

## ❖ PHYSICAL EDUCATION AND SPORT

**STUDY ON THE NUMBER OF STUDENTS INVOLVED IN A SPORTS ACTIVITY IN PRIMARY SCHOOL AND GYMNASIUM, IN ALBA IULIA****BELIZNA COSTEL<sup>1</sup>****Abstract**

This study concerns the number of students in the primary school and gymnasium, involved in a sports activity, and aims at determining the dynamic in practising sports and the implication of the parents and teachers. The questionnaire method was used in order to achieve results and it contained 6 questions and was applied on 3999 pupils. Once the answers were given and analysed, the hypothesis was not confirmed. The number of children practising higher performance sports is decreasing and fewer people are doing sport for their health nowadays: 20 - 30 % persons in the 8th grade have a medical excuse and the parents and the teachers don't take interest in including children in this kind of physical activities. Also, not even the highschool years didn't bring an increasing interest in sports.

**Key words:** activity, students, included

**Introduction**

The limitation of practicing physical exercises to the activities comprised in sports classes and sometimes extra class activities materializes in restraining the benefits that physical exercises can offer our health, balanced development, disproof of defective attitudes, accomplishment of relaxation and re-creation (Ghid metodologic, 2006). Human health mostly depends on one's implication in sports activities, which are fairly considered to be elements that sustain and build up the organism (Ghid metodologic, 2007).

Involving children in practicing sports for health and for high performance represents the product of parents', teachers', trainers' and doctors' impulse creation (Ghid metodologic, 2006). The foreknowledge of the number of children involved is a way of appreciating health and education and that's the reason that determined this study. Guiding children to practicing sports represents a necessity imposed by the very features of nowadays society creation (Ghid metodologic, 2007)..

This study tries to answer one of society's present problems, namely "involving children" in a sports activity, a habit-forming activity, with multiple valences.

**The objectives of the study:**

This fact-finding study of the theme has had the following objectives:

- Knowledge of the dynamic of the number of children involved in practicing physical exercises, within a well organized activity, outside school;
- Highlighting the factors that subscribe to including students in sports activities;
- Identifying the number of students that are actually practicing sports for their health, on one

hand, and the number of those who are medically excused, on the other hand.

**The hypothesis of the research:**

The knowledge of the dynamic of the number of children involved in practicing physical exercises is the initial point in identifying the positive factors in children's activity.

Beginning with the presumption that the sports activity is an activity that has healthy effects on the development of human behavior, we framed the following hypothesis:

- The number of students involved in higher sports activities is increasing from one grade to another;
- More and more children are practicing sports activities for their health;
- The parents and the trainers are preoccupied with including children in sports activities;
- Children's interest in sports activities is increasing in the final grades;

The knowledge of these aspects may be a starting point in guiding and including more and more students in practicing physical exercises.

**Research procedures and methods:****The subjects:**

The research was realized on 3999 students in Alba Iulia, with the real help of elementary teachers, sports teachers and principals (School no. 2 - 298 students, School no. 6 - 689 students, School no.1 - 970 students, School no. 3-718 students," Mihai Eminescu "School - 475 students, School no. 9 - 725 students, and "Korea, Closca si Crisan"

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College -126 students).

**The methods:**

In order to accomplish and to check-up the study we have been using the questionnaire based on 6 questions with simple, exact answers. The questionnaire contains appreciation indicators (High school/School..., Grade..., No. of students...), and questions (How many students are practicing unpaid high performance sports?, How many students are practicing sports especially for their health?, How

many students are medically excused?, How many students were encouraged by their parents towards high performance sports?, How many students were selected by a specialized teacher? ).

**The results - the refinement, the analysis, the interpretation and the graphic representation:**

The answers given to the questions of the questionnaire, by those 3999 students, were grouped on grades and can be found in the chart below:

