

THE SYSTEMIC CONCEPT IN IMPROVEMENT QUALITY OF LIFE TO STUDENTS

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Summary

System theory is described as an interdisciplinary epistemological model in which systems are used to describe and explain a varying phenomenon with degrees of complexity. The system is a lot of elements between, which there are in relationships or non-interrelated relationships that interact in order to achieve a common goal. The concept of systems theory is used in various scientific disciplines, even in Physical Education and Sports.

The theory of systems is the superior knowledge of objects possessing the property of completeness, a set of entities compacts that constitute themselves as the quality of life discussed in this article from the perspective of a complex system.

Some elements that condition the quality of life and which can be addressed from the perspective of the general theory of systems are: the intersystem relationships between the health system and the education system: physical, mental and social well-being as subsystems of the quality of life; health as an element of physical well-being; physical condition as an element of health; exercise as a necessary condition for a good health; exercise as a means of physical education lesson; exercises practiced in physical education lessons that can lead to an improvement in the quality of life.

Introduction

"In a systemic perspective, objects, phenomena and processes, regardless of their particularities, can be considered as systems having a certain structure whose elements are in relations determined with respect to one another and form together an irreducible unity to the attributes of the component parts. If we quote Jean Piaget (1973, p. 7), the structure of a system means the coherent set of transformations that ensure the self-

regulation of a totality (irreducible to the component parts). The fact that a network of dynamic interactions is born in the system makes any transformation of an element a system restructuring."(Cucos, C-tin, 2002, p. 279).

The theory of systems involves the superior knowledge of the theoretical level of objects possessing the property of completeness, of compact sets of entities that exist as one. It is not an object of systemic knowledge that is made up of random conglomerate components, but only objects composed of parts necessarily linked to each other. The circumscription of the object of system theory is based on the following defining properties of the object considered: the integral, the finality, the organization and the relative autonomy.

The system is a multitude of elements between which there are relationships or non-interrelated relationships that interact in order to achieve a common goal, which can be a nature law or a human goal. The quality of life can be pivoted from the perspective of a system where we meet a series of subsystems and components that form together a unity. When one of the subsystems or one of the elements changes, the whole system is seen as a unit.

The quality of life is the multidisciplinary term in literature, in all fields, from health, politics, economics, to physical education and sport, without a unanimously accepted definition, since each field is interested in certain dimensions of life such as welfare Economic, physical well-being or security.

First of all, the quality of life refers to the level of living conditions of different categories of citizens. Assessing the quality of life or well-being has led to the separation of several dimensions, each dimension of which is a series of indicators. Some of these indicators are directly related to Physical Education and Sport.

Although the literature is quite extensive in terms of "quality of life" (through a search on Google we have 24×10^6 results), materials on the role of physical exercise in improving the quality of life, Especially at the level of young people, there are not many. A major objective of modern society is the improvement of the quality of life, with the participation of physical education and sports teachers, physicians and physiotherapists, as well as the individual himself, through self-education. Teachers of physical education and sport can insist on physical well-being, as a dimension of the quality of life, during the lessons.

The physical well-being, as we will observe in the text below, involves a series of initiators including physical condition and health. Even the objectives of our discipline concern these two dimensions, namely, maintaining a high level of health and developing the physical condition of students or students. The tools that lead to these goals are represented by the means of physical education. The specific means of physical education presented in our literature are physical exercise, specialized equipment and measures to restore the body after effort (Cârstea, Ghe, 2010, pp.40-44., Dragnea, A., 2002, pp.177-180).

The quality of people's life seen as a system implies the existence of a subset of subsystems and elements of subsystems whose inter-functionality is ensured by a hierarchical structure that assumes the following characteristics:

- the system is made up of separable components which are, however, combined for the same functional purpose, subordinated to the system as a whole;
- the system components include the social framework, people and other subsystems;
- there are permanent external links between the system under examination system and other systems.

Researching the problems and solutions that generates the best quality of life is done using system analysis. This involves studying the components of the quality of life system to a degree of depth that takes into account the purpose of the analysis, the simultaneous knowledge of the individual functions, the functioning mechanisms and the relations between the subsystems. Quality of life can be considered a very complex system made up of subordinate elements or subsystems that act synergistically. Subsystems are the dimensions themselves, and each dimension has a number of specific indicators, namely a number of subsystem elements.

In a more detailed description, it is about the following dimensions of the quality of life presented by several specialists who have approached this problem (Șerban, O. et al., 2012, p. 95, Bădincu, Ghe., 2015, 17) as follows:

- *Physical well-being*: materialized in physical health, physical mobility, good nutrition, quality health care, leisure time, health insurance, interesting leisure activities (hobbies and their satisfaction), optimal physical form 4 S - physical *Strength*,

Stamina - strength or physical resistance, *Suppleness* - physical fitness and *Skills*.

