

THE SOCIAL BASIS OF THE DEVELOPMENT OF PHYSICAL ACTIVITY OF STUDENTS IN TERMS OF THEIR QUALITY OF LIFE

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Annotation. The aim is to study the theoretical foundations of social development, physical activity of students in terms of the promotion to enhance their quality of life. The social basis of the phenomenon of physical activity of students in terms of improving their quality of life is shown. It is established that the problem of the formation of students' physical activity should take into account features of mental and physical condition, their future careers. The conditions and the sequence of the formation of the physical activity of students are found out. It is substantiated the feasibility of higher education in the practice of modern educational technology to improve the quality of life of students. It is proved that the formation of the physical activity of students must pass from the external to the internal plan of the mind.

Keywords: activity, physical activity, health, quality of life, studying youth.

Introduction

Modern Russian society has entered the period of progressive development, whose social-economical and political transformations are directed to consolidation of humanistic values and improvement of people's quality of life. In this process an important place is taken by the problems, which are connected with the quality of life of a person himself, his health, healthy life-style, with formation of his physical activity. In new conditions of development of Russia, social significance of physical activity in society is growing, its role in formation of Russian people's healthy life style and quality of life is strengthening.

It is necessary to note, that term "quality of life" is used in different branches of science and each of them offers its own interpretation of this conception, attaching to it certain specific features.

At the same time, there exists a complex definition: "...quality of life is a complex conception, which, in comparable in space and time form, reflect the degree of satisfaction of a person's material, cultural and spiritual requirements, being estimated by both: the person's subjective estimation of his satisfaction with his life and the experts' opinion, made on the base of objective indicators' measurements" [1].

Last years, a number of scientists have regarded the influence of physical culture means in the aspect of a person's life quality improvement [2, 3 et al.].

The present work has been fulfilled as per the plan of scientific & research works of Amur state university.

Purpose, tasks of the work, materia and methods

The purpose of the work is theoretical study of social principles of students' physical activity's formation in the aspect of their life quality facilitating.

The methods of the research: review of literature, questioning.

Results of the research

Physical activity shall be regarded as specific activity, directed to health improvement, development of physical potential and achievement of physical perfection that influences on the development of person's life quality. With such approach person's physical activity is directed to efficient realization of his talents and skills, considering personal motivation and social requirements. V.K. Baltsevich (2000) thinks, that physical activity is an active element, which, in combination with other components, forms physical culture of personality and is an essential component of a society's system of a personality's education and personality' self-education. Physical activity is peculiar not only due to the fact that it is realized on the base of human's scope of knowledge in the field of physical perfection and change of his nature's biological components, but because it also affects on social components. [4].

N.I. Ponomarev (1996) affirms that physical activity of a man contains a system of ideas about general laws of controlled development of a person's motion potential, the ways and means of a personality's active attitude to the process of physical perfection, to the forms of its organization [5]. A.G. Komov (2002) regards psychological side of physical activity from the point of physical activity and health integrity and sociological one – as integrity of physical activity and cultural development [6]. With this, physical activity as any other human's activity, exists in the form of action and the target of this action. Conditions and methods of physical activity organization are rather important for its formation. Besides, pedagogical and social-psychological factors also influence greatly on its formation results.

I.M. Turevskiy thinks that the basis of motion activity is manifestation of psychic processes and physical properties combination, that is why, any attempt to differentiate this combination or decompose into components will inevitable result in distortion of its holistic properties [7].

One of the main indicators of physical activity's efficiency is the level of demand-motivational sphere, which includes formation of demands and interests, lying in the base of value orientation and motives. These characteristics serve as the base of a personality's socialization in the process of physical activity formation.

Thus, the aim of students' physical education in higher educational institutions is ensuring of integrity and succession of education, while reaching of higher physical activity's level shall be a criterion of educational process efficiency.

Individual, scientifically grounded motion activity is realized through motion abilities and manifestation of physical properties. Substantial component of students' physical activity shall consider their individual features and the peculiarities of their professional activity. Special knowledge, methodological skills, which are mastered by students in the process of study at higher educational institution, shall be directed to formation of physical activity and health maintaining. All these permit to regard the practical essence of students' physical culture in the context of physical activity, which can be evaluated both on qualitative and quantitative levels.

