

## ASPECTS ON THE IMPLEMENTATION OF PSYCHOLOGICAL RESOURCES IN SWIMMING AT AN EARLY AGE THROUGH SURVEYS

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**Keywords:** swimming, teaching, psychological resources, survey

**Abstract:** The use of the survey, as a special category of investigation, on a specific professional category very well defined in the specialty of the activity, is extremely beneficial to improve the efficiency of swimming training at early age. Children's psychological resources, which some teachers marginalize, out of ignorance or out of pragmatism, can be very important in the teaching - learning process, the outcomes of children who are encouraged to reveal and develop their skills and abilities through these resources are spectacular. Therefore the survey reveals the concern of swimming trainers to train children in early childhood and to transform the extrinsic motivations into intrinsic ones, with obviously superior results at the level of assimilation of knowledge and skills by the children.

### **Introduction:**

The teaching - learning activities from early childhood swimming fall under the incidence of the praxis circuit Objectives - resources - content - strategies - evidence of quality and efficiency of the evaluation of the training. In this circuit, the sequence of training strategies involves the psychological learning resources: the need to motion, the playful behavior, the spirit of competition, etc., leading to an increased speed of learning to swim.

The achievement of this research is justified by the following findings or arguments:

- the efficiency of the traditional strategy of swimming initiation at an early age is questionable, given the age of learners and their ability to assimilate new skills;

- At this age, children have not yet formed certain motor and intellectual skills to allow full comprehension of information and proper execution of specific movements of swimming initiation;

- The involvement of swimming coaches in the swimming initiation activity at an early age;

- The opportunity to start this activity at an early age.

• For the reasons mentioned above, the following hypothesis may be issued:

- The survey expresses the views and personal experiences of a number of swimming coaches, preferably as many, on the initiation in swimming in early childhood (3-5 years), on the psychological resources used to customize the training according to material resources, experience, personal involvement, etc.

- Processing and analysis of these surveys can lead to remarkable psychological and pedagogical results, as well as accumulation of skills and abilities by children encouraged by this emphasis of the intrinsic qualities of children.

**Materials and methods:** In the research activity, surveys were distributed to a total of 20 trainers from several training and selection centers in the cities of Ploiești, Bacău and Suceava, with the following form:

### SURVEY

Given the professional experience acquired during the time concerning the training and guidance of swimmers please answer a few questions to optimize the implementation of the playful behavior and the spirit of competition in swimming training at early age.

1. Please introduce yourself:

Name and surname: .....

Sports

Club:.....

Trainer cat.:.....

Professional record:

2. To what extent do you find appropriate the introduction to swimming at early age (3-5 years)?
  - Very appropriate;
  - Appropriate;
  - Less appropriate;
  - Inappropriate.
3. Do you organize courses for very young children?
  - Yes;
  - No.
4. What is, according to you, the optimal number of students to groups of 3 -5 years?
  - Less than 6;
  - Between 6 and 10;
  - Between 10 and 15;
5. The material base you are using meets the requirements of modern swimming teaching?
  - Yes;
  - No;
  - To some extent.
6. Do you use games to start training?
  - Yes;
  - No.
7. What is the percentage the use of games during an initiation lesson?
  - 20%;
  - 30%;
  - 50% and above.
8. What do you find to be most effective in an initiation lesson:
  - Exercises performed cyclically;
  - Games that, in a certain sequence, lead to the formation of specific swimming skills;
  - A combination of the two methods.
9. Do you use competitions in swimming lessons?
  - Yes;
  - No.
10. Do you think that is beneficial to use contests in initiation lessons?
  - Yes;
  - No.

11. You think there is interest from the authorities to promote swimming at early age?

- Very great interest;
- Sufficient interest;
- Disinterest.

12. Do you have other suggestions to improve the work of initiation at early ages?

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The methods used in the research were: the bibliographic study, the survey method, the statistical-mathematical method, the graphical method and the tabular method.

