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## STUDY OF THE STUDENTS' OPINION ON THE ORGANIZATION AND HOLDING OF UNIVERSITY WINTER GAMES AND WINTER UNIVERSITY

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### ABSTRACT

The purpose of university sports is to create conditions and inspiration for all students around the world to practice sports. The organization and holding of university games, especially winter games, creates a favorable environment for active dialogue between the student communities in universities in Bulgaria, through their participation in trainings, seminars, sports and cultural events. The purpose of the present study is to examine the opinion of the participants in the University Winter Games and Winter University and, on this basis, to find a way to maximally satisfy the interests and needs of the participants. A survey method was used for the purpose of the study. The survey card contained 29 questions, of which only a part of the questions related to the objectives of the study were used. The subject of the study were 26 participants, of whom 10 were women and 16 were men. The obtained results were analyzed and presented based on the analysis of percentages (%).

**Key words:** university sports, students, organization

### INTRODUCTION

According to the Law on Physical Education and Sports in Bulgaria, physical education and sports in universities are an integral part of student education in the form of mandatory and optional activities. (1)

According to T. Marinov, physical education and sports in universities have healthy, educational, professional - applied and social significance. Student age is the time when the foundations of a person's creative longevity are laid, but it is also a period characterized by immobilization of the body, with increased nervous-psychic and emotional tension (2).

It is not by chance that the National Strategy for the Development of Physical Education and

Sports in Republic of Bulgaria 2012-2022 exists, which emphasizes the need to increase the labor-social and health-educational role of sports in the development of future graduates (3).

According to Zh. Georgiev, sports in universities are carried out by the departments of university sports and university sports clubs. They must be able and empowered to carry out a complex of organizational activities to ensure the competitive activity of students in a certain sequence and periodicity at different levels - from the faculty and universities to the national university games and All-Student Games (4).

At the national level, Association for University Sports (AUS) "Akademik" is involved in promoting Bulgarian university sports at national and international forums (5).

The association organizes a number of competitions and championships. Together with the National Assembly of Students' Councils, the Association also organizes the biggest winter

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university sports event- University Winter Games and Winter University. As Zh. Georgiev, G. Ignatov, and M. Terziyska mention, with the holding of an increasing number of competitions, the Association for University Sports (AUS) "Akademik" aims to popularize mass university sports among students, as well as to attract a larger number of those actively engaged in sports, culture and social activities in universities (6).

As I.Sandanski writes, sports competitions can be defined as the circulatory system of sports. They are more than just a competition between athletes. Competitions, different in nature, scale and objectives, are specially organized activities that have a competitive, recreational, social and commercial basis (7).

That is why every year sports and educational events are organized and held, aiming to bring together students from all over the world in one place at the same time. Their health, well-being and the experiences they gain from sport will help them become exemplary leading members of society. The key driver for expanding the role and reach of university sport around the world is the International University Sports Federation.

Through its members, FISU offers the opportunity and inspiration to students around the world to play sport (8).

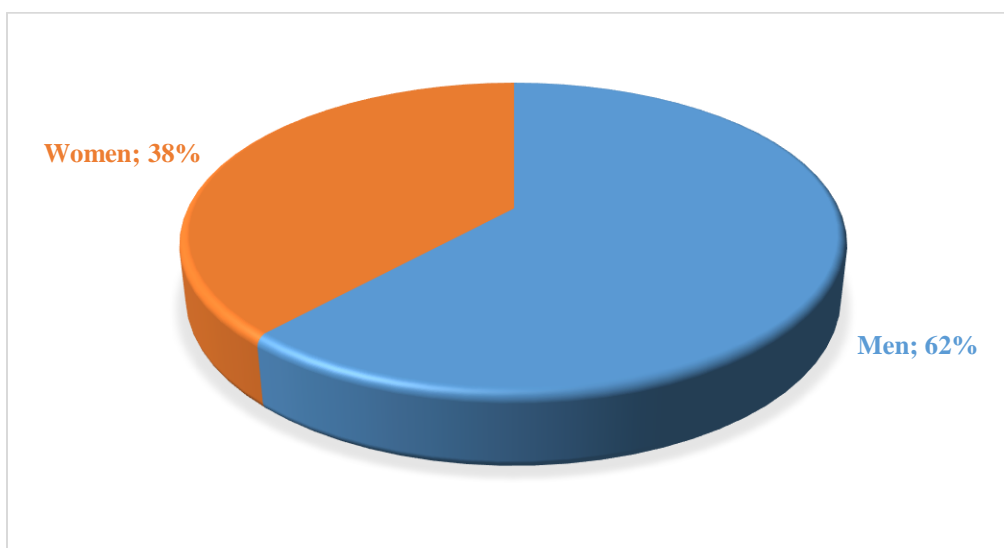
## METHODS

The following research methods were used: theoretical analysis and summarization of literary sources and survey method. The obtained results are analyzed and presented in percentages%.

