

133 - STUDY ON THE NECESSITY OF PRACTICING PHYSICAL EXERCISES IN HIGH SCHOOL STUDENTS FROM BACĂU, ROMÂNIA

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INTRODUCTION

Documentation on the factors that influence the practice of sports activities during physical exercises is an important step that can help adults to know more and more about these leisure activities, an aspect that can lead to the improvement of the practical activity.

Useful use of physical exercise should be complemented by the enjoyable, leisure-time outdoor leisure using games, sports and tourism (fishing, hunting and cycling).

If leisure is used wisely, it becomes a means of training the human personality, of permanent education. These free activities must be organized with colleagues, friends, with the family both in the non-competitive form (walks, excursions, dynamic games, swimming, etc.) and in the form of competitions. It is essential that these physical education and sports activities enter into the daily life regime of each student.

The gradual familiarization of the students with the systematic practice of the physical exercises and of the movement outside the school means modeling, awareness and active participation.

Thus the physical education acquires projective-formative characters, which together with the other educational factors (family, youth organizations) make their actions convergent.

In order for the students to want to extend the exercise, it is necessary for them and their families to have a clear conception regarding this field of activity, so that "sports education" is formed.

METHODS

Research Hypotheses

To carry out this study, we started from the following hypotheses:

1. It is assumed that if we know and analyze the opinions of high school students in the Bacău city, we will be able to highlight the role that practicing physical exercises have in the life of the respective population segment.

2. It is assumed that, knowing the opinions regarding the practice of physical exercises, can increase the interest for these activities and implicitly the number of practitioners within the population of Bacău.

Subjects and conditions of the research

The subjects of the research are represented by a number of 150 high school students from Bacău, of which 84 are male and 66 are female.

The research to carry out the present dissertation work was carried out between April 2019 - August 2019, the application of the questionnaire was carried out in the Bacău high schools.

The questionnaire used in the research was a closed type and contained nine questions with several possibilities for answers.

Due to the small number of pages, we have to present only the most significant questions and answers of this study.

RESULTS AND DISCUSSION

Presentation and analysis of the study data

At the question: "Do you generally practice physical exercises?" The following answers were given (table below and chart no. 1):

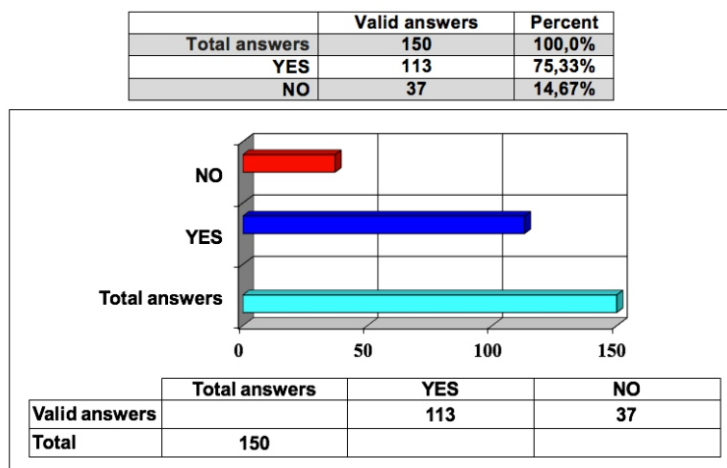


Chart no. 1

The answers to this question highlight the fact that, in most of the answers, representing about 75% of the total number of people surveyed, they practice physical exercises.

Those who answered yes to this question probably have a loaded program that does not allow them to exercise or various sports.

