THE PROFILE OF PHYSICAL ACTIVITIES AND THE LEVEL OF PSYCHOMOTOR EFFORT OVER FEMALE STUDENTS SPECIALISED IN DIFFERENT ACTIVITIES OF THE UNIVERSITY OF BUCHAREST

Profilul activităților fizice și nivelul solicitărilor psihomotrice survenite asupra studentelor din cadrul unor specializări ale Universității din București

DUMITRESCU Remus

Department of Physical Education and Sport, University of Bucharest, Romania * Corresponding author: remusdumitrescu@yahoo.com

Abstract.

Background. The development and spreading of physical activities are processes that contain different fields of activity, therefore we need a model of the psychomotor demands, specifically for the specializations and conditions of every student's life.

We are talking about a decision drawn by analyzing interdisciplinary data with different content, in order to obtain positive results during P.E classes such as: the optimization in the process developing the body aesthetic and the raise of self-esteem

Objectives: The study took place between the years 2016-2017 and included only female student prospects and with the means of the data we gathered and analysed, we set off to demonstrate the efficiency of the applied programmes, considering the level of effort in certain moments of the day or week, along with the preferences for certain subjects which undoubtedly enhanced the aesthetic evolution of the female body.

Methods: We applied a closed, social Market Research quiz, adapted from "The Cooper Institute for Aerobics Research" (1999) and applied to a number of 120 female students from first and second year.

The structure of the quiz was made of 6 basic categories and subcategories of physical activities, each containing 5 questions reffering to: the daily schedule, $(7,^{00}$ si 14,⁰⁰) the activity type, rest, work level intensity (low, medium, high) monitoring the activities during the whole week.

Results. **Quantitative analysis** highlighted the following: 52.5% of the female students believe they have problems regarding their physical condition, 63% of them are not pleased with their appearance.

Qualitative analysis showed the following: 97% of female students are aged between 18 and 21 and 79% live in an urban environment, 21% took a mild part in physical activity in their last year of highschool, 4% were excluded on medical reasons.

Conclusions. After applying the quiz and debating on the results, we could conclude the following: that physical activities take place mostly on Mondays and Fridays; activities for improving physical condition take place mostly on Mondays, Wednesdays and Fridays; competitive or recreative physical activities take place mostly on Tuesdays and Fridays; physical activities for muscle tonification take place mostly on Mondays and Fridays; physical activities for improving mobility and life quality take place mostly on Tuesdays and Thursdays; other activities than physical activities take place mostly on Tuesdays and Wednesdays.

Keywords: physical activity, intensity, effort, psychomotric solicitations

Introduction

In the academic environment the implementation and the development of phyisical activities are processes that include a variety of fields of activity which is the reason why we need to identify methods as efficient as possible that take into consideration both the morpho-functional particularities and the psychomotrical demands specific to the different degree specializations and life conditions of young female students.

In the case of this social category we reffer to an undertaken decision that results from the processing of certain interdisciplinary information with different content but unique meaning, that is: the optimization of the body aesthetic development and of the specific psychical processes, as well as the achievement of positive results not only in the context of organised activities such as physical education classes but also in the leisure time.

"Today's society is carachterized by accelerated work rate that induce pressures sometimes hard to counter by the subjects that are incapable of resonating or synchronizing with them. The rigour with which time is being compartmentalized leads to the notion of *time budget*. Like any other budget this one normally implies a limited resource that must be moderately managed" (Bota, A., 2006).

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There are always new terms and interpretations related to the notion of leisure time. Thus *Miller* and *Robinson* (quoted by Ganciu 2010) two tourism analysts, in their presentations we encounter for the first time the differentiation between "leisure time" which can be understood as the available time the individual has left after the fulfilment of necessary work or other activities and obligations are completed.

The French sociologist Dumazedier, J.M. (1971), quoted by Rață G., (2007), perceives leisure time as the time in which "an assembly of activites to which the individual dedicates freely, willingly and with pleasure to either for resting or for having fun and satisfy their aesthetic needs, or for enriching their knowledge, or enlarge and develop their voluntary social participation or creative capacity, after he has eliberated himself of all professional, social and familial obligations" is achieved.