The research contingent was a total of 26 students who participated at least once in the University Winter Games and Winter University from 12 Bulgarian universities, with the largest number participating from the National Sports Academy "Vasil Levski". The research was conducted in the months of May and June 2020, in an online environment, through Google Forms. For the purposes of the research, a survey method was used. The survey card contains 30 questions, and for the purpose of the study, only some of them, related to it, were used.

## RESULTS AND DISCUSSION

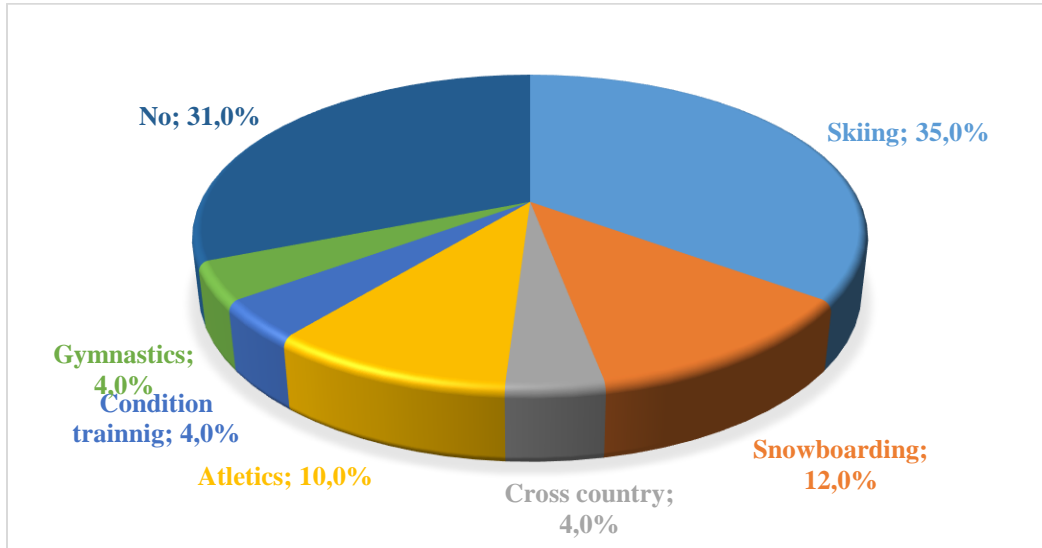
The first question, referring to the gender of the surveyed persons, is seen that a larger percentage of respondents are men – 62%.



**Figure 1.** Number of students surveyed

To the next question, "Have you ever played sports professionally?" survey participants had the opportunity to answer positively or negatively, as well as to indicate specifically what

