

ANALYSIS OF THE TEACHERS AND ADOLESCENTS OPINIONS REGARDING 14-15 YEARS OLD STUDENTS ATTITUDE TOWARD PHYSICAL EDUCATION LESSONS

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Keywords: adolescents, physical education teachers, survey questionnaire.

Abstract

As a result of investigating teachers and adolescents it was obtained new results on student attitude toward physical education lessons. Most teachers claim that 14-15 years old students show an average interest for the discipline "Physical Education", assessing their readiness analog and driving. However, the vast majority of teachers involved in the teaching of this subject indicate that there are some difficulties in teacher training process with adolescents. Only ½ of the adolescents are satisfied with the organization and conduct of those lessons, and many of them have no confidence in their skills, although physical education lessons can be effective in this regard.

Introduction

Student satisfaction degree within the lessons of physical education is an important component of his attitude towards discipline "Physical Education". Attendance at physical education lessons by students depends essentially on their attitude towards this discipline in school, expressed their satisfaction. Those satisfied with the quality of lessons and results in them show a greater interest in this discipline compared to those complainers [5]. Namely, those satisfied continue the lessons and also the sports activities in gyms leisure. Others will be interested in attending lessons in different ways.

Expectations of pupils is to secure a complicated problem [1], especially referring to students in secondary school, which is considered omniscient [8], but that can be solved by studying the views of both parties, participating in the educational process - teacher: the teacher and the student. Every teacher should know the true attitude of students to the

lessons he taught [10] but also the real situation in the classroom (students' interest towards its lessons, driving training level of students, the possibility of conflicts etc.). In light of their increasing teaching quality can be ensured and involvement of students interested in physical education process.

Aim of the work: study of the teachers and adolescents attitudes towards physical education lessons.

Material – method

At the beginning of the study year it were developed two surveys of inquiry, including: first - addressed to physical education teachers and one for students of class IX. Survey questions addressed to provide teachers on student interest to those lessons, the difficulties teachers face in teaching discipline "Physical Education" and its appreciation of the level of training given to adolescents in urban driving. The survey addressed adolescents was drawn to determine the real opinion of students on their satisfaction with the organizational lessons of physical education and their role in preparing them for life and work in modern society.

In the survey were involved physical education teachers from Chisinau, engaged in teaching discipline "Physical Education", 9th grade (n = 24), but also pupils of those high school "Mihail Kogalniceanu", Chisinau (n = 60). Since physical education lessons offer to the students great opportunities to increase the confidence in their forces, we have used the test "How confident you are in your own person?", consisted of 25 questions. Every question was asked to choose only one of three possible answers, which was appreciated by a certain score. Overall score of each student was assessed as follows: 40-50 points - the score indicates a lot of confidence and reliance on their own abilities; 25-39 points - you are a person generally confident, with a positive attitude, ready to take some risks in life, but generally prefer safety instead of risky adventure; under 25 points - the score indicates a lack of confidence in itself, so you should think about adopting strategies to develop it.

Results and discussions

At the question "How do you assess 14-15 years old students' interest to physical education lessons?" the replies of the physical education teachers were allocated as follows (Figure 1): very high - 4% higher - 32%, average - 60% , low - 4%. If we sum up the first three answers, which constitutes 96% of all the results, then establish that the

vast majority of teachers appreciates the interest of students to discipline "Physical Education", most (60%) appreciating him as "environment". These results confirm the scientific information from the literature [7] which shows that students of the 9 grade have a certain interest in physical education lessons, even if it is worse than the students the from primary school or 5th -7th degree.

