

MOTIVATION OF SCHOOLCHILDREN AND STUDENTS FOR HEALTH RELATED TOURISM

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Abstract. *Purpose:* determination of schoolchildren's and students' motivation for different kinds of health related tourism. *Material:* In the research 50 pupils of 5-9 forms and 50 first and fourth year students participated. They were offered to attentively read 15 motives and assess their significance by 10-points scale. *Results:* questioning permitted to study schoolchildren's and students' motivation for tourism. It was found that with age priority of motivation for health related tourism changes. For example, motives of health as well as social ones are to larger extent intrinsic to students. At the same time emotional motives (enjoyment with trainings) are important for schoolchildren. *Conclusions:* the highest motivation was found in wish to develop physical qualities (1217 points), pleasant spending of time (1135 points) and enjoying with trainings (1240 points).

Key words: motives, schoolchildren, students, tourism, wish, questionnaire.

Introduction

Recent years, against the background of intensification of learning process in higher educational establishments (HEE) there has been existing a tendency to reduction of students' motor functioning. Situation becomes more acute because of growing popularity of attractive kinds of non-physical functioning in students' environment.

At present tourism becomes more important in society and realizes important social functions: recreation of society's psycho-physiological resources; facilitating human workability and rational leisure; ensuring of population's occupation and increasing of its income; orientation on support and recreation of regions [1, 6].

Tourism is the most multifaceted form of human active leisure, pledge of person's harmonious development (V.D. Dekhtiar, 2002; Yu. N. Fedotov, I.E. Vostokov, 2003; V.I. Ganapolskiy, 2004; S.V. Dmytruk, 2007; O.V. Andreyeva, O.L. Blagiy, 2011; Christine Y-H., Shu S.M-C., 2006; Dale C., Hassanien A., 2008; Hawkins D.E., 2006; Peters M., Pikkemaat B., 2006; Ruhanen L., McLennan C-L., 2012; Williams G., Mc Kercher B., 2001).

Since long ago tourism has become an everyday demand and integral part of human life. Sooner or later person feels demand in travelling. For choosing of direction and kind of travel key moment is motivation [2].

Motives are dreams, wishes or thoughts, which initiate certain sequence of actions, representing behavior. Motive of travel is a reason, with the absence of which such travel would not have taken place. Commitment is distinctive feature of motives. For the action to be purposeful a person shall understand what he (she) wants, what he (she) lacks of [3].

For determination of students' motivation in tourism and recreation sphere and for finding of its formation ways it is necessary to determine those urges, which guide youth in actions, wishes in learning and cognitive activity. Motivation sphere always consists of a number of urges: ideals and values, demands, motives, targets, interests and so on. These urges play different roles in general picture of motivation; at different stages of age growth they become more or less important [7].

In our time students' low motivation is connected with certain factors, which, in different correlations, can characterize living conditions of youth, environment, family education [4, 8, 10]. Physical motivation is very important for students. Physical motivation is subdivided into rest, treatment and sports. As far as among answers rest is on the first place then, main reason of travels is recreation of physical condition. Psychological motivation is not less important. Main psychological motivation of travel is wish to see something new, step back from everyday routine, demand in changing of environment.

Strive for communication is distinctive feature of youth. Many people seek demanded social contacts during travel. In this group visits to friends, relatives are of great importance. Thus, interpersonal motivation also becomes of special importance. Students' tastes can be different and depend on a number of factors.

There are certain discrepancies in structure of external and internal factors, which influence on motivation for systemic trainings of tourism as mean of students' self perfection. Relatively equal are such external factors as parents' and teachers' advices, attendance of lectures, competitions, advices of friends, TV programs and mass media. Internal factors, which influence on motivation's intensity are knowledge, convictions, which and seeking of reasons, preventing from realization of purpose. Objective reasons, which are obstacles for realization of purpose, are absence of groups, combined by interests, and ability to pay trainings; internal reason, which reflects instability of motives and interests, is deficit of time [2, 3, 13-17, 21].