"In the modern acception, health is considered to be a state/condition which is of physical, social and psychological nature. For an individual to benefit from a good health condition it is not enough for the certain person not to be diagnosed with an illness, but it is required that all their health components to be situated at the positive pole. Therefore there is the posibility of objective evaluation of the tendency to reach the *state of wellness*" (Aducovschi, D., 2012).

"Motivation is required in order to change our behaviour, become conscious in regards to what is good and what is bad. The identification, quantification and anticipated monitoring of risk factors should be paid attention to by each and every one of us at least starting with the young adult age" (Aducovschi, D., 2012).

Yukseloglu & Karaguven (2013) have studied academic motivation, wanting to identify the factors and efficiency on a group of students. The results have shown that the group, having demographical characteristics and common specialization, had a higher efficiency regarding academic motivation. This matter has also been studied by Haron et al., (2012), they studied motivation and the effect on intellectual understanding and performance among the students.

Students devote a good amount of time home and their behavior and actions are greatly influenced by their parents. The level of education of the parents play an important role in the success of the young's education.

Results contested by Krug (1989) and Forsyth & McMillan JH (1991) have shown that the academic factors are as efficient regarding the motivation and student academic orientation.

Motivation and reasoning of the research

Establishing the profile of the activities, the level of physical and mental solicitation, occurred in the students' everyday activities throughout the specializations of the University of Bucharest, in everyday life and the attainment of certain data which help us create a more relevant activity diagram.

The development and the spread of physical activities are processes that comprise various activity environments and that is why we need an example of the psychometric solicitations specific to the specializations and the conditions of the life of the students.

Therefore, there is a decision arising from the processing of certain interdisciplinary information containing different content, aiming for obtaining of positive results in the physical education class, those being:

- optimizing the development of the body esthetics;

- increase in the degree of satisfaction.

The subjects undergoing the study are students of the 1st and 2nd year of the Physical Science Faculty, and the sport and physical education class is comprised in the Education Plan, having an mandatory regime. This faculty has an universitary campus situated outside of Bucharest, at a distance of 10 km, featuring an up-to-date sports holl and also an open air football field. This facilities allows for the possibilities of practicing more sporting branches, inside the holl (voley, basketball, handball, tennis, badminton, aerobics, fitness, bodybuilding and table tennis), as well as outside (football, tennis, athleticism).

The work is done by applying programs according to the psysical needs and possibilities, but unfortunately, the sportive infrastrucure limits us in covering all the sportive branches required by the students.

Objectives

We have proposed to demonstrate the eficacity of the applied programs considering the effort intensity in certain moments of the day and week, as well as the preferences for certain disciplines and extracurricular activities that helped the evolution of the improvement of the feminine body estethics.

The study was conducted in the 2016-2017 period and has focused exclusively a sample of students, through the analysis of the selected data the aim was to determine the aspects that influence the increase of the motric capacity, mainting a high physic and mental tone, and also to create the dependency of living a helathy lifestile.

The investigation based on a questionnaire was comprised of questions addressed to the respondents, meaning an active cooperation from their side for the success of the investigation, implicitly a systematic gathering of the data regarding a well structured group, collection of information about the students, roles, networks and social groups.

Methods

A close-ended questionnaire has been applied, taken over, adapted after "The Cooper Institute for Aerobics Research, (1999) and applied to 120 students from the first and second years of study.

The structure of the questionnaire is comprised of 6 main categories and 6 subcategories of physical activities, each having 5 questions that reffer to: daily routine (between 7^{00} and 14^{30}), type of activity, rest, work intensity (low, medium, high), monitoring the whole week of activities (Monday to Friday).

The enquiry has been about questions addressed to the respondents and it was based on active cooperation of them for the success of the investigation. The purpose was that of systematically collecting data about a well defined social group, allowing for individual information gathering, roles, social groups, organisations, as well as education institutions and jobs. The information is provided by The Sociology Dictionaire (1998).