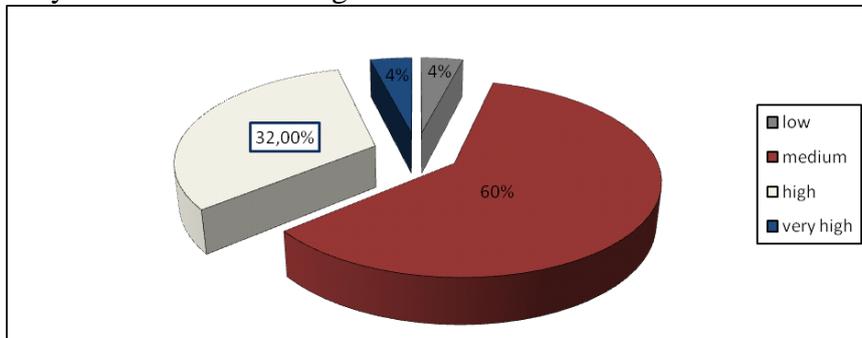


Fig.1. Structure of physical education teachers responses to the question "How do interest of students aged 14-15 to physical education lessons? ", %

When asked "Are you experiencing difficulties in organizing lessons with these students?" Replies of the teachers were distributed as follows (Figure 2): yes - 20%, not - 32%, sometimes - 48%.

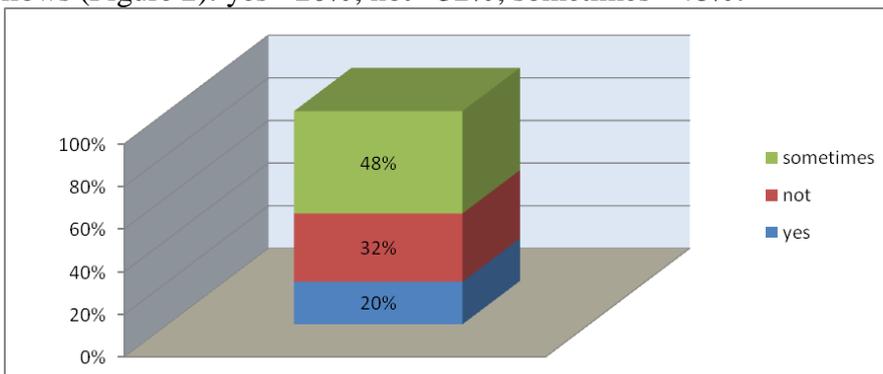


Fig.2. The structure of physical education teachers responses to the question "Are you experiencing difficulties in organizing lessons with these students? ", %

Through the teachers who do not have conflicts with the students are the ones who enroll the teaching activity with a period of up to 5 years and the duration of activity in that realm for over 40 years. However, many teachers face difficulties in organizing the lessons, and some of them, particularly the ladies; even flatly refuse teaching in the 9th grade. Some argue the emergence of various conflicts with the pupils, increased excitability of the central nervous system, specific students that

age, and family by diminishing attention to proper education of children. According to the literature through conflicts among students are quite common in the teenagers and teachers who only have a thorough psychological preparation and teaching can meet their inappropriate behavior, often deviant [6]. In this context it is necessary to document systematic literature teachers to get to know the specifics deeper psychic activity of the human brain at this age stage and react appropriately to situations and atypical calm. The authors indicate [6] the basic qualities of the teacher required in such situations: fairness and objectivity.

At the same time, keep the interest of the teacher to demonstrate professionalism and high level permanent training and development driving intellectual powers is valid not just the domain of physical culture, but also those associated with it, such as general pedagogy and psychology ages. Some school managers considered that the employment of highly skilled athletes (masters in sport, national and international champions) could be an effective step in reducing conflicts and increasing student interest - professor of physical culture front.

In the specialized literature it is mentioned [7] that at this age it is maintained the need to move, the game, although they acquire other meanings. It is necessary that the track needs to be targeted appropriately to ensure their related involvement of students in all forms of motor activity, which inevitably will influence their level of training and driving. If we follow the data in Figure 3 we find that most teachers (88%) believe that students from 9th grade have a medium level of motor training and only 8% seems "low".

