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ON FORMATION OF STUDENTS PERSONALITY'S PHYSICAL CULTURE IN THE PROCESS OF  
PHYSICAL EDUCATION (IN ASPECT OF PHYSICAL CULTURE ACTIVITY)

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**Annotation.** It is shown that practice of teaching of discipline «Physical education» in an insufficient degree provides the origin of athletic activity of students. In all 650 students took part in a questionnaire (324 boys and 326 girls of the first and fourth courses). It is set that students do not have sufficient and necessary knowledge and abilities. It is marked that students give preference to not facilities of physical culture, accessible and popular in the environment of young people «facilities-scaies». It is set that only 7,54% students can fully complete confidence to characterize the phenomenon of athletic activity. It is marked that by most popularity about 55 % students use medicine, alcohol, smoking, restorative preparations. The high level of knowledge of students is marked about the influence of smoking, alcohol, drugs on the organism of a man. It is set that less than 45 % students for the improvement of the psychophysical state are utilized by various athletic-health-improvement facilities and methods (physical exercises, trainers, self-massage, sauna, walks, diet).

**Keywords:** abilities, facilities, physical culture, activity.

**Introduction.**

Unprofessional physical education is a level of physical culture achievements' mastering, which is notable by the fact that man can purposefully find, analyze and apply different physical culture means, which are important depending on current life activity situations [1-10], on the base of actualized values and motives to be healthy and physically active. Such systematically man takes part in physical health improving and recreation trainings and is characterized by the depth and variety of his knowledge and by the experience of their application.

Only if values to be physically trained and healthy are actualized and realized, individually accepted motives to trainings and system of special conceptions are formed as well as the required competence for their implementation, then qualitatively new state of a man – physical culture of a personality appears on the base of trained body of this man. Thus, the sense of unprofessional physical education of students lies in achieving of mental and physical processes' integrity by a persons, the processes, which are necessary for evaluation and understanding of own health state, programming and practicing of healthy life style. And with it, these and other items still are remaining to be studied insufficiently and require carrying out of appropriate researches.

The present work has been fulfilled as per plan of Scientific & Research works of Donetsk national university.

**Purpose, tasks of the work, material and methods.**

*The purpose of the researches:* to analyze the peculiar feature of students' physical culture activity as a result of higher educational institutions' traditional existing practice of physical education.

*The methods and organization of the researches:* review of scientific-methodological literature, theoretical analysis and synthesis, questioning. The research conducted in three universities of Ukraine: Donetsk national university (DNU), Zaporozhskiy national technical university (ZNTU) and National mining university of Dnepropetrovsk (NMU). In total, questioning covered 650 students (324 male and 326 female) of first and fourth years of study.

**Results of the research.**

In order to reveal what means are used by students in their *physical culture activity and formation of healthy life style* for improving of psycho physiological state, the participants should have answered the question: “ For improvement of your psycho physiological state you use...” and choose one of the answers' variant: “yes, often” -2 points mark, “yes, but seldom” – 1 point and “no” – 0 points, of the following items:

- 3.1. Physical exercises and sports.
- 3.2. Walks.
- 3.3. Self massage (massage).
- 3.4. Steam bath (sauna).
- 3.5. Reducing diet, cleansing fast.
- 3.6. Conditioning to cold procedures.
- 3.7. Training simulators.
- 3.8. Medical products.
- 3.9. Alternative medicine means.
- 3.10. Soporific drugs, tranquilizers.
- 3.11. Stimulants (tonics).
- 3.12. Narcotics, alcohol, smoking.
- 3.13. Psycho therapy (music, TV watching).

Items 3.1 – 3.7 represent means, which are used with organization of physical culture activity and healthy life style. Items 3.8-3.13 represent “compensating means”, in general, affecting negatively on a human organism.

Below, detail analysis of the results, obtained in every higher educational institution, is given. In fig.1 the questioning data of 1<sup>st</sup> and 4<sup>th</sup> year student (male) of Donetsk national university are presented. In fig.1 it is seen that the most quantity of points are covered by the items of “compensating means”: 3.8 – using of medical products– 1.78 points for the students of every year of study; 3.9 - alternative medicine means – 1.87 point for the students of each academic course; item 3.10 – using of soporific drugs and tranquilizers – 1.93 and 1.98 correspondingly. Item 3.11- using of stimulants and tonics – 1.82 and 1.98 correspondingly and item 3.13 – psycho therapy – 1.84 and 2.00 points.

