

DIFFERENCES IN PHYSICAL ACTIVITY MOTIVES AND CAUSES OF NON-PARTICIPATION IN PHYSICAL ACTIVITIES BETWEEN BOYS AND GIRLS IN PRIMARY SCHOOLS

DOMINIKA VITKOVÁ

Faculty of Physical Education and Sports
Comenius University in Bratislava
Slovakia

ABSTRACT

The aim of this paper, which is part of the VEGA 1/0759/12 project, is to analyze the motives of physical activity and barriers of non-participation in physical activities of primary school pupils according to differentiating criterion - sex. Using the questionnaire we will try to define the main determinants of physical activity between boys and girls, which influence participation in physical activities. Given to the results of the research we will suggest recommendations to eliminate physical activity barriers and support motivational elements.

Key words: barriers, motives, physical activity, coeducation

INTRODUCTION

The concepts of health, physical activity and hypokinesia are closely related and are now increasingly discussed. This issue deserves more attention, as the statistical data and numerous studies point to warn of unsatisfactory long-term health of the population. Health is a prerequisite for life quality of individual and society and also its positive value. This is confirmed by the conclusions of many studies. Non-infectious diseases together account for over 70% of the causes of premature death in our population (www.uvzsr.sk). The current science provide sample evidence that health complications arising from lack of exercise can be prevented by adequate physical activity, suitably chosen sports recreational activities already in young age (Hrčka, 2009). Mentioned choice of physical activities must take into account many factors, age, gender, previous sports activity, level of health. With sufficient frequency and intensity it can be the level of primary and secondary prevention of non-infectious diseases of civilization as well as a contributing factor to the quality of life.

Health is becoming a prerequisite for quality of live and its positive value. One of effective means of retaining health is to activate people to sport activities, give objective information about influence of recreational sport on people's health. That way you can contribute to reducing the incidence of disease in the population (Labudová et al., 2002).

Physical activity of children and adolescents is an essential component of any strategy to prevent or treat lack of physical activity illnesses, which are now considered a public health problem with serious social and economic consequences (Wyatt, Winters, Dubbert, 2006).

Physical activity has an unreplaceable role in body development, that's why we are trying to focus on question according to the youth physical activity, it's assumption, which is physical education on primary schools. Children's physical activity is reducing to the 50% of primary activity and school's education is enough just for 20-30% of necessary activity (Šimonek, 2007).

Physical activity during childhood is extremely important for the early detection of the morphological changes, which are related to the pupil's mental and physical development.

METHODS

The sample was comprised by 100 pupils in primary school in Poprad, aged in 10-15 years, 40 boys and 40 girls. Respondents were differentiated by sex. The main methods of data collection were: a questionnaire method and study of materials. For the collection of empirical data we used structured questionnaire with closed and open questions aimed to main motives and barriers of physical activity. The data were processed and analyzed using standard mathematical and statistical methods and the results are shown graphically in charts. We used the basic logical method (analysis, synthesis, and comparison). The obtained empirical results have been processed on the level of percentage and relational analysis and context variables were assessed by chi-square.

RESULTS AND DISCUSSION

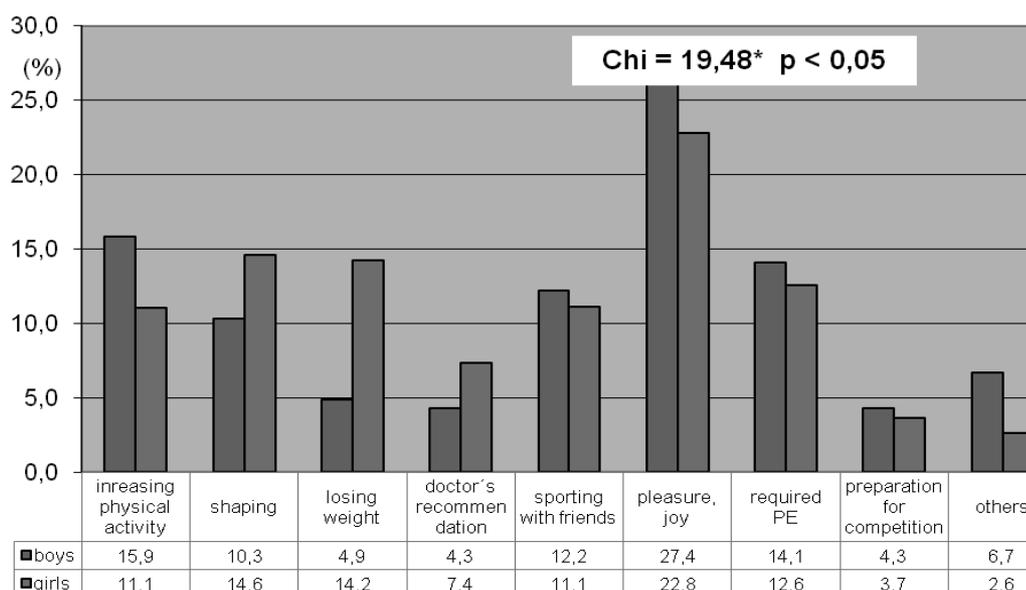


Figure 1
Pupil's motives of participation in physical activity

As shown, there are different motives of physical activity. In both groups there were the most relevant motive was pleasure, joy from physical activity. In the structure of physical activity motives of boys is very important also increasing physical activity. This is important

note for us. It really good that boys know about necessity of physical activity, they are interested in creating the basis for health care as lifelong basal condition. Girl's second and third motive aimed at shaping body forming and losing weight. It is important to them look nice as they see it media. In fact, it is good for their health aspect to take care about it, but in the other hand, isn't it dangerous phenomenon of current word? As supposed, also required PE has role in structure of physical activity. When there are good conditions of PE, it can be basis of lifelong physical activity, it can have a significant potential for health.