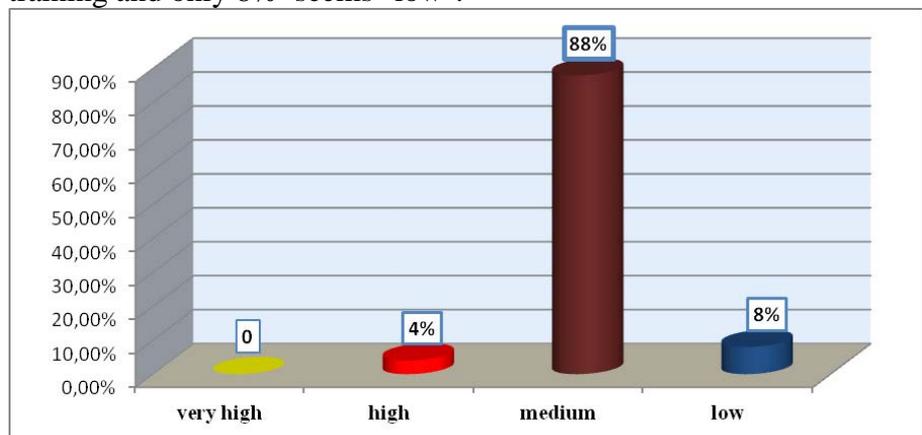


Fig.3. Structure answers the question "How do you assess the level of training driving school pupils DVS?", %

Authors notes that 14-15 years old boys, can achieve high results at body motor preparation, taking into account that at this stage of life occurs their sexual maturation and the enhancement of testosterone production which improves lean body mass and qualities of his force. At this stage the aim is to attract the attention of teenagers all over his person. So, using a correct pedagogical tactics, incentives for students to demonstrate their qualities in training and motor preparation, can lead to higher levels of physical training, but also of interest in exercise and physical education lessons.

However, after the studying of students views we have established (Figure 4) that 51% of students are satisfied and very satisfied with physical education lessons, while 16% were not able to provide a clear appreciation of their level of satisfaction of discipline "Physical Education" and some 16% are more dissatisfied than satisfied with these lessons, followed by the completely dissatisfied, which is 3% share.

Data from the literature indicates that our below results are the record results of other authors [10], which states that 70, 9% of students are satisfied with physical education lessons.

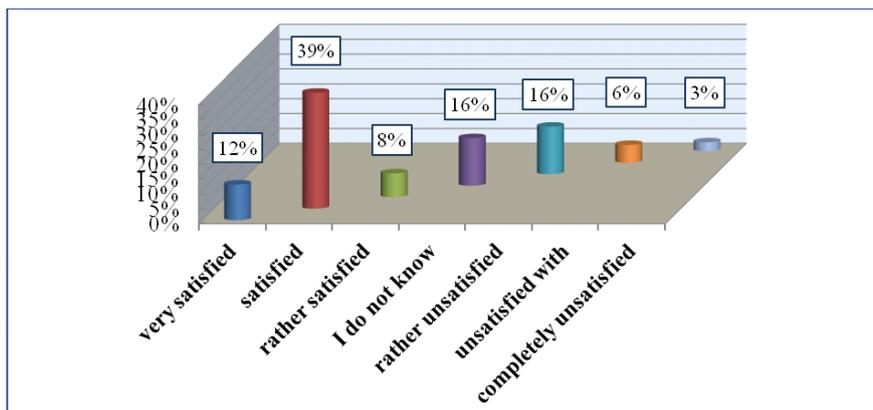


Fig.4. Structure of answers to the question "Are you satisfied (a) physical education lessons?" (%)

Girls represent the *satisfied* and *very satisfied* contingent with the organization and conduct lessons. Among the girls there is no completely unsatisfied person of physical education lesson, while the boys average is 3, 85%. Research of other authors shows that boys declare themselves more satisfied with physical education lessons than the girls, their average being 77.8%, while that of girls - 65, 4% [8].

