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Original article

STUDY ON THE IMPACT OF TEACHING OINA GAME ON THE YOUNG PEOPLE

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Abstract

Aim. The aim of the study was to highlight the impact of a theoretical and practical oina workshops on the level of knowledge, interest and attitude of the participants to practice new sports such as six-a-side oina.

Methods of research. To a group of 110 young people aged 18-41 (young adult age), participants in six-a-side oina workshops, within the Erasmus project, „United through European traditional sports”, held both in Bucharest and in the countries partners within the project were administered a questionnaire with 19 items before the beginning of the workshops and after their end. The sample was made up of students from the Politehnica University of Bucharest, National University of Physical Education and Sports, but also from young people from partner countries - Macedonia, Spain.

Results. Oina sport is perceived to be attractive by 59% of respondents. There was an obvious increase in the percentage of subjects who, following participation, affirmed a greater openness to practicing Oina from 53% (before the workshop) to 71% (with arguments such as: fun, relaxing, health, new experience, socialization). Significant increase in the percentage of people who, following the workshops, demonstrated a much higher level of knowledge about the Oina sport (an increase from 12% to 52% of the subjects knowing the regulations at the end).

Conclusions. Following the study, we can conclude that the Romanian sport of oina could enjoy popularity if it were more promoted both in the country and in other European countries, especially since it is part of the intangible cultural heritage of humanity

Keywords: six-a-side oina, European traditional sports, young adults

Introduction

In the current context, which offers diverse areas of interest, sport must be a very important aspect of daily basic activities of people of all ages, in order to improve the physical resistance and overall health. Nevertheless, the two in five Europeans (40%) exercise or play sport at least once a week, including 7% who do so regularly (at least five times per week) and almost half of respondents (46%) never exercise or play sport (Special Eurobarometer 472, 2018). The sedentarism index is increasing in Europe and this type of lifestyle can lead to obesity, cardiovascular diseases, and so on. In correlation with lack of physical activity, the technological revolution made a lot of young people distance themselves from outdoor activities or grassroots sports, from activities in group of friends that stimulate social interaction, happiness and self-esteem. Sports have multiple benefits in several aspects of an individual life and health as well as for the society overall and especially a category of sports that are European cultural heritage and, unfortunately, little known have the potential to resurrect today's youth interest for sports and physical activity. This is the category of European traditional sports and games. The traditional sports game is rooted in a long cultural tradition (Jaouen et al., 2009), representing pages of history for entire generations. The Oina game is the national sport of Romania, the history itself of the “oina” game is also an argument for our national continuity in this Carpatho- Danubiano-Pontic space and it is not to be found in our neighbors' culture (Lupei, 2011).

According to the opinion of some specialists, the name oina, would come from the Turkish word "oyun" = game, or from the Greek "oinos" = alive. (Cojanu, 2005), being a creation of our pastors who, in their peregrinations with their flocks from mountain to mountain and from mountain to mountain, spread it throughout the country. (Rafailescu, 1976)

In 2020, the Oina game was included in the UNESCO National Inventory of Living Elements of Intangible Cultural Heritage.

(<http://www.cultura.ro/jocul-de-oina-inventarul-national-al-elementelor-vii-de-patrimoniu-cultural-imaterial>).

The Romanian national sport has the following characteristics:

- ✓ „can be played by both genders
- ✓ can be played both outdoors (lawn or beach) and indoors
- ✓ involves the direct use of the hand

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- ✓ requires players to drive the ball to the target by hitting it and sometimes to catch the ball after hitting it
- ✓ is played in teams made up of several players: 6 x 6 (indoors), 11 x 11 (lawn field), 8 x 8 (beach);
- ✓ is a financially affordable sport, and the equipment can be purchased online at a price of about 50 euro
- ✓ requires players to perform medium-to-high intensity exercise
- ✓ is a sport accessible to those with at least a moderate level of fitness". (Branet et al., 2022)

Practicing oina sport leads to raising the level of development of motor qualities such as reaction speed, acceleration and movement speed, endurance speed, coordination and vertical jump speed, general strength and explosive strength (Văduva et al, 2019), positively influencing the motor skills of the practitioners (Gălăţeanu & Benedek, 2019).

Maintaining the effort during the oina game claims a level of good fitness that can be ensured through a multi-purpose training. The oina game is a sport with multiple valences and with utilitarian effects applied in human life; all natural, simple skills such as running, jumping, throwing and catching, but also mental qualities such as courage, combativeness, discipline are honed through its practice (Gălăţeanu & Stanciu, 2021).

Through an assiduous and systematic promotion in the mass media and beyond (Ganciu, 2018), the oina game can become an attractive educational alternative in Romania, being a true authentic cultural heritage.

Methods

Research Aim

The aim of the study was to highlight the impact of a theoretical and practical oina workshops on the level of knowledge, interest and attitude of the participants to practice new sports such as six-a-side oina.

Research Methods

The study was carried out using the self-administered survey method, containing 19 items (4 identification items - sex, age, occupation and education, and 15 subsumed to the dimensions pursued in the survey).