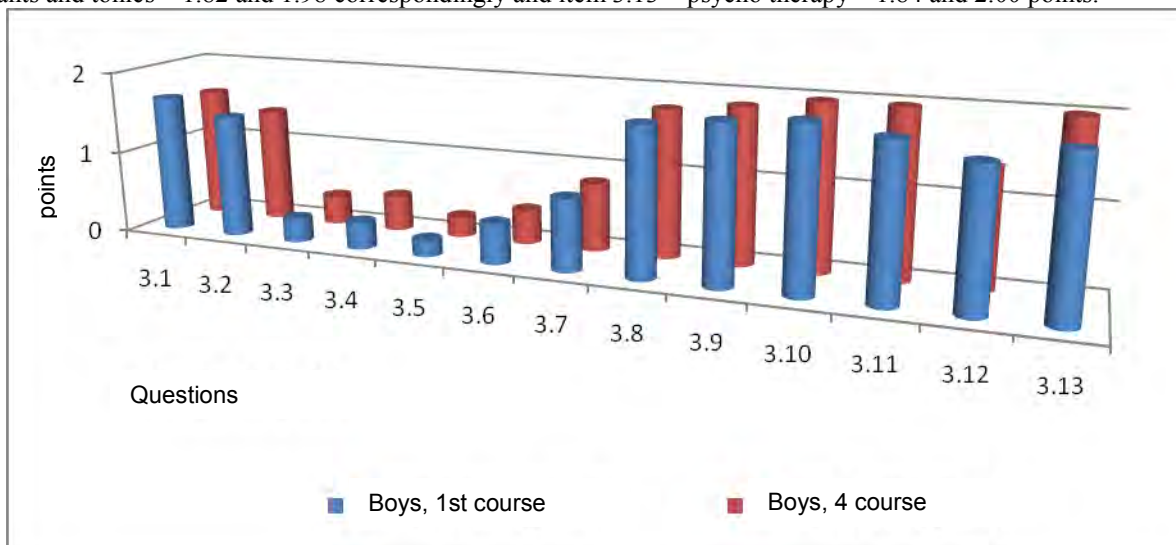


Fig.1 Results of DNU students' (male) questioning about application of physical culture and healthy life style means.

From the items, which characterize physical culture means proper, which are applied by students (male) for organization of their physical culture activity, the most quantity of points was gained by item 3.1 – physical exercises and sports: 1.6 point 1<sup>st</sup> and 1,6 points 4<sup>th</sup> year students. Thus, for improvement of psycho physical conditions DNU students (male) mainly apply “compensating means”, represented by items 3.8 – 3.13, on the background of physical exercises and sports trainings.

The questioning data of DNU students (female) are presented in fig.2. For DNU first year students (female) the most quantity of points was covered by items: 3.10 – 1.76; 3.11- 1.99 and 3.13 – 1.83 points. For the fourth year students (female) – items: 3.9 -1.78; 3.11 – 1.19 and 3.13 – 1.8 points. Item 3.2 points “walks”, for the 1<sup>st</sup> year students (female) – 1.78, and for the 4<sup>th</sup> year students – 1.74 are practically equal.

As per the obtained data, it should be noted, that both: among DNU students (male) and students (female) such “compensating means” as stimulants and alternative medicine means or psycho therapy are the most frequently used. But unlike students (male), for the girls, walks are much more popular than physical exercises or sports.

