

STUDENTS' MOTIVATION FOR GOING IN FOR SPORT AT RUSSE UNIVERSITY "ANGEL KANCHEV"

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*(Preliminary communication)***Dimitar Obreshkov**

*University of Russe "Angel Khancev", Faculty of Public Health, Russe,
Physical Education and Sport Department, Russe, Bulgaria*

Abstract:

The present investigation was carried out at Ruse University "Angel Kanchev". The tested students had to fill in several inquiry forms and answer various questions connected with their motives to take in sport in earnest while at University. One hundred and fifty students, going in for various sports, like basketball, volleyball football, athletics, badminton, handball, table tennis, fitness and sports orientation, were tested. The investigation showed that the basic motives for physical exercises and sports activity are: the students' desire for high results; the satisfaction they get from the sports activity itself; ambition for social acknowledgement; professional realization; improvement of their social and economic status. Personal motives are last but not the least. It is on these motives that the development of the contemporary sport depends.

Key words: *survey, computerization, physical activity, psycho-physical characteristics, economic status*

INTRODUCTION

The rapid development of technologies and the lack of physical activity among young people led to the necessity of popularization of sport and young people's active engagement in it, the latter being of great importance in contemporary life. As far as the beginning of the last century sport had mostly the character of a pastime and people accepted it as healthy and useful entertainment. Since then the importance of sport has been constantly growing. With the introduction of Computer sciences as part of young people's education, sport is meant to compensate for the lack of physical activity. Through it young people adapt themselves to contemporary strenuous life. The qualities, which sport develops in them – swiftness, power of observation, strength, sense of responsibility, team spirit and some others, help students to find suitable jobs, take good decisions in our contemporary, dynamic and computerized life (Dobrev (Добрев), 1983).

The aims of this investigation are:

1. To find out the factors and the motives which make the sportsmen among students go in for

physical exercises on their own free will.

2. To find out what is it that attracts these same students and motivates them to devote part of their free time to sport and follow a very strict sports schedule.

3. To define the social factors which determine students' sports activities.

METHODS

The present investigation was carried out at Ruse University "Angel Kanchev". The tested students had to fill in several inquiry forms and answer various questions connected with their motives to take in sport in earnest while at University. One hundred and fifty students, going in for various sports, like basketball, volleyball football, athletics, badminton, handball, table tennis, fitness and sports orientation, were tested. The inquiry took place under suitable conditions.

RESULTS AND DISCUSSION

On the basis of the answers to the inquiry questions, we analyzed the students' attitude

Table 1. Percentages motives for sports participation

<i>Types of motives for going in for sport</i>	2009-2010
Financial and economic reasons. Desire for success	81, 3%
Experiencing specific emotions connected with the practicing of the favorite sport	11, 5%
Desire for competing	18, 6%
Gaining strength and tenacity	6, 7%
Health reasons	4, 2%
Esthetic feelings during competitions	1, 3%
Others	1, 6%

Table 2. Percentages motives for sports participation by types of sports

Types of motives for going in for sport	%	Types of sport
Financial and economic reasons. Desire for success	73,1	Volleyball, basketball, football
Experiencing specific emotions connected with the practicing of the favorite sport	52,7	Fitness
Desire for competing	36,5	Athletics, collective sports games
Gaining strength and tenacity	34,4	Athletics, aerobics
Health reasons	16,8	Collective sports games, sports orientation

towards their lecturers, their successes and failures in competitions, as well as the circumstances which have influence on their motives for sports activity. The inquiry forms contained questions connected with the sources of positive and negative emotional experiences during their sports activity, at the same time bearing in mind the direct connection between students' emotional experiences and their rating of the motives.

The investigation showed that the basic motives for physical exercises and sports activity are: the students' desire for high results; the satisfaction they get from the sports activity itself; ambition for social acknowledgement; professional realization; improvement of their social and economic status. Any lack of such motives or correspondence between the students' expectations and their assessment might lead to decrease of interest towards sport.

Part of the motives, pointed out in the inquiry forms evolve from sports activity itself:

- desire to demonstrate skillfulness, tenacity and strength in difficult and complex situation;
- specific muscular exertion, connected with motive activity and physical exercises and sport, which gives specific pleasure;

- experiencing of esthetic feelings, evolved from practicing of the favorite sport;

- the pleasure one feels after a successful individual competition or collective games;

Some other motives, pointed out in the inquiry forms, are connected with:

- higher material status;
- wish to preserve one's health and physical strength;

- an attempt to apply the physical training, connected with a definite sports event, in other forms of social activity.

The various motives lead to various forms of social acknowledgement and approval. The motives, which are connected with sports activity, are: Satisfying of the students' sports interests and the resulting necessity for better positions. With time success gradually becomes a-matter-of-fact and sportsmen need it all the time (Rachev (Рачев), 1992). This state is well-known to the more outstanding sportsmen, as well as to those competitors, who were forced to stop their regular training lessons because of worsened health.

The motives, connected with sports mastery, include students' desire for better results and greater successes, the need of constant enrichment

and perfection of their tactics.