Motives for tourism's practicing are different and depend on personality, but the most often they are: personal perfection, health improvement, cognition of environment and oneself, communication in small groups. Results of tourism's practicing are the following: physical and mental progressing of a person; aesthetic and moral-will education; cognition of history and modernity, culture and traditions of native population; careful attitude to nature and respect of national traditions; development and expansion of knowledge, skills in overcoming of natural obstacles and so on.

Purpose, tasks of the research, material and methods

The purpose of the research is determination of schoolchildren’s and students’ motivation for practicing of different kinds of health related tourism.

The tasks of the research:

1. On the base of questioning analyze priorities of schoolchildren’s and students’ motives for health related tourism’s practicing.

2. Determine changes in preferences of different kinds of tourism’s practicing in the period of study at HEE.

In the research 50 pupils of 5-9 forms, who are trained at Chuguyev district center of tourism and regional geography, Kharkivska region, and 50 students of Kharkiv HEEs, who attend circles of health related tourism. All they were offered to read 15 motives and assess their significance by 10-points’ scale (10 – it is most important for me; 1 – it is alien for me). It permitted to study motivation of tourism’s practicing.

Results of the research

We conducted questioning of schoolchildren, 1st and 4th year students and analyzed their motivation for different kinds of tourism. Motives of schoolchildren, 1st and 4th year students were determined at the end of academic year. Questioning of health motives for health related tourism witnesses that average schoolchildren have the lowest motives in the mentioned indicators. (See fig. 1).

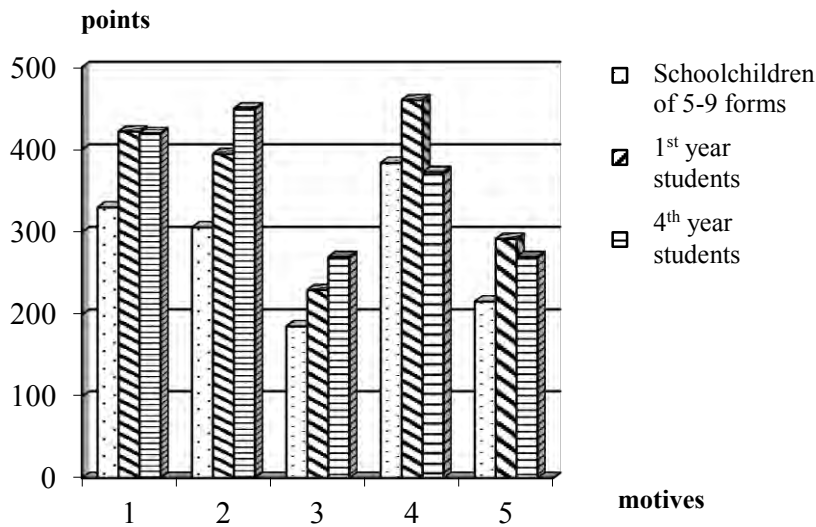


Fig.1. Results of schoolchildren’s and 1st and 4th year students’ questioning of health motives for practicing of health related tourism: 1 – improvement of health; 2 – preservation of health; 3 – prophylaxis of morbidity; 4 – training of physical qualities; 5 – good self-feeling after lectures (classes).

Among first year students the most important motivations are: “improvement of health” (422 points), “training of physical qualities” (460 points) and “good self-feeling after lectures” (292 points). Prevailing motivation of 4th year students – preservation of health (450 points) – witnesses about conscious attitude to practicing of different kinds of sport tourism.

Besides, we found out that the highest motivation in all groups was “training of physical qualities” – 1217 points. The weakest motivation was “prophylaxis of morbidity” (686 points), as far as in this age such problem is not significant.