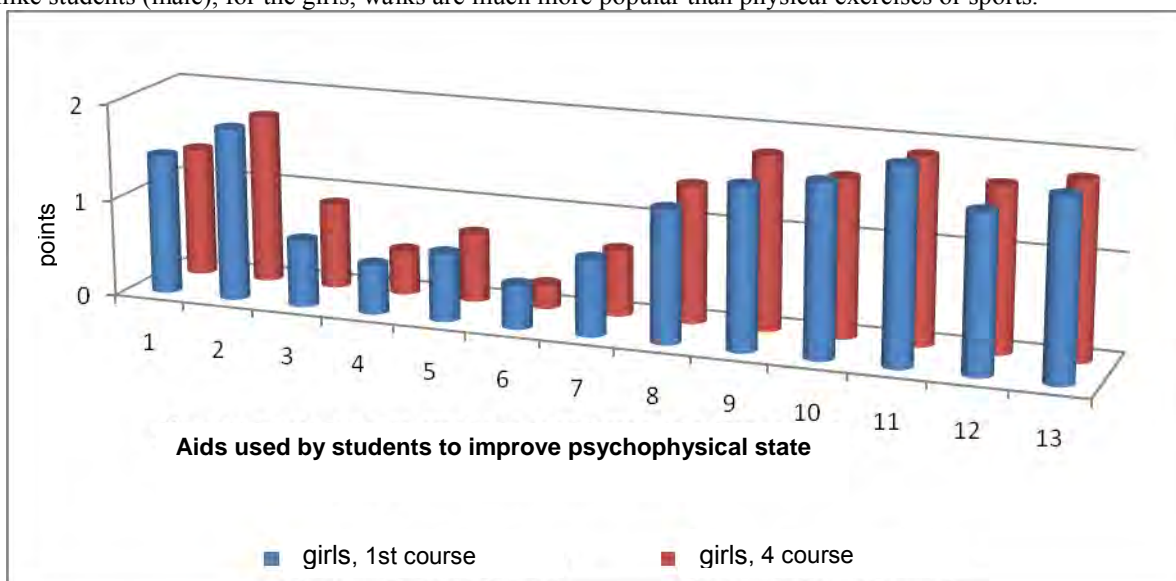


Fig.2 Results of DNU students' (female) questioning about application of physical culture and healthy life style means.

Items 3.3 – 3.7 gained the least quantity of points both by DNU student (male) and students (female).

Now, let us consider the situation in National mining university.

In fig.3 and fig. 4 the questioning data of 1<sup>st</sup> and 4<sup>th</sup> year student (male and female) of NMU are presented.

It should be noted that the questioned NMU students gained the greatest quantity of points in items 3.10, 3.11 and 3.13.

The 1<sup>st</sup> and 4<sup>th</sup> year students (male) gained 2.00 and 1.84 points correspondingly in item 3.10 – using of soporific drugs; students (female) – 1.78 and 1.92. Item 3.11 (using of stimulants (tonics)) has 1.98 and 1.88 points for the 1<sup>st</sup> and 4<sup>th</sup> year students (male) and, correspondingly, 1.98 and 1.96 points for the students (female). Item 3.13: for students (male) 1.97 and 1.9; for students (female) -1.89 for each year of study.