When regarding the nature of activity, it is necessary to note that through demand it is connected with life quality essence in the aspect of organism's interaction with environment and ensures maintenance of internal environment and integrity. Demand should be regarded as motive force of all organisms', including man, behavior. Most of scientists classify demands depending on their character and nature, into physical, social and intellectual, specifying their fulfillment. In different time people are motivated by different demands, which are in hierarchic order: from the most important to the least ones (physiological demands and self-preservation demands, social demands and demands in respect, self-assertion demand, which can be manifested on biological level, as precondition of organism's life activity and social – as material and spiritual components). The presence of such demands determines the specificity of a person as a subject of historical process, who transforms nature and social environment.

There are several approaches to regarding physical activity, considering demands. For example, in modern domestic literature, physical activity is regarded in two directions: the first is physiological, the second – behavioral.

Physical activity is an essential part of healthy life style. Healthy life style is understood as a combination of forms and means of everyday cultural activity of a person.

The study of effect of students' motivation-value attitude to physical activity creates preconditions for determination of many aspects, such as self-organization, self-education,, health preservation and strengthening, development of motion abilities,, facilitating of physical level and increase of physical preparedness and workability.

Studying of students' physical activity's formation, considering peculiarities of their psychic and physical state, peculiarities of future professional activity and regional conditions have not yet taken appropriate place in grounding of students' physical education and their life quality improvement. All complex of researches shall be closely connected with problems of healthy life style education, including the routine of studying and rest, hygiene, correct eating, motion activity and removal of bad habits.

In our opinion, activity is a personal level, which is directed to satisfaction of higher value requirements of personality, who seeks, creates or transforms the conditions for its satisfaction in compliance with the position of the personality himself, his (or her) values and demands, made to the personality.

Many scientists proved that physical activity substantially influences on a person's health improvement; its reasonable organization is positively directed to recreation,, rehabilitation and correction of organism [8, 9, 10, 11, 16, 17].

Last years, physical activity has been regarded as an important mean of adaptive physical culture, oriented on restoration of upset organism's functions. S.P. Yevsyeyev in co-authorship (2000) formulates the aim of adaptive physical culture as follows: "...maximally possible development of vitality of a person, who has steady health abnormalities at the expense of ensuring of natural and available (preserved in the process of life) motion characteristics' optimal functioning mode. Also, ensuring of optimal functioning mode of spiritual forces, their harmonization for maximal self-realization as socially and individually significant subject" [12].

On the base of the above said, it can be noted, that purposeful physical activity shall be constructed, first of all, on the base of man's mastering knowledge in the field of physical improvement and health preservation. Then, with practicing physical activity itself, biological and social components are purposefully changed.

Thus, physical activity shall be regarded as main characteristic, which, in combination with other factors, forms physical culture of a person and facilitates life quality rise. In social aspect it is one of the main components of a person's socialization system, of social education and self-education. Physical activity of a person is realized through physical training, which can be of sports or health improving character and be practiced in the process of physical exercises' fulfillment. The purpose of physical activity's formation is physical perfection, i.e. harmonic development and comprehensive physical preparedness. The practicing of students' physical activity occurs due to obtaining of necessary knowledge and skills. With it, main organizational forms of education are: lectures, methodological-practical and training classes, sports, physical exercises, fulfilled in leisure time and etc. Indicators, which characterize physical activity, can include: frequency of physical trainings, physical exercises execution, duration of them, intensity of physical load, power of fulfillment and students' access to different forms of physical-sports activity's organization.

The most important scientific research directions in the regarded problem of physical activity in the aspect of higher educational institutions students' life quality facilitating are as follows:

1. Foundation of methodologies of students' physical activity measurement (quantitative indicators, scope, intensity, power).
2. Evaluation of physical preparedness and its interconnection with the state of health, education level and life quality.

3. Foundation of physical activity means in facilitating of life quality, proper level of professional preparedness and professionalism in labor activity.

4. Using of physical activity means in socialization of different population groups and re-socialization of “risk groups”.

5. Study of peculiarities of students’ physical activity formation and its influence on their health and life quality.

6. Development of new methodologies of physical exercises practicing by different population groups in the aspect of their life quality development.

7. Development of united monitoring and creation of national data base of health state, physical activity and physical preparedness level, workability and life quality of all population groups (categories) of Russia.

At the same time, a significant contradiction exists: on the one hand, there is rich scientific material about positive role of systematic physical activity in a person’s health and physical level, workability improvement and on the other hand, there exists weak motivation to regular physical trainings, which results in low indicators of population physical activity and insufficient life quality level.

Social nature of a person assumes drive for immersion in social medium for development, self expression and ensuring his vital interests and life quality. Social education shall be directed to formation of students’ traditional cultural values and peculiarities of life style.

