

THE PROPORTION OF SPORTS ACTIVITIES IN THE UNIVERSITY OF BUCHAREST STUDENTS' LIFE REGIME

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Abstract

Background. The idea of free time has worried people since ancient times. Aristotle once said “that free time does not mean the end of work, but, on the contrary, work means the end of free time.”

It should be used for recreational activities, creation, literature, science, art, philosophy and sports.

Today, the concept of leisure time acquires a richer understanding, apart from time for rest, recreation, fun-leisure, tourism, time for training and professional development, to improve one's methods, all this after he has fulfilled his professional, family and social obligations.

Aspirations and behaviour related to (regarding) free time and the way of using space in this leisure time, have changed profoundly in recent years in Romania as well.

The researchers, know that practicing physical activity regularly, leads to substantial and lasting benefits in terms of health and quality of life.

Objectives. The purpose of this study consists in understanding the place that sports activities occupy in the life regime of the UB students.

Methods. Research methods: scientific documentation, questionnaire-based on investigation, statistical-mathematical processing and graphical interpretation.

The survey was conducted in 2019 and consisted of a questionnaire, containing a set of 8 questions applied to a number of 100 students of the University of Bucharest.

Results. Following the multiple answers regarding the proportion of sports activities in the students' life regime, the subjects have opted as it follows: 76% do occasional sports, and only 16%, systematically. Unfortunately, 8% do not play sports at all. Most students (90%) prefer recreational sports and only 2% do performance sports and 8% do not play sports at all.

Regarding the type of sports activities preferred by students, on the first place in overall standings were those for relaxation and leisure, with a percentage of 44%, followed by those for body maintenance, with 42%, the third place is occupied by races and contests, with 6% and 8% do not play sports at all. Among the sports activities practiced by the students during the weekend we specify fitness, jogging, soccer and swimming.

Conclusion. Free time has a special impact on the life of each human being. This can be an advantage or a disadvantage, depending on how it is used. The study revealed that the students use a part of their free time for socializing and sedentary activities, but also for practicing sports.

Keywords: sports activities, free time, students.

Introduction

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Today the concept of free time has a wide circulation. Around this idea, a rich socio-pedagogical literature was elaborated and at the same time, researches for deepening and revealing the educational potentials of free time on all stages of human life began to be initiated. (Balint G., 2007)

Recreational sports activities as a way to spend free time have a relatively recent debut. With a history of no more than 20 years abroad and less than 10 to 15 years in Romania, they have reached a level that now allows access to as many people as possible, not only specialists or adrenaline enthusiasts.

The functions of leisure movement overlap to some extent with those of physical education and sports. They have a constant character and at the same time respond to real needs of free time: entertainment, fun and development, improvement (Rata G., 2007).

Numerous philosophies and preoccupations of different specialists in the field have been added to the free time, among which we mention that of the sociopedagogue Joffre Dumazedier, quoted by Rata G, 2007.

It defines the concept of leisure, through the three "d's":

- delassement
- development
- distraction

Issues addressed

In approaching the issue of this topic, we started from the finding that sports activities performed in an organized manner, is an effective means of improving the physical and mental condition of young people.

Systematic physical activity is the safest and cheapest way to avoid various diseases. It improves health in several ways: it reduces the activity of the heart muscle, reduces the risk of cardiovascular disease, protects against osteoporosis, helps increase bone mass. The positive influence of physical activity also appears in the psychological sphere. It reduces anxiety, alleviates depression, improves sleep quality and good mood. Moreover, the physical effort made in the group also has the role of social integration. Physical activity is also a way to escape from everyday problems, to forget about the stress of the day, because when we exercise, we give ourselves completely to physical effort. Due to physical effort, our mental state improves, which leads to a good mood.

Physical activity performed in an organized way has positive effects on people who practice it. This activity combats sedentary lifestyle, which can lead to serious illness from an early age.

In the current conception, the sports activity in the free time acquires two fundamental aspects: on the one hand the practical utility and the fight against fatigue, and on the other hand, the undisputed pleasure of the physical exercises and the outdoor movement of the people. The useful use of physical exercise must be complemented by the pleasant spending of time outdoors, in leisure activities, practicing, sports, games and tourism, as well as activities such as cycling, fishing, hunting.

These sports activities must be organized with colleagues, friends, family both in non-competitive form (walks, excursions, dynamic swimming games, etc.), as well as in the form of competitions.

