

**STUDY ON THE IMPORTANCE OF PHYSICAL EDUCATION
AND SPORT CLASSES IN CURRENT SOCIETY-
INVESTIGATIVE APPROACH**

**Luminița –Eugenia AVRAM¹
Elena VIZITIU²**

¹*Secondary School Teodor V. Ștefăneli Câmpulung Moldovenesc,
Romania*

²*Ștefan cel Mare University of Suceava, Romania*

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Abstract: In today's society, students' addiction to computers and mobile phones has grown. In this sense, the various researches show a major importance in training students of a system of knowledge and motivations, which will contribute to the formation of skills for the systematic practice of physical exercise throughout life. These motivations must be induced by the physical education teacher as well as by the parents.

In order to obtain information on the importance and motivation of students to participate in physical education and sports in today's society, we used the questionnaire survey method. The questionnaire was applied to the students from the “Teodor V. Ștefanelli” Gymnasium School in Câmpulung Moldovenesc in order to obtain information about how and how much time they give to physical education and sports classes at the current stage. The respondents were 100 students from the gymnasium cycle, respectively grades V-VIII, students who have a computer and a mobile phone. Following the investigation, we came to the conclusion that it is necessary to permanently modernize the activity of physical education and sports in school in which it is necessary to find new methods, procedures and means to act in practice, as well as continuous improvement of existing ones for to easily attract students to this discipline.

Introduction: In general, physical education is a fundamental type of motor activity, which involves laws, rules, methodical prescriptions, in order to achieve well-defined instructive-educational objectives, aimed at harmonious development of the body, strengthening health and cultivating physical qualities. Therefore, it represents the instructive

educational process whose objective is to increase the physical and mental potential of the individual, both personally and socially.

Prof. univ. Gheorghe Cârstea attributes to physical education both a predominantly formative character as it prepares for “life”, for the necessities of daily existence, as well as a competitive character. [1]

Each physical education lesson is an original creation of the teacher. Unlike other teachers, he does not have the textbook, but only his own science and experience in the field of "educational management" that allows him to design, prepare and lead the lesson so that it can achieve its goals in a large collective, in action, in larger or smaller spaces, in most cases, in a special emotional state.

Unfortunately, the mission of the physical education teacher is proving more and more difficult, in the conditions of a technology-dominated society which, in addition to the innumerable advantages, also has the great disadvantage of contributing to sedentarism.

There is no denying the sad and worrying reality that young people today "practice" computer sports, while being "exempted" by their parents, who are overly protective, from physical education classes in the school curriculum. [2,3,4]

Material - Method

The hypothesis of the paper: we will start from the premise that by identifying the answers given by students to the proposed questionnaire, the teaching strategy by teachers in physical education and sports classes for middle school students could be improved.

Objectives of the questionnaire

1. Identify how students spend their free time
2. The importance of physical education and sports classes on students in today's society

Independent variables: age, gender

Dependent variables: the importance of physical education and sports classes in today's society, awareness of the role of physical education and sports classes by students and parents. For the verification of the investigation, the mentioned dependent variables were operationalized through the items of a questionnaire that included closed questions with defined answer variants, percentage expressions.

The aim of the paper is an investigative approach to obtain information on how important physical education and sports classes would be in the lives of high school students in today's society.

In order to discover the importance that students attach to physical education classes, sports and movement in general, a questionnaire survey was used as a research method. It consisted of 12 closed-ended questions and was applied to a sample of 100 high school students, respectively grades V-VIII, students who have a computer and a mobile phone. All questions contained several answers, of which the participants circled only one.

Results and discussions; Questions and answers given by students to the 12 questions of the question

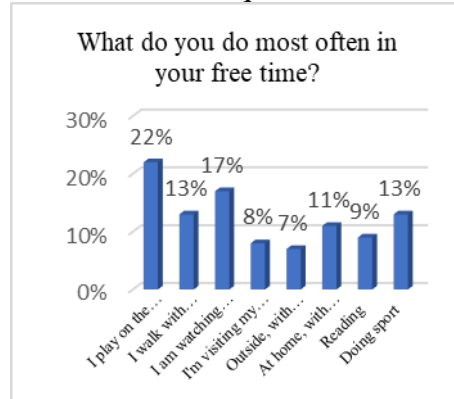


Fig. 1

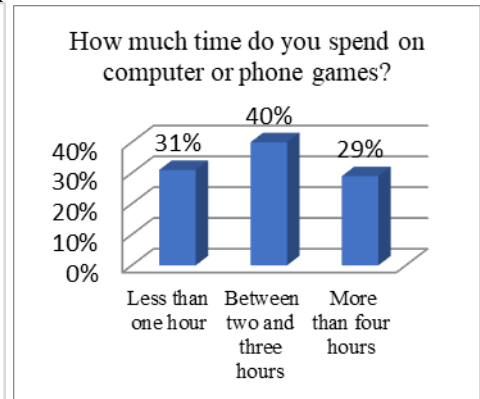


Fig. 2

To the first question, although the highest percentage was registered in the variant "I play on the computer / phone", it should not be neglected that the variants that involve other activities than those denied by gadgets, amount to a majority. The answers to the second question highlight a sad truth, namely that a significant percentage (29%) use the computer / tablet / phone more than 4 hours / day, and 40% between 2 and 3 hours daily.

