

**Ss. Cyril and Methodius University in Skopje
Faculty of Physical Education, Sport, and Health**



**1ST INTERNATIONAL SCIENTIFIC CONFERENCE
RESEARCH IN PHYSICAL EDUCATION, SPORT, AND HEALTH**

CONFERENCE PROCEEDINGS

Ohrid, 30-31. May 2014.

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ATTITUDES OF THE STUDENTS ABOUT THE SUBJECT "SPORT AND RECREATION" AT THE FACULTY OF TOURISAM AND BUSINESS LOGISTICS IN SKOPJE, UNIVERSITY "GOCE DELCEV"

UDC:316.64:796]-057.875

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Abstract:

The increasing of teaching hours fund, mandatory classes for "Sports and recreation" in all years of study, the involvement of students in sports activities, as well as the possibilities for enrichment the programs with new sports activities preferred by the students, should be a priority and benefit of every modern society. Therefore, in order to create a program that respect students needs, we realize this research with aim is to determine the students attitudes for realization of the subject Sport and recreation and to determine further directions for its improvement. The research was realized on a sample of 339 male and female respondents, students at the first year of study at the Faculty of Tourism and business logistics in Skopje, University "Goce Delcev" – Sthip. Using the sociometric methods (likert scale , dichotomous and categorical scale), we analyzed students attitudes about the subject " Sports and recreation". The research was realized using a questionnaire conducted of answered seven 7 survey questions with multiple choices.

Key words: *students, attitudes, sport and recreation, sociometric methods, questionnaire*

Introduction

Respecting the need for permanent movement, creation of habits for regular physical activity as well as acquisition of knowledge for successful individual practicing of different forms of physical activity, the subject Sport and recreation was implemented in curricula at all thirteen of Faculties at the University "Goce Delcev" in Stip. Starting form the school year 2010/2011, the subject "Sport and recreation" was introduced and implemented in the curricula of the faculties, as compulsory subject for all full term students of all Faculties at the University "Goce Delcev. Starting from the school year 2011/2012 sport and rcreation is introduced at the Faculty of Tourism and bussiness logistics, teaching center Skopje.

Establishment of this subject is according the Bologna declaration and the credit-transfer system in education. Its establishment is justified especially from the aspect of student's needs and necessity of regular physical activity. Sport and recreation is maintained with number of classes 0+2+2 that means that students attend only practical exercises. This subject is obligate for the full – time students in first year of studies, it does not bring any credits. Students do not take exam and final grade from Sport and recreation.

According characteristics of the subject Sport and recreation and proposed curriculum for its realization, the basic goal of the subject Sport and recreation is to satisfy student's basic needs for movement and physical activity, considering their abilities, needs and preferences. Determinate this way, the leading point in creation of the main goal of Sport are students real needs. The start of studies is a critical period when youth people stops with physical activity and sports and decreasing process of physical ability is significant for these period for many young people. Aldo the period of late adolescent is specific for development pick of motor and functional abilities. Therefore, Sport and recreation activities has assignment through planed and dosed physical activity to satisfy students needs for movement and to cause certain transformational changes in positive way.

The realization of Sport and recreation activities gives possibilities for continuous sports activities, practiced in order to improve and maintain motor abilities and physical condition on good level. Suggested activities are appropriate for individual possibilities of each student, used in order to make positive transformational changes in all segments of human anthropologic status, to promote active and healthy way of life, to create good habits and prevent many diseases caused from the contemporary way of life, characteristic for modern student's population.

Starting from the idea and desire to ensure more qualitative teaching process that corresponds to student needs and interests, we have realized this research with aim to examine student’s opinions and attitudes for Sport and recreation activities, there organization, realization and effects, with a final goal – it’s enriching and improvement.

Material & methods

The main goal of this research is to determine student’s attitudes for realization of the subject Sport and recreation. The research was realized on a sample of 339 participants, full – time students in the first year of study at the Faculty of Tourism and Business Logistics in Skopje, part of the University “Goce Delcev”. All students involved in the research, attended Sport and recreation classes during the school year 2012/2013. Related to sex and sport preparation, the sample of examiners embrace different categories of examiners treated as one group.