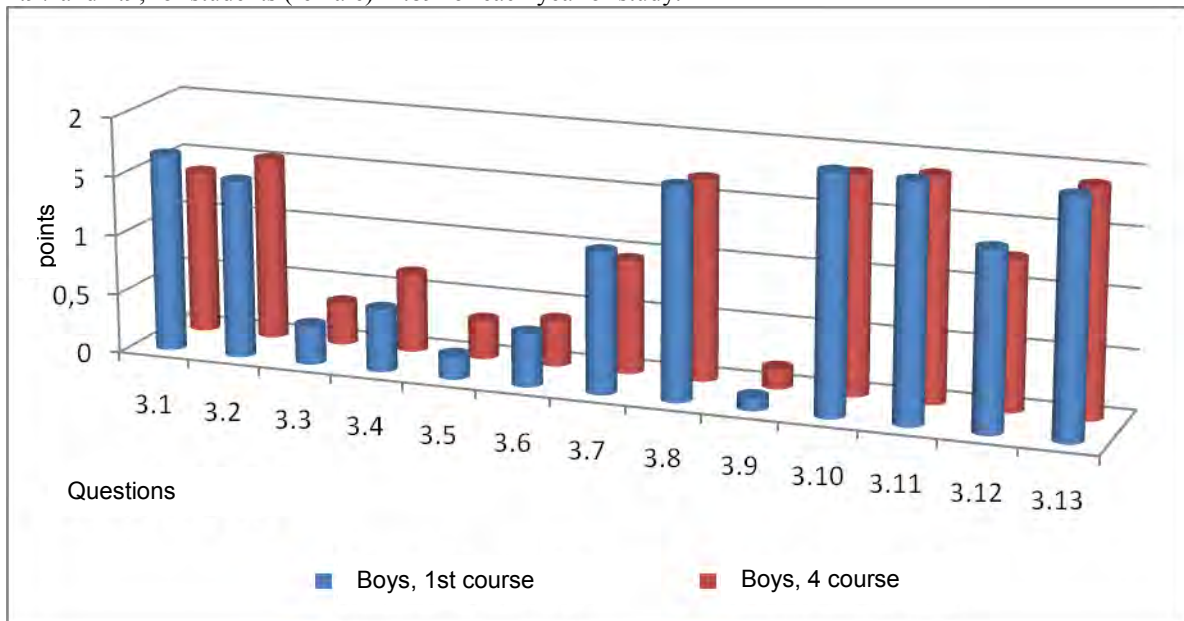


Fig.3 Results of NMU students' (male) questioning about application of physical culture and healthy life style means.

Among items, which represent means, applied for organization of physical culture activity, the greatest quantity of points are gained (for male students) by item 3.1 “physical exercises and sports” – 1.67 points and 3.2 “walks” (for male 1<sup>st</sup> year students – 1.54 points and for female students: 1.71 for the 1<sup>st</sup> year and 1.58 for the 4<sup>th</sup> year of study).

Among students (of both sexes) of NMU as well as of DNU, the least quantity of points was gained by items 3.3 and 3.7. Unlike DNU students, where application of alternative medicine means is very popular, in NMU this item gains the least quantity of points among all questioned students and is 0.11 and 0.17 points (male students of the 1<sup>st</sup> and the 4<sup>th</sup> year of study) and for female students 0.07 and 0.19 points correspondingly to the years of study.

The 1<sup>st</sup> and the 4<sup>th</sup> year students (of both sexes) of Zaporozhskiy national technical university gained the greatest quantity of points by the same items that the students of Donetsk national university and national mining university. Their questioning data are given in fig.5 and fig. 6.

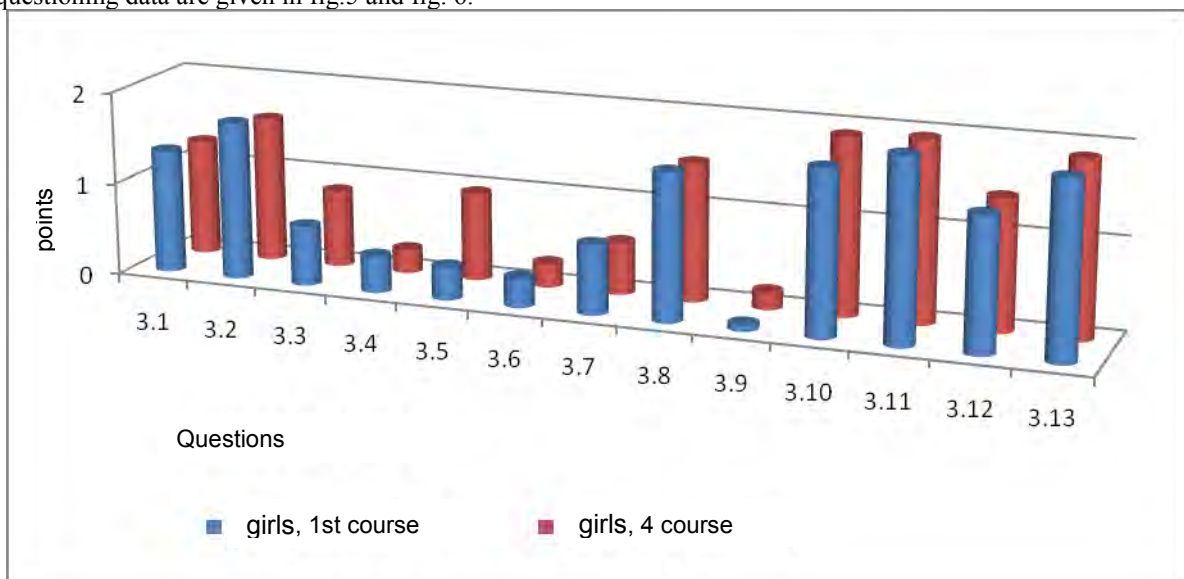


Fig.4 Results of NMU students' (female) questioning about application of physical culture and healthy life style means.

