



INVESTIGATION OF THE INTEREST OF FEMALE STUDENTS IN DIFFERENT MOTIVE ACTIVITIES

G. Dyakova*, G. Beltchev, Zh. Dobrev, M. Popova, M. Sinilkova, D. Zaprianova,
E. Ivanova, Zh. Zhelev, P. Petrova, R. Emilova, M. Emilova, A. Sarkisian

Trakia University, Stara Zagora, Bulgaria

ABSTRACT

The subject of this study were female students from the Trakia University Stara Zagora - Faculty of Economics, Agrarian Faculty and the Faculty of Veterinary Medicine.

The purpose of the present study is investigation of the interest of female students in different motive activities.

The tasks of the study are the following:

To conduct investigation by an inquiry.

To establish the most attractive and most unattractive motive activity for female students.

To establish the reason for the interest of female students in different in content trainings on physical education and sport.

The investigation results have shown the classification of the motive activities according to the interest of the female students and their motives.

Key words: motives, classification

INTRODUCTION

The investigation of the interest of students in different in content motive activities, delivers an important information of the quota, under the survey [1, 8]. Investigations of that kind are conducted by a number of authors, with a specific purpose. The results got are of great applicability and could serve as a basis for further broad investigations, of different character [2, 3, 4, 5, 6, 7].

The purpose of the investigation is studying the interest of female students in different in content trainings with motive activities.

Completion of this purpose involves solution of the following *tasks*:

4. To conduct investigation by an inquiry.
5. To establish the most attractive and most unattractive motive activity for female students.
6. To establish the reason for the interest of female students in different in content trainings on physical education and sport.

METHODS

The investigation has been conducted with 303 female students from the Trakia University – Faculty of Economy, Agrarian Faculty and Veterinary-Medical Faculty, educated in the Specialties “Agrarian Economics”, “Regional Economics”, “Business Economics”, “Veterinary Medicine”, “Stock-breeding”, “Agronomy”, “Fish-farming and aquacultures”, “Ecology and Environment Protection”, “Agrarian Engineering”.

At the development of the present investigation, the following had been applied:

Alternative analysis. The percentage of the replies given, has been calculated towards (in relation) the total number of the inquired persons (P).

Method of inquiry. For the investigation of the interest of the female students from the Trakia University in different in content trainings, with motive activities, an inquiry of 10 questions has been conducted. Conditionally, they could be subdivided into two groups – development of classification and defining of the most attractive and most unattractive motive activity, the reason for the interest in a specific motive activity.

*Correspondence to: Galina Dyakova, Trakia University Stara Zagora, e-mail: galinadyakova@bitex.bg

The inquiry has been conducted during the regular trainings on physical education and sport, with the active participation, interest and cooperation on side of the persons under survey. At making up the inquiry, the main requirements for brief, clear and understandable wording of the questions have been followed, for avoiding ambiguous questions and questions directing to a definite reply.

ANALYSYS OF THE RESULTS

The average age of the persons under the survey is 20,4 years.

The results show the classification of the motive activities, according to the preferences of the female students, as follows:

- I. Fitness
- II. Table Tennis
- III. Tae-bo
- IV. Cycling
- V. Volleyball
- VI. Gallinetics
- VII. Track-and-field Athletics
- VIII. Basketball
- IX. Swimming

From the classification made, it is apparent that Fitness is the most preferred activity, and Swimming is the most unattractive one.

Fitness derives from the English "fit", which means to be in a good shape / state. The ancient Greeks perceived the engaging in sports as an internal harmony and beauty. In nowadays, Fitness is perceived as a health programme, delivering the possibility to

change your body shape and weight, and to preserve the results achieved. Physical training, combined with correctly chosen way of nourishment is included. Generally speaking – Fitness combines sport activities, improving mobility, endurance, strength and general health of those who practice it [10]. These characteristic special features probably are the reasons for Fitness to be the most preferred activity by the female students.