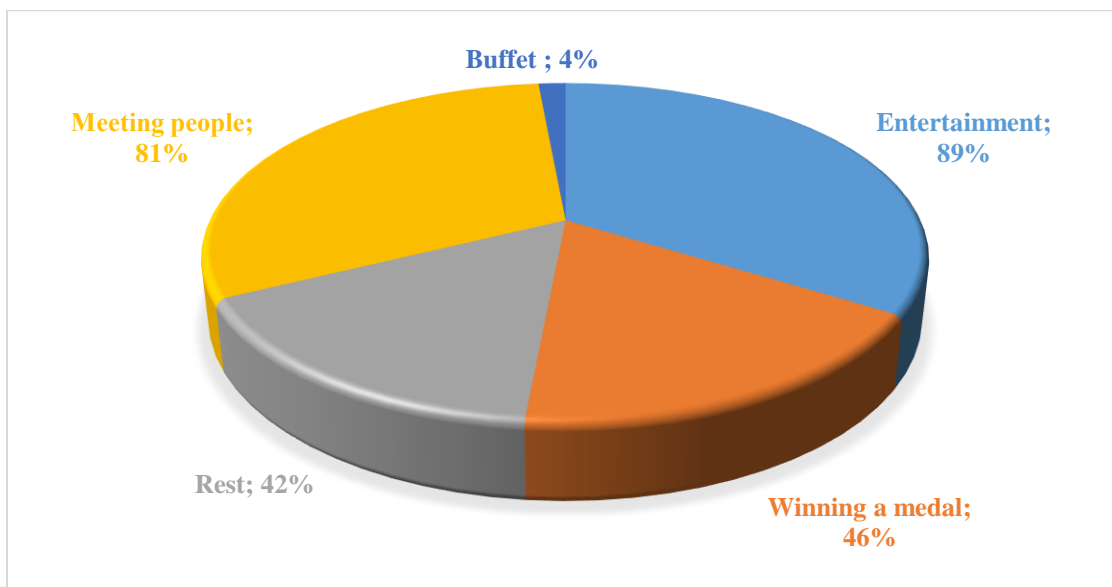
sport they practiced. 69% gave a positive answer and the remaining 31% gave a negative answer.



**Figure 2.** Question: "Have you ever played sports professionally?"

The next question aimed to explore the students' opinion about what they associate their participation in WG and UWG with. To this question, respondents had the opportunity to indicate more than 1 answer. The most

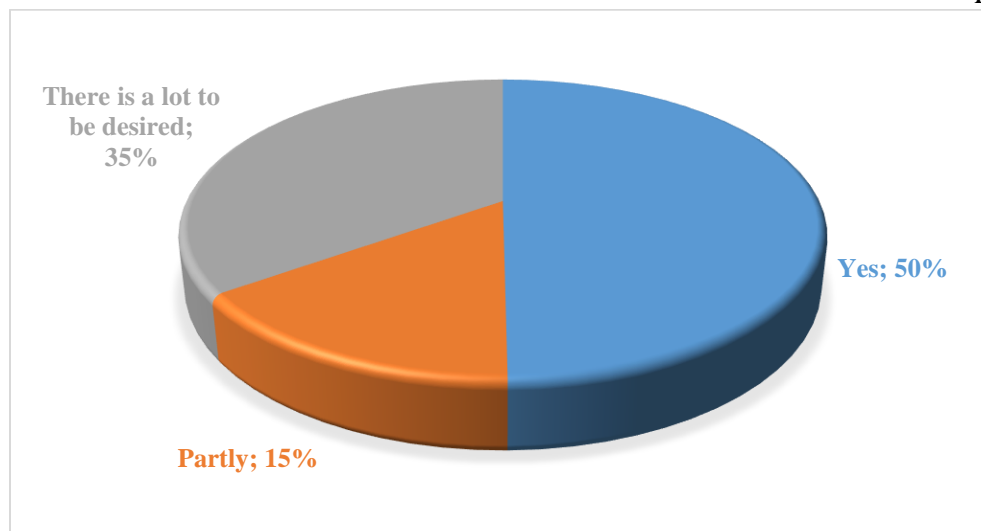
participants indicated "Entertainment" 89% and "Meeting people" 81%. 46% of the responses answered with "Winning a medal" and 42% indicated "Rest".



**Figure 3.** Question: "What do you associate your participation in Winter University and University Winter Games with?"

When asked about participants' satisfaction with the awards, almost half, or 50%, said they were satisfied. For 35% there is something to be