**Results and discussion:** Considering the trainers who participated in the survey, the percentages of their professional training are, as follows:

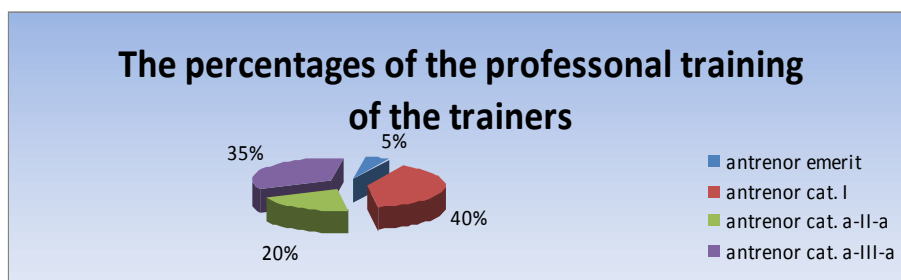


Figure no.1 The percentage of the professional training of teachers/trainers

### Analysis of survey results

To question 2, regarding the opportunity of initiation in swimming at an early age, results were as follows: 9 trainers considered this a very appropriate initiative, 8 trainers - appropriate, 2 trainers - less appropriate, 1 trainer - inappropriate.

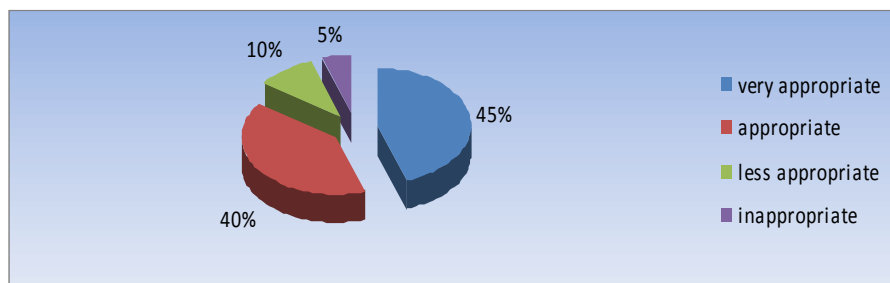


Figure no. 2. The percentages of swimming initiation in early childhood

To question 3, the trainers are asked whether they teach swimming courses to very young children, 17 of them said they do this type of courses, while 3 trainers denied.

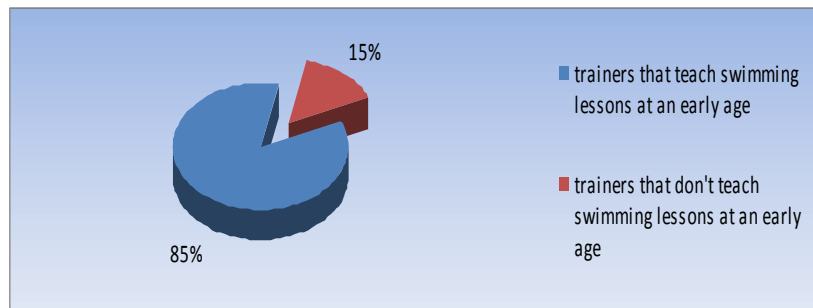


Figure no. 3. The Percentage of trainers who teach swimming courses to young children

As referring to the optimal number of students in groups of 3-5 years, the responses were: less than 6 children - 18 trainers, from 6 to 10 children - 2 trainers. Percentages look like this:

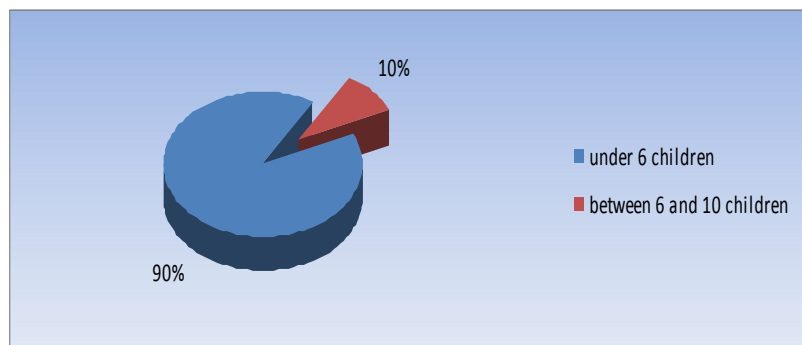


Figure no. 4 Percentage of the optimal number of children in the group

When asked about the use of games in the initiation activity at early ages, all trainers have responded positively, the percentage is obviously 100%.

As referring to the percentage of the use of games during the lesson, the answers were as follows: 20% - 3 trainers, 30% - 7 trainers, 50% and over - 10 trainers. Percentages are shown in the Figure no. 5:

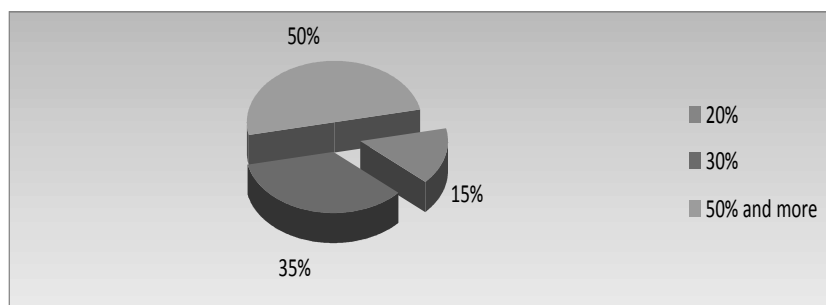


Figure no. 5 Percentage of games in the lessons of initiation at an early age

At the question on stereotyping and cyclic use of exercises, games, or a combination of the two, results were as follows: cycles and stereotypes - 2 trainers, games - 12 trainers, their combination - 6 trainers.

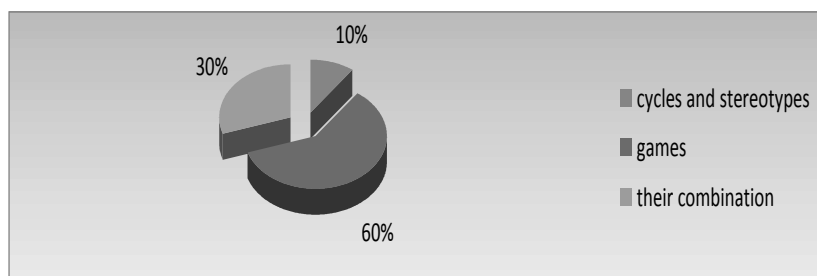


Figure no.6 Highlight of training methods for swimming lessons at the early age

In terms of the opportunity and effective use of contests within initiation lessons, the opinions of the trainers were as follows: Yes - 19 trainers, Not - 1 trainer.

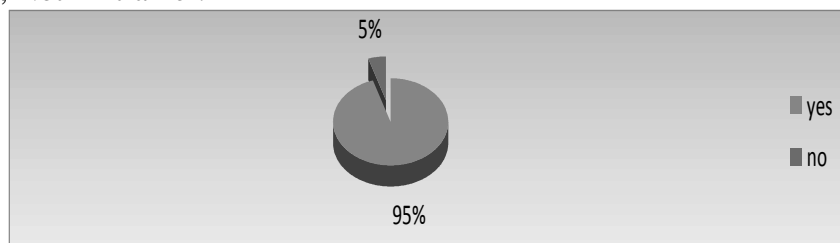


Figure no. 7 Using competitions in swimming lessons at an early age

Unfortunately for the interested population, from the perspective of most trainers, the interest of the authorities to promote swimming at early ages is absent.