The survey was completed before the beginning of the workshops and at the end of them by the participants in the theoretical and practical workshops of Oina, the respondents giving their consent for the processing of the data obtained in order to carry out the current study. The study based on the questionnaire was carried out with the help of the Google online program (Forms, Documents, etc.).

The data were processed with the help of MS EXCEL (university license) and JASP (non-commercially restricted) programs.

Participants and Location

The research was carried out in national and international workshops, held within the Erasmus+Sport project "United through European traditional sports", which had as their main objective the promotion of traditional sports, including the Romanian national game. The workshop in Romania was organized in the premises of National University of Physical Education and Sports (UNEFES) in October 2022, with participants from Politehnica University of Bucharest, students and master's students from UNEFS, some of the latter being teaching staff.

The international workshops took place in Macedonia in November 2022 and in Spain in December 2022 in the town of San Javier - Cartagena area. The research group consisted of 110 people aged between 18-41 years. It should be mentioned that the respondents participated voluntarily, being informed in advance of the purpose of the investigation and they were asked to consent to the participation and processing of the obtained data, being respected the ethical standards.

Research Design

This study was carried out in the framework of some workshops held in Romania, Macedonia and Spain. These workshops had the following objectives:

- promoting the game of oina - a traditional European sport, in Romania but also in European countries.
- presentation of the benefits of sport in general and of Oina in particular (within these workshops this sports game is intensively debated and analyzed)
- increasing the level of knowledge acquired vis-à-vis the regulation and its practice
- increasing motivation and interest in sports, movement in general and practicing Oina in particular.

Before the start of the workshops, the participants were asked to complete the questionnaire, in which all its questions were mandatory, there being no possibility of moving to another question without completing the previous one. These workshops had the following structure:

1. its theoretical presentation including the origin and history of the game, the field and the game materials, technical aspects of the game and regulatory provisions, benefits of the game of oina.
2. viewing a video tutorial about six-a-side oina made within the same project and other video collages to better understand this game
3. six-a-side oina- practical demonstration, followed by the insertion of participants willing to play.

At the end of the workshops, the respondents were asked to complete the questionnaire once again to see if the objectives of the workshops had been achieved.

Results

Analysing the administered questionnaires and finding out that 30% declared that they do not practice any sports, while the 70% who do sports are divided between football, volleyball, basketball, karate, dances, etc.

The analysis of the answers regarding the level of knowledge of the subjects in the batch regarding the benefits brought by practicing physical movement, especially sports, showed that 70% believe that sports form and develop disciplined behavior, another 10% of the participants emphasize socialization, and material gains they are also credited with 10% of the answers.

Analysing the situation prior to the oina workshops it was found that 71% of the subjects were opened to learning about and possibly practicing a new sport, listing among the preferences adventure sports, those that train socialization, team cooperation, development of motor skills.

The subjects' interest in practicing Oina, not yet knowing what it consists of, was 53%, (the decided and those who answered maybe -Figure 1).

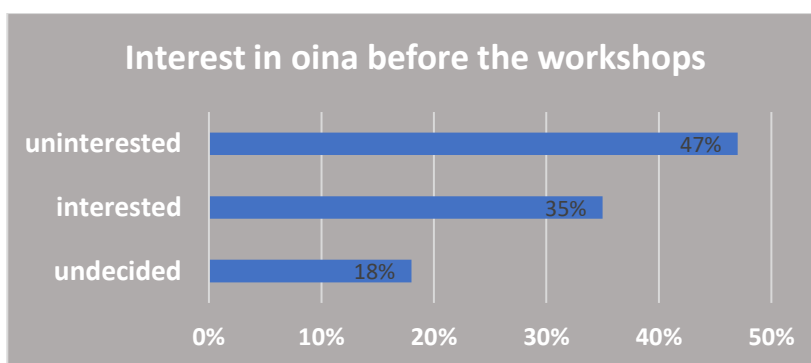


Figure 1. Participants' interest in playing Oina game before the workshops

Looking to find out the level of knowledge before the workshops, regarding his regulation of the game before the workshops was 12% (5 questions from Oina regulation). After the oina workshops, it was noticed an significant increase in the percentage of people who, following the workshops, demonstrated a much higher level of knowledge about the Oina sport (an increase from 12% to 52% of the subjects knowing the regulations at the end (figure 2).

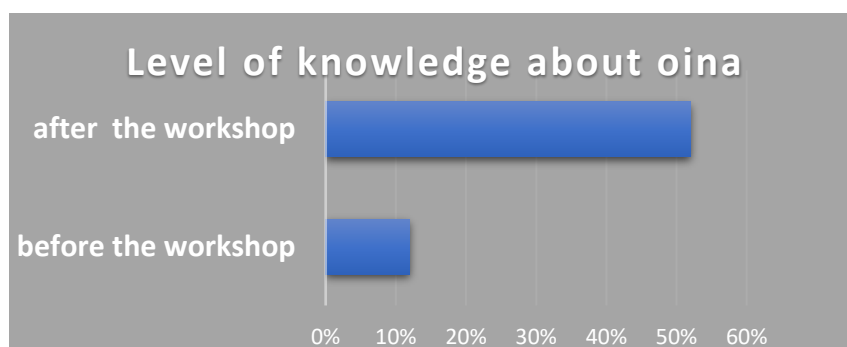


Figure 2. Level of knowledge about oina game

There was an obvious increase in the percentage of subjects who, following participation, affirmed a greater openness to practicing Oina from 53% (before the workshops) to 71%.