It is essential that these physical education and sports activities enter the daily life of each young person.

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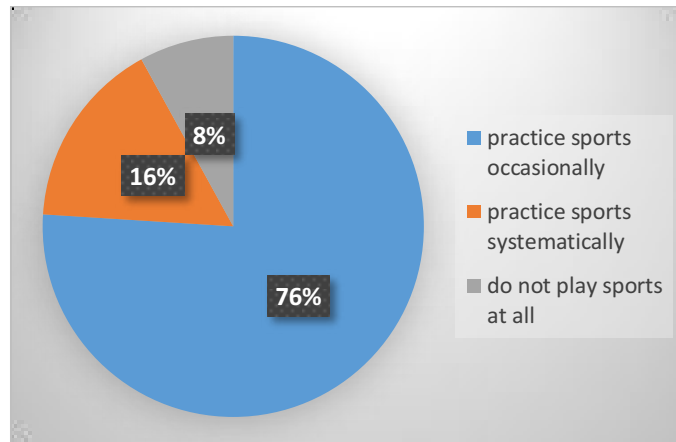


Fig.1 Answers regarding the proportion of sports activities in the students' life regime

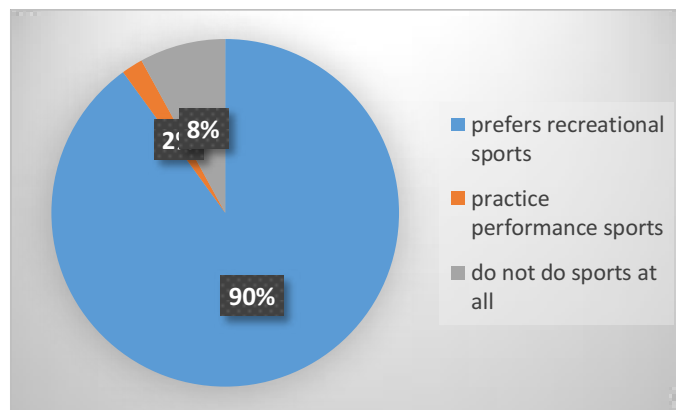


Fig.2 Students' preferences regarding the practice of sports

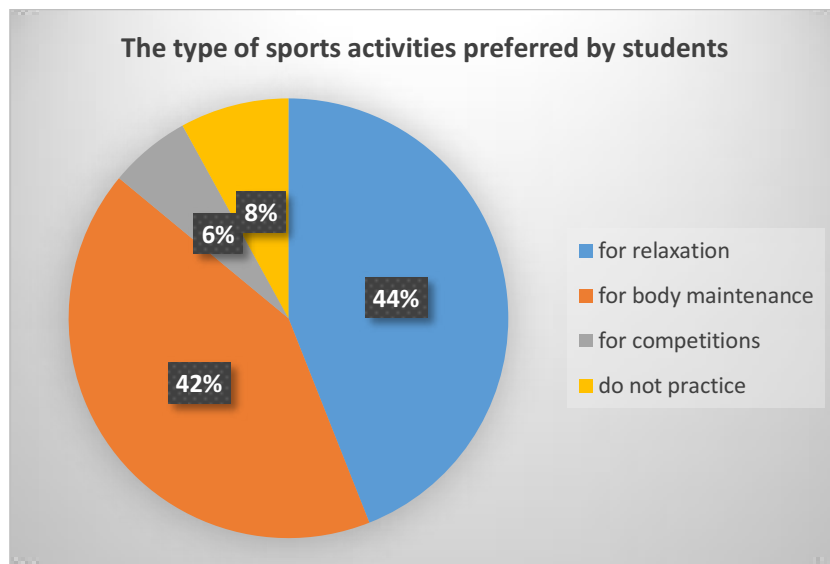


Fig.3 The type of sports activities preferred by students

Conclusions

Free time has a special impact on the life of each human being. This can be an advantage or a disadvantage, depending on how it is used. The study revealed that the students use a part of their free time for socializing and sedentary activities, but also for practicing sports.

Gradual accustoming of students to the systematic practice of physical exercises means modeling, awareness and active participation. Thus, we can say that sports education acquires a projective-formative character, which, together with the other educational factors (family, youth organizations), make their actions convergent.

If free time is used wisely, it becomes a means of formation of human personality, continuing education.

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