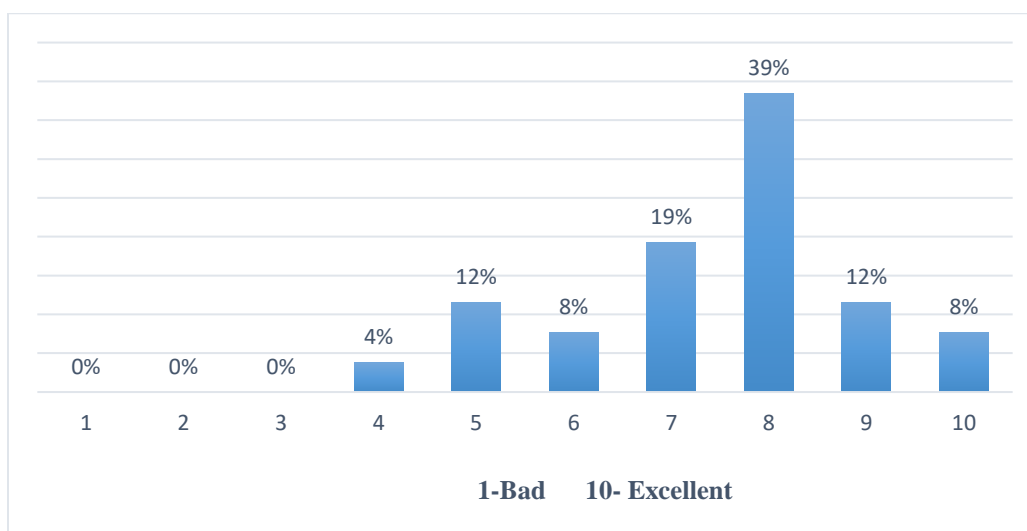
desired, and 15% of them choose the option "To some extent". No one is completely dissatisfied with the awards.



**Figure 4** Question: "Are you happy with the rewards?"

To the question "How would you rate the organization of the event?", respondents had to give their opinion on a scale from 1 to 10, where 1 means they are not satisfied and 10 means they are completely satisfied. Most students or 39% of the respondents indicated a rating of 8 out of 10.

In second place or 19% of the students indicated a rating of 7. Following ratings of 5 and 9, which share the third place with each 12%, indicated ratings of 6 and the maximum 10 are 8% each and only 4% give 4 on the ten-point scale.



**Figure 5** Question: "How would you rate the organization of the event?"

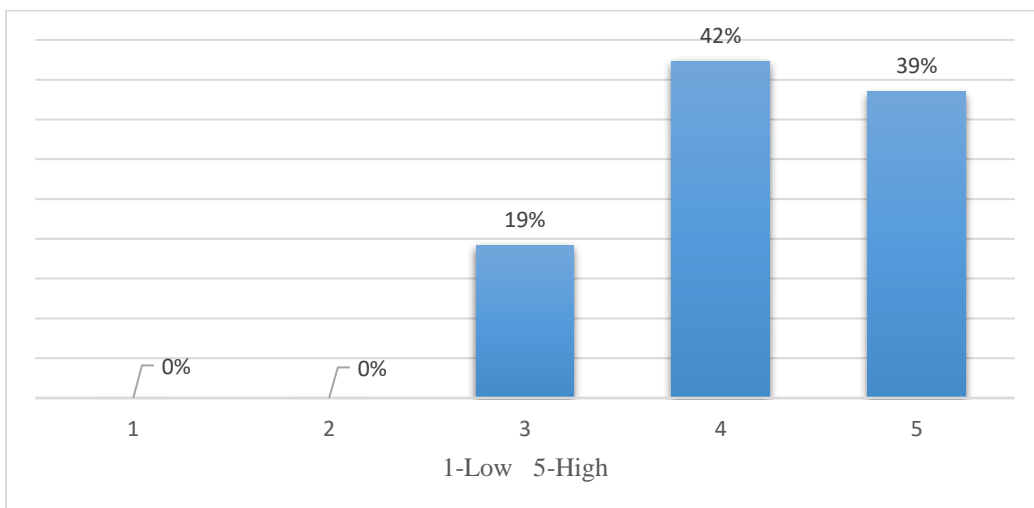
When asked "What would you change about the event if you had the opportunity?", a large number of them united on the marketing of the event. The information about the event is not sufficiently disseminated and generally available to all students in our country, and the advertisement, on the other hand, is scarce. Regarding the place and time of the event, the students would like the place to change annually. Regarding the program, the respondents say that it is too busy and thus they

do not have the opportunity to participate in more disciplines in which they wish.

To the question "What do you think needs to be improved in competitions to make them more interesting and useful for you?" a group of students come together to add more activities to include more participants. Regarding the race courses, the students think that they should be more varied. As for their difficulty, a part of the

respondents want them to be more difficult and long, while others want them to be more accessible to everyone. There are also a few different opinions related to the month of the event and the need for more success-incentivizing rewards.

