



Science, Movement and Health, Vol. XVI, ISSUE 1, 2016

January 2016, 16 (1): 39-43

Original article

## THE EVENT SPORTING ACTIVITY IN LEISURE TIME MIDDLE SCHOOL

CUCUI IONELA ALINA<sup>1</sup>, CUCUI GHEORGHE GABRIEL<sup>1</sup>

### Abstract

*Aim.* Identifying the role of secondary school students sporting activity has theoretical and practical significance. Sports activities of students as part of "training" them is a very important step in the educational process - education. The importance of sports activity in the life of students is given the characteristics of its educogone by urging students to action and the implementation of active teachers.

The purpose of this research is to know and identify the scale of leisure sports activities in middle school.

*Methods.* According goal, research was based on questionnaire-based survey method, data processing was performed using statistical and mathematical method.

*Results.* The structure of the budget for secondary school students differentiated data recorded for the three sampling periods. In the structure of time-budget leisure segment recorded from beginning to completion of the research to the rise. In the first stage of research, leisure, sports activities organized gives students a rate of 7%. Unorganized sports activity among boys is higher by 4% compared to girls. Sports activities organized and unorganized is found in a higher percentage at the end research sample preferences.

*Conclusions.* Data recorded falls in painting a clear increase from one stage to another, differentiated for the two categories of the sample in terms of how to practice unorganized sport.

*Keywords:* sporting, gymnasium, leisure.

### Introduction

In our time, leisure has become a social, educational and cultural, which relates to the same extent, society and the individual. Any human activity, regardless of the embodiment, the venue, the implications of products, the objectives are carried out in a certain time, considered aspect of existenței. (Rață, 2007)

Time is quantitative index of numerous alleged qualitative factors measured by conventional methods. He is an effective tool for targeting the achievement of numerous activities. It is actually perceived and lived differently from person to person. We can define the basic form of existence during that matter still under development, succession and simultaneity processes expressing objective reality.

Characterized by time period, corresponding to carrying out an action, a phenomenon, an event, measured in seconds, minutes, hours, days, weeks, years, etc. He is mainly a leak successive times, I do not return. Leisure used in recreational, fun, time in which the pleasure, a passion, a hobby (moving, reading, watching a movie, painting a picture, sewing a tapestry, fisheries etc.) mainly relaxing activity for relaxation and fun. This time is higher or lower, depending on how the thinking and aspiration of each individual, depending on the degree of culture, depending on the capacity to organize and volunteer capacity to integrate in a specific program. (Balint, 2007)

Finding free time and the place and role of secondary school students sporting activity has theoretical and practical significance.

Sports activities of students as part of "training" them is a very important step in the educational process - education. The importance of sports activity in the life of students is given the characteristics of its educogone by urging students to action and the implementation of active teachers. Training students in every respect is always great interest from specialists.

For students to embrace education necessary transposition of practicing sport and movement exercise outside of school and families together to realize the beneficial role that they have exercise on the health of the body.

Over-school students practicing sport develops a range of personality traits of responsibility, emotional and cooperation leading to the development of interpersonal relationships.

Becoming involves the development of the modern individual in terms of physical, psychological, aesthetic, moral, etc., which is a multilateral development to the exigencies of contemporary society. An important feature of the educational process is the permanence and its presence throughout human existence.

It is believed that leisure activities can be a means of educating the personality of young people in training for this purpose can be developed training programs that will cultivate honesty, respect for the feelings of

<sup>1</sup> Department Of Physical Education and Sport, University Valahia of Targoviste, ROMANIA

E-mail address: haralambialina2008@yahoo.com

Received 08.10.2015 / Accented 14.11.2015

the group own and others, care for others and self-discipline. (Moldovan, 2007)

Activities and leisure interests, dosed rational, systematic help enrich the spiritual life, by raising the level of knowledge relentless, broaden the cultural development of all aptitudes and talents that each individual has, stimulate creative capabilities. Today the concept of free time experiencing a wide circulation.

According to Moldovan, 2006, sport as a formative activity is conditioned by the training subjects involved, the teaching methods applied, etc.

Great variety of means working in motor activities of leisure, can provide "trails personalized" led carefully by specialists so that satisfaction from time to match the long-term benefits in terms of health, efficiency in social, social success, etc. (Bota, 2007) "Together with sport, physical education has managed to create a couple of the most valuable means for health and recreation, serving equally ideals of human movement". (Mazilu, 1970)

Leisure is a fundamental concept that leads to the advancement of culture and society implicitly individual's progress. (Jacob, Jacob, 2005). Leisure activities mainly involve recreation, aesthetic education and not least reinforces / involving health. According to Bota, 2006, "poses delicate use of leisure time, especially for the younger generation, which should be oriented towards long-term profitable those activities, often detrimental or dangerous facile amusements".