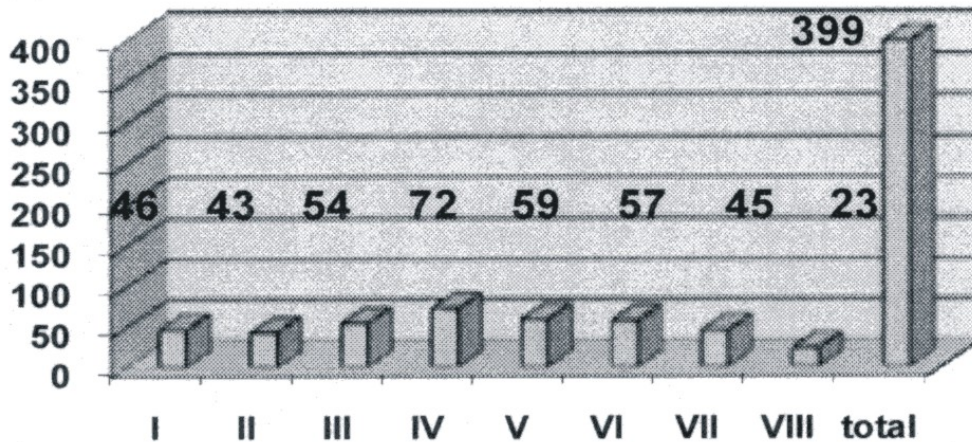
Grade	No. of students according to grades and questions						
	Sun	1	2	3	4	5	6
1 <sup>st</sup>	586	46	29	0	8	26	24
2 <sup>nd</sup>	484	43	27	2	5	22	32
3 <sup>rd</sup>	496	54	26	6	9	33	50
4 <sup>th</sup>	559	72	33	3	11	31	67
5 <sup>th</sup>	496	59	48	5	36	17	60
6 <sup>th</sup>	450	57	25	7	39	16	52
7 <sup>th</sup>	464	45	16	1	21	21	45
8 <sup>th</sup>	464	23	10	3	57	8	24
Sun	3999	399	214	27	186	174	354

Analyzing the answers given to the questions, one can notice the following aspects:

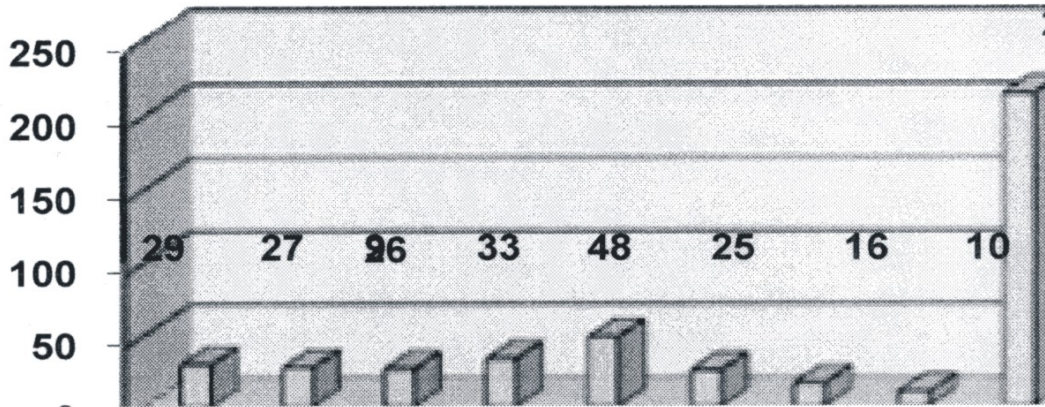
- Question no. 1 - How many students are practicing unpaid high performance sports? 399 students (9, 97%), graph no.1, answered that they are practicing this kind of sports. The highest number of students included here is in the 4<sup>th</sup> grade, and the lowest number is in the 8<sup>th</sup> grade. Actually, the number and the percent is lower, compared to the great number of

students, and it rests mainly with the sports teacher's not inferring in guiding children with qualities towards high performance sports, as well as the absence of the affirmation perspective due to material basis, and also the popularization of high performance sections, which was never done.

Graph 1 - The number of students involved in unpaid high performance sports activities



Graph no. 2 — The number of students involved in paid high performance sports activities



➤ Question no. 2 - How many students are initiating themselves in paid sports? 214 students (5, 35%), represented in graph no.2, are initiating themselves in sports, and they are paying a *tax* for it. Again, one can notice a low percent of the children doing this, because of their families' financial possibilities. The highest number is in the 5<sup>th</sup> grade, and it is getting low in the 8<sup>l</sup> grade. Comparing the number of students that are practicing paid and unpaid high performance sports, we can determine that the unpaid kind is bigger.

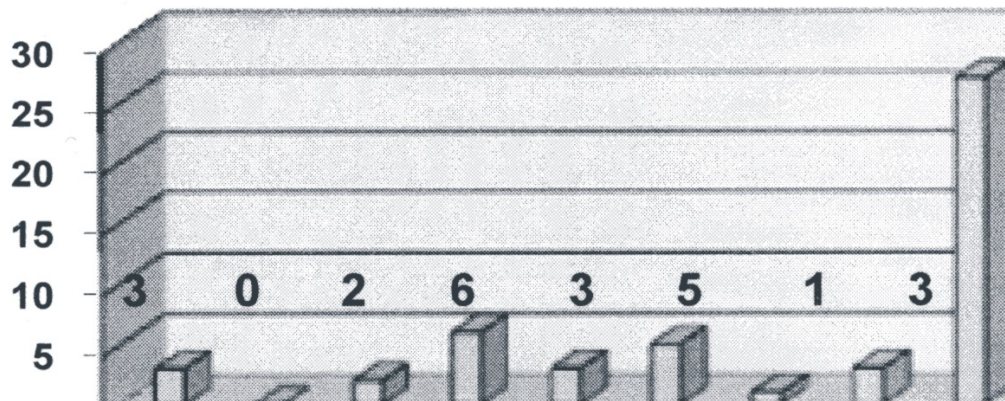
➤ Question no. 3 - How many students are practicing sports especially for their health? (Graph no. 3) 23 students, meaning 0, 5% are doing so. The extreme low percent, compared to the necessities is determined by spending most of the time in front of the computer, or going out with friends. This percent highlights the fact that our teenagers are not aware of the importance of the physical activities for their health.

