

PHYSICAL ACTIVITY OF PUBESCENT IN THE CZECH REPUBLIC AND OTHER EU STATES

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ABSTRACT

The paper deals with analyses of sports activities in pubescent (12 – 15 years old) pupils in the Czech Republic and some EU countries. The aim of the study is to analyse, to verify and to identify the status quo of children's interest in locomotive activities at basic schools and their attitude to these activities including determinants that shape the attitude. The study is done with help of kinatropological research. We chose a method based on questionnaire survey and following analyses and syntheses of gained data. We expected that over 50% of pupils do regularly some sport activity. After the evaluation of the results our expectation was proved true because 93% of children from the chosen EU states do some sports regularly.

Key words: Sports activities. Pupils. Elementary schools. The European Union.

RESUMO

Atividade física do pubescente na República Checa e outros Estados da UE

O artigo trata de análises de atividades esportivas em alunos púberes (12 a 15 anos) na República Tcheca e em alguns países da UE. O objetivo do estudo é analisar, verificar e identificar o status quo do interesse das crianças em atividades de locomotivas nas escolas básicas e sua atitude em relação a essas atividades, incluindo determinantes que moldam a atitude. O estudo é feito com a ajuda de pesquisa kinatropológica. Escolhemos um método baseado em levantamento de questionário e após análises e sínteses de dados obtidos. Esperávamos que mais de 50% dos alunos fizessem regularmente alguma atividade esportiva. Após a avaliação dos resultados, a nossa expectativa foi comprovada porque 93% das crianças dos estados da UE escolhidos fazem alguns esportes regularmente.

Palavras-chave: Atividades esportivas. Alunos Escolas primárias. União Europeia.

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INTRODUCTION

The trend in today's youth, they attend the second primary schools is increasing leisure time in modern communication technologies (Dufková, 2007).

Accessibility technologies is due to the fact that increasing the percentage of those hated for sport activities (Hájek, 2001).

Prefer to spend their free time playing games on computers than real dedication to physical activity (Jansa, 2009).

This negative attitude of students has an impact on their behavior and conduct in society, which is associated with a decrease in the level of physical ability and decreased interest in them (Dlouhý, 2011).

Currently clearly growing number of obese children, including the occurrence of other civilization diseases that result from the movement inactivity (and are clearly scientifically proven and indisputable), not only in this country but in many other EU countries (Dlouhá and Dlouhý, 2012).

In effect, this means extraordinary increase financial support for the treatment of these diseases.

THE AIM OF THE WORK

The aim of the work is to find out the current situation in terms of interest in sports and the relationship to these activities at the 12 to 15 year old children using the poll at selected schools in the EU - but regardless of sex or the state, but in this case generally in terms of the EU as a geo-cultural-political entity as a geo-cultural-political entity

The problem of the work

The article deals with the analysis of the sporting activities for pupils aged 12 to 15 years in selected primary schools in the EU. Movement in physical education can be described as a wide range of muscle activity that they change the position of the body in relation to time.

An active lifestyle is usually understood as a synonym for the term "healthy lifestyle", respectively. as a lifestyle linked to physical activity.

Nowadays, more and more talk about a healthy diet, plenty of movement and the right life habits.

The biggest problem facing young people today is an active lifestyle and its problems, depending on the physical ability. The problem will work rate respectively.

Frequency of sports activities for pupils - pubescent in the interval from 12 to 15 years in selected EU countries, but regardless of gender or country.

Scientific question

Based on the formulated objectives and work the problem, we set the following scientific question: What is the relationship to sports activities, respectively. Interest in them on adolescents aged 12-15 years in selected countries of the European Union?

Hypothesis

We assume that at least 66% of students surveyed in selected EU countries and regularly deals with its own initiative any sporting activity.

Characteristics of the research file

The sample included 6 primary school pupils - the Czech Republic, Great Britain, France, Holland, Germany and Spain.

The research was conducted in 2016 under Comenius British Worcester, where each school came from different states.

The total number of respondents was 288 at the age of 12 to 15 years in uniform distribution respectively.

Representation within each state, i.e., the number of respondents from each state was 48 Distribution of tested people according to age was also uniform.