These items are: 3.10- using of soporific drugs and tranquilizers, 3.11- using of stimulants (tonics), 3.13 – psychotherapy. It is evident that application of “compensating means” can be regarded as a distinctive feature of

students' life style. Thus, for ZNTU 1<sup>st</sup> year male students, item 3.10 has 1.78 points, for the 4<sup>th</sup> year students – 1.71 points; for the 4<sup>th</sup> year male students – 1.71 points and female students – 1.7 points correspondingly. Item 3.11 for male students has 1.6 and 1.65 points; for female students – 1.88 points. Item 3.13 for male students has 1.95 and 1.85; for female students – 1.78 and 1.88 points correspondingly to the years of study.

It should be noted that for improving of psycho physical state ZNTU male students use physical exercises and sports (item 3.1) and walks (item 3.3) that is proved by the gained points. Ay first year of study item 3.1 has 1.48 points and item 3.1 has 1.53 points correspondingly, at the fourth year of study the indicators increase up to: 3.1 – 1.74 points and 3.2 – 1.85 points.

The registered trend is rather important; it witness about priorities in selection of stress situations' overcoming and restoration after study means. Students prefer available and popular among youth "compensating means" instead of physical culture means and it can be explained by the absence of the required for this and various knowledge. So, youth sub-culture naturally replaces gaps in the aspect of values, motives, targets, knowledge and skills, which appear as a result of knowledge deficit in the field of physical culture and health improving means application.

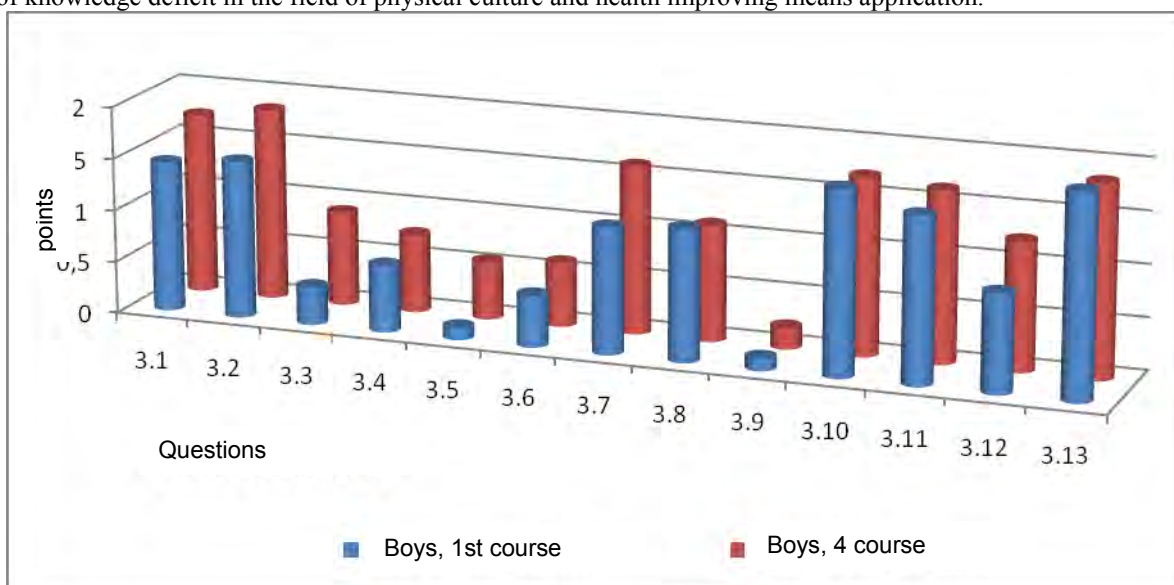


Fig.5 Results of ZNTU students' (male) questioning about application of physical culture and healthy life style means.