The research was realized using questionnaire. Besides the general information for subjects (age, sex and faulty), the questionnaire conducted seven questions with several choices of offered questions (dichotomous and categorical scale). In general, the questions refers to students attitudes toward establishment of Sport and recreation, the number of years when it could be practiced during the studies, preferred contents (contents that student prefer), preferred number of classes to attend during the working week etc. Following questions were used as variables in the research:

(1) In which year the subject "Sports & Recreation" should be included: only in I-st year, I-st and II-nd year, III and IV-th year or in all years of graduation;

(2) How many classes per week should be organized the exercises for the subject "Sports and Recreation": 1x 90 '2 x 60' 3 x 60 '4 x 45' each day in 45 ';

(3) In the framework of the subject "Sports & Recreation", would you like to have occasional swimming lessons and skiing: a /yes, in additional fund classes, b / yes in the current fund of classes, c / no.

(4) How do you see the classes of "Sports and Recreation": a / the classes encourage the sportsmanship, b / like a daily need of the modern humans, c / culture of healthy living, d / educational imposed obligation.

(5) Which one of offered activities by this program for the subject "Sports and Recreation" mostly you prefer: a / sports games (handball, football, basketball, volleyball), b / martial arts (karate, judo, boxing, wrestling), c / ping-pong, tennis, badminton, d / sports-rhythmic gymnastics, d / aerobics, dance and folk dances, f / fitness, pilates, e / athletics

(6) Do you support the idea of introducing the subject "Sports & Recreation" mandatory at all the faculties: a / I support, b / I support paritially, c / I do not support.

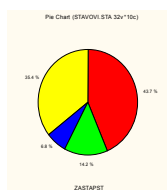
(7) In your opinion, which of the following institutions you believe it would take initiatives to introduce the subject "Sports & Recreation" mandatory at all the faculties: a / Government b /MES (Ministry of Education), c/Bureau for Development and diversity of the education, d / Rectorate of University “Goce Delcev”, /all together, f /none of them

The fulfilling of the questionnaire was anonymous and not obligatory; students participated by their own will.

Results

Student’s answers obtained for all seven questions in the questionnaire that represent student’s attitudes for the subject Sport and recreation, for better view, are presented with graphics – graphics form 1 to 7, numerically and with percents, presented in Tables from 1 to 7.

Question 1: In which year of the studies the subject "Sports & Recreation" should be realized included

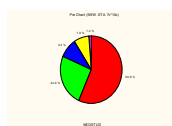


Graphic 1

Total 339 students	a/only in I st year	b/ I st and II nd year	c/ IIIrd и IV th год.	d/all of years
numerical	148	48	23	120
percentage	43.7%	14.2%	6.8%	35.4%

Table 1

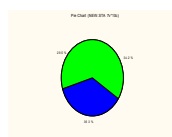
Question 2: The second question in how many classes per week should be organized the exercises for the subject "Sports and Recreation"



Total 339 students	a/1 x 90'	b/ 2 x 60'	c/ 3 x 60'	d/4 x 45'	e/секој ден по 45'
numerical	196	85	32	27	5
percentage	56.8%	24.6%	9.3%	7.8%	1.4%

Graphic 2 Table 2

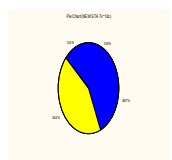
Question 3: In the framework of the subject "Sports & Recreation", would you like to have occasional swimming and skiing lessons.



Total 339 students	a/ yes, in additional fund classes	b / yes in the current fund of classes	c/no
numerical	116	123	100
percentage	34.2%	36.3%	29.5%

Graphic 3 Table 3

Question 4: How do you see the classes of "Sports and Recreation? What does it means for you?"



