

THE FACTOR MOTIVATION FOR JUDO TRAINING WITH CHILDREN

Preliminary communication

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Abstract

The factor motivation is the base factor, determining the physical activity of the children. The factor could be measured in several ways depending on different explanations as well in some parameters and it is quite hard to reach a general quantitative assessment. In this scientific work we have tried to analyze the role of the coach, the teacher, the parents, the family as a whole influence, the individual and personal characteristics, also the foundation of the value system in the beginning of the school education. The different researches realized and based on forms filled by people determine the state of the explored problem and also underline those methods justified by scientific point of view in order to improve the school educational process. The research carried out by filling forms from different people is the basic method. It was held during the period January- March 2016. First of all we have studied and analyzed the scientific literature at our disposal concerning the legal factors for the physical and psychological development of the children growing up period of time. All together with the general rules founding the right attitude towards the sport competitive as a whole unit are underlined the specific particularities of the sport judo due to the commitment between the principles from the "wisdom of the centuries" and the contemporary science. The survey included 79 male and 76 female.

Keywords: boys, girls, physical activity, Questionnaire coach, teacher, parents

INTRODUCTION

As the motivation is important to stimulate and generate the efforts of the human being and to achieve the required aims the above mentioned is the most important factor determining the physical activity of the individuals. As a general rule the motivation depends on the individual thinking himself, how his thinking is influenced from the outside factors, his emotional understandings and feelings, his physical state etc. Therefore the existing definitions couldn't answer to all the measuring structures and this factor does not have exact quantitative measurements.

Having in mind those factors determining the sport achievements we could divide them in clusters founding the motivation structure. The following groups are defined in general:

1. Genetic type specific factors: Morphological particularities; Physical particularities; Psychological particularities.
2. Acquired factors: School- training process; Competitive process; Other outside influences.
3. Material and technical factors: Sport equipments, Providing financial means, Living conditions.
4. Managing factors: Staff potential; Providing information.

We should point out these factors influence the sport result, however having in mind the motivation it is possible to notice the reasons of the mutually formed connected relations with different directions.

Therefore the basic aim of the present work is to find out the psychological and pedagogical reasons in order to create active interest practicing the sport judo.

METHODS

The research carried out by filling forms from different people is the basic method. It was held during the period January- March 2016. First of all we have studied and analyzed the scientific literature at our disposal concerning the legal factors for the physical and psychological development of the children growing up period of time (Dimitrova, Димитрова, 2017); (Димитрова, & Мутаfoва - Заберска Юлия, (Dimitrova, & Mutafova - Zaberska Yulia, 2005); (Krneta, Casals, Madić, Bala, Pavlović, & Drid, 2015); Drid et al., 2014). It was necessary to guarantee a priori the positive effect related to the judo sport practice.

In the schedule 1 are presented the data for the from the scientific research and individuals included in the studies.

Schedule 1. Characteristics showing the indicated numbers boys and girls%

	Boys		Girls		Total	
	Number	%	Number	%	Number	%
Total	79		76		155	100
Practicing judo	39	49,4	36	47,4	75	48,4
No practicing	40	50,6	40	52,6	80	51,6

RESULTS

In schedule 1 are presented the data regarding the school results of the practicing and not practicing student research. B schedule 1a са представени данните от успеха в училище на спортуващите и неспортуващите изследвани групи. As a matter of fact the not practicing group was established to be identical with the practicing group and no difference regarding the statistics. Therefore it would be possible to realize planned analyses for the influence of the judo sport training concerning the school results.

Here are presented the results from the research of filled forms concerning the professional occupation of parents and their sport CV in S2 and S3 including the genetic factor as well.

Having in mind all that the professions are presented in two groups (humanitarian professions, managers, employees etc.) and workers craftsmen, bodyguards, builders, free lance professions etc.) When both parents are from different groups they are included in the cluster "mixed".

The responsibilities are most important for the parents from the group "employees" for negative attitude of the children towards the sport itself. The parents from the group "workers" are most motivated. The conclusion done is based on statistics information. If necessary we should apply individual approach to children in order to stimulate the motivation factors.

In Schedule 3 are presented the results from the mutual relationships between the sport SV of the parents and their children..

We notice mothers' sport CV has stronger mutual relationships with the sport activities of the children. The fathers have stronger influence on the daughters in groups of no practicing children.