This means that each of the four ages 12 to 15 years, was represented by 1/4 of the total (ie, 12 persons in each age group). Selection of the sample was intentional.

METHODOOGY OF WORK

Due to our goal of this work we have chosen to verify the hypotheses relevant method of inquiry, basic statistical method in the evaluation of the data and the analysis and synthesis of the data investigated in terms of interpretation and evaluation of results (Gavora, 2000; Skalková, 1983).

Questionnaire

The questionnaire was sent as a link on the internet to all schools with a request to fill regardless of gender and contained 8 questions of two types: The first six were selective (closed), the other two were open, the pupils had to choose only one of them. The inquiry was anonymous.

The questionnaire for pupils - Determining the relationship of students to physical activities

1. How often do you pursue to the sporting activities? 1 x per day, 4-6 times per week, 2-3 times per week, 1 x per week, never;
2. How many hours a week do you spend on sports activities? More than 7 hours, more than 5 hours, more than 3 hours, more than 1 hour, less than 1 hour;
3. What kind of sporting activity do you do the most? tanec, míčové hry, bojové sporty, aerobic, plavání, jízda na kole, jiné;
4. What are my feelings from me realized sporting activities? I look forward to, rather look forward, rather looking forward, not looking forward, I visit them of coercion;
5. The sporting activities I visit: as so often, as I want to, I'd like to visit them more often, I'd like to visit them less, I don't like to visit them;
6. How many sports activities do you do? (in addition to physical education classes) 1, 2, 3, more than 3;

For questions 7 and 8 please select only one under performing sports activities.

7. I use to do the sporting activities, because of: please write it;
8. I don't do any sporting activity, because of: please write it.

I attend the school in: Great Britain, The Czech Republic, France, Holland, Germany, Spain

RESULTS

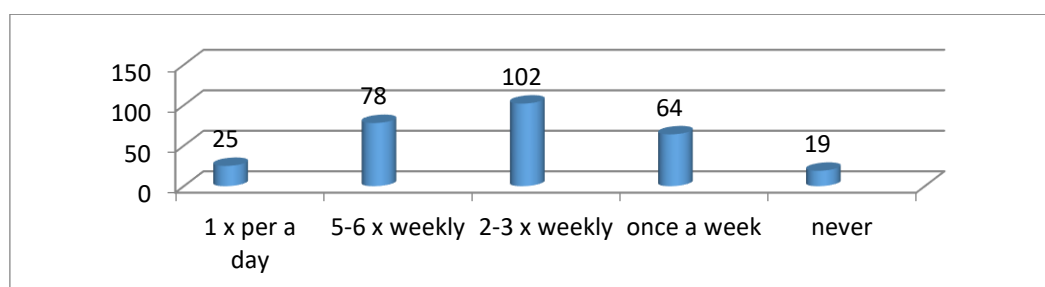
The question number 1

Through the survey, we tried to verify the hypothesis in which we believe that at least 50% of students surveyed regularly deals with some sport.

Survey completed by 288 students from 6 countries. On question 1: How often have you been sporting activities?, 102 students chose answer 2 - 3 times a week, 78 students voted answer 5-6 times a week, the answer 1x week chose 64 students, 25 students ticked answer 1 day, 19 students chose response, that they do not any sports activities in addition to physical education.

The question number 2

On Question 2: "How many hours a week spend on sports activities?", elected answer more than 5 hours 81 of the interviewed pupils answer more than an hour ticked 72 pupils answer more than three hours elected 69 students, more than seven hours ticked 48 pupils and at least 19 students voted for an answer less than an hour.



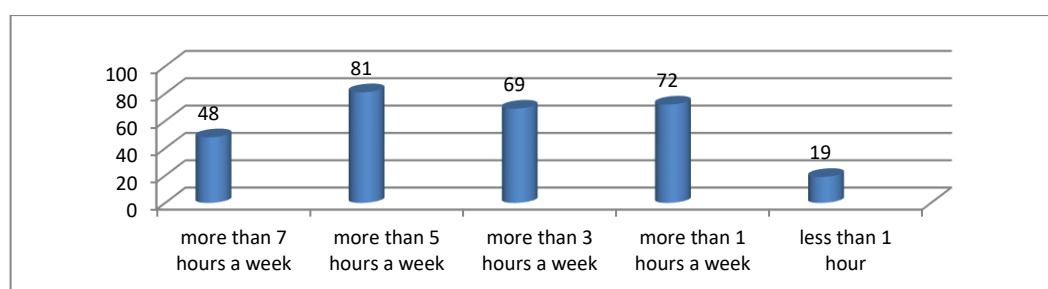
Graph 1 - How often do you do the sporting activities?