Swimming, as a physical exercise is of extreme significance for the human health. In order to overcome the resistance of water, it is necessary to activate all muscles, which defines its complex character of loading. Seven reasons have been established, reflecting negatively on the work with female students at swimming trainings: fear from water; inability to swim; shame from their own body; unwillingness to learn to swim; not enough persistence, unwillingness to wet their hair, fear from getting ill [3]. We assume, to a great extent, these factors have contributed to indicating the swimming as the most unattractive activity.

This investigation has the task to establish the reason for the interest of female students in different in content activities, on physical education.

From **Figure 1** it is apparent, that the main motive for interest in Fitness is "for muscles shaping" (71,6%). The next important motive is „for development of physical qualities" (22,4%), while for „improvement of working efficiency" - it is 5,4%.

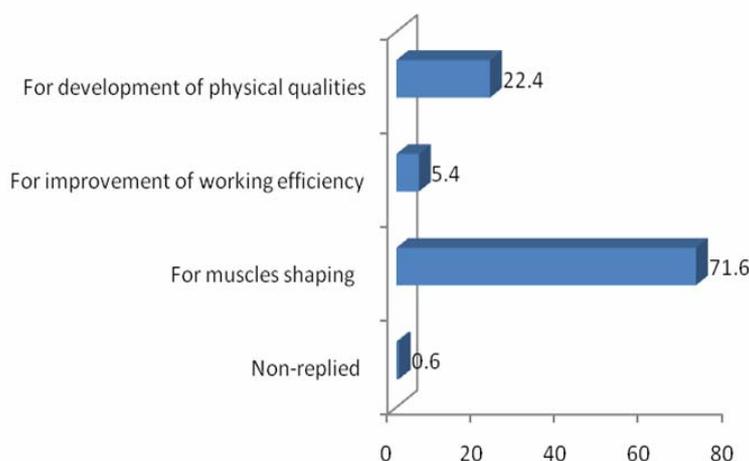


Figure 1. Percentage of those who have given answer to the question „What is the reason of your interest in Fitness?"

At the answer of the question „What is the reason of your interest in Table tennis?”, it is evident that 35,6% of female students want to improve their playing technics. Great percentage - 32% want to improve their emotional condition, through practicing Table

tennis, and 6,6% - to develop physical qualities through the game. The results show that 25,1 % of female students cannot play Table tennis, that follows reasonably from their reply „to learn Table tennis playing” (**Figure 2**).

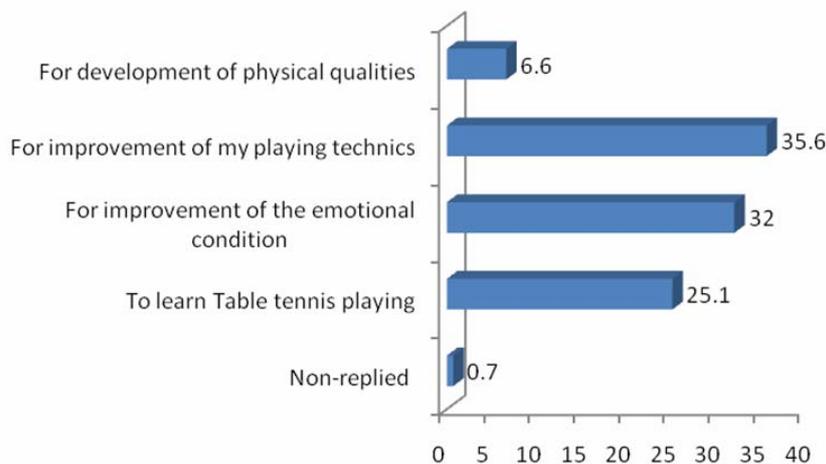


Figure 2. Percentage of those who have given answer to the question „What is the reason of your interest in Table tennis?”