- *Functional well-being*: a sense of autonomy and self-control in performing daily activities, such as dressing, moving and maintaining desired bodily positions. A subjective assessment of physical form, strength and skill.
- *Psychological well-being*: feeling self-satisfied, assessing stress and self-esteem, assessing sentiment of safety, rest, work and leisure.
- *Social welfare*: assessment of the quality of social contacts, communication with peers and family, social and family support received, feeling of belonging to different social groups, participation in community life and cooperation with various community organizations and associations.
- *Economic welfare*: assessment of satisfaction with property, income, material goods and social status.
- *Spiritual welfare*: belonging to a spiritual-religious community and the exploitation of religiosity or the richness of spiritual life.

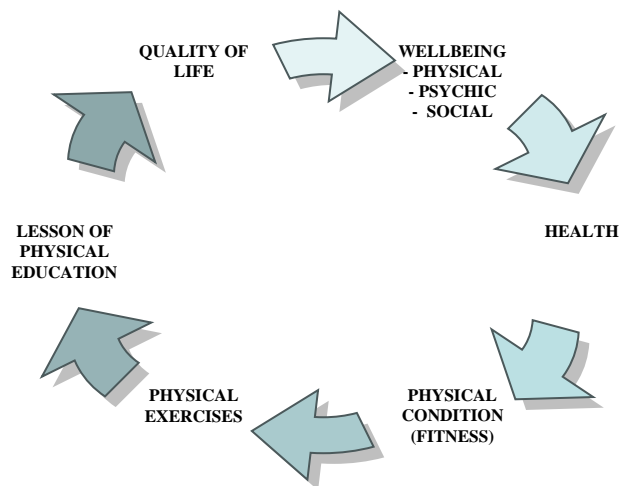


Figure 1

Of all the elements that condition the quality of life and which can be approached from the perspective of the general theory of systems, as we can see in the figure above (Figure 1), we can specify and exemplify the following:

- Intersystem relationships between the health system and the education system
- Physical, mental and social well-being as subsystems of the quality of life
- Health as an element of physical well-being
- Physical condition as an element of health
- Exercise as a prerequisite for good health
- Exercise as a means of physical education
- Exercise exercises in physical education and sports lessons that can lead to an improvement in the quality of life, especially the physical condition of students

The modification of a complex system is made by identifying and specifying the elements of the subsystems that will be assembled, built, procured, improved, verified and evaluated in accordance with the general provisions, without focusing on the design of the details of the system elements. Therefore, to improve the quality of life, all its dimensions and their specific indicators must be analyzed.

Conclusions

The structure of a system is given by the set of elements or subsystems that compose it, and the essence of the structure is accomplished by the sets of internal and external interactions, as well as by their interaction with the external environment.

Interactions between elements or subsystems and between them and the external environment are the basis for system dynamics. By dynamics is understood the development, progress, structuring or, on the contrary, regression, destruction as a result of some actions that take place in time and space.

Regarded as a system, the quality of life has an image of specific activities, serving a set of phenomena, organizations dealing with this problem, specialists from different fields, programs initiated to improve it, social workers, physicians, physical education teachers , specific institutions Scientific Institute of Quality of Life (Institutul de Cercetare a Calității Vieții), which are interconnected through mutual ties to achieve objectives.

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CONCEPTUL SISTEMIC ÎN ÎMBUNĂȚIREA CALITĂȚII VIEȚII LA STUDENȚI

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Cuvinte cheie: teoria sistemelor, calitatea vieții, dimensiunile calității vieții, elemente, relații, raporturi, unitate

Rezumat

Teoria sistemelor este descrisă ca un model epistemologic interdisciplinar în care sistemele sunt utilizate pentru a descrie și a explica fenomene cu grad variabil de complexitate. Sistemul este o mulțime de elemente între care există relații sau raporturi neîntâmplătoare care interacionează în vederea realizării unui obiectiv comun. Conceptul de teoria sistemelor este utilizat în diferite discipline științifice, chiar și în Educație Fizică și Sport.

Teoria sistemelor reprezintă cunoașterea superioară a obiectelor care posedă proprietatea integralității, a mulțimilor compacte de entități care ființează ca unul cum este și calitatea vieții discutată în acest articol din perspectiva unui sistem complex.

Unele elementele care condiționează calitatea vieții și care pot fi abordate din perspectiva teoriei generale a sistemelor sunt: relațiile intersistemice între sistemul de sănătate și sistemul de educație; bunăstarea fizică, psihică și socială ca subsisteme ale calității vieții; starea de sănătate ca element al bunăstării fizice; condiția fizică ca element al stării de sănătate; exercițiile fizice ca și condiție necesară pentru o stare bună de sănătate; exercițiile fizice ca mijloace în cadrul unei lecții de educație fizică; exerciții fizice practicate în cadrul lecțiilor de educație fizică care pot duce la o îmbunătățire a calității vieții.