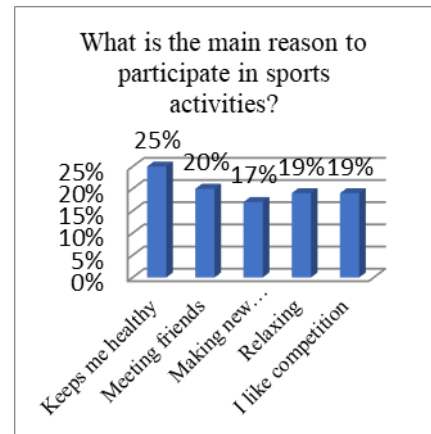
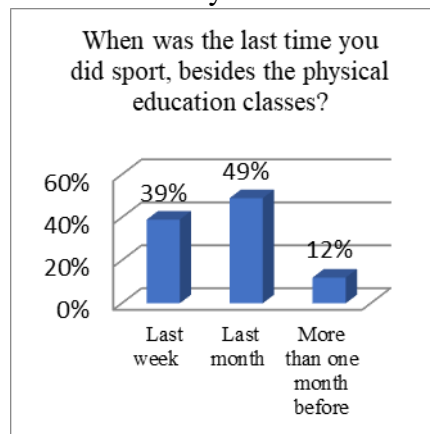


Fig.3

It is also worrying that, outside of physical education classes, some students (12%) have not practiced sports for more than a month, while 49% of them did, and only 39% did sports in last week.

The answers to question number 4, regarding the reasons for practicing sports, are relatively balanced, health occupying, however, the first position, respectively 25%, Followed by meetings with friends (22%), relaxation and competition (19% each) and 17 % desire to make new friends.

Fig. 4

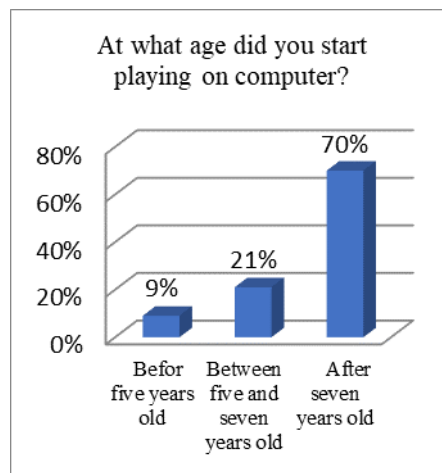
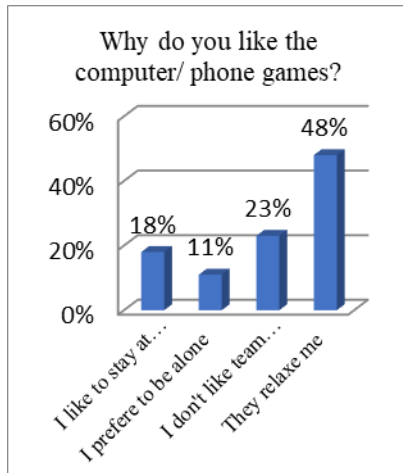


Fig. 5

Instead, boredom (48%) is clearly one of the reasons why they spend time at the computer/phone, followed by a lack of interest in team games (23%), according to the answers to question number 5.

Fig. 6

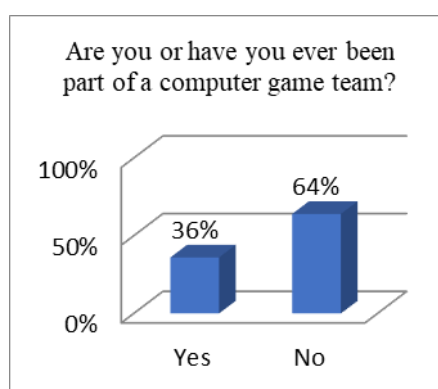
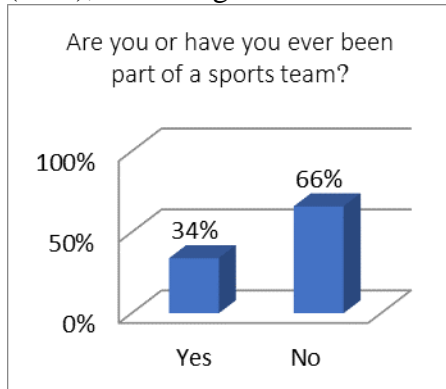


Fig. 7

Fig. 8

From the ticks to question number 6 it appears that out of the 100 students surveyed, 9% started playing on the computer before the age of

5, 21% of them between 5 and 7 years old, while the majority (70%) did it after they turned 7 years old.

