special attention should be paid to the fact that more than half of girl-students noted in questionnaires aqua-fitness as leading mean of health improvement.

It should also pay attention to the fact that girl-students expect emotions from trainings in water (52%), increasing of energy consumption owing to execution of physical exercises (30%) and at the same time reducing of loads on supporting motor system (34%).

Trainings in water with application of up-to-date technologies are also promising for girl-students concerning improvement of physical abilities, psycho-physiological and cognitive qualities, alongside with the fact that they are interesting and emotional – that is absent at traditional physical culture trainings.

Some girl-students have chronic diseases and a lot of girl-students can not rehabilitate during days off. However, most of girls prefer trainings in water because they consider them to be interesting and entertaining.

Summary

1. It has been established that self-estimation of girl-students' health, their motion activity, forms of leisure are not adequate for this age group. It was found that 10% of HEE girl-students estimate their health as "excellent", 48% of the questioned consider their health "good", part of girl-students, who evaluated their health as "satisfactory" or "unsatisfactory" is still rather significant and is 30 and 6% accordingly; some girl-students have chronic diseases and a lot of girl-students can not rehabilitate during days off. One fifth of girl-students (20%) have optimal for their age group level of motion activity. From forms of rest girl-students prefer walks, slipping, then TV watching, reading and sports – in the last place.

2. It has been found that for main part of the questioned (68%) just physical education trainings are the main and may be the only mean of optimizing their motion regime and 64% of girls would like to choose content of physical culture trainings independently, that is considered normal in most countries of the world.

3. It has been established that modern girl-students want to receive at physical culture trainings not only traditional skills and abilities, but they want to attend classes, which would have educational and developing character (42%) or, together with development of physical qualities, would influence on psycho-physiological and cognitive abilities (40%); uniformity of content and structure of HEE physical education reduces girl-students' interest to trainings.

4. It has been revealed that three leading means of physical education, which are preferred by girl-students, include: outdoor games, swimming and physical exercises in water with the help of up-to-date technologies; 58% of respondents consider that just training in water with application of modern innovative technologies, including aqua-fitness and games, is the most effective mean of body constitution's correction.

The prospects of further researches imply development and implementation of innovative methods in physical culture trainings at HEE, that is necessary condition of girl-students' motivation for physical trainings, not only for improvement of classes' attendance but their health as well and, besides, for education of need in healthy life style.

References:

- 1 Bazyliuk T.A. *Pedagogika, psihologia ta mediko-biologicni problemi fizicnogo viovanna i sportu* [Pedagogics, psychology, medical-biological problems of physical training and sports], 2007, vol.11, pp. 98 – 100.
- 2 Barybina L. N., Semashko S.A., Krivencova E.V. *Fiziceskoe vospitanie studentov* [Physical Education of Students], 2012, vol. 5, pp. 9-13.
- 3 Grin' L.V. *Fiziceskoe vospitanie studentov tvorceskih special'nostej* [Physical Education of the Students of Creative Profession], 2004, vol. 5, pp. 63-67.
- 4 Iermakov S.S. *Fiziceskoe vospitanie studentov tvorceskih special'nostej* [Physical Education of the Students of Creative Profession], 2003, vol.1, pp. 66-71.
- 5 Iermakov S.S. *Fiziceskoe vospitanie studentov tvorceskih special'nostej* [Physical Education of the Students of Creative Profession], 2004, vol.3, pp. 8-24.
- 6 Kozina Zh.L., Ashanin V.S. *Fiziceskoe vospitanie studentov tvorceskih special'nostej* [Physical Education of the Students of Creative Profession], 2007, vol.1, pp. 152–156.
- 7 Kozina Zh.L., Iermakov S.S., Pogorelova A.O. *Fiziceskoe vospitanie studentov tvorceskih special'nostej* [Physical Education of the Students of Creative Profession], 2012, vol.3, pp. 53–60.
- 8 Kozina Zh.L., Barybina L.N., Grin' L.V. *Fiziceskoe vospitanie studentov* [Physical Education of Students], 2010, vol.5, pp. 30-35.
- 9 Kozina Zh.L. Vorob'eva V.A. *Pedagogika, psihologia ta mediko-biologicni problemi fizicnogo viovanna i sportu* [Pedagogics, psychology, medical-biological problems of physical training and sports], 2007, vol. 2, pp. 47-53.
- 10 Kozina Zh.L. *Sistema individualizacii podgotovki sportsmenov v igrovyykh vidakh sporta*. [Customize system of training athletes in team sports], Lambert Academic Publishing Russia, 2011, 532 p.
- 11 Prusik Kristof, Prusik Ekaterina, Iermakov S.S., Kozina Zh.L. *Pedagogika, psihologia ta mediko-biologicni problemi fizicnogo viovanna i sportu* [Pedagogics, psychology, medical-biological problems of physical training and sports], 2012, vol. 12, pp. 112-123.
- 12 Prusik Kristof, Prusik Ekaterina, Kozina Zh.L., Iermakov S.S. *Fiziceskoe vospitanie studentov* [Physical Education of Students], 2013, vol.1, pp. 54-62.

Information about the author:

Bazylyuk T.A.: Zhanneta.kozina @ gmail.com; Donetsk State Institute of Health, Physical Education and Sport; Baidukov str., 80, Donetsk, 83048, Ukraine.

Cite this article as: Bazylyuk T.A. Self-evaluation of health and interests of students of higher education institutions on course physical education. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 2013, vol.7, pp. 3-6. doi:10.6084/m9.figshare.735943

The electronic version of this article is the complete one and can be found online at: <http://www.sportpedagogy.org.ua/html/arihive-e.html>

This is an Open Access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited (<http://creativecommons.org/licenses/by/3.0/deed.en>).

Received: 03.06.2013

Published: 30.07.2013