The question number 3

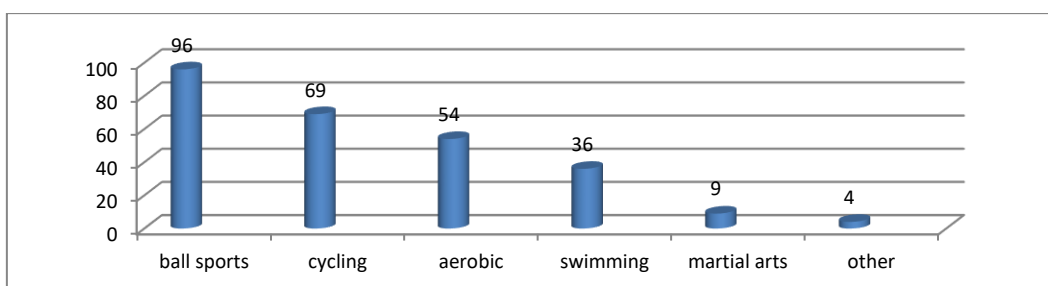
Answers to the question number 3: „What kind of sporting activity do you do the most often?“ were the answers following: 96 students said ball sports, 69 students mentioned cycling, 54 students checked aerobic, 36 students said swimming, 16 students dancing, 9 students martial arts and 4 students said other.

The question number 4

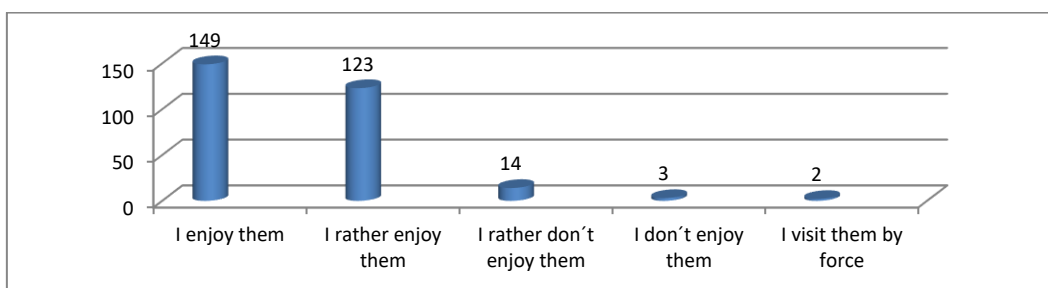
Answers to the question formulated as: “What are my feelings from me realized sporting activities?“ were these frequency of the answers: Na 149 of the students said, that they rather enjoying them, 123 students enjoy them, 14 žáků check the answer – I rather do not delight to them. The answer – I do not delight to them, selected 3 students and 2 students selected the answer - I visit them by force.



Graph 2 - How many hours do you do the sporting activities?



Graph 3 - What kind of sporting activity do you do the most often?



Graph 4 - What are my feelings from me realized sporting activities?

The question number 5

The answers to this question, it asks for the satisfaction with the frequency of the visiting activities, were: My sporting activities „I visit as so often, as I want to“ (145 students);

108 students checked the answer “I'd like to visit them more often”. 31 students answer, that they'd like to „visit them less than now” and 4 students check the answer „I don't like to visit them”.

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The question number 6

To the question nr. 6: "How many sports activities do you have got?" responded 96 students – 3; 87 students voted for an answer – 2; 56 students checked the answer - more than 3 and 49 pupils is dedicated to only one activity.