The highly-qualified sportsmen among students obtain public acknowledgement. They become part of the sports elite, hence their financial status is improved. This is exactly what 81, 3% of the students strive for.

The necessity of motive activity and going in for physical exercises is pointed out by 11,5% of the inquired students. This motive activity is connected with specific psychological experiences, characteristic of students who go in for sport regularly.

The third motive in Table 1 – the need of rivalry and the desire for overcoming technical difficulties – was pointed out by 18, 6% of the inquired students. The desire for improving the levels of tenacity and maximum strength was pointed out by 6, 7% of the inquired students; reasons of health character were pointed out by 4, 2%; the percentage of those who insist on esthetic experiences is only 1, 3%.

The total sum of the upper-mentioned percentages exceeds 100 because some students pointed out more than one motives. There are no significant differences between men's and women's motives.

Generally speaking, commercial motives appear at a more advanced stage of the students' career, at which they have obtained very good results and opportunities for going in for professional sport emerge. The financial and economic motives are always in the first place and one of the basic reasons for the students to continue their sports activity. The professional sportsmen rarely differentiate between the financial-economic motives and the motives for public acknowledgement. In the recent years we have observed constant increase of commercializing of the motives for sports career.

The analysis of the inquiry data shows that the desire for sports success and public acknowledgement is the most characteristic motive for almost all sports events – 73, 1% (Tab.2) (Brogli & Petkova (Брогли и Петкова), 1988).

The largest percentage of the motives concerning the need of motive activity, refer to sports which require great concentration and muscular exertion – tennis table and fitness (52,7%).

The desire for competing is popular with sportsmen of lower rank no matter what sport they go in for – collective games, sprint events – 36, 5%. Those sportsmen who go in for sports events of technical character like athletics jumps and throws, define

mainly motives connected with the mastering of the specific technical skills, as well as the respective difficulties – 34, 4%.

All the inquiries that have been held up help us trace the connection between the students' motives and the level of their achievements.

With the best sportsmen, who constitute 61, 6%, the desire for success is the strongest motive. This success leads to a well-deserved material status and public acknowledgement.

The next place is taken up by sportsmen who go in for their favorite sport and feel the need to compare their own abilities with those of their colleagues' – 23, 1%.

There is a group of sportsmen whose sports achievements are lower. Only 48, 3% point out as their basic motive the desire for success. The percentage of those who point out as their motive the desire for competing is 22, 3%. Within this group of sportsmen the basic motive is the overcoming of the exertion that is characteristic of a given sports event – 37,1%. Essential in this group of athletes as a motive and the need for physical activity – 19,2%. In the group of sportsmen with the lowest achievements the prevailing motive is the need of motive activity – 49, 9%.

In the course of investigation the results might have acquired a dubious character. On one hand the individual career is a sort of resource and feeds up the development of sport, on the other hand the character of the motives influences the level of the achievements.

CONCLUSIONS

The strongest motive in sport is the opportunity for achieving success and the connected with it necessity of financial security and public acknowledgement. There must be various methods and ways of conducting training lessons, which can satisfy the students' material interests. No doubt this will influence their activeness and sports interests.

Personal motives are last but not the least. It is on these motives that the development of the contemporary sport depends.

The motives of the competitors change all the time throughout their sports career under the influence of various factors characteristic of the sports activity. Among the most popular factors are: competitions; training lessons; the interactive relations among the competitors etc. There are

some other motives for sports activity, like family background, education, professional career, economic status etc., which are considered to be characteristic but not specific.

Nowadays the sportsmen's development, achievements, skills and sports career are strongly connected with the financial-economic motives. These motives must lead to greater mobilization of the competitors, fully development of their qualities, which presupposes sports success and higher sports achievements.

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МОТИВАЦИЈАТА ЗА ЗАНИМАВАЊЕ СО СПОРТ НА СТУДЕНТИТЕ ОД РУСЕНСКИОТ УНИВЕРЗИТЕТ

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Димитар Обрешков

*Русенски Универзитет "Ангел К'нчев", Факултет "Опшестествено здравје", Русе
Катедра" Физичко воспитување и спорти", Русе, Буџарија*

Апстракт:

Испитувањето е реализирано со студенти од Русенскиот универзитет "Ангел К'нчев". Со нив, беше применето анкеирање во кое беа поставени прашања за утврдување на мотивите за занимавање со спорти. Беа опфатени 150 студенти и студентки – спортисти во следниве спортови: кошарка, одбојка фудбал, атлетика, бадминтон, ракомет, џинџ-џонџ, фитнес и спортиско ориентирање. Од добиените резултати на испитувањето е утврдено дека основните мотиве за физичко вежбање и спортиски активности, пред сè, се желбите за постигнување на врвни спортиски резултати, задоволството кое произлегува од самата спортиска активност, спремето кон опшестествени признанија и професионални освојувања, како и подобрувањето на материјално-економскиот стајус. Личните мотиви, кои не се застапени на последно место, сепак имаат значајна улога за зајочување и учество во спортиско-наипреварувачките активности.

Клучни зборови: *анкеирање, комјутеризација, физичка активност, психифизички карактеристики, економски стајус*