The term „Tae-bo” consists of two words „tae“, which in Korean means “leg” and is connected with kicks and work of lower part of the body and „bo”- abbreviated from „box” – comes from boxing, refers to the combinations for the upper part of the body (strikes/blows). Tae-bo is a unique system – a combination of fighting sports (Taekwondo, Boxing, Karate) and Aerobics, created by Billy Blanks. Choreography is built on the basis of a series of blows, kicks and aerobic steps, on the

background of a rhythmic, motivating music [9]. In the present investigation, the biggest is the interest in Tae-bo, as regards the possibility, through it, to improve the mood and to charge the organism with positive energy – 38,6% of the investigated persons indicate this motive. 24,7% prefer to train Tae-bo, for reduction of body mass, for development of physical qualities – 18,2%, and for improvement of stand and gait – 14,5% (**Figure 3**).

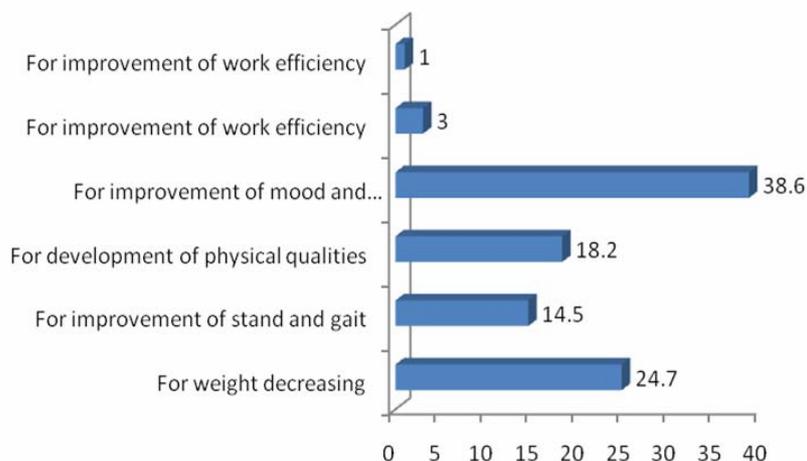


Figure 3. Percentage of those who have given answer to the question „What is the reason of your interest in Tae-bo?”

Cycling is present in the programme on physical education and sport for more than 10 years. The interest in it is prompted mostly by the motive for development of physical qualities - with 66,3% from the investigated persons. Close is the value of the percentage of

the persons who wish to improve their skill in riding a bicycle and to perfect the way of movement, by 12,5% and 11,6% respectively. Almost 10% of the investigated persons (9,6%) indicate the motive to train cycling, their wish to learn riding a bicycle (**Figure 4**).

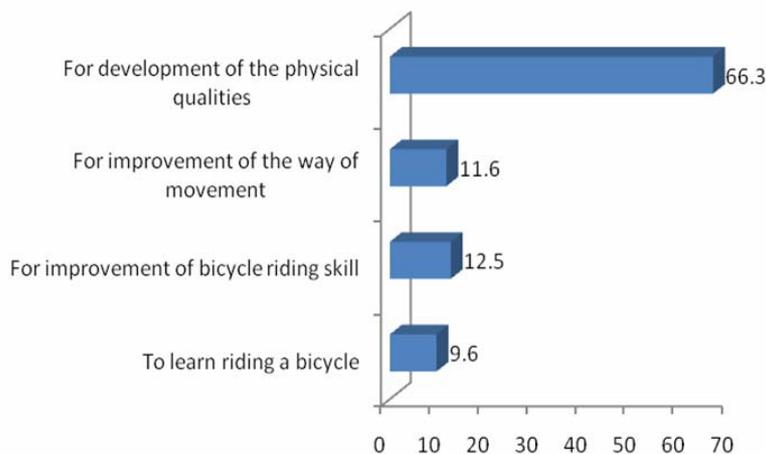


Figure 4. Percentage of those who have given answer to the question „What is the reason of your interest in Cycling?”

From **Figure 5**, it is apparent that the biggest interest in Volleyball is connected to the wish for improvement of the skills at practicing the game – with 36% of the investigated persons. For improvement of the mood and charging with positive energy is the next important motive for Volleyball training (with 23,1%). The expected one, for improvement of work in a team, is expressed by 16,8%, and for

development of physical qualities - with 15,2%. Low interest is registered as regards the learning the rules of the game (with 5,6%), which could be commented as enough knowledge, in view of the success of the Bulgarian Volleyball and the regular TV shows of interesting competitions of our national team.