Questioning of social motives for health related tourism’s practicing resulted in all groups in rather high indicators, except attendance of classes accompanying friends or by advices of parents or teachers (see fig. 2). Pleasant self feeling after active (practicing tourism) leisure gained 1135 points (schoolchildren – 325 points; 1st year students – 380 and 4th year students – 430 points).

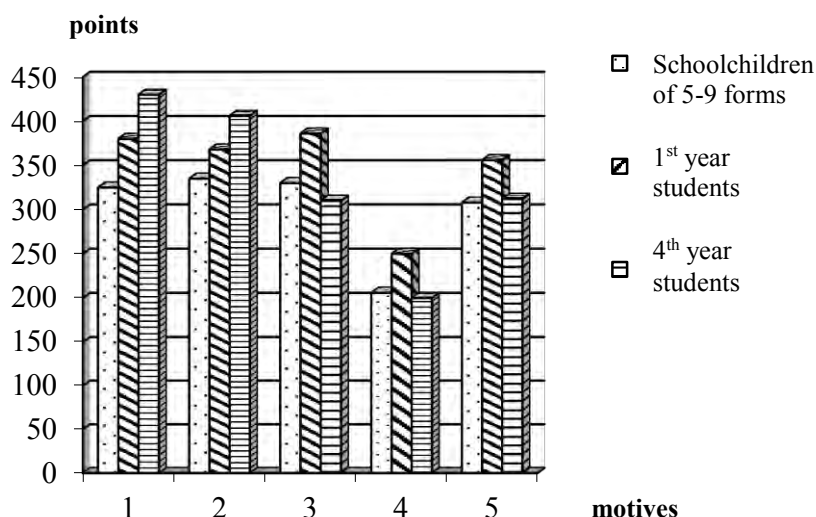


Fig.2. Results of schoolchildren's and 1st and 4th year students' questioning of social motives for practicing of health related tourism: 1 –pleasant spending of leisure; 2 –diversification of leisure; 3 –obtaining of new useful knowledge and skills; 4 –accompanying of friends or by advice of parents or teachers; 5 – participation in hiking, excursions and field trainings.

Diversification of leisure spending was marked by all questioned groups (1109 points). In the marked motives we could see gradual increase of points, depending on increasing of age and the highest points belonged to graduates from HEEs. In other motives one can note increase of points in 1st year students. For example, obtaining of new useful knowledge and skills was assessed by the highest points by 1st year students (386 points). The same situation is with motive “participation in hiking, excursions and field trainings” (schoolchildren – 308 points; 1st year students – 356; 4th year students– 312). It is conditioned by graduated thoughts about future employment.

The least total quantity of points - 565 – was determined in motivation “accompanying of friends”. To larger extent it concerns 1st year students (250 points). Among schoolchildren the weakest motivation is “by advice of parents and teachers” (206 points). Indicators of emotional motives for practicing of sport tourism are rather different (see fig.3).

Feeling pleasure from practicing of tourism, communicating with friends, visiting different famous sights, obtaining of skills useful for independent life are intrinsic to all groups (schoolchildren -450 points; 1st year students– 420; 4th year students – 370). But this motive is the highest among schoolchildren. The motive, connected with influence of sport tourism on schoolchildren and students – “good self feeling during and after trainings” was noted by all groups (schoolchildren – 380 points; 1st year students– 385; 4th year students– 370). It witnesses about effectiveness of their attending trainings.