For regarding of social aspects of student personality’s physical activity’s formation, it is necessary to regard the process of his socialization. Personality is an integrity of a person’s social properties, a product of social development and including of individual into the system of social relations through his activity and communication. Socialization is a process of an individual’s mastering of social experience and joining of a personality to the system of social relations. Socialization of a personality is the result and mechanism of gaining of social experience in life activity process. The choice of a personality’s social role is influenced by both: natural factors (sex, age, peculiarities of nervous system, bends, state of health) and social conditions. Socialization of a personality is an interdisciplinary conception, which reflects complex social phenomena and is defined as personality’s formation, learning and mastering of individual norms, values, patterns of behavior, normal for the given society, social community or group.

Regarding socialization of a personality, one can distinguish a number of principles, increasing its efficiency:

1. Principle of humanistic orientation – reflects recognition of a human being, his life, physical, psychic, moral health and intellectual wealth as the highest human values. Pedagogical affect on socialization process is called to help individual not only to cognize but also to master these values.

2. Principle of harmonic combination of personal and social socialization aims. This principle reflects interconnection of the results of personality’s socialization and the level of social relations’ development.

3. Principle of tolerance – assumes recognition of appropriateness of cultural, religious, racial and other differences between individuals, groups and social communities; tolerate attitude to unlikness in appearance, behavior, value orientations and etc.

4. Principle of subjectivity assumes that individual shall be regarded as an active subject of socialization process, who is able to actualize his role and significance in the system of interpersonal, groups and social relations and, also, in solution of his own problems (social, pedagogical, psychological, health problems and so on).

5. Principle of active life activity – implicates that socialization is efficient if individual, his wish and skills to cognize the peculiarities of environment, to influence on relation to it, to manifest initiative, self organization and independence are active.

6. Principle of individuality means recognition of individual personality’s, his physical and mental abilities uniqueness.

7. Principle of awareness is a recognition of a person as a thinking, able to understanding creature, who can critically evaluate situation, attitudes and own actions (or inaction).

8. Principle of differentiating and integrating combination implies consideration of individual features (psychological, physical, age, sex, professional, etc.) and further integration in the life of society in general.

9. Principle of pedagogical maintenance of socialization process means, that socialization will be much more efficient if pedagogical component is present in its process and, thus, purposeful and opportune pedagogical influence is rendered (orientation, rehabilitation, correction).

Social education is understood as creation of conditions and stimulation of person’s development, his social formation with consideration and using of social influences and affects.

Social education is a component of socialization process, pedagogically controlled and aimed to formation of social maturity and development of a person by his involving into different kinds of social relations in communication, games, educational and socially useful activity.

Social education is connected with teaching, education, self education and psychological training of a person. It is regarded as an integral, complex, multi-functional process, which implicates application of all arsenal of pedagogical means and possibilities aimed to moral, social education and development of a personality.

Social adaptation is understood as mastering of own conditions of social medium, solution of repeated problems by means of social behavior and activity’s using. This process includes the following factors: social conditions, to which we can relate social origin, educational level; environmental conditions – family, university, classmates, friends; personal qualities - active or passive position, capabilities and etc.

With regarding the criteria of adaptation process differences, vector of activeness shall be underlined, which is distinguished by the direction of influence. For example, activeness vector “outside” corresponds to active personality’s affect on environment, i.e. on its mastering and adapting of it first of all to himself; Activeness vector “inside” means activity, directed first of all on a person’s self, with correcting of own ideas and habitual instrumental and behavior stereotypes [13].

The person’s relation to physical culture is determined from two positions: active – regular or irregular participation in physical culture-sports classes or passive – “spectator” behavior or indifference [14].

For recreation of social system, preservation of social structures, society drives for formation of social stereotypes and standards (group, class, professional and etc.), behavioral patterns. For mastering of this social experience person immerse in social medium. Socialization is a continuous process, which lasts the whole life of a person.

Activity of a personality is determined by the level of its integration with macro-, meso-, and microenvironment. With it, at different stages of life way different socialization institutions act: family, school, university, social institutions, educational system, mass media. Social-economical, cultural, national conditions of society’s life create general background, against which personality’s formation occurs.

On the stage of student’s specialization at higher educational institution, university, professors, group mates, course mates, friend and parents are his social medium. Characteristic feature of socialization process in students medium is an individual’s wish to gain certain, significant for him social status, i.e. his recognition by surrounding people as a personality, and to take proper place in students medium among group mates. The better social groups are organized the wider are opportunities to render appropriate influence on individual.