Questions 7 and 8 show that the percentage of those who are part of a sports team and the percentage of those who are part of a computer games team are substantially equal, 34% and 36% respectively.

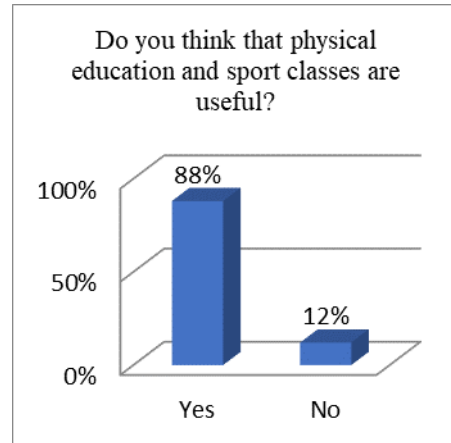


Fig. 9

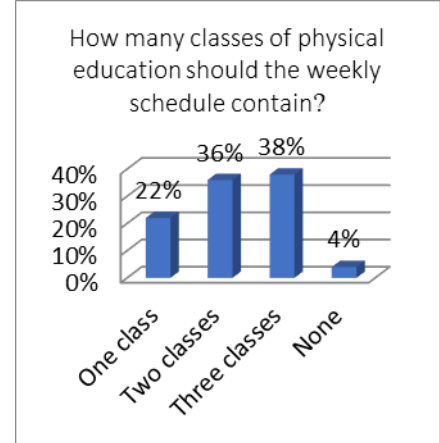


Fig.10

The last four questions refer strictly to the importance and number of physical education classes. Thus, an overwhelming percentage, 88% of students find this subject useful in school hours, 38% believe that it should be found 3 times a week in the schedule, while 4% of students believe that it could be missing from the program school.

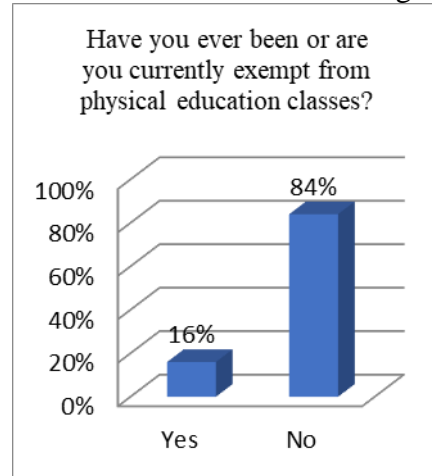


Fig.11

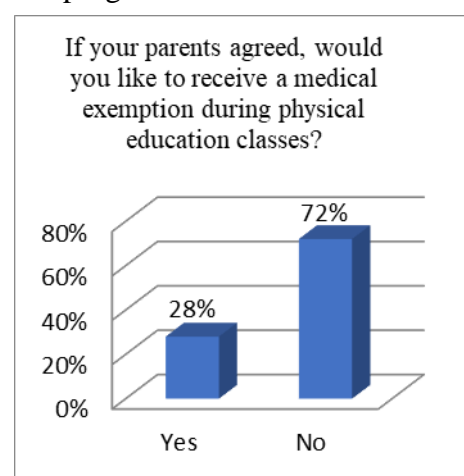


Fig.12

Of the 100 students, 16 were or are exempt from physical education classes, while a larger number, 28%, would be happy if their parents agreed to get them an exemption.

CONCLUSIONS

From the answers of the students who participated in completing the questionnaire, it appears that physical education and sports are in close competition with computer and mobile phone, but also that there are still students who want to move and outdoors, in a weight not to be neglected. Even if the society is highly technological and its temptations are hard to avoid, outdoor play and individual and organized sports have not disappeared from the preferences of the young generation, even if their share is not satisfactory.

In conclusion, modern technology "steals" sport from importance and time, but there are still a significant number of young people who attach importance to movement and its benefits.

For their numbers to grow, the roles of the family and the school are vital, especially that of the physical education teacher. The main objective of the physical education teacher must be the education of physically and mentally healthy generations, who can easily integrate into society and who give due importance to sport throughout life.

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