Self-confidence is an attitude in which individuals have optimistic opinions, but also realistic about themselves and their situation. Such an attitude means that people confident are able to rely on their own abilities and decisions. It also means that they are able, to a large extent and within reason, to take control of their own lives and to defend the rights and aspirations of the contemporary world; that can sometimes intimidate [4]. In the figure 6 is reflected the distribution of 9th grade students according to the points accumulated in the test result.

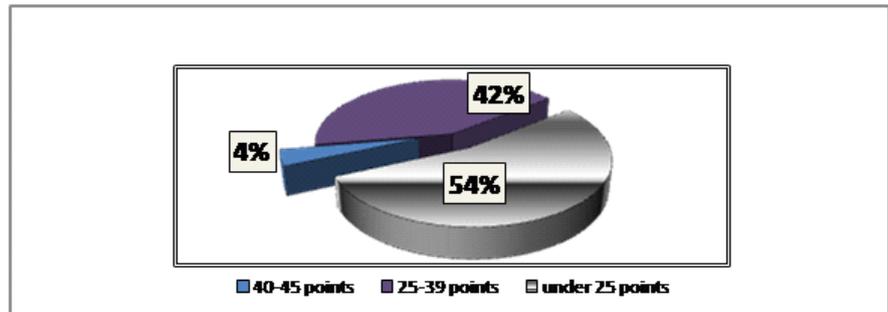


Fig.5. Distribution of pupils (%) based on the points accumulated at the test "How confident are you in your own person?"

It has been established that 54% of students have submitted their responses appreciated by less than 25 points, which shows that they are not confident in themselves and should think about adopting a viable strategy to develop it. According to the results obtained in the investigations with the division based on gender, over ½ of boys and girls 14-15 years is awarded to individuals who have confidence in their skills. According to the fact that these students are inhabitants of urban areas, the lack of confidence creates preconditions for the emergence of stress states, which is a major risk factor for health, this being a serious social problem. Probably, physical education lessons, involving the rational use of competition between students with the same level of motor training, could have beneficial consequences in strengthening this human feeling.

Conclusions:

1. Only 36% of physical education teachers argue that 14-15 years old adolescents show a great and very great interest towards physical education classes, most of them (60%), considering it as environmental interest.
2. Most teachers (68%) state that face certain difficulties in teaching the subject "Physical education", due to the conflicts between students and

between student - teacher, arguing their appearance by increased excitability of the central nervous system, specific to adolescents, and by diminishing attention to educating the young generation family.

3. Approximately 88% of physical education teachers appreciate the level of students' motor training from 9th grade to the environment as medium, and 8% as slow.

4. Only ½ of 9th grade students are satisfied and very satisfied with physical education classes, and among those, dissatisfied boys predominate. These results are lower than those set by other authors, which states that 70% of 14-15 years students are satisfied with the way of teaching discipline "Physical Education".

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**STUDIAREA OPINIILOR PROFESORILOR ȘI
ADOLESCENȚILOR PRIVIND ATITUDINEA ELEVILOR DE
14-15 ANI FAȚĂ DE LECȚIILE DE EDUCAȚIE FIZICĂ**

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Cuvinte cheie : teens, physical education teachers, survey questionnaire.

Rezumat

În rezultatul anchetării profesorilor și adolescenților s-au obținut rezultate noi privind atitudinea elevilor față de lecțiile de educație fizică. Majoritatea profesorilor susțin că elevii de 14-15 ani manifestă un interes mediu pentru disciplina "Educația fizică", apreciind analogic și nivelul lor de pregătire motrice. Totodată, majoritatea absolută a cadrelor didactice, implicate în predarea acestei discipline, semnaleză existența anumitor dificultăți în realizarea procesului instructiv-didactic cu adolescenții. Doar ½ dintre adolescenți sunt satisfăcuți de modul de organizare și desfășurare a lecțiilor respective, iar mulți nu au încredere în forțele și aptitudinile proprii, deși lecțiile de educație fizică pot fi eficiente în acest sens.