



Attitudes of students to physical culture and a healthy life Motivation

Grinko Vitaliy

Department of Physical Education and Sports, Ukrainian State University of Railway Transport, Kharkiv, Ukraine

Abstract

The analysis is based on the criteria related to the statement that today, the student's interest in physical education, a healthy lifestyle and everything related to physical education, sports and wellness activities has sharply decreased. The main problem of the modern higher education system is finding the best ways to train competitive specialists. To determine the attitude of students to physical education and healthy lifestyle on the basis of the analysis of the results of the questionnaire. It is found that 69, 35% of the students surveyed have a positive attitude towards a healthy lifestyle. They are also positive, but they do not adhere (they did not join this process) – 30,65%. The study found that students' positive attitudes toward healthy lifestyles were lower than positive attitudes toward physical education. Most students 68, 8%, said they did not have bad habits. Positive attitudes towards physical education are observed in 84.8% of the students surveyed; “More positive than negative” at 15, 2%. They consider themselves to be physically active and engage in sports sections of 23, 004%, and those who engage in training only within the curriculum 37, 7%. Satisfied with their own level of physical fitness – 40, 7%, dissatisfied – 59, 4%. The results of the study do not confirm that there is currently a significant decline in students' interest and motivation for healthy lifestyles and physical education. In order to attract more students to healthy lifestyles, increase interest and motivation to engage in various types of sports and recreational activities, it is necessary to introduce modern innovative educational programs into the educational process, to implement the principle of individual approach (to take into account the wishes and physical abilities of students), to conduct various sports activities. - mass events and updating of the material and technical base of the educational institution.

Keywords: interest, motivation, positive attitude, educational process, physical qualities.

1. Introduction

The main problem of the modern higher education system is finding the best ways to train competitive specialists, improving the level of physical fitness and psychophysiological adaptation of student youth to the requirements of their future professional activity. Analysis of the “Regulations on the organization of physical education and mass sports in higher education institutions” shows that in general they do not take into account the specifics of education and future professional activity, as well as are not focused on solving the problems of forming the basics of a healthy lifestyle, promoting the health of students, enhancing their physical development and forming the required physical qualities. The intensity of the educational process in higher education institutions, increasing psychological stress on students, raised the question of the role of sports and recreational activities in their daily life. It has been proved that systematic physical exercises increase the nervous and psychological resistance to emotional stress, support mental capacity; contribute to the success of student youth [1, 2, 8]. According to scientists from 2015 –2019, the health of student youth has deteriorated in Ukraine. Among the diseases are chronic diseases. The prevalence of cardiovascular pathology increased 1.9-fold; oncological - by 21%; bronchial asthma - by 39,3%; diabetes mellitus - by 11,4%; one in five people have hypertension. There is a decrease in the number of students belonging to the main group for health reasons: from 87,4% to 69,2%, the number of preparatory and special medical groups in

higher education increased from 5,76% in the first year to 18,68% on the fourth [1, 6, 9]. At present, there is a growing contradiction between the level of social needs and the efficiency of physical education of student youth. There are many different studies to solve this problem. In particular, it is proposed to improve the methods and forms of conducting classes [6]; to improve software and regulatory and strengthen vocationally applied physical training [8]; to form a healthy lifestyle; increase motor activity of students [5, 9]; increase interest in physical education, one of the means of optimizing physical education of students; differentiation and individualization of the educational process is the organization of sports and health sections and independent classes [1, 6]; improvement of the system of assessment of the level of physical fitness [7]; to implement a new, modern methodological provision of the subject “Physical Education” [3]. The analysis is based on the criteria related to the statement that today, the student's interest in physical education, a healthy lifestyle and everything related to physical education, sports and wellness activities has sharply decreased. The solution to the problem of continuity at the junction “school - higher education” is only to organize preparatory courses, the purpose of which is to prepare school graduates for entrance exams. But the problem of “complex succession” that would contribute to the physiological, psychological and social adaptation of future students is hardly considered [8].

2. Materials and Methods

Participants. 106 first-year students (53 - control group and 53 - experimental) participated in the experiment. Informed consent to participate in this experiment was obtained from all participants. The R / S method was proposed to process the experimental data.

3. Results

In order to identify students attitude to healthy lifestyles and physical education, a questionnaire was drawn up and a survey was conducted. As a result, the following data were obtained (Table 1):

Table 1: Attitudes of students towards healthy lifestyle and physical education

№	Question content and answer options	Total students (%)	Boys (%)	Girls (%)
1	2	3	4	5
1.	Attitude towards a healthy lifestyle			
	Positive (follow HLS)	69,4	62,3	76,4
	Positive (but not followed by HLS)	30,6	37,7	23,6
	Indifferently	0	0	0
2.	The presence of bad habits			
	«No» answer	68,8	62,3	75,3
	«Yes» answer	14,3	19,5	9,0
	Sometimes (drink or smoke)	16,9	18,2	15,8
3.	Attitude towards physical education			
	Positive (aware of the usefulness of the lessons)	84,8	83,1	86,5
	Negative	0	0	0
	More positive than negative	15,2	16,9	13,5
	More negative than positive	0	0	0
4.	Consider themselves physically active			
	"Yes" (engaged in sports and sports and wellness sections)	23,4	29,9	16,9
	Pretty active (lead HLS)	38,9	35,1	42,7
	Engaged only in the curriculum (scheduled)	37,7	35,0	40,4
	Have a sedentary lifestyle	0	0	0
5.	Satisfied with your fitness level			
	Yes	40,7	53,2	28,1
	"No"	59,4	46,8	71,9
6.	Participation in sports events held at the school			
	Participate	27,7	35,1	20,2
	Do not participate	72,4	64,9	79,8

The study found that students' positive attitude to a healthy lifestyle is lower than a positive attitude to physical education (Fig. 1).

