

THE GAME AND COMPETITION AS A WAY OF IMPROVEMENT OF SELF-CONFIDENCE IN ADOLESCENCE

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**“If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.”
Marcus Tullius Cicero**

The key words: adolescents, the method of game and competition, self-confidence, a lecture of physical education, dynamics of the academic year.

Summary: lectures of physical education in the 9th form organized by combination of the method of game and competition, contribute to extension of society of self-confident teenagers in the dynamics of educational process.

Relevance: In spite of the illusion of welfare, the problem of physical education in the pre-university education system of the Republic of Moldova needs scientific research and results concerning the continuous improvement of the lectures of physical education and increase of their role in preparing pupils and students for the life in modern society.[2,3]

The efficient organization of the lectures of physical education for adolescents of 14-15 years old is somehow a difficult problem for teachers, because pupils in this age may have an unpredictable behavior in ordinary situations and can manifest paradoxical and unexpected reactions, expressed by increased excitability, negativity, stubbornness, and roughness. But exactly in this age the base of morality and the personality are formed, and this demands a correct approach to a pupil's personality, selection of the means and methods appropriate for education, based on the maintenance of their interest and educating self-confidence.[5] For the adolescents of this age, who have many doubts during the decision making process, educating of self-confidence plays

especially an important role in reaching a personal success. When the confidence in own forces is too low, then the ability to cope with stress, efficient adjustment to human society is disrupted.[4,7]

The pupils of the 9th form finish the secondary school education with a view to further educational or professional route and efficient integration in the adult environment, who should contribute to increase of their degree of socialization taking into consideration their real qualities, encourage small successes and help in getting more confidence in own forces are the problems that need to be solved efficiently by the specialists from the domain of physical education.

Self-confidence is an attitude in which the individuals have the optimistic views, but, at the same time, realistic about themselves and their situations. Such an attitude means that self-confident persons are able to rely on their own forces and decisions. Also it means that they are able, largely and within a reasonable, to take control of their lives and to protect the rights and aspirations in the modern world, that can sometimes intimidate us.[8]

In the last years in the specialized bibliography, the concept of *physical education of the personality* [6] is more often met and which is promoted by the specialists from the domain of physical culture. Basically, it is developed by the promotion of the two basic concepts: a) physical education is designed to insure socialization of the pupils and his adjustment to the modern society; b) physical education must insure maximum finding of movement potential and inclination of the student toward certain physical activities, his interest in life.

We expect that some methods of physical preparation of students used during the lessons of physical education can contribute to efficient realization of those concepts including also the increase of self-confidence of students in own forces. Thus, the method of game and competition offers the possibility to entertain but, simultaneously, to demonstrate their physical potential in public, creativity, dexterity, ingenuity, their hidden abilities, the chance to display their talents presenting "their personal pride" that inevitably could contribute to the increase of self-confidence. Also, the permanent change of situations on the playground and non-standard motions can favor the continuous improvement of the movement quality, the ability to analyze – the synthesis of the central nervous system, improvement of the functional status movement analyzers, optical and aural, which also can be a

positive impact on the wellbeing of the body, stimulating the appearance of self-confident.

Hypothesis of the work: we expect the method of game and competition, used in the lessons of physical education with the students of the 9th form can improve their self-confidence.

The aim of the work: Explanation of the importance of the method of the game and competition used in the lessons of physical education in improvement of the self-confidence of the adolescents of 14-15 years old.

Organization of the research: The research was conducted in the „M. Sadoveanu” Lyceum and „Pro-Success” Lyceum from Chisinau, on a contingent of adolescents (n=70) aged 14 to 15 years, in the dynamics of the academic year 2015-2016.

Research methods: investigation- interviewing teenagers at the beginning and at the end of the school year. At the beginning of the year, we conducted this investigation, in order to appreciate the 9th grades confidence in their own abilities. For this purpose we used the test “How confident are you in yourself?” composed of 25 questions. There were multiple choice questions, with three possible answers, and the right answer was assessed with a certain score. The general score of every pupil was assessed as follows (Table 1):

Table 1

The level of pupils’ confidence in themselves in accordance with accumulated scores

Nr. Crt.	Overall Score	Characteristics
1	40-50	Your score indicates that you are very confident in yourself and you rely on your own abilities. Since you are so sure and confident in your own forces, you are a person who prefers to be involved and to take control of any occurring situation. The only recommendation for those who have registered a score so high on this test is to beware of excessive self-confidence, so as not to be perceived by others as rude or haughty. You should keep your sense of reality, and do not forget that to be successful you have to work hard, because success will not come by itself.

In the first figure in shown the structure of 14-15 years old pupils, depending on the accumulated points as a result on initial testing in the beginng of the educational year.

