

PREFERENCES FOR PHYSICAL EDUCATION AND SPORT ACTIVITIES AMONG THE YOUNG PEOPLE ON UNIVERSITY CAMPUS

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Abstract

This article presents the results of a study that aims to explore students' preference for sport activities on campus. Based on a theoretical analysis of scientific publications, the preferences of modern youth for sports activities and possible proposals for their implementation on campus were identified. A survey was conducted among 1688 students of Stavropol State Agrarian University. Based on this survey, the conditions that affect the involvement of young people in sport activities on campus were identified using statistical procedures of factor analysis. The circumstances that cause students to skip sport activities were also identified. The data obtained during the empirical part of the study allows for informed planning of the development of sports activities on university campus. A research strategy and methodological tools were developed that allow us to study the possibility of implementing sports activities in municipal educational institutions, and in organizations of higher and secondary vocational education.

1. INTRODUCTION

The task of educating a healthy generation of young people with a positive attitude towards physical education (PE) and sport activities is very important in the development of educational work in higher educational institutions of modern Russia. For the successful implementation of this task, the campus infrastructure and organizational conditions of universities must meet students' demands for PE and sports. Therefore, defining students' needs for PE and sports activities becomes an urgent research question and the goal of our study.

Involving young people in physical activity and sports positively affects their quality of life and reduces their opportunities to participate in negative social practices such as alcohol consumption, smoking and drug addiction. Deans E., Ravulo J., Conroy E., Abdo J. [1]. warn about the significant harms of alcohol and drug addiction to individuals, families, and communities and remind us of the importance of understanding the actions of community organizations aimed at reducing these negative practices. Based on the survey with participants aged 13 to 18 years, the authors identified the main areas of activity for community organizations aimed at reducing the involvement of young people in negative social practices. Among them, the most important is the educational health work and involvement of people in PE and sports from an early age and at all levels of education [2, 3, 4, 5, 6].

Important results for the development of university policy in the field of health education and sport were obtained in the study by Gut V., Schmid J., Imbach L., Conzelmann A. [7]. The study used organizational, social and competitive contexts as indicators of the model of adolescents' involvement in sports and physical activity. The authors identified four context patterns: the traditional competitive club athletes with friends, the self-organized individualists, the non-club-organized sportspeople and the mostly inactives. The study of the sustainability of context patterns in sports and PE activities among adolescents showed that in the presence of an intensive training schedule and stressful situations only representatives of the first context pattern remain stable - traditional competitive club athletes with friends. Thus, an important conclusion for our study is the necessity of forming sports clubs on the university campus. In addition to the tasks of maintaining a healthy lifestyle and wellness, they help with socialization, teamwork, improving self-management skills, learning responsibility, developing leadership qualities with the help of coaches who act as role models. Mickelsson T.B. also emphasizes the importance of sports

and PE for the development of self-control, responsibility and gender appropriate behavior - qualities that parents of teenage children consider important. Such activities also have a positive impact on the self-esteem of adolescents and young adults [13, 14].

Sports play a very important part in education work, they help future specialists and managers of agricultural production industry to develop soft skills. In order to develop university sports, it is necessary to create the quality infrastructure on the campus. Comprehensive development of sport infrastructure includes developing outdoor areas for sport, physical activity and wellness, which are available to a wide range of participants, not only for students and auditors. Modern research confirms the importance of outdoor physical activity and sports for adolescents and young adults. Rivera E., Veitch J., Loh V.H.Y., Villanueva K., Timperio A [15] studied the relationship between the frequency of visiting public places and outdoor physical activity and social connectedness among adolescents in Melbourne, Australia. Among the important conclusions is that physical activity in outdoor public spaces contributes to the social connectedness of young people, which is very important, considering the increase in digital communications among adolescents and young adults.

In the theoretical part of their study the researchers Stracciolini A., Berbert L., Nohelty E., Myer G.D., Faigenbaum A.D. [16] developed the parameters of physical literacy, which are important for the formation of students' attitudes toward physical education and sports, for the successful education of their own children and for their future professional activity in the agricultural sector of production which can place significant physical strain on workers. Santos F., Newman T.J., Aytur S., Farias C. [17] also emphasize the importance of physical literacy for young people and suggest to position physical literacy as a social justice life skill, which is necessary for positive youth development strategies.

Newman T.J., Magier E., Okamoto K., Beasley L., Tucker A.R. [21] in their study show the importance of coaching, and counseling work in PE and sports. Based on the interviews with social workers, the authors of the study found that social workers are critical change agents, they help young people to analyze their ideas, values, knowledge and skills formed with the help of PE and sports. This finding is important for the development of counseling work during classes at the university sports complex.