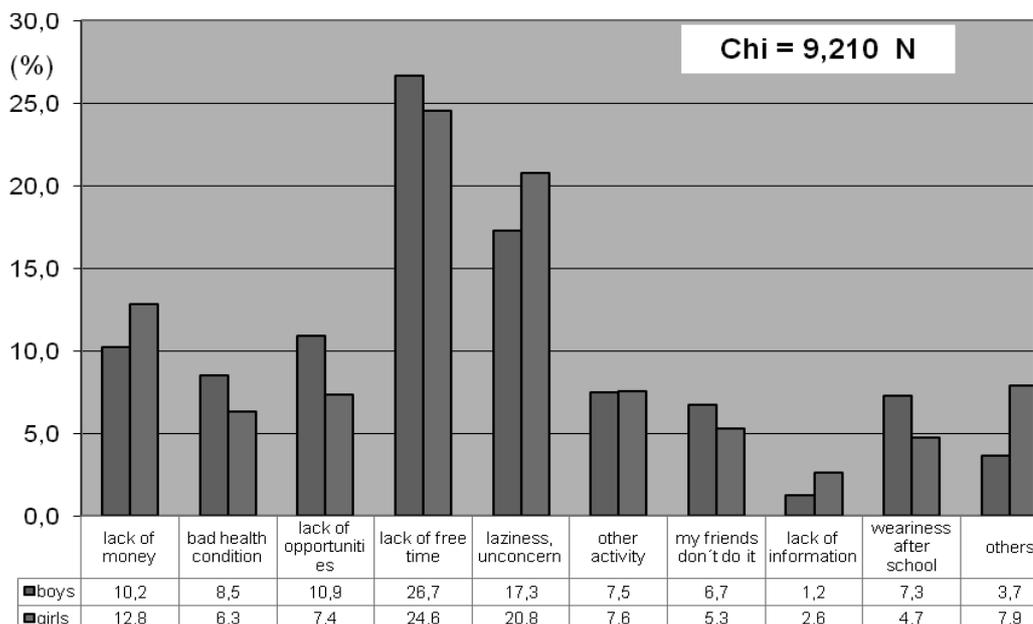


Figure 2
Pupil's opinions regarding to non-participation in physical activity

In the structure of barriers there are not significant differences between boys and girls. Important note is that in both groups is dominant reason of non-participation in physical activity lack of free time. Nowadays, in time-stressed population, is it problem, which asks our attention, because the physical activity has to be essential part of health care as a highest value. It is interesting, that second place in structure of barriers is laziness, or personal unconcern. Recently, there is a lot of technical possibilities we must be aware of positives affect, we need to motivate children to sports and give them optimal information about sport and it's positive effect. The third important barrier is lack of money. It is one of the problems, which is not easy to solve. Already children in their age can realize economical pretension.

CONCLUSION

The way of life of the current population, also in children's ages can be characterized as a predominantly hypokinetic. Modern science provides us sufficient evidence that health complications arising from lack of exercise can be prevented by adequate physical activity. Thus realized the choice of physical activities must take into account a lot of factors: age, gender, and environment. The basis for health care is starting in young ages, that's why we need to take care about children's habits. But first it is necessary to know what do they like, why do they doing sports and why not. In our research we realized, that it is very important to support children in main motives. Support activities, which grand them pleasure, joy, to inform them about effects of physical activity, grand them good-quality conditions. As known, the lack of free time is one of the biggest problems also in young ages. We need to offer them activities which doesn't need too much time, inform them about opportunities.

We must bear in mind that today's demanding children is not easy to satisfy and motivate him to move, it is necessary to improve it in the face of the opinions of those, who are addressed to, in order to motivate them to move. These activities should be oriented to the development of the motivation to the acquisition of meanings and values of movement in function of healthy lifestyles.

REFERENCES

- Hrčka, J. 2009. *Kapitoly zo športovej zdravotvedy vysokoškolačka*. 1. vyd. Žilina : EDIS - vydavateľstvo Žilinskej univerzity, 2009. 134 s. ISBN 978-80-554 0096-9.
- Labudová, J. et al. 2002. *Šport pre všetkých*. 1.vyd. Bratislava : Slovenský zväz rekreačnej telesnej výchovy a športu, 2002. 200 s. ISBN 80-89901-67-7.
- Šimonek, J. 2007. Zdravie. In *Obsahová báza v programe šport a zdravie*, Univerzita Komenského v Bratislava, Fakulta telesnej výchovy a športu. Bratislava : ICM Agency, 2007, s. 126-128. ISBN 978- 80.
- Wyatt, S. B., Winters, K. P., Dubbert, P. M. 2006. Overweight and obesity: prevalence, consequences, and causes of a growing public health problem. In *The American Journal of a Medical Science*, 331, 166-174.
<http://www.uvzsr.sk/docs/info/podpora/NPPOC.pdf>