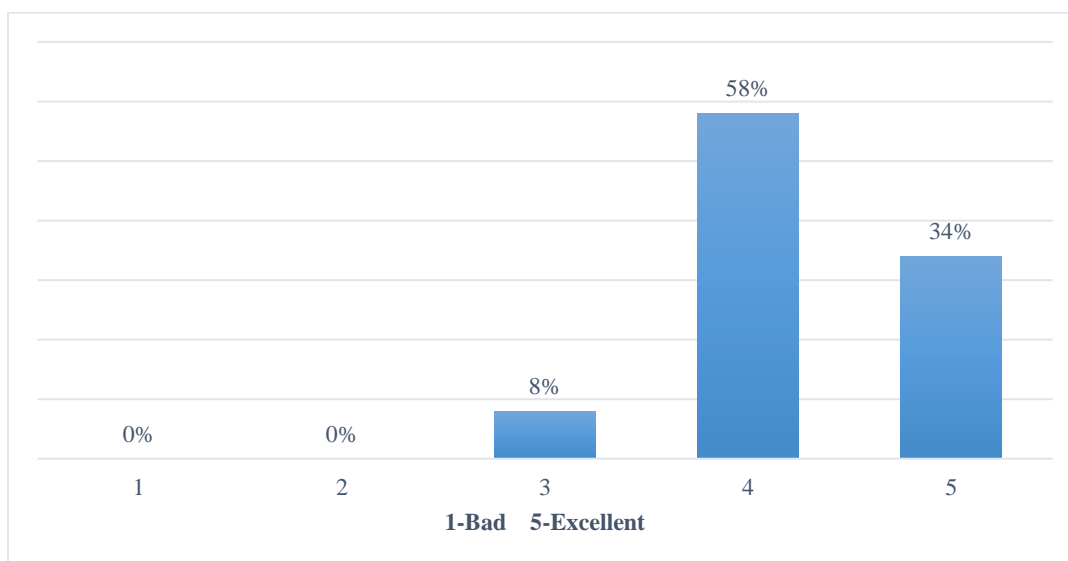
On the question related to the level of safety measures, the respondents had the opportunity to express their opinion on a scale from 1 to 5, where 1 means that they were at a low level, and 5 - at a high level. Most students 42% gave a rating of 4 out of 5. Another 39% gave the maximum rating and only 19% indicated an average rating.



**Figure 6** Question: "What level do you think the security measures were?"

To the question "How would you rate the quality of the facilities and conditions offered by the organizers?" For 58% of the students, the quality and conditions of the facilities are at a very good

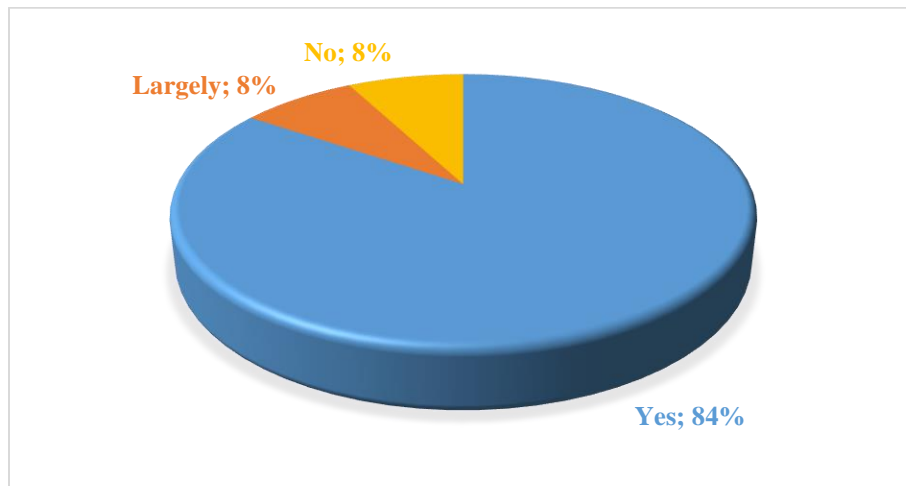
level, evaluating them with 4 out of 5. According to 34% of them, the quality and conditions of the facilities are excellent and only 8% give 3 out of 5.