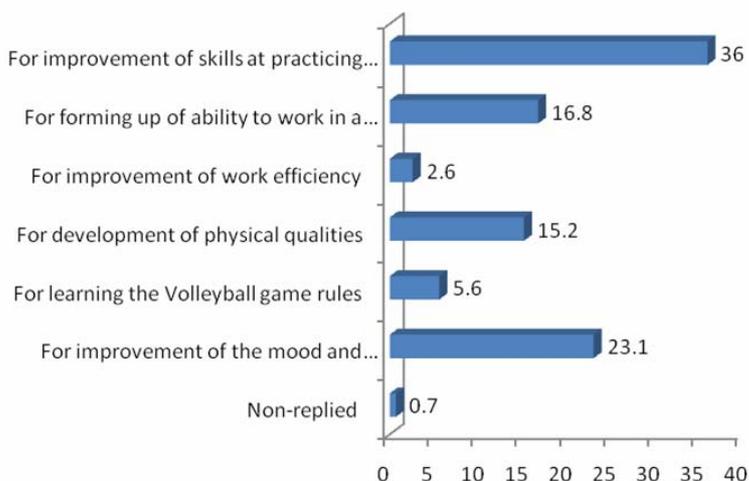


Figure 5. Percentage of those who have given answer to the question „What is the reason of your interest in Volleyball?”

Gallinetics is a comparatively new system (it is approved in the Trakia University in 2006

and it is published in 2007). Its full denomination is Quick mini-step callanetics

program. Quick – because an effect is achieved for a short period of time; mini-step – because it is performed on step, of small height; callanetics – because it has exercises included from the system “Callanetics”, and finally Gallinetics – after the name of the author of the programme. Apart from the cosmetic effect of the figure (tightening), also motive qualities are developed – force endurance and flexibility.

The biggest interest is registered “for tightening and shaping the disturbing body

areas of women” – with 64,1% of the investigated quota (**Figure 6**). This system has anti-stress character, due to the slow performance of the exercises and their small amplitude. With 21,7% of the female students, the wish for elimination of the stress is a main motive for trainings. Almost equal is the percentage of those, wishing to train Gallinetics: “for development of physical qualities” – 4,6%; “for improvement of the concentration of attention” – 4,3%; “for stand and gait improvement” - 4%.

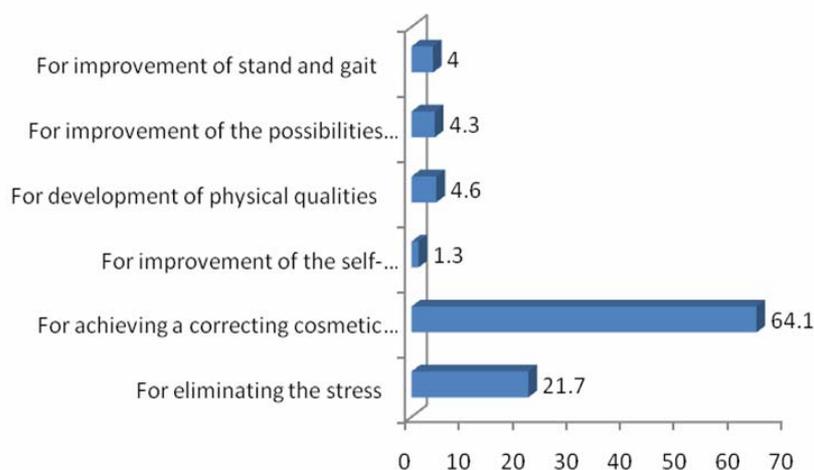


Figure 6. Percentage of those who have given answer to the question „What is the reason of your interest in Gallinetics?”

Many of the investigated persons connect the Track-and-field Athletics mainly with its running branches. To this effect, expected is the interest, connected with the wish for improvement of life functions, with 60% of

female students. More than one third of the percentage of the investigated quota show interest, connected to the wish for development of physical qualities (33,7%), and 6,3% - for improvement of work efficiency (**Figure 7**).