Physical culture as part of social sphere includes elements of teaching, scientific, professional, domestic and leisure student’s activity and influence on students life quality in higher educational institution (see fig.1).

Student’s physical activity and healthy life style are one of the main means of quality life development and individual’s socialization at the stage of his study at higher educational institution. They can serve means of life activity and preparation to future professional activity. But these questions have not been sufficiently elucidated in literature, especially, from the point of view of reaching proper professional preparedness level and professionalism in future labor activity as well as the development of their life quality.

An important factor of student’s socialization is personality’s activity, which is constructed on purposeful activity and self development, i.e. on continuous work with himself.

Initially, culture is mean and measure of mastering of person’ external and social nature for comprehensive development of human individuality, personality, which would embody universal values and aspirations.

Physical culture, being a component of culture, by its structure and character relates to complex, dynamic social systems, having its own components and functions.

Interaction of the mentioned research aspects in problems of physical activity formation is determined by activity nature of a person, which is connected with its social functions. L.P. Matveyev (92003) thinks that the functions of physical culture are realized through intense activity of a man, directed to using of appropriate cultural values [15].

Efficiency of persons’ joining the values of physical culture depends on connection with his social-cultural activity, his value orientations and knowledge. Content of physical activity conditions the process of person’s joining the values of physical culture and healthy life style.

Sociological; analysis of problem of students’ physical activity formation assumes the study of its place and role in preservation and strengthening of health, influence on life activity and reaching professional readiness, in facilitating life quality development. The study of structure and components of physical activity, the weight of every of them within the frames of professional training at the stage of students’ study at higher educational institution is an urgent and important task.

Last years, the following methodologies for estimation of life quality, connected with health, have been used: 1) Karnovskiy’s scale; 2) Campbell’s welfare index; 3) profile of a disease impact; 4) index of general psychic welfare. At present, among foreign and domestic specialists SF-36 HTFLTH STATUS SURVEY questionnaire is used for evaluation of quality, connected with health. This questionnaire SF-36 relates to non specific questionnaires for evaluation of life quality.

36 items of the questionnaire are grouped into eight scales: physical functioning, role activity, corporal pains, general health, vitality, social functioning, emotional state and psychic health. Indicators of every scale varies between 0 and 100, where 100 means perfect health; all scales form two indicators: mental and physical welfare.