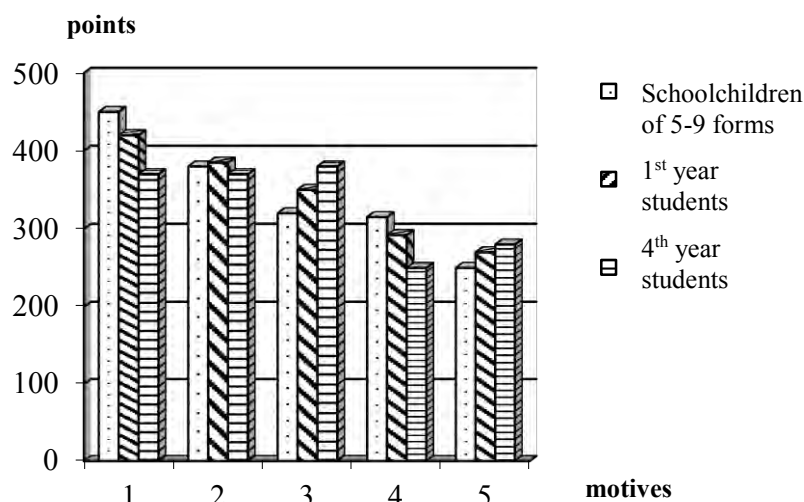


Fig.3. Results of schoolchildren's and 1st and 4th year students' questioning of emotional motives for practicing of health related tourism: 1 –enjoying of trainings; 2 –good self-feeling during and after trainings; 3 –increase of self estimation and self confidence; 4 –wish to cultivate courage and resoluteness; 5 – wish to have good body constitution and trained muscles.

With time passing, trainings in groups of sport tourism facilitated increasing of self estimation and self confidence (schoolchildren – 320 points; 4th year students - 380). Wish to cultivate courage and resoluteness is to larger extent intrinsic to schoolchildren (315 points). At the same time, this motive becomes weaker in the future (first year students – 292 and 4th year students 250 points).

Wish to have good body constitution with trained muscles increases with age (schoolchildren - 250 points, 1st year students – 270 points, 4 year students – 250 points). It witnesses about higher students' interest in appearance.

Discussion

Sport tourism is commonly accessible mean of active leisure and health improvement of population. Tourism is practiced in natural environment and requires intensive functioning that facilitates reduction of physical inactivity's negative after-effects.

Purpose of travels is also different: somebody goes to have rest near water, somebody wants to practice sports, other interest in excursions and museums or just amusement. Such behavior cannot be understood without understanding of sources and motives [2].

Analysis of scientific literature proved that researches in sphere of sport and health related tourism were mainly episodic. Recent years scientists have conducted researches connected with content and methodic of sport tourism's training [7, 11], safety measures during hiking [1], principles of development of sport, health related tourism [4, 18, 20, 22] and influence of tourist and regional geographic functioning on schoolchildren's organism and physical condition [5, 8, 12]. However motivation for practicing of tourism by schoolchildren and students was not paid attention to and it forced us to make analysis in this direction.

The conducted research proved results of other authors [] which not that it is necessary to consider schoolchildren's and students' motivation for sport and health related tourism. Besides, we expanded the data of domestic [2, 3, 5, 9, 10, 14, 17] and foreign authors [11, 15, 18-20, 22] about strengthening of schoolchildren's and students' health. Alongside with it, our research showed that it is necessary to consider motivations of priority for sport- health related tourism's practicing according to age of youth. стосовно напрямків підвищення рівня найбільше значущих показників здоров'я школярів та студентів.

Conclusions:

- 1 Questioning of motives for sport-health related tourism's practicing permitted to find out that the most important are: for schoolchildren – feeling pleasure from trainings (450 points); for 1st year students – training of physical qualities (460 points); for 4th year students – preservation of health– підтримання здоров'я (450 points).
- 2 With age priority of motivations for sport-health related tourism's training changes. For examples motives of health as well as social motives are to larger extent intrinsic to students. At the same time, emotional motives (feeling pleasure from trainings) are important for schoolchildren).

The weakest motive was “prophylaxis of morbidity” (schoolchildren – 186 points; 1st year students – 230 points) and attendance of trainings to accompany friends or by advice of parents or teachers (200 points).

The prospects of further researches imply determination of schoolchildren's and students' motives for practicing of different kinds of sport-health related tourism.

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Conflict of interests

The authors declare that there is no conflict of interests.

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