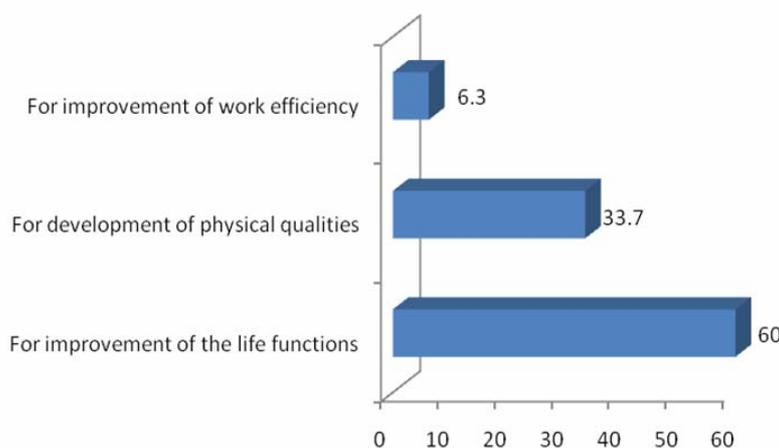


Figure 7. Percentage of those who have given answer to the question „What is the reason of your interest in Track-and-field Athletics?”

Basic motive for Basketball practicing, with the investigated persons is the wish to form up the ability to work in a team (with 33%). Close values are the percentages, connected to the wish for development of physical qualities and

for improvement of the mood, 33% and 28,1% respectively. The interest of 11,6% is connected to the wish to learn the Basketball game rules (**Figure 8**).

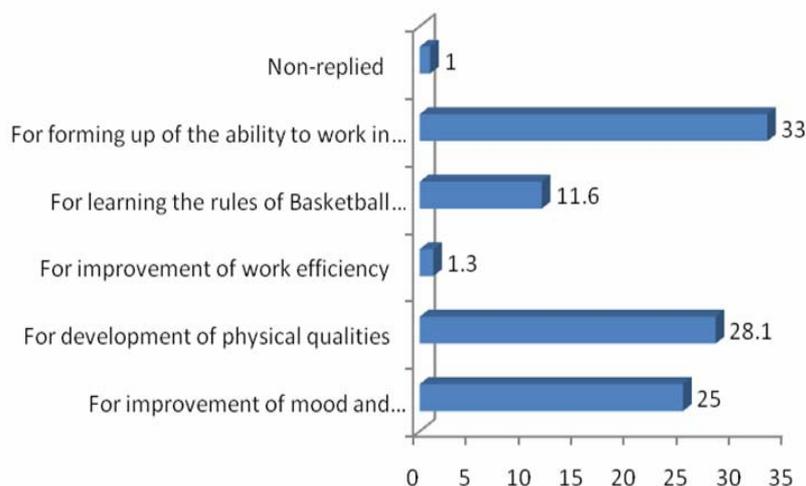


Figure 8. Percentage of those who have given answer to the question „What is the reason of your interest in Basketball?”

Still the ancient Greeks have assessed the benefit from swimming. The philosopher Platone has deemed illiterate the ones incapable to swim. Swimming diminishes the stress on the joints, mostly loaded during trainings. Swimming is a health sport and extremely suitable for carrying out therapies, treatment of traumas and burning of calories. In this investigation, 43,2% express the wish to learn swimming. Too high is the percentage of the part of female students that cannot swim. In comparison with our previous investigation, a disturbing tendency is observed for

increasing the share of female students, who cannot swim (for 2005 – it is 26,09%).

Female students are expected to give only one reply to the question asked. Because of this, we could assume that about 40% of them could swim, as they have indicated as main motive for swimming trainings „improvement of the swimming technics” – 31,4% and „learning other styles” - 8,2%. With 16,2%, the interest in swimming is connected to the wish for strengthening (**Figure 9**).