➤ Question no. 4 - How many children are medically excused? (Graph no. 4)

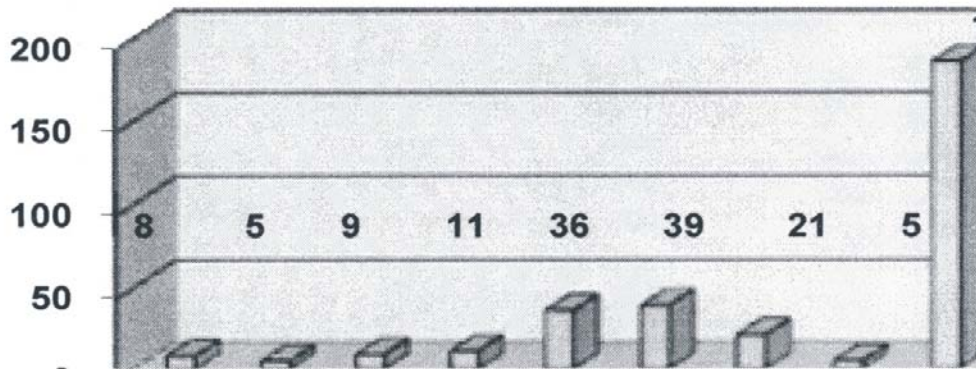
185 students, that is 4, 62% are medically excused. The number of this kind of children is pretty high, taking into consideration the fact that they are dealing with serious health problems. We can record that the concern for physical and psychical development, by guiding children to practicing sports, is almost inexistent. More tragic is the fact that parents ignore this aspect, and teachers are not enough involved. Physical activity for health is especially practiced by children having health problems, and which are guided towards regenerating exercises and physical reconstruction. One can easily notice that from the 1<sup>st</sup> to the 4<sup>th</sup> grade, the number of

➤ the medically excused students is lower, due to the elementary teachers, who often turn Mathematics and Romanian classes into sports classes. In this way, parents don't have to get a medical excuse for their children. Beginning with the 5<sup>th</sup> grade the percent of medically excused students is growing progressively, and in some schools it's getting to 20% - 30%.