2	25-39	You seem to be a confident person, with an optimistic attitude. Although you are prepared to make some risks in life, you generally prefer safety instead of risky adventure. Because you are not seen as overly confident, it means that you are able to interact with people on an equal footing, and the ability to interact with others is likely to make you a good member of your team In most cases, you will have more of a positive attitude and the ability to make decisions in a cautious, measured and structured after carefully weighing all options.
3	< 25	As your score indicates a lack of confidence in your own skills, you need to consider the adoption of a strategy to make yourself more confident. This means first analyzing the reasons for your lack of self-confidence. One reason may be simply your way of being. Many people have a somewhat agitated or are so excessively modest of their own achievements that they tend to be self-critical.

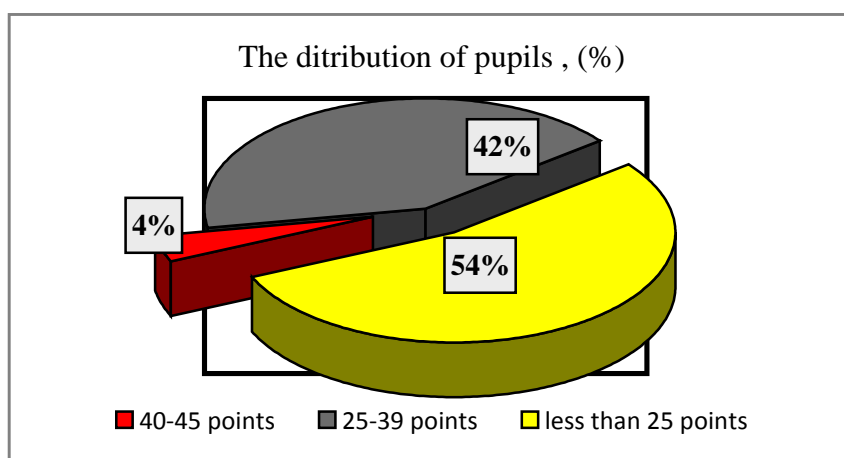


Fig. 1. The structure of 14-15 years old pupils, depending on the accumulated points after the test named "How confident are you in yourself?" , done in the beginning of the year, %

Thus we have established that 54% of them gave the answers, which were appreciated by less than 25 points. This shows that these students are not confident in themselves and should think about adoption of some sustainable strategies in order to develop it. Probably, Physical Education Lessons, involving the rational use of the competition between pupils with the same level of physical ability, could have beneficial consequences in strengthening this feeling, based on the positive dynamics including movement test results during the educational year. While 42% of students tested, although they are optimists, they are less self-confident, compared to some their colleagues who have great confidence in themselves and rely on their own abilities. But the share of

the latest ones is quite small, only 4% of the quota of tated students. If we follow the differences between the distribution of girls and boys depending on accumulated points (Figure 2), we note that among the girls involved in the research, there is no one who has obtained the maximum score - over 40 points.

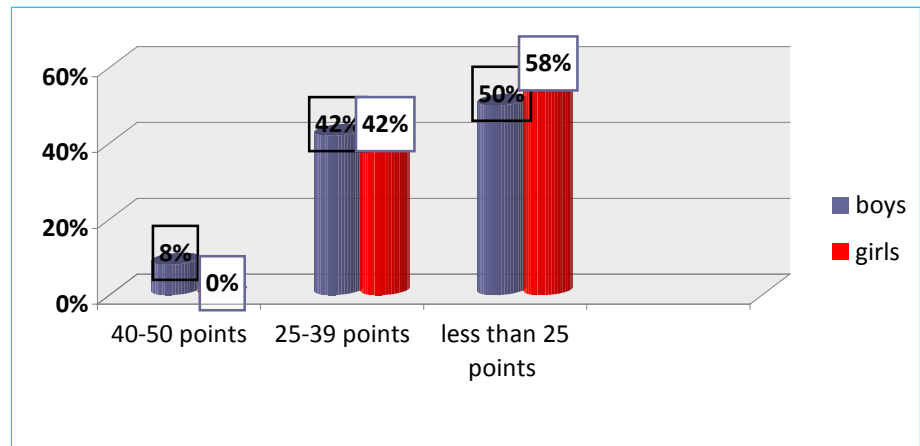


Fig. 2. The distribution of girls and boys (%) depending on the accumulated score at the test “How confident are you in yourself?”, done in the begining of the school year, %

Under 25 points were accumulated by 58% of girls and 50% of boys. The fact that over ½ of the teens is awarded to individuals who have confidence in theirselves and skills is a serious social problem that can be solved through active involvement of pupils in movement activities during the physical education lessons. Taking into consideration that these students are residents of urban areas, where the lack of self-confidence creates conditions for various confusing situations and disruptions in health, we examined how the combination of play and competitive methods during the the lessons of physical education can influence this aspect of their lives.

Figure 3 shows the experimental group structure based on the points to support test "How confident are you in yourself?" at the beginning and at the end of the school year. We note that the share of people who have accumulated below 25 points decreased in annual dynamics from 54% to 41%, in the favor of those with 25-39 and 40-45 points respectively, the share of which increased from 42% to 46% and from 4% to 13% respectively. Restructuring of experimental quota at the end of educational year in favor of more self-confidence, it shows that the organization of

experimental lessons is a beneficial one for 14-15 old teens. Being encouraged even for small successes, but also through engaging in movement activities in the gym at the level of each pupils' possibility, became more confident in themselves after graduation from middle school.