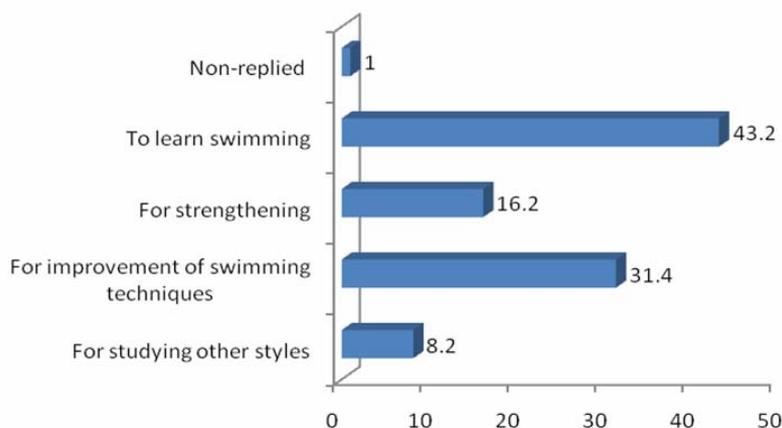


Figure 9. Percentage of those who have given answer to the question „What is the reason of your interest in Swimming?”

CONCLUSIONS AND RECOMMENDATIONS

The results from the conducted investigation show that:

1. The most attractive activity among the students is Fitness, and the most unattractive one is swimming.
2. The biggest interest among the students in trainings with motive activities is provoked:
 - With Fitness – for muscles shaping;
 - With Table tennis – for improvement of game technics;
 - With Tae-bo – for improvement of mood and charging with positive energy;
 - With cycling – for development of physical qualities;
 - With Volleyball – for improvement of skills in practicing the sport;
 - With Gallinetics – for tightening and shaping of disturbing body areas of women;
 - With Track-and-field Athletics – for improvement of life functions;
 - With Basketball – for forming up the ability for work in a team;
 - With Swimming – wish to learn to swim.

In view of the great interest of female students in Fitness, we find it appropriate to recommend the development of various in content motive programmes.

Acknowledgements: This work was supported by a grant from the Ministry of Education, Youth and Science of Bulgaria, 2011 and a grant of Y9/11.

REFERENCES

1. Дякова, Г. Изследване интереса на студентки към различни по съдържание занимания по физическо възпитание.

DYAKOVA G., et al.

- Сп. Спорт и наука, С., изв. бр. 1, с. 628-633, 2005.
2. Дякова, Г., Пеева, П. Изследване отношението на студентките към програмата “Quick mini-step callanetics (Галинетика)” и желанието им да се занимават с нея - Русенски университет «Ангел Кънчев» Научни трудове Том 45, серия 5.4, с. 76-78, Русе, 2006.
3. Dyakova, G., P. Peeva. Research reasons that are negative factors in to a swimming lessons with girl-students, 4-th International Scientific Congress Sport, Stress, Adaptation”, S., p. 400-402, 2006.
4. Дякова, Г. Проучване отношението на студенти към някои фактори на здравето Национална конференция „Национална сигурност, физическа подготовка, спорт” С., 2010.
5. Дякова, Г., Пеева П., Добрев, Ж. Проучване отношението на студентки към българските народни танци и желанието за включването им в часовете по физическо възпитание във висшите училища. Личност, мотивация, спорт, Том 12, С., с. 126-133, 2007.
6. Дякова, Г. Изследване нагласата към здравословен начин на живот на студентки. Сб. ”Личност, Мотивация, Спорт.” Том 14, с. 235-242, 2008.
7. Дякова, Г., Божкова А. Сравнителен анализ на самооценката за двигателен режим на студенти с наднормено тегло. Международна конференция “Актуални проблеми на физическото възпитание” ТФВ, С., 2008.
8. Синилкова, М. Проучване на мотивацията и интереса на студенти към факултативните занимания по физическо възпитание и спорт. Сб. Личност. Мотивация. Спорт., том 15, НСА ПРЕС, с.244-250, 2010.
9. <http://www.billyblanks.com/> 16.02.2011.
10. <http://old.duma.bg/2008/0808/160808/iskam/isk-3.html> - 16.02.2011.