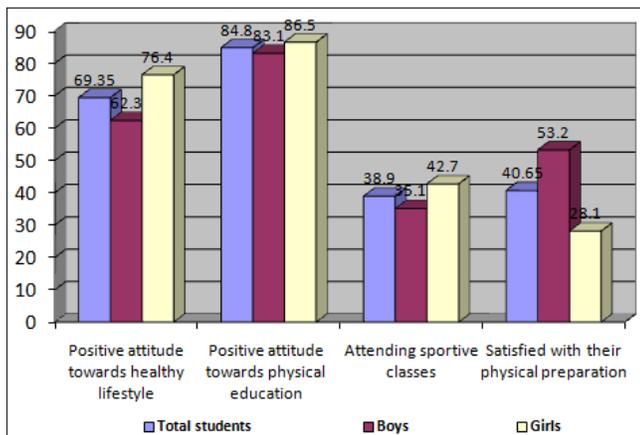


Fig 1: Students motivational-value attitude to physical education and healthy lifestyle (%).

4. Discussion (Discussion of results)

The analysis of the obtained results shows that 69,35% of the surveyed students are positive about healthy lifestyle. They are also positive, but they do not adhere (they did not join this

process) – 30,65%. The majority of students, 68,8% (62,3% of young people and 75,3% of girls), said they had no bad habits. Positive attitudes towards physical education are observed in 84,8% of the students surveyed; “More positive than negative” at 15,2%. 23,4% (29,9% of young people and 16,9% of girls) consider themselves to be physically active and engage in sports sections, and 37,7% (35% of those engaged in training only within the curriculum). and 40,4% of girls). Satisfied with their own level of physical fitness – 40,7% (53,2% of youth and 28,1% of girls), dissatisfied – 59,4% (46,8% of youth and 71,9% of girls).

The results show that students are aware of the usefulness of a healthy lifestyle, but for various reasons, do not meet these requirements.

5. Conclusions

1. The results of the study do not confirm the data that at present there is a significant decline in the level of students' interest in healthy lifestyle and physical education.
2. The reasons for the high positive results are that: first, the survey was conducted among those students who attended physical education classes (were present); second, students are aware of the positive impact physical education and healthy lifestyle have on their health status, but for various reasons have not yet taken part in the process; third, the

desire to show yourself from the best side, even when conducting an anonymous poll.

3. In order to attract more students to a healthy lifestyle, increase interest and motivation to engage in various types of sports and recreational activities, it is necessary to introduce into the educational process modern innovative educational programs, to implement the principle of individual approach (to take into account the wishes and physical abilities of students), various sports and mass events and updating of the material and technical base of the educational institution.

6. Further research

Is planned to increase students' motivation and attitude toward physical culture and healthy lifestyles.

7. References

1. Bedretska LO. On the issue of motivation in the conditions of testing the physical fitness of students. L.O. Bedretska TV It happened: The role of physical culture and sport in a healthy lifestyle. Lviv, 1999, 17–19.
2. VilenskyM.Ya. The main essential characteristics of pedagogical technology of formation of physical culture of personality. MJ. Viensky, G.M. Juices. Physical training: education, training. 2001; 3: 2–7.
3. Griban GP. Prerequisites for creation of methodical system of physical education of students of higher educational institutions. Slobozhansky Scientific and Sports Bulletin. Kharkiv: CDAFC. 2014; 2(40): 67–71.
4. Grinko VM. Aerobic classes and their possible influence on the level of general and special endurance of students. Scientific journal. NP Drahomanov. Kiev. 2015; 12(67):42-45.
5. Dichek TA. Features of students' motivational-value attitude to physical education [Electronic resource]. T. A. Dickek. Access mode: [www.rusnauka.com/21 NNP 2010 / Sport / 70719.doc.htm](http://www.rusnauka.com/21_NNP_2010/Sport/70719.doc.htm).
6. Zubaliy ND. Content and structure of students' becoming to study. Theoretical and methodological problems of improving the psychological training of managers. K, 2000, 108–109.
7. Lutsenko LS. Changes in the attitude of students to sports activities and to the assessment of their own health during their study at a higher education institution. HP Lutsenko, A.V. Sutula, V.V. Shuteev, NP Bateeva, DR Melnychuk: Slobozhansky Scientific and Sports Bulletin. Kharkiv: CDAFC. 2014; 5(43):35–40.
8. Muntyan VS. Motivational-value attitude of students to a healthy lifestyle and physical education. Scientific journal: NPU them. MP Dragomanov. K. 2013; 5(30):108–113.
9. Sergienko LP. Formation of active consciousness of students about the need for leading a healthy lifestyle. Pedagogy, psychology and medical and biological problems of physical education and sports: Coll. Sciences. ed. Yermakova SS Kharkiv. 2003.16: 69–73