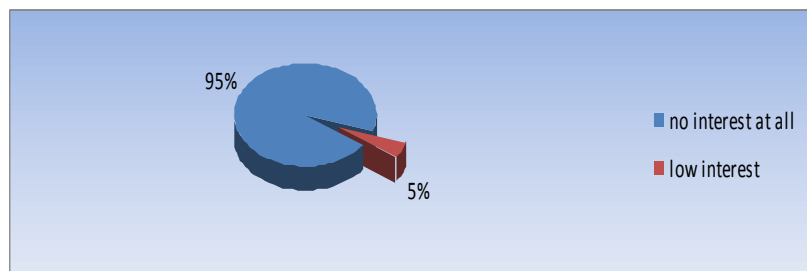


Figure no. 8 The interest of the authorities to promote swimming at an early age

**Conclusions:** After processing the responses of trainers who have completed surveys, we can draw the following conclusions:

- The trainers who have completed surveys are, most of them, specialists with great experience, great professional results (medals at World University Games, meritorious participation in the Olympics, World Championships, European Championships, etc.). Consequently, the views expressed by them are relevant themes to be discussed;
- The initiation into swimming at early age is considered by most trainers very important and appropriate; this is what should concern us as citizens of this country, in general, and those in the field, particularly, in order to develop motion among very young children;
- The use of games and competitions in the initiation activity and the high percentage of their use makes these lessons enjoyable to children who participate in these types of swimming lessons; this certifies the initially expressed hypothesis that the transformation of the extrinsic motivations into intrinsic ones is beneficial for the training process, with obvious results for both children and trainers;
- Unfortunately, the interest of the authorities to promote this type of activity is quite low, and those in the area should draw a

warning, because the future health of this nation should be paramount for the government.

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**Titlu:** Aspecte privind implementarea resurselor psihologice în înot la vârstă timpurie prin sondaje de opinie.

**Cuvinte cheie:** înot, instruire, resurse psihologice, sondaj.

**Rezumat :** Folosirea sondajului, ca și o categorie aparte de anchetă, pe o anumită categorie profesională foarte bine delimitată în cadrul specializării activității, este extraordinar de benefică pentru eficientizarea activității de instruire la înot la vârstă timpurie. Resursele psihologice ale copiilor, pe care unele cadre didactice le marginalizează, fie din ignoranță, fie din pragmatism, pot fi foarte importante în procesul de predare – învățare, rezultatele copiilor care sunt stimulați să își dezvăluie și să își dezvolte abilități și deprinderi datorită acestor resurse fiind spectaculoase. Sondajul relevă așadar preocuparea antrenorilor de înot pentru instruirea la înot a copiilor la vârstă timpurie și transformarea motivațiilor extrinseci în unele intrinseci, cu rezultate evident superioare ale nivelului de asimilare a cunoștințelor și deprinderilor copiilor.

**Titre:** Aspects de mise en œuvre de ressources psychologiques en natation à plus jeune âge, à l'aide des sondages.

**Mots-clés:** natation, formation, ressources psychologiques, enquête.



**Résumé:** L'utilisation du sondage, comme une catégorie spéciale d'enquête, sur une catégorie professionnelle bien définie dans le secteur de spécialité, est extrêmement bénéfique pour l'amélioration des activités de formation de la natation à la petite enfance. Les ressources psychologiques des enfants, que certains enseignants marginalisent, ou par ignorance, ou du pragmatisme, peuvent être très importantes dans le processus d'enseignement – apprentissage, les résultats des enfants qui sont encouragés à révéler et de développer leurs compétences et leurs capacités due à ces ressources étant spectaculaire. Donc, un sondage révèle la préoccupation des entraîneurs de natation pour la formation des enfants à plus jeune âge et la transformation de leurs motivations extrinsèques dans unes intrinsèques, aux résultats nettement supérieurs au niveau d'assimilation des connaissances et des compétences des enfants.