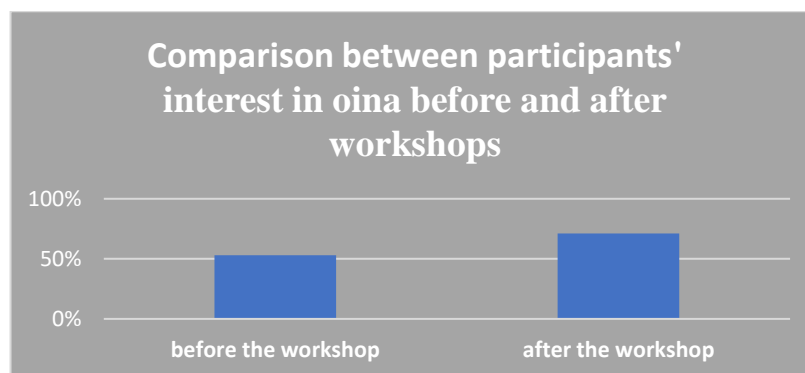


Figure 3. Comparison between participants' interest in oina before and after the workshops

For Oina sport 71% of subjects declared after the workshop that they would recommend its practice to others (friends, family, acquaintances), arguing with the benefits brought by this sport: fun, health, socialization, simple rules, game team, attractiveness, etc; Oina sport is perceived to be attractive by 59% of respondents. As disadvantages mentioned more frequently by the subjects that would appear in the possible practice of this sport, we enumerate complicated regulation (59%), requires specific equipment (24%) and intense physical exertion (17%)

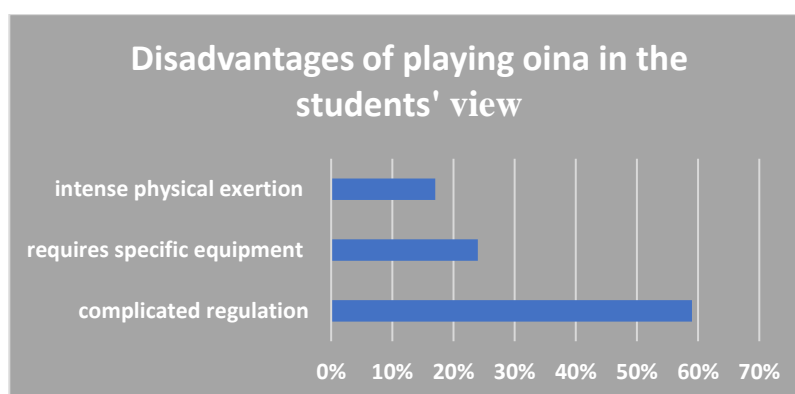


Figure 4 Disadvantages of playing oina in the participants view

Regarding the attitude of the subjects towards learning (difficult /easy) and their practice, we found that 65% of respondents do not find it difficult to learn Oina. (Figure 5).

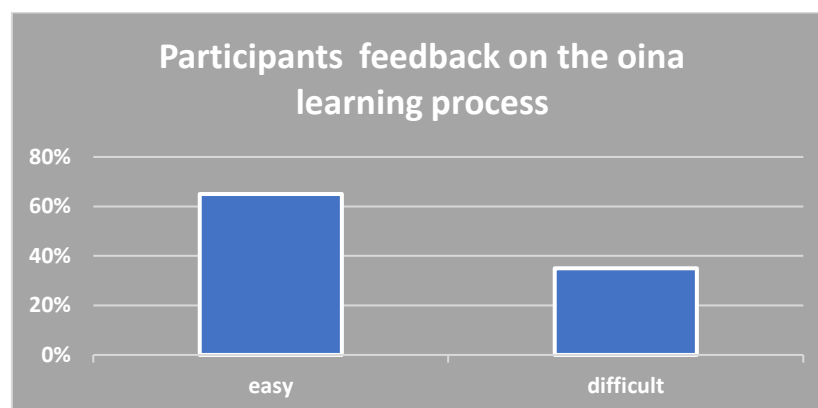


Figure 5. Participants feedback on the oina learning process

Following the obtaining of feedback from the subjects on the degree of reception of the information provided, we found that in the case of oina (53%) it is considered that the regulation is not complicated at all (they understood it), 16% of respondents considered that the regulation is a little bit complicated.



Conclusions

Oina, although it is the traditional Romanian sport, is insufficiently known both in the Danubian-Pontic area and outside the country's borders, the initial level of knowledge being only 12%. Following the study, after the workshops, a 40% increase in the level of knowledge related to Oina's rules can be observed. Also, we can conclude that the Romanian sport of oina could enjoy popularity if it were more promoted both in the country and in other European countries, especially since it is part of the intangible cultural heritage of humanity.

Acknowledgments

All authors have equally contributed to this study and should be considered as main authors.

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