Schedule 1a - School results

	Total				Differere	Boys				Differere	Girls				Differere
	Practice	%	No practice	%		Practice	%	No practice	%		Practice	%	No practice	%	
Excellent	28	35,4	30	37,5	-2,1	12	30,8	14	35	-4,2	15	41,7	16	40	+1,7
Very good	36	45,6	35	43,7	+1,9	17	43,6	17	42,5	+1,1	17	47,2	18	45	+2,2
Good	9	11,4	10	12,5	-1,1	6	15,4	6	15	+0,4	3	8,3	4	10	-1,7
Average	6	7,6	5	6,3	+1,3	4	10,2	3	7,5	+2,7	1	2,8	2	5	-2,2
% of		79		80			39		40			36			40

Schedule 2 – Parents' profession

Profession	Total				Boys				Girls			
	Pr	%	No pr	%	Pr	%	No pr	%	Pr.	%	No pr	%
Employees	31	39.2	48	60	14	28,6	22	55	9	25	26	65
Workers	19	24.1	11	13,8	10	20,4	6	15	16	44,4	5	12,5
Mixed	29	36.7	21	26,2	25	51	12	30	11	30,6	9	22,5
% of		79		80		49		40		36		40

Schedule 3 - Practicing parents

	Total		Differere	Boys		Differere	Girls		Differere
	Pr %	No pr %		Pr %	No pr %		Pr %	No pr %	
Father YES	51,25	33,75	+17,5	55	36,25	+18,75	38,75	25	+13,75
Father NO	47,5	65	-17,5	43,75	62,5	-18,75	60	73,75	-13,75
Mother YES	36,25	17,5	+18,75	40	26,25	+13,75	51,25	23,75	+27,5
Mother NO	62,5	81,25	-18,75	58,75	72,5	-13,75	47,5	62,5	-15
Both parents YES	69,3	30,8	+38,5	77	23,1	+53,9	61,6	38,5	+23,1
Both parents NO	66,4	33,2	+33,2	74,7	24,9	+49,8	74,7	24,9	+49,8

Schedule 4 – Why do you train judo? (practicing)

	Boys frequency		%	Girls frequency		%	Total Frequency		%
	Boys frequency	%		Girls frequency	%		Total Frequency	%	
Answer 1	34	43	47.4	36	47.4	70	45.2		
Answer 2	15	19	13.15	10	13.15	25	16.1		
Answer 3	21	26.6	26.3	20	26.3	41	26.4		
Answer 4	9	11.4	13.15	10	13.15	19	12.3		
% of		79	76		76		155		

Schedule 5 Would you register to train judo?

Question	Boys frequency		%	Girls frequency		%	Total Frequency		%
	Boys frequency	%		Girls frequency	%		Total Frequency	%	
1	19	47,5	6	15	24	30			
2	6	15	10	25	16	20			
3	4	10	14	35	18	22,5			
4	11	27,5	10	25	22	27,5			
% of		40		40		80			

In Schedule 4 are presented the results from the research regarding the question "Why do you train judo?" The answers are as it follows:

Answer 1 for selfdefence

Answer 2 sport – to become champion

Answer 3 degree in the Kyu-Dan system

Answer 4 – psychological and physical health to build up the characters

This question is directly related to the topic of the present work.

In both groups the leading motivation factor is the judo combat character applied in this sport. In sambo sport, combat sambo is separated and considered as additional. In the sport judo the combat applied structure was even separated in another federation under the name Jiu Jitsu. Second palce is dedicated to the specific Kyu-Dan system. Similar strong motivating role in our country was done to the system ERCK/in Bulgarian language/ (it was to honour the sport titles and degrees), nowadays the system is not applicable anymore. Sport legislation should refer to it.

Third place is done to the idea for highly achieved masterships. In the contemporary world exists lots of different occupations taking big part of the sport territory and its prestigious function.

The question related to the no practicing children "Would you register to train judo?" is directly related to the motivation characteristics. The results are presented in Schedule 5 as it follows:

Answer. 1 YES

Answer 2. NO – dislike

Answer 3 NO - doesn't know the sport judo

Answer 4 NO – no facilities (training hall, equipment, time to practice etc.)

From the above mentioned, the structure difference among boys and girls are much more important. In the ranking list the answers for the boys are (1-4-2-3), but for the girls they are (3- 2=4-1). As a matter of fact the girls are not familiar with this kind of sport and for the boys the main reason is the problem related to the practice sport facilities.

CONCLUSIONS

• It is obvious children' motivation is based on their different expectations. The beginning of the judo practicing is only one side of the problems. The child will meet his sport expectations with good professional coach. As a sport judo proposes exceptional opportunities for creativity as well in the area of high sport mastership and

physical education and development organism and character. The sport specialists should make popular the Kyu-Dan system and the specific methods for preparing physically and psychologically.

- Practicing children boys and girls have the same psychological approach regarding the aims forming the motivating interest towards judo sport. We notice the existence important structural differences for the no practicing children. Of course the method used in this case will be different to motivate and make the sport more popular for the above mentioned.

- The motivation as a basic function determining the aiming functions of the individuals is founded by measuring structures from internal and external mutual relationships. The system for physical education meets the scientific changes in the sport legislaton area for youth individuals on a state level. The most important role on a club level is that one of the coach who should improve the information structure forming the motivation all along with the training process.

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The methods and the means are different depending the gender and the character of the groups.

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