To the question: **"Which of the sports listed, do you practice them ?"**, the following answers were obtained (the table below and chart no. 2):

	Valid answers	Percent
Total answers	150	100,0%
Football	87	58,00%
Running	19	12,67%
Aerobic	18	12,00%
Martial arts	6	4,00%
Table tennis	4	2,67%
Volley-ball	16	10,66%

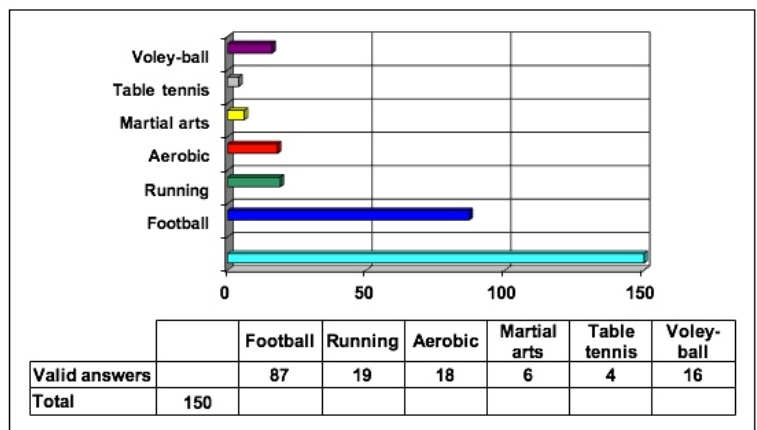


Chart no. 2

The answers to this question seem quite interesting to us, regarding the options of the people questioned and are quite close as percentages as the question no.2.

Thus, a percentage of 58% of the answers for football was obtained, being the most practiced sport by the high school students in the Roman city.

The answers to running, aerobics and volleyball had a percentage between 10.66% and 12.67% being the following sports practiced by the high school students from the Roman city.

The last places in number of answers were martial arts and table tennis with a percentage of about 4% of the number of respondents.

When asked **"Which of the following motivates you to practice sports or exercise? (tick at most two variants)"**, the respondents gave the following answers (table below and chart no. 3):

	Valid answers	Percent
Total answers	300	100,0%
The need for movement	26	8,67%
Maintaining the state of health	119	39,67%
Enjoying the free time	34	11,33%
I practiced this, as a performance athlete	28	9,33%
I have aptitudes for the physical exercise that I practice	27	9,00%
Loss of calories accumulated, weight maintenance	53	17,67%
I can't appreciate it	13	4,33%

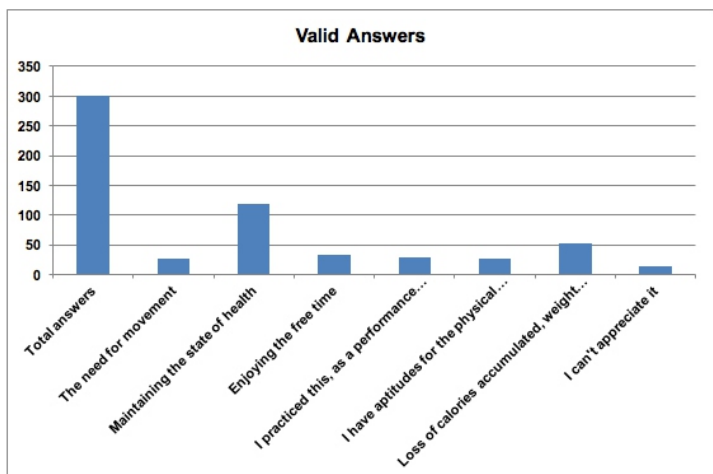


Chart no. 3

As can be seen from the answers, expressed by the 150 people questioned, it can be emphasized that about 40% of cases practice physical exercises to maintain health, 17.67% to lose calories, maintain weight.

About 10% of the answers were grafted on practicing physical exercises for the need to move, spending leisure time, I practiced as a performance athlete and I have aptitudes for the physical exercise I practice, and 4.33% of those questioned, they cannot appreciate what the reasons for the physical exercises are.