Daily physical activities	Aerobic activities	Sport activities	Muscular toning activities	Mobility exercises	Rest and inactivity
Physical activities done everyday	Activities done to improve physical condition	Activities done as competitional or recreative sport	Activities done for muscular toning	Activities for improving mobility and life quality	Activities done when there are no other physical activities
 Walking, riding a bike or skateboarding 	1.1.Fitness/Aerobics	2.1. Football	3.1.Heavy lifting	4.1.Martial arts	5.1.Individual study for school or disconnected lecture
2. Physical activities inside the house or in the garden	1.2. Aerobic Dance	2.2.Team games (basketball, voley etc.)	3.2. Athletics	4.2. Stretching	5.2.TV or computer games
3. Active games or dance	1.3.Aerobic activities: running, riding a bike, rollerskating.	2.3. Sports using battledore (tennis, badminton etc.)	3.3.Gymnastics, dance, activities during the physical ed. class	4.3. Yoga	5.3.Eating or rest
4. Work that implies physical activities	1.4.Aerobic activities done during physical ed. classes	2.4.Sports during the physical ed. class	3.4. Judo	4.4. Balet, dance	5.4. Sleep
5. Other	1.5. Other	2.5. Other	3.5. Other	4.5. Other	5.5. Other

Table no. 1. Activity categories

NASPE orientations specifically advise the selection of the activities of each different levels of physical activity with the help of the Pyramid of physical activity initiated by Corbin, C.B. & Lindsey, R. (2007).

The pyramid is used as a method of classification of different types of physical activities, also, for the evaluation with the help of the Activity Diagram (Cooper Institute, 2004) presenting the best concepts of physical activity, and fitness for life Corbin, C. B. and colab. (2007).



Fig. 1. Activity Diagram Pyramid

Questionnaire aplication, centralizing and opinion analysis, unfolded on a six months period of time: October, November, December 2016 and March, April, May of 2017, in the time of the physical education and sport courses, period in which we had a good relation with the selected subjects.

Table no. 2. Table of results according to the activity type							
Days	Effort intensity						
	Rest	Low	Medium	High			
		intensity	intensity	intensity			
Monday	0%	30%	45%	25%			
Tuesday	20%	15%	30%	35%			
Wednesday	10%	15%	50%	25%			
Thursday	5%	35%	30%	30%			
Friday	15%	30%	35%	20%			

Results

Our evaluation looked upon all the operations which verifies in what percent the results of the educational process correspond to the objectives and standards initially set. This system supposed the establishment of objectives, organisation and reorganisation method, adjustment and readjustment, as well as a permanent control that provides data for fulfilling set tasks, realized progress or eventual errors signaled by unsatisfying results.

After this study, the **<u>quanitative analysis</u>** highlighted the following aspects:

- 52,5% of the students consider that they have problems regarding the physical condition;
- 63% of the students are not pleased by the way they look.

Regarding the **<u>qualitative analysis</u>** we highlight the following:

- 97% of the respondents are between 18 and 20 years old;
- 79% come from urban areas;

• 21% have had modest participation throughout the physical education classes of the year before going to college;



• 4% acquired medical relief.



Fig. 3. Activities other than physical education and sports lessons

Conclusions

Following the results gathered from the subjects of the Activity Diagram applied in research, we have discovered the following:

- 1. Regarding the physical activities that are done on a daily basis, the majority of the respondents chose the 1 and 2 items, prevailing Monday and Friday;
- 2. Activities that are done for the increase of the physical condition, the majority of the respondents have chosen the 1.1 and 1.2 items, prevailing the days of Monday, Wednesday and Friday;
- 3. Regarding the competitive or recreative sportive activities, the respondents have chosen for the 2.2 item, prevailing the days of Tuesday and Friday;
- 4. For the activities that are done for muscular toning, the majority have chosen the 3.3 item, prevailing the days of Monday and Friday;
- 5. For the improvement of mobility and life quality, the respondents have chosen the 4.2 and 4.4. items, prevailing the days of Tuesday and Thursday;
- 6. Other types of activities carried out separately from the physical activities, the majority of the respondents have chosen the 5.1 and 5.4 items, prevailing the days of Tuesday and Wednesday.

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