Graph no. 3 - The number of students practicing sports for their health



Graph no. 4 - The number of medically excused students

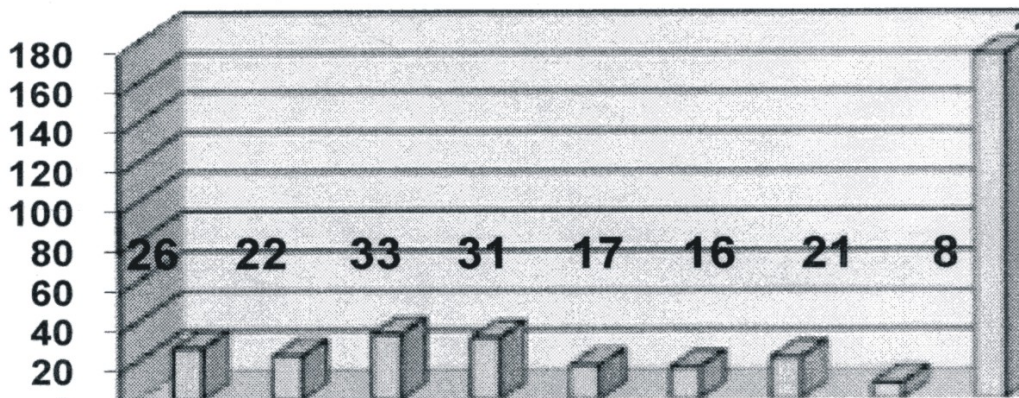


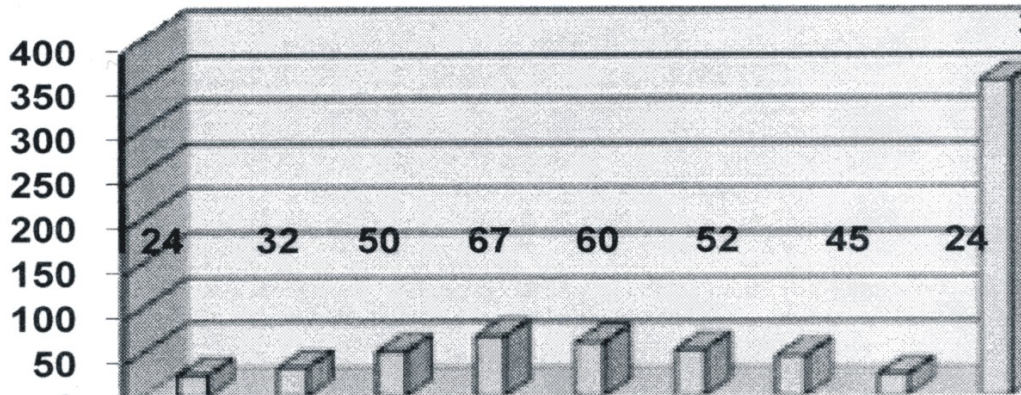
➤ Question no. 5 - How many students were encouraged by their parents towards high performance sports? Graph no. 5; only 174 students, that is 4,3% were encouraged by their parents in doing high performance sports. We learn from here that very few students have their parents support, and the cause is the fact that the parents don't notice the child's aptitudes for sports, and they are not working with the sports teacher in order to be informed. There are also situations when parents are encouraging and sustaining their children in practicing high performance sports, they wish for this very much, but, on the other hand, as time passes they discover that their children don't have the requested physical qualities. There also can be found the situation when what parents desire doesn't correspond to what children desire. Another situation is that of the

children discovered by their teachers, guided towards a high performance sports, but parents' options are different, in the way of guiding them towards other domains. In the 5<sup>th</sup> and the 6<sup>th</sup> grade we can find most of the children guided towards the high performance sports.

➤ Question no. 6 - How many students were selected by a specialized teacher? (Graph no.6) the answer shows that 354 students, i.e. 8, 8% were selected by a specialized teacher. The number of this kind of students is so low because teachers are not involving themselves in discovering talents, also because of the deficient material basis, and the lack of local competitions, where children could reveal their qualities. One can also notice that most of the children involved in performance groups selected by specialized people.

Graph no. 5 - The number of students guided by their parents towards high performance sports





Graph no. 6 - The number of students selected by a specialized teacher

### The conclusions and the premises of the longitudinal, fact finding study

Analyzing the answers we could learn the following conclusions:

1. The hypothesis *that from one grade to another the number of students involved in high performance sports activities is growing*, was half confirmed, because it is getting low in the 7<sup>th</sup> and the 8<sup>th</sup> grade. The 9,97% percent of the children practicing unpaid high performance sports, is pretty low, and is mainly due to: uninvolved sports teachers in guiding them, the absence of the affirmation perspective, due to a defective material basis, and also, the popularization of high performance sections, which was never done. The 5, 25% percent of the children practicing paid high performance sports is low, due to the lack of financial possibilities of the families. One can notice that the highest number is in the 5<sup>th</sup> grade, and it is getting low in the 8<sup>th</sup> grade. Comparing the number of those who are practicing paid high performance sports and those who are practicing unpaid high performance sports, we can say that the ones who don't pay predominates.
2. The hypothesis *that more and more children are practicing physical exercises for their health, and fewer are medically excused*, was infirmed. The 0,57% percent of the children that are doing sports for their health is extremely low, related to nowadays necessities, which are determined by spending most of the time at home, preparing homework, or playing on the computer. This aspect reveals the fact that our children are not aware of the importance of the physical exercises as health is concerned. The 4, 62% percent of the medically excused students is high, and is progressively

growing in the 8<sup>th</sup> grade, getting to 20% - 30% percent in some schools. The causes that determine this may be found in: unattractive activities, the excessive protection of the parents, the lack of education in what health is concerned, etc.;

3. The hypothesis *that parents and specialized teachers are preoccupied with including children in sports activities* was not continued, the 3, 4% percent of the students guided by their parents towards high performance sports, is very low, a little bit higher in the 5<sup>th</sup> and the 6<sup>th</sup> grade. The number of 354 children, representing a percent of 8, 8% children selected by a specialized teacher to practice a high performance sports, is also low. This often happens because teachers are not involved in discovering talents, a defective material basis, the lack of local competitions where children can reveal their talents.

4. The final hypothesis *that in the final grades students' interest in sports activities is growing* was also infirmed. This aspect underlines that at this age, children usually have other concerns.

We may conclude by saying that everyone who is responsible with attracting children in sports activities and physical exercises for their health - parents, teachers and other relevant factors, needs an impulse.

### References

- GHID METODOLOGIC de aplicare a programei de Educatie fizica si sport in invatamantul gimnazial, M.E.C., 2006, Bucuresti;**  
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