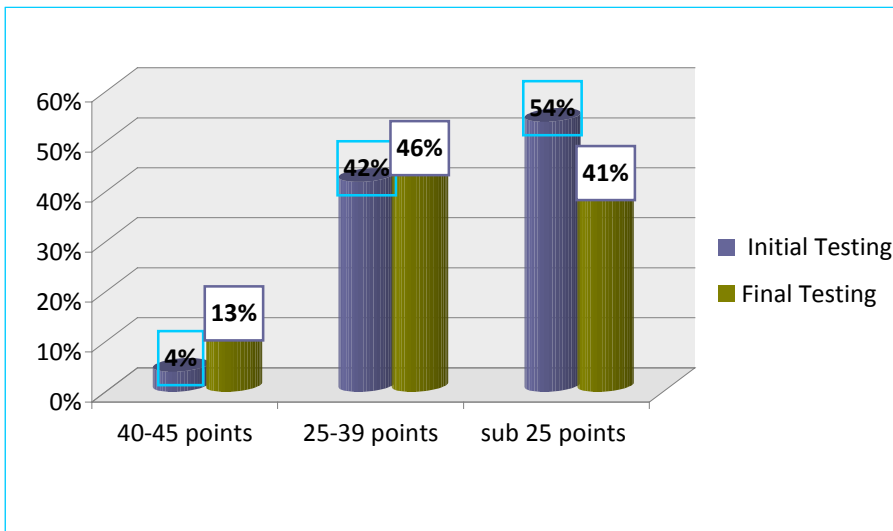


Fig.3. Annual Dynamics the experimental group structure based on the points to support test "How confident are you in yourself?" at the beginning and at the end of the school year

There appear the question: "Who is namely the girls or the boys of experimental group, who have gotten more confident at the end of the medium school?". Analyzing the data of the final testing depending on the sex of adolescents (Figure 4) we have determined that pre-mordial had gained boys share of overconfident increasing by 21% compared with the results of initial testing, while the girls increase was 16%.

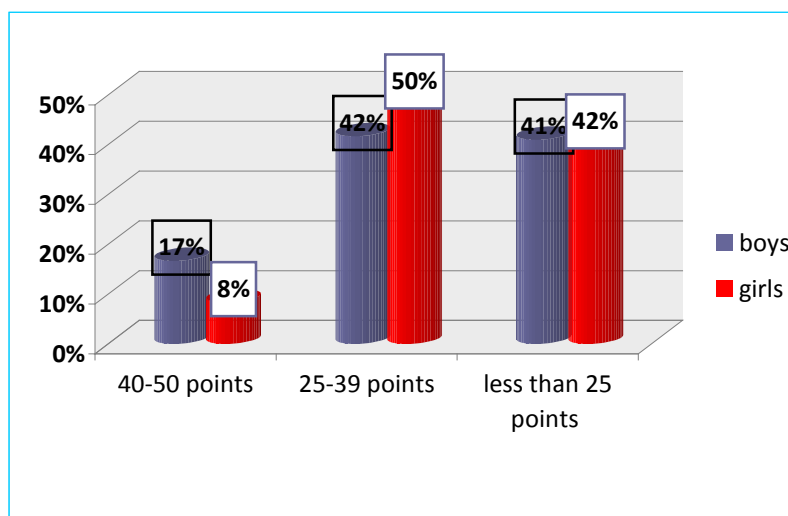


Figure 4. The structure of experimental group of girls and boys depending on accumulated points to support test "How confident are you in yourself ?" at the end of the school year, %.

Conclusions:

1. At the beginning of the school year 54% of 14-15 years old adolescents is awarded to individuals who have self-confidence and believe in their own skills. Taking into consideration that these students are residents of urban areas, where lack of confidence creates prerequisites for various confusing situations, stress disorders and in health.
2. Using the game and competition methods, during physical education lessons has helped to increase the number of overconfident students, the share of which increased in annual dynamics from 46% to 59%.
3. During the school year, the dynamics increased share of girls with a lot of self-confidence from 0 to 8%, and those of boys - from 8% to 17%.
4. The combination between game and competition methods during the lessons of physical education for ninth grade students due to increase self-confidence, which shows their effectiveness in preparing adolescents for life and work in modern society.

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JOCUL ȘI COMPETIȚIA CA MIJLOC DE ÎMBUNĂTĂȚIRE A ÎNCREDERII ÎN SINE LA VÂRSTA ADOLESCENȚEI

Cuvinte – cheie: adolescenți, metoda jocului și competiției, încrederea în sine, lecțiile de educație fizică, dinamica anului de învățământ.

Rezumat: lecțiile de educație fizică din clasa a IX-a, organizate prin îmbinarea metodei jocului și competiției, contribuie la creșterea contingentului de persoane încredute în sine în dinamică anuală, ceea ce denotă eficiența lor în pregătirea adolescenților pentru viață și activitate în societatea modernă.