Considering the above mentioned attention specialist today means finding optimal solutions for attracting young people to practice physical exercise, motor activities generally free time, which in addition to the effects of anatomic and physiologic already known, come with an intake recreational , mobilizing and creating good mood, contributing to the overall development of the young. In education physical education as part of the objectives which it proposes envisages harmonious and normal body development, better health and nurturing qualities necessary physical labor, sports activities. Experts believe that young people should be taught and encouraged to engage in leisure activities to improve their physical condition.

The content and structure of the budget time are influenced by many factors as: social order, development of productive forces, social class affiliation, natural conditions, national peculiarities and gender, age, education, family status, etc. (Lucaciu, 2007).

Children free time in secondary school is organized and unit time spent by self-determination. Knowing that activities during leisure are elected through self-determination, the student is asked to choose from a huge number of possibilities, we wanted to know the dimension of time spent by students for athletic activity.

In organizing the leisure time of the child's parents have a role in selecting the means and activities to which they can participate.

Realizing the importance of sports activity on physical and mental development of children, parents can guide the main allies in the filling time with them such activities.

Through this research we want to emphasize the importance of sports activity among secondary school students as part of their early sport specialization but also their recreation through sport.

#### Hypothesis

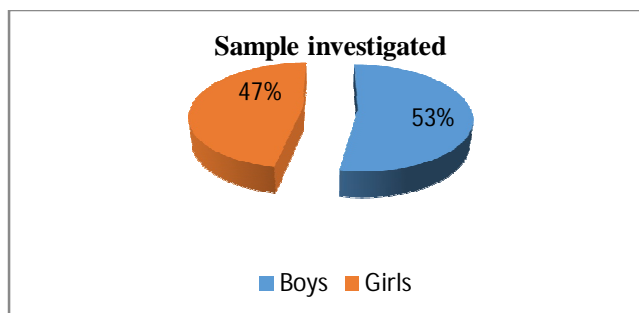
We believe that by determining the budget of middle school students free time and leisure activities practiced, we can highlight the size of practicing sport in their free time.

#### Methods

The research was based on questionnaire-based survey method. The questionnaire included questions aimed at: time for school work, activities within the family, leisure. Module processing technique specific questionnaire responses is under investigation. The data were processed using mathematical and statistical method.

#### Results

The research has included a sample of 246 subjects, 53% girls and 47% boys, aged 11-14 years old, secondary school age the percentage is as follows: 24% of children aged 11, 23 8% of children aged 12, 25% of children and 27.2% of 13 children for 14 years.

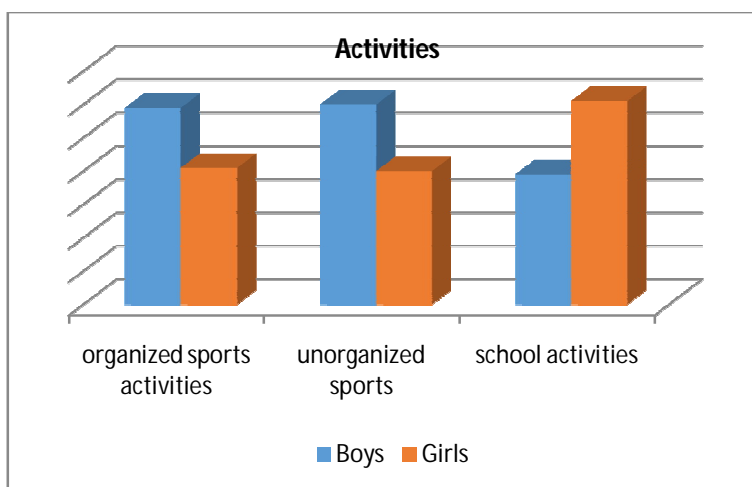


Data collection encompasses three phases: the winter holiday period, during school and summer vacation period.

The structure of the budget for secondary school students differentiated data recorded for the three sampling periods. In the structure of time-budget leisure segment recorded from beginning to

completion of the research to the rise and a 6% difference in favor of boys.

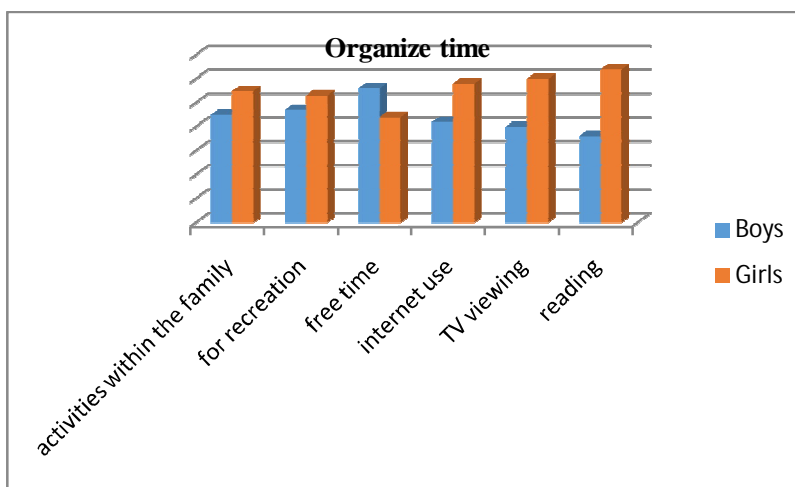
In the first stage of research, leisure, sports activities organized gives students a rate of 7%. Unorganized sports activity among boys is higher by 4% compared to girls.