Total 339 students	a/ encouraging the sportmanship	b/ daily need of the modern humans	c/culture of healthy living	d/ educational imposed obligation
numerical	46	98	142	44
percentage	13.9%	29.7%	43%	13.3%

Graphic 4 Table 4

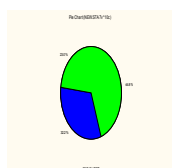
Question 5: Which one of offered activities by this program for the subject "Sports and Recreation" mostly you prefer?



Total 339 students	a/sport games	b/material arts	c/ ping-pong, tennis, badminton	d/Rhythmic gym.	e/ aerobics, dance and folk dances	f/ fitness, pilates	g/athletics
numerical	151	35	24	32	44	43	11
percentage	44.4%	10.3%	7.1%	9.4%	12.9%	12.6%	3.2%

Graphic 5 Table 5

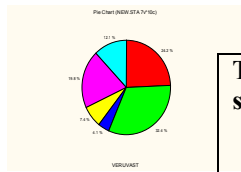
Question 6: Do you support the idea of introducing the subject "Sports & Recreation" mandatory at all the faculties?



Total 339 students	a/I support,	b/I support partially	c/I don't support
numerical	152	109	78
percentage	44.8%	32.2%	23%

Graphic 6 Table 6

Question 7: In your opinion, which of the following institutions you believe it would take initiatives to introduce the subject "Sports & Recreation" mandatory at all the faculties



Total 339 students	a/The government	b/ MES	c/Bureau of development	d/Rectorate of Shtip University	e/ all together	f/ none of them
numerical	82	110	14	25	67	41
percentage	24.2%	32.4%	4.1%	7.4%	19.8%	12.1%

Graphic 7 Table 7

Table 8: Matrix of intercorrelation of variables used to assess students attitudes about the subject "Sports & Recreation"

	ZASTST	NEDSTUD	PLSKIST	PODRAST	PREFEST	ZADOLST	VERUVS
Representation by year	1.00	.99	.40	-.96	.99	.97	.41
Number of classes per week	.99	1.00	.52	-.99	.97	.99	.53
Occasionally swimming lessons and skiing	.40	.52	1.00	-.64	.30	.61	1.00
How do you see the teaching of Sport and Recreation	-.96	-.99	-.64	1.00	-.92	-1.00	-.65
Which sport do you prefer?	.99	.97	.30	-.92	1.00	.94	.31
Obligatory at all faculties	.97	.99	.61	-1.00	.94	1.00	.62
In which institute do you.	.41	.53	1.00	-.65	.31	.62	1.00

Analyzing the results presented in Table 8, it could be noticed that most of the correlation coefficients of the seven variables used for estimation of students attitudes (N=339) are positive and statistically significant. The coefficients of intercorelation have values that vary from medium to high significance, or particularly from .31 to 99.

Discussion

The first question in the questionnaire refers to students opinions for the number of years of study when Sport and recreation should be realized. Obtained results point out that more than the half of questioned students, or 43,7% think that Sport and recreation should be attended only in the first year of study, or as it is in the current curricula of the Faculties. It encourages the fact that 35,7 % form questioned students answered that Sport and recreation as a subject should be realized in years of study. On the basis of obtained results we can conclude that in general first year students have positive attitude toward the subject "Sports and recreation". The answers that emerged from this research gives us the right to correct orientation guidance to completely efficiently solution of the quality of teaching, increasing the number of classes, introducing in all years of study not only in the first year, mandatory in all faculties, is in favor of improving the anthropological status of students and the need for a "culture of healthy life" that we strive for.

The second question refers to weekly duration of Sport and recreation classes. At this question, half of the questioned students, particularly 56,8% chose the option once a week class that last 90 min; 24,6% of the examiners selected duration of the classes to be 60 min class, two times a week. The percent of the students that select the options for attending Sport and recreation classes three, four time a week or every day during the working week decreases inversely proportional with increasing of the number of classes for Sport and recreation during the week. This result is not good for the efficiency of the teaching process, because as is known, the higher frequency of physical activity during the week is a condition for higher efficiency, better results and greater health benefits.

The third and the fifth question refers to contents realized as a part of the Sport and recreation-teaching program, as well as to the preferred activities that according the students preferences should be included in