To the question: **"How much time do you spend weekly practicing the physical exercises?"**, the following answers were given (table below and chart no. 4):

	Valid answers	Percent
Total answers	150	100,0%
Once a week, 1-2 hours	23	15,34%
Twice a week, 3-4 hours	29	19,33%
Three or more times a week, more than 4 hours	26	17,33%
At the end of the week, more than 4 hours	46	30,67%
Not practically weekly	26	17,33%

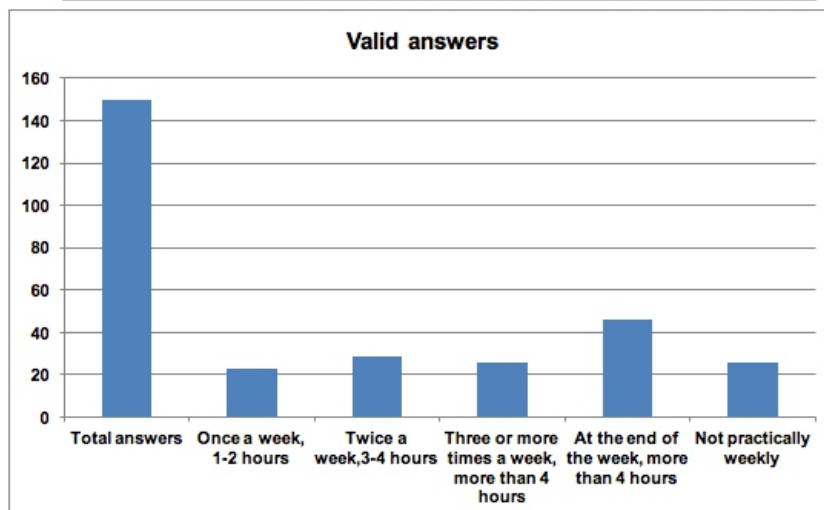


Chart no. 4

The answers to this question highlight the fact that in the area of the Bacău municipality most of the questioned people practice at the end of the week, more than 4 hours physical exercises in different forms of manifestation.

In the other variants of answers to this question the opinions of the high school students were divided, with a percentage between 15.34% and 19.33%.

This question shows us that most of the high school students practicing physical exercises in the Bacău city practice at the end of the week, more than 4 hours, probably due to the free time available on the weekends.

CONCLUSION

Analyzing the results obtained after conducting our research, regarding the necessity of practicing physical exercises in high school students in the Bacău, we have broken down the following:

- 1. As it has been observed from the analysis and interpretation of the research data and the answers to the questions in the questionnaire, most of the high school students questioned are particularly interested in practicing the physical exercises when the time allows;**
- 2. Considers it beneficial to practice physical exercises in order to maintain an optimal state of health;**
- 3. There are material bases in the area of the Roman municipality for practicing physical exercises;**
- 4. Does not consider age an obstacle to practicing physical exercises;**
- 5. Practicing physical exercises usually takes place at the end of the week with family or friends, spending more than 4 hours a day from the time available during the weekends.**

The statistical results confirm the hypotheses from which he left, the analysis of the opinions of the questioned subjects, high school students from the Bacău city, emphasized the role that the physical exercises play in the lives of the questioned.

Analyzing and comparing the obtained results we conclude that the differences of opinions regarding the practice of physical exercise as a leisure activity are not very different, most of the interviewees show a high interest for practicing this activity, being differences in type, frequency, duration. and the intensity with which it is made

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ABSTRACT

The observations made in the last decades demonstrate a certain tendency to decrease the parameters of the physical and functional capacities of the body of all generations of Romanian citizens. Among the major causes of this phenomenon is the reduction of the motor activities of the contemporary man (hypodynamics), as well as the increase of the psychic efforts. In this sense, the prophylaxis actions that directly involve attracting and promoting physical activities in leisure activities are indispensable. From studying the existing bibliographic materials we realized that information regarding the possibilities of practicing the free time activities and especially the weight of these in the time budget of the high school students are non-existent. For this reason, we considered that conducting an investigation that would bring more information in this direction may be a benchmark for larger investigations that will influence the possibility of practicing physical exercises in high school students in Bacău.

KEY WORDS: study, physical exercises, high school