Zembura P., Korcz A., Nałęcz H., Cieśla E. highlight the importance of monitoring physical activity of adolescents and young people to develop sound strategies for the development of physical education and sport in territorial entities and organizations [22]. The importance of this monitoring for educational organizations is also emphasized.

In summary, following the analysis of scientific publications we can formulate some important conclusions about the preferences of youth and adolescents for physical education and sport activities, and the possible limitations that may arise in the development of sports infrastructure:

- Informational support and counseling work on PE and sports is very important;
- During the organization of PE and sport activities on campus, it is necessary to provide well-equipped outdoor sports grounds, accessible not only to students but to all young people living nearby;
- Organization of sports clubs for group PE and sport activities with the involvement of highly professional coaching staff is strategically important;
- Monitoring of youth physical activity and the promotion of physical literacy among young people is important for educational work in the educational organizations.

2. MATERIALS AND METHODS

The empirical part of the research of preferences and obstacles for PE and sports was conducted with a survey of random sampled students of Stavropol. A total of 1,688 students from the Stavropol State Agrarian University community were involved in the survey, using Google Forms.

The data obtained during the survey was processed in the program Statistical Package for the Social Sciences (SPSS) (version 23.0) and presented in the generalized form of statistical distributions. For factor analysis of suitable environment for PE and sports 16 components were used: the recommendation of sports nutrition with consultation support; qualified massage therapy, the availability of a massage room; new sport equipment; swimming pool availability; modern fitness trends; the work of qualified trainers; sports clubs and participation in sports competitions; maintaining a healthy physical form; weight control; an essential part of a healthy lifestyle; PE as a subject at university; staying fit; a pleasant and useful leisure time; a way to manage mental and emotional stress; an opportunity to communicate with like-minded people; the hope to get a girlfriend (boyfriend), to find «The One».

3. RESULTS AND DISCUSSION

Let us discuss the results of factor analysis. The starting point of statistical construction of the structural model of student youth preferences for PE and sports was the determination of the total explained variance. According to the results of statistical processing of the database with the results of the expert survey in the program, using the SPSS Statistics (version 23), the total explained variance was 93.159% and was defined by five components. The data are presented in Table 1.

Table 1: Total explained variance of students' preferences for PE and sports

Factor	Initial eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Amount	Variance (%)	Cumulative %	Amount	Variance (%)	Cumulative %	Amount	Variance (%)	Cumulative %
1	7.095	44.346	44.346	7.095	44.346	44.346	5.276	32.975	32.975
2	3.125	19.529	63.875	3.125	19.529	63.875	3.002	18.765	51.740
3	2.318	14.489	78.364	2.318	14.489	78.364	2.533	15.829	67.569
4	1.246	7.788	86.152	1.246	7.788	86.152	2.509	15.681	83.249
5	1.121	7.007	93.159	1.121	7.007	93.159	1.586	9.910	93.159
6	0.507	3.171	96.330						
7	0.433	2.709	99.040						
8	0.145	0.909	99.948						
9	0.008	0.051	100.000						
10	0.000	0.000	100.000						
11	0.000	0.000	100.000						
12	0.000	0.000	100.000						
13	0.000	0.000	100.000						
14	0.000	0.000	100.000						
15	0.000	0.000	100.000						
16	0.000	0.000	100.000						

The listed 16 factors which determine the students' preferences for PE and sports were evaluated by respondents according to their significance. As a result of factor analysis performed using the Rotation Method: Varimax with Kaiser Normalization (Rotation converted in 11 iterations), a factor model with five factors was formed.

Table 2: Rotated component matrix of students' preferences for PE and sports

	Factor				
	1	2	3	4	5
1. The recommendation of sports nutrition with consultation support	-0.379	-0.365	0.548	0.456	0.287
2. Qualified massage therapy, the availability of a massage room	0.115	0.400	-0.041	0.847	-0.155
3. New sport equipment	-0.499	-0.370	0.726	-0.124	-0.148
4. Swimming pool availability	0.475	0.280	-0.621	0.495	0.145
5. Modern fitness trends (cycling, cardio strip, reverse running, fat killer, fitness boxing, kangoo jumps, dog yoga)	0.136	0.924	0.003	0.173	-0.195
6. The work of qualified trainers	-0.294	0.302	0.146	-0.709	0.248
7. Sports clubs and participation in sports competitions	0.230	-0.939	0.004	0.042	-0.115
8. Maintaining a healthy physical form	0.693	0.026	0.268	0.656	0.051
9. Weight control	0.797	0.022	-0.452	0.175	-0.329
10. Sport as an essential part of a healthy lifestyle	0.763	-0.107	0.005	0.340	-0.464
11. PE as a subject at university	-0.612	0.712	0.010	-0.062	0.125
12. Staying fit	0.001	0.323	0.932	0.027	0.142
13. A pleasant and useful leisure time	0.876	-0.104	-0.334	-0.128	-0.052
14. A way to manage mental and emotional stress	0.838	0.017	-0.142	0.367	-0.256
15. An opportunity to communicate with like-minded people	0.948	-0.178	-0.133	0.190	-0.025
16. The hope to get a girlfriend (boyfriend), to find «The One».	-0.210	-0.031	0.056	-0.145	0.945