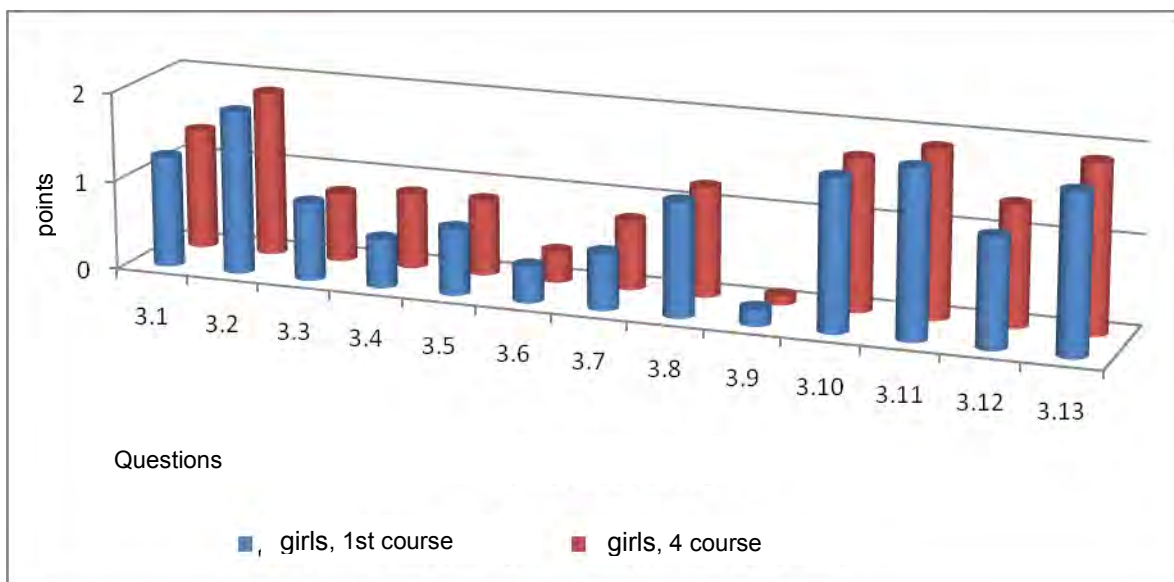


Fig.6 Results of ZNTU students' (female) questioning about application of physical culture and healthy life style means.

Among girls the walks are the most popular: 1<sup>st</sup> year students -1.83 points and 4<sup>th</sup> year – 1.85 points. Like among NMU students, item 3.9 is not popular among students of ZNTU and gains the least quantity of points. 1<sup>st</sup> and 4<sup>th</sup> year male students gained 0.13 and 0.21 points and female students – 0.19 and 0.10 correspondingly.

Generalized questioning data of three universities concerning the means, used by the students, for improving of their psycho physical state are given in fig. 7 and fig. 8. According to the obtained results, in all three universities, where researches were carried out, the greatest quantity of points was gained by items 3.10 (using of soporific drugs and

tranquilizers; 3.11 (using of stimulants and tonics); 3.13 (psycho therapy). That is the items, which have no direct connections with organization and development of physical culture activity by students.

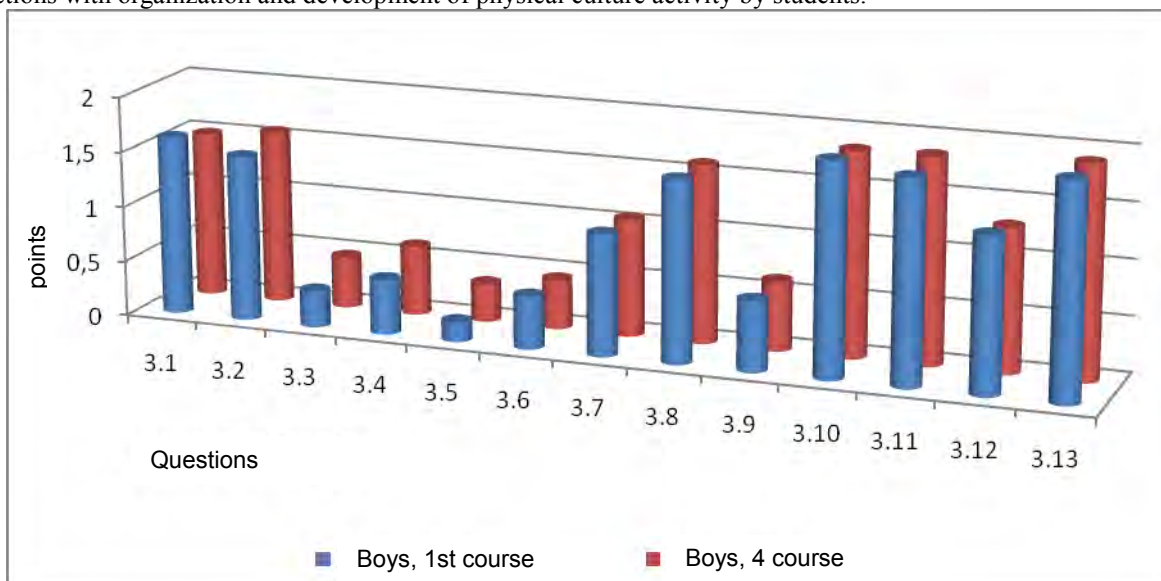


Fig.7 Generalized questioning results of male students of three universities about application of physical culture and healthy life style organization means