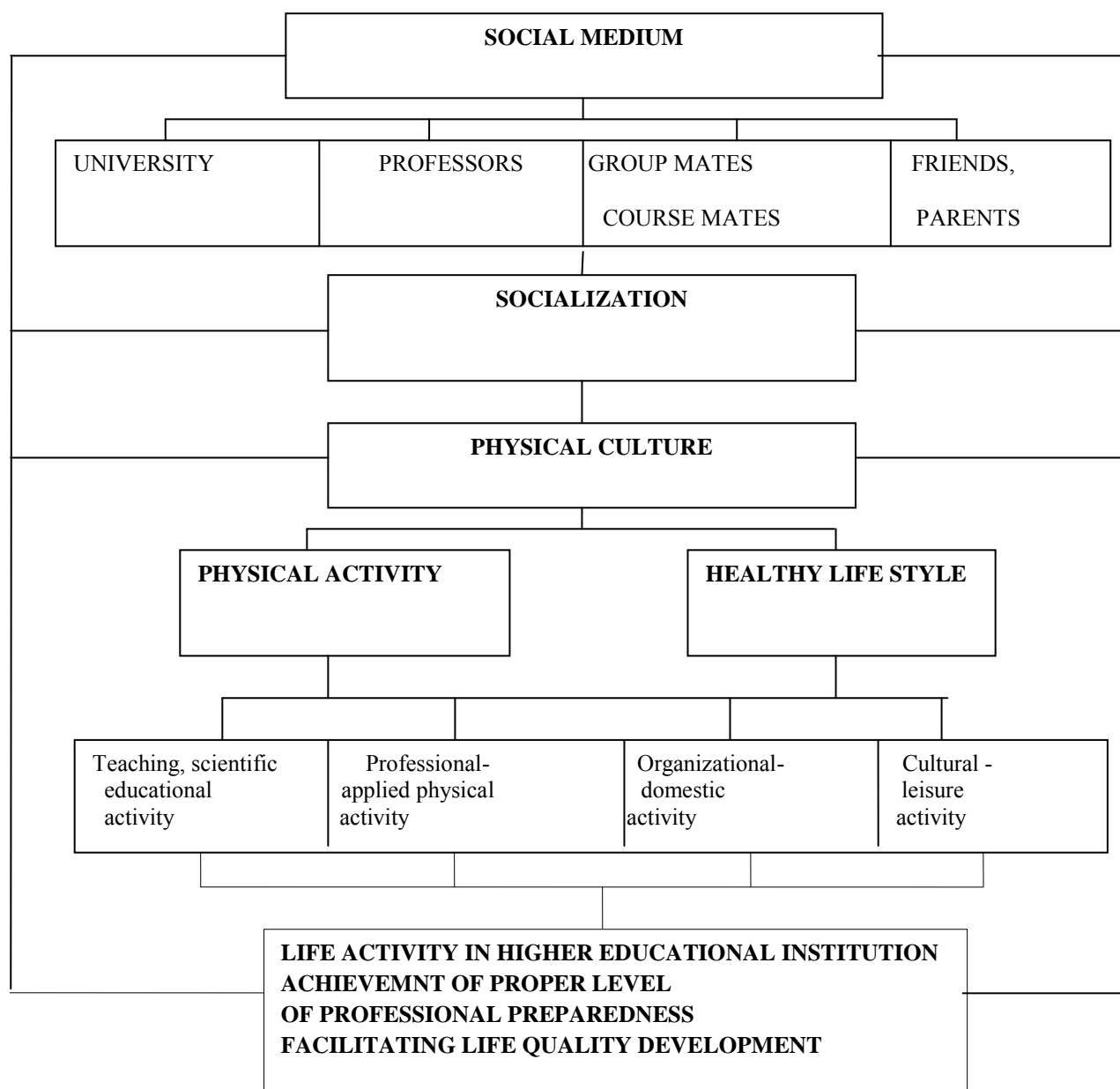


Fig. 1. Social aspects of students physical activity's formation at higher educational institutions in the aspect of life quality.

Results are presented as marks in points by 8 scales, which are so composed that higher mark shows higher level of life quality. Quantitatively the following indicators are evaluated:

1. Physical Functioning (PF) – reflects the degree in which physical state restricts fulfillment of physical loads (self servicing, walking, raising upstairs, carrying of weights and so on). Low indicators of this scale witness, that physical activity of a patient is significantly restricted by the state of his health.

2. Role – Physical (RP) – role functioning, conditioned by physical state, i.e. influence of physical state on everyday role activity (work, fulfillment of everyday duties). Low indicators of this scale witness that everyday activity is significantly restricted by the patient's physical state. 3. Corporal Pain (CP) – intensity of pain and its influence on ability to deal with everyday activity, including indoor and outdoor activities. Low indicators of this scale witness that patient's activity is significantly restricted by pain.

4. General Health (GH) – general state of health – the patient's subjective estimation of his state of health and the prospects of treatment. The lower this scale's points are the worse is health state estimation.

5. Vitality (VT) – implicates feeling of strength and energy or, on the contrary, being weakened. Low points witness that the patient is tired or weakened.

6. Social Functioning (SF) - is determined by the extent, in which physical or emotional state restrict social activity (communication). Low points witness about significant restriction of social contacts, lowering of communication level in connection with worsening of physical and emotional state.

7. Role – Emotional (RE) – role functioning, conditioned by emotional state; it implies evaluation of extent, in which emotional state prevents from fulfilling of work or other everyday activity (including great time expenses, decreasing of scope of work, worsening of its quality and etc.). Low indicators of this scale are interpreted as restrictions of everyday work execution, conditioned by worsening of emotional state.

8. Mental Health (MH) – psychic health, which characterizes mood, presence of depression, sense of insecurity, general indicators of positive emotions. Low indicators witness about the presence of depressive, uneasy feelings, psychic ill-being.

The scales are grouped into two kinds of indicators: “physical component of health” and “psychological component of health”

1. Physical component of health

Components of the scale: physical functioning, role functioning, conditioned by physical state, intensity of pain, general health state.

2. Psychological component of health

Components of the scale: psychic health, role functioning, conditioned by emotional state, social functioning, life activity.

Summary

Thus, research of physical activity from social positions permits to reveal the conditions and sequence of its formation, that will result in grounding and implementation of modern pedagogical technologies in the practice of higher school. These technologies will be oriented on the efficiency of physical activity’s formation in the aspect of students’ life quality facilitating.

The process of students’ physical activity formation must transfer from external activity into inner planes of mind. Formation of physical activity of students shall be based on actual reality and realized through their activity. Scientific researches in this field, connected with analysis of the current physical education system, will lead to development of up-to-date approaches to its transformation. So, study of physical activity from positions of students’ life quality rising is an important task.

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