In stage II, the proportion of free time is slightly modified because the report day / night is modified for night hours. Unorganized sports activities during this period have a low weight due to unfavorable conditions of practice.

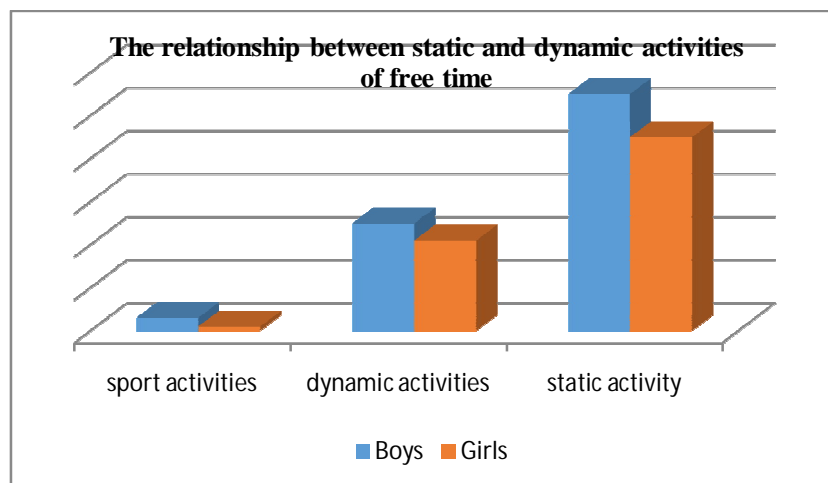
School activities have greater importance among girls than among boys, the difference between the two samples is 34%. Activities within the family and rest time are greater for girls. Free

time is higher in boys than in girls. Share in the free time is the unorganized sports activities 35% followed by 30% using the internet and 20% in organized sports. The last place in the preferences of boys are reading at a rate of 4%. As regards the responses given by girls first in their free time outweighs the use of the Internet with 32% followed closely by 31% unorganized sports, last hovering watching TV 5%.



Sports activities organized and unorganized is found in a higher percentage at the end crecetării sample preferences. This can be explained due to the

collection of the data which coincided with the summer holiday where sport manifested among middle school children was higher.



### Discussions

The structure of the free time of middle school students, organized sports is an activity demanding both in terms of physical time they consume and at the expense of energy that leads to a state of fatigue and its corresponding period recovery. By interfering with other activities that make up the leisure of middle school students, often occurring conflicted because of subjective and objective factors, each seeking to increase the number of hours most often at the expense of others. Following the demands of school, in terms of volume expansion of knowledge school tasks include more and more free time extra-professional of the student, along with using the internet and gadget sites to the detriment of sporting activities, which in the age of adolescence is a matter of grouping and composition of spontaneous collective rather numerous.

Reporting the results reflected in this research studies in the literature (Cristea, 2010; Moldovan, 2006; Toma, 2006; Cucui, Cucui, 2013) segment notice little involvement in sport activities sought in free time.

Information from literature related to the topic of our research demonstrates only quantitative aspects and optional sport activities that resonate in the world of childhood and adolescence. But literature remained insufficient depth the implications of social sporting activities has on how to influence the structure of free time, especially for students who are enrolled in organized forms of instruction, the frequency and physical strains are more demanding, leaving room for future research directions.

### Conclusion

Sports activities organized for purposes of performance is central to the budget leisure time of

students without affecting the level of their training and discipline due to improved asset and liability program of work that you realizeayă own time.

Data recorded falls in painting a clear increase from one stage to another, differentiated for the two categories of the sample in terms of how to practice unorganized sport.

Our results highlight the low sample availability for play, percentage currently striking given the wide range of opportunities to practice sport activities provided to beneficiaries.

Improving vision on sport will lead to increased interest in moving and leisure exercise habits.

Awareness of children and parents alike of the importance of sport in their routine daily and benefits to the individual's health, requires a constant concern of those directly involved in training and educating the youth of today, the harmonious combination of exercise with other leisure options of each individual contributes to improved physical and mental condition in current everyday reality.

Cumulative data research highlights a trend that can not remain unanswered: the gradual decline in the percentage in favor of static dynamic activities. At the same time, dynamic content does not necessarily meet the requirements of the activities of systematic concerns, which have offsetting effects, recreation and maintenance of biological and spiritual students.

### Aknowledgements

We thanks to all our participants and subjects in this study.

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