The greatest quantity of points is still covered by items 3.10 (1<sup>st</sup> year male students – 1.92 points, 4<sup>th</sup> year – 1.85 points; 1<sup>st</sup> and 4<sup>th</sup> year female students – 1.75 and 1.69 points correspondingly); 3.11 (1<sup>st</sup> year male students – 1.83 points, 4<sup>th</sup> year – 1.86 points; 1<sup>st</sup> and 4<sup>th</sup> year female students – 1.95 and 1.9 points correspondingly); 3.13 (1<sup>st</sup> year male students – 1.93 and 1.91 points; female students – 1.83 and 1.84 points correspondingly)

Items 3.3 – 3.6 and 3.9 cover the least quantity of points, both, gained by male and female students. For the 1<sup>st</sup> year male students, item 3.3 - 0.33 points for the 4<sup>th</sup> year – 0.47 points; for female students: 0.74 and 0.84 correspondingly; item 3.5 for male students – 0.5 and 0.63 and for female students - 0.49 and 0.55 points. Item 3.5 for male students has 0.18 and 0.35 points; for female students, correspondingly – 0.62 and 0.8 points. Item 3.6 for male students of the 1<sup>st</sup> and 4<sup>th</sup> years of study had 0.48 and 0.45 points. For female students it is also item 3.7 correspondingly – 0.73 and 0.69 points. Item 3.9 for male students had 0.64 and 0.63 points for the 1<sup>st</sup> and 4<sup>th</sup> years of study; for female students – 0.71 and 0.98 points.

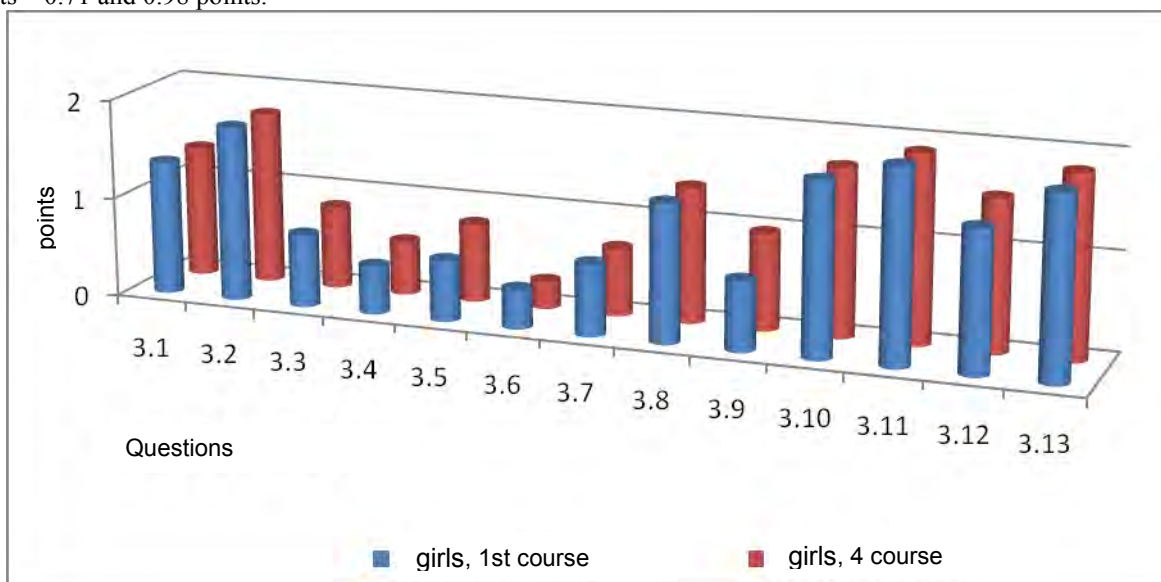


Fig.8 Generalized questioning results of female students of three universities about application of physical culture and healthy life style organization means