**Figure 7** Question: "How would you rate the quality of the facilities and conditions offered by the organizers?"

To the question "Were you satisfied with the hotel you stayed in?" almost all of the respondents or 84% of them are completely satisfied, and the remaining sixteen percent are divided into 8%

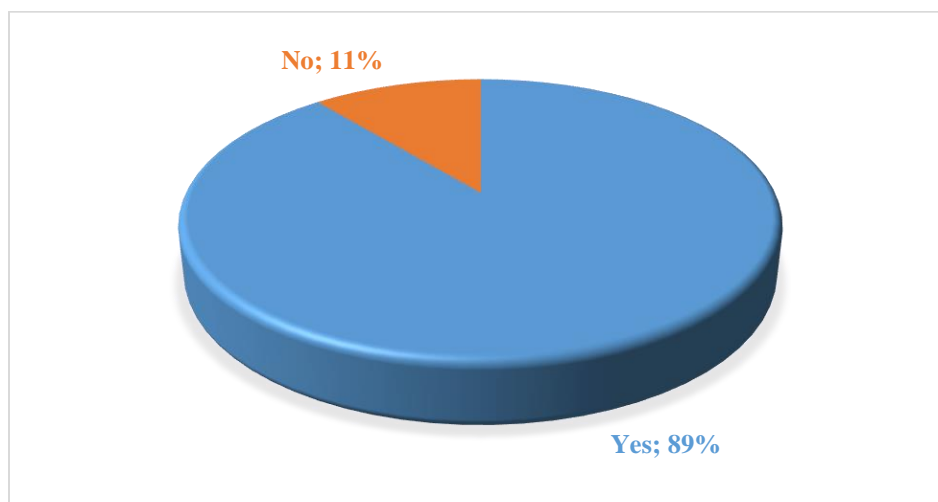
who are satisfied to a great extent and another 8% who cannot judge. Of the surveyed participants, there is not a single one who was not satisfied with the hotel in which they were accommodated.



**Figure 8** Question: "Were you satisfied with the hotel you stayed in?"

To the question "How did you spend your free time at the hotel?" The most preferred place and activity in the hotel during students' free time is the pool and swimming followed by visiting the spa. The next most popular activity is playing pool. A large group of responses cluster around having fun and socializing with colleagues. And in fourth place is rest in the room.

To the question "Do you think that an organized activity in the hotel, outside of winter sports, will be applicable?". 89% of respondents think that this is possible and only 11% respond with a negative answer.



**Figure 9** Question "Do you think an organized activity at the hotel, outside of winter sports, would be applicable?"

## CONCLUSIONS AND RECOMMENDATIONS

Based on the analyzed data, the following more important conclusions can be drawn:

1. A total of 26 students took part in our study, of which 16 were male (62%) and 10 were female (38%). Of these, 69 % practiced or are currently practicing some sport, and the remaining 31% did not practice any sport. Regarding those who practiced sports, most of

the respondents (36%) indicated that they were engaged in skiing professionally. In second and third place with 12% and 8%, respectively, are the students who practiced professional snowboarding and athletics. The number of surveyed students who practiced cross-country skiing, conditioning and gymnastics was the smallest.

2. Most participants associate their participation in the University Winter Games and Winter

University with "Entertainment" 89% and "Meeting people" 81%. The answers here clearly indicate to us that to a large extent the sports event fulfills part of its goals, namely creating social contacts and carrying out a dialogue between the students. 46% of students aim for "Winning a medal". However, we find the 42% answers for "Rest" to be alarming. This suggests that there are students underestimating the magnitude and purpose of the event.