The first factor consists of 6 items: an opportunity to communicate with like-minded people (factor loading 0.948); a pleasant and useful leisure time (factor loading 0.876); a way to manage mental and emotional stress (factor loading 0.838); weight control (factor loading 0.797); sport as an essential part of a healthy lifestyle (factor loading 0.763); maintaining a healthy physical form (factor loading 0.693). The first factor is interpreted as a physically active lifestyle among like-minded people with an emphasis on doing meaningful activities. According to the first factor we can define the following direction of development – creation of sports clubs, organization of team-building activities that go beyond formal classes (camping trips, club festivals, joint travel, etc.).

The second factor consists of 3 items: sports clubs and participation in sports competitions (factor loading -0.939); modern fitness trends (cycling, cardio strip, reverse running, fat killer, fitness boxing, kangoo jumps, dog yoga) (factor loading 0.924); PE as a subject at university (factor loading 0.712). The second factor is interpreted as participation in popular youth trends with an emphasis on individualism and outward showmanship. According to the second factor we can define the following direction of development – development of suggestions of popular youth trends with promotion of sports opportunities on the university campus.

The third factor consists of 4 items: staying fit (factor loading 0.932); new sport equipment (factor loading 0.726); swimming pool availability (factor loading -0.621); the recommendation of sports nutrition with consultation support (factor loading 0.548). The third factor is interpreted as youth's orientation to bodybuilding and the attainment of physical beauty. According to the third factor we can define the following direction of development – the recommendations of sports nutrition and consultation support for bodybuilding classes;

The fourth factor consists of 2 items: qualified massage therapy, the availability of a massage room (factor loading 0.847); the work of qualified trainers (factor loading -0.709). The fourth factor is interpreted as the need for additional massage procedures (wellness, restorative, relaxing, and other types of massage) and consultative coaching. According to the first factor we can define the following direction of development – expanding the range of available massage, wellness, therapeutic, cosmetic and counseling services;

The fifth factor has only one item - the hope to get a girlfriend (boyfriend), to find «The One». (factor loading 0.945). The fifth factor is interpreted as the need to develop social communication and the opportunity to meet like-minded people. According to the first factor we can define the following direction of development – creating a comfortable environment for socializing in PE and sports complexes on campus.

Therefore, based on the results of the factor analysis, we identify several factors that determine a suitable environment for the extensive involvement of students in active sports on campus.

4. CONCLUSIONS

The conducted theoretical analysis of scientific publications does not contradict the empirical results of the study of students' preferences for PE and sports and allows us to draw some conclusions.

1. Informational support and counseling work on PE and sports is very important; during the organization of PE and sport activities on campus, it is necessary to provide well-equipped outdoor sports grounds, accessible not only to students but to all young people living nearby; organization of sports clubs for group PE and sport activities with the involvement of highly professional coaching staff is strategically important; monitoring of youth physical activity and the promotion of physical literacy among young people is important for educational work in the educational organizations.

2. On the basis of the results of the factor analysis, several factors that determine a suitable environment for the extensive involvement of students in active sports on campus were identified:

– The first factor of students' preferences for PE and sports is interpreted as a physically active lifestyle among like-minded people with an emphasis on doing meaningful activities;

– The second factor is interpreted as participation in popular youth trends with an emphasis on individualism and outward showmanship;

– The third factor is interpreted as youth's orientation to bodybuilding and the attainment of physical beauty;

– The fourth factor is interpreted as the need for additional massage procedures (wellness, restorative, relaxing, and other types of massage) and consultative coaching;

– The fifth factor is interpreted as the need to develop social communication and the opportunity to meet like-minded people.

3. According to the factors we can define the following directions of development:

– Creation of sports clubs, organization of team-building activities that go beyond formal classes (camping trips, club festivals, joint travel, etc.);

– Development of suggestions of popular youth trends with promotion of sports opportunities on the university campus;

– The recommendations of sports nutrition and consultation support for bodybuilding classes;

– Expanding the range of available massage, wellness, therapeutic, cosmetic and counseling services;

– Creating a comfortable environment for socializing in PE and sports complexes on campus.

The data obtained during the empirical part of the study allows for informed planning of the development of sports activities on university campus. A research strategy and methodological tools were developed that allow us to study the possibility of implementing sports activities in municipal educational institutions, and in organizations of higher and secondary vocational education.

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