The question number 7 and the question number 8

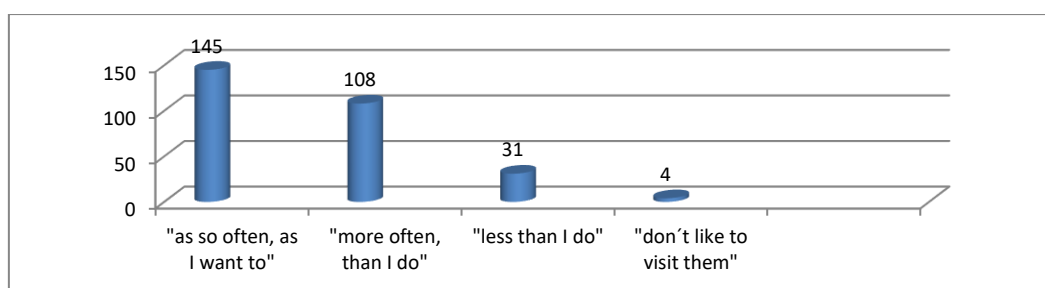
To question No. 7: Sporting activities I attend because: answered a total of 269

respondents. The most common responses emerged:

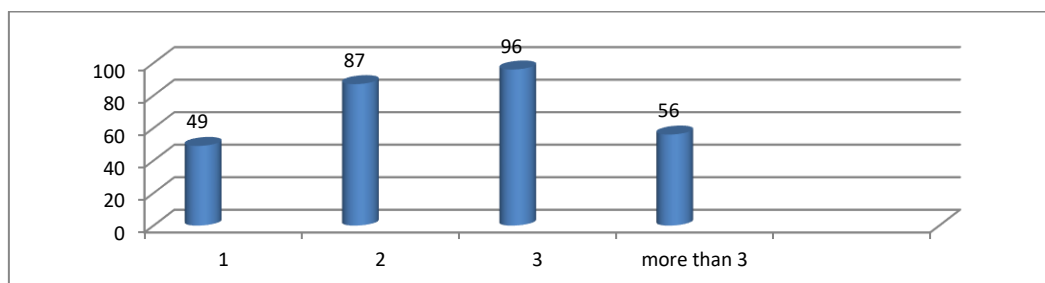
I enjoy it very much, I feel better.

I experience a lot of fun, I have a better shape.

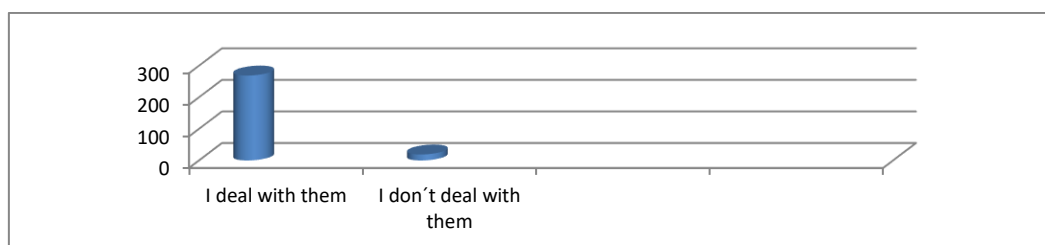
The Question 8: I do not do sports activities because: answered 19 pupils. The most common response was: *I don't like it, sport is unfamiliar to me.*



Graph 5 - Attendance of the sporting activities.



Graph 6 - How many sports activities do you have got?



Graph 7 - Sporting activities I devoted to x do not pay because:

DISCUSSION

The hypothesis - We assume that at least 66% of students surveyed regularly deals with some sporting activity - was confirmed by.

Of the 288 students surveyed in 269 cases of students responded that they engaged in sports activities outside of physical education classes, and only 19 students responded that they do not pay any sporting activity.

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Reported as the most common reason that it is tired, nothing they say sport. The overall percentage of students were positively corresponding to 93% and only 7% responded negatively.

CONCLUSION

Based on the results of the investigation it was found that the number of children engaged in sports is significantly higher than expected fixed hypothesis was confirmed.

Aims and tasks of the work have been met.

This investigation was fundamentally important that states respectively.

Their school were included in the research. What is important is the fact that within a healthy lifestyle, health education, prevention and hypokinesia prevalence of obesity and other diseases of civilization (not just in the EU) is an important regular physical activity, adequate supply of physical activities in the area, strengthening the role of schools in attractiveness of sports physical activities related to these activities and targeted education in relation to children and parents closer cooperation and closer communication with them.

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