3. 48% of participants say they are satisfied with the rewards from the event. For 36%, there is much to be desired, which means that they are satisfied, but not completely. 16% choose the option "To a certain extent". No one is completely dissatisfied with the awards.
4. An important direction in the research was related to the opinion of the participants regarding the organization of the event and the possibilities for improving the organization. The most students or 39% of the respondents indicated a rating of 8 out of 10. In second place or 19% of the students indicated a rating of 7. Followed by ratings of 5 and 9, which share the third place with 12 each % who indicated ratings of 6 and the maximum 10 are 8% each and only 4% give 4 on the ten-point scale. We can summarize that 15 people or 57.7% indicated ratings of 7 and 8, which represents more by half of the respondents.
5. Students had the opportunity to share their opinion through an open-ended response about what they would change about the event. A large part of them united on the marketing of the event. According to them, the information about the event is not sufficiently disseminated and generally available to all students in our country. In addition, the advertising of the games is unsatisfactory. There was no shortage of opinions regarding the place and time of the games. According to a part of the surveyed students, the venue could change every year. Earlier notification of the exact dates of the event will also benefit students so that they can organize their time easily. There was no lack of answers regarding the conduct of the competitions themselves. Students share that the program is too busy and thus they do not have the opportunity to participate in more disciplines in which they wish.
6. Regarding the possibilities of optimizing the games, in order to make them more interesting, a group of students unites on adding more activities that are generally accessible to all without involving a special skill. According to more participants will be able to join them. Regarding the racing tracks, a large part of the respondents would like them to be more diverse. As for their difficulty, some students want them to be more difficult and long, while others want them to be more accessible to everyone. There are also a few different opinions related to the month of the event and the need for more success-incentivizing rewards.
7. Regarding the safety measures, the respondents expressed their opinion on a scale from 1 to 5, where 1 means that the safety measures were at a low level, and 5 - at a high level. Most students, or 42%, rated 4 out of 5. Another 39% gave the maximum rating, and only 19% indicated a rating of 3 out of 5. From the answers given, it is clear that the majority of students are satisfied with the safety measures.
8. For 58% of the students, the quality and conditions of the facilities are at a very good level, evaluating them with 4 out of 5. According to 34% of them, the quality and conditions of the facilities are excellent and only 8% give a rating of 3 out of 5. There is no low score for this indicator. The results here clearly show that the organizers managed at a fairly high level, choosing a well-built and maintained ski area according to the students.
9. The next question concerned the participants' satisfaction with the hotel in which they were accommodated. On this question, almost all of the respondents or 84% of them are completely satisfied, and the remaining 16% are divided into 8% who are satisfied to a large extent and another 8% who cannot judge. Of the surveyed participants, there is not a single one who was not satisfied with the hotel in which they were accommodated.
10. For the majority of students, free time in the hotel is filled by using the pool with the spa center. Not a small number are also those who play billiards. A large group of students come together around having fun and socializing with colleagues. And some of the students prefer to sleep in their rooms. This question

gives us important information about the free time of the students and whether it is displayed maximally and fruitfully.

11. For 88% of the respondents, the addition of an additional activity in the games program is possible. The remaining 12% do not think that a new additional activity will be applicable.

## CONCLUSION

The majority of students who took part in the survey are former or current athletes.

University Winter Games and Winter University is the event that favors the creation of acquaintances and entertainment. Also, the event provides a conducive environment where students can compete against each other and win medals. Last but not least, the University Winter Games and Winter University are also referred to as a place to rest.

Participants in this event are largely satisfied with the rewards they receive.

The organization of the event was highly appreciated by the participants. There is not a single student who does not rate the organization at a very good or excellent level.

According to a large part of the respondents, information about the event should be more widely distributed and generally available to everyone. They are of the opinion that the event is not advertised enough. According to some of the survey participants, the place and time of the event could also be changed each year. Regarding the event itself, its schedule is quite busy, which does not allow some of them to participate in more disputes and disciplines.

According to the respondents, the provision of additional activities that do not require a specialized skill to participate would lead to more active participation of more students.

The event's safety measures were highly rated by all who took part in the survey.

The facilities of the ski area hosting the games were also rated highly for quality and efficiency by respondents.

The positive responses regarding the students' satisfaction with the hotel in which they were accommodated are also overwhelming.

For a large part of the respondents, free time at the hotel was filled by visiting the hotel's pool and spa area. Playing pool and relaxing in the rooms are also preferred by a large number of them.

The inclusion of an additional activity at the hotel would also be well received by the student participants.

Asking participant opinion about these university sports events should be a priority for the organizers of the games. When we talk about the student sports community, we mean the young, intelligent and sporty people of our country. These young people, on the one hand, have vast knowledge in their scientific fields, and on the other hand, they have extensive experience in the sports field. Therefore, their opinion is important and significant. These events must be continuously optimized in order to satisfy the interests and needs of the participants, thus attracting more and more participants. Thus, this sporting event will be able to achieve its goals annually, namely yes promotes student sports among students, to attract a larger number of actively involved in sports and to provide an opportunity for socialization and exchange of acquaintances and experiences among the student community in Bulgaria. The idea here is that community leaders will be positively influenced by their university experience.

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