With this it is necessary to note that item 3.1 (physical exercises and sports) for the 1<sup>st</sup> year male students does not exceed, by the quantity of gained points – 1.62, the quantity of points in item 3.8 (using of medical products) – 1.64. For the 4<sup>th</sup> year students item 3.1 – 1.5 points and 3.2 (walks) – 1.57 points also do not exceed the quantity of points in item 3.8 – 1.61 points. For the 1<sup>st</sup> year female students, item 3.2 has 1.77 points and for the 4<sup>th</sup> year of study – 1.74 points that correspond to item 3.10 (using of soporific drugs and tranquilizers) correspondingly 1.75 and 1.7 points.

So, alongside with physical exercises and walks students (male and female) of DNU, NMU and ZNTU often use “compensating means”: medical products, soporific drugs tranquilizers, stimulants (tonics) and common psycho therapy for improvement of their psycho physical state.

In the course of research it was also found that for improving of their psycho physical state students of DNU, NMU and ZNTU practically do not use such means of physical culture and healthy life style as self massage (massage), steam bath (sauna), reducing diet, cleansing fast, conditioning to cold procedures, training simulators and etc., which require certain profound knowledge and skills.

According to the results of the conducted by us researches it was revealed that some students have insufficient knowledge and skills, which are required for starting of their physical culture activity and organization of their physical health improving trainings. This, in its turn, leads to situation, when simple physical exercises and walks, which do not require profound knowledge and skills, become the most popular and accessible. But they, per se, can not ensure appropriate, felt by the students, improvement of psycho physical state. That is why students still more often use medical products, soporific drugs and tranquilizers, stimulants (tonics), means of psycho therapy.

So, the absence of profound and variable knowledge and skills in the field of physical culture and healthy life style as well as the absence of the first experience of their application result in low level and more over to the absence of physical activity among the students; only 7.54% of the questioned students can be related to those who practice physical culture activity.

#### Summary.

1. As a result of the conducted research we established that students are quite aware of such general problems as influence of physical culture means on a human health, main rules and techniques of body, hair, oral cavity, clothes, footwear and dwelling hygiene maintenance as well as about harmful affect of smoking, alcohol, narcotics and so on. Concerning specific, practical knowledge in the field of physical culture and healthy life style the students' knowledge are shallow and fragmentary.

2. Their scrappy, non systemic knowledge cannot but affects on a complex of skills, which are required for organization of physical, health improving trainings. This is witnessed by the results of our researches, which attest that students, best of all, are able to select the place of training, sports suits and sports goods depending on the kind of physical exercises as well as to follow the regulations of personal hygiene.

3. Coming from the said above, we established a direct connection between the level of the students' knowledge in the field of physical culture, healthy life style and skills, which are required for organization of physical and health improving trainings by them, i.e. for the development of physical culture activity. Besides, direct influence on the given situation is exerted by insufficient scope of the received at physical culture departments theoretical and practical knowledge.

4. Less than 45% of students use various physical and health improving means and methods (physical exercises, training simulators, self massage, sauna, walks, diets and etc.) for improvement of their psycho physical state. The most popular among the questioned students (55%) are medical products, alcohol, smoking, tonics and so on. However, notable is the fact that the students' level of knowledge about harmful effect of smoking, alcohol, narcotics on human organism is one of the highest.

5. So in the course of the research we determined that insufficient scope of theoretical and practical knowledge, which student receive at physical culture departments, results in the deficit of skills, which are necessary for organization of independent physical – health improving trainings, that, in its turn, is an indicator of students' physical culture activity low level. It is witnessed by the data, in compliance with which only 7.54% of students of 1<sup>st</sup> and 4<sup>th</sup> years of study correspond to the criteria of genuine physical culture activity. Perfection of unprofessional physical culture education, which shall solve the problem of physically active personality's formation, is of acute necessity.

*The prospects of further researches* are connected with the foundation of the system of personality-oriented physical education, with using of students' unprofessional physical education as its core.

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**Cite this article as:** Belykh S.I., Chernigovskaia S.A. About forming of personality physical culture of students in the process of physical education (in aspect of athletic activity). *Physical Education of Students*, 2013, vol.2, pp. 18-24. doi:10.6084/m9.figshare.156375

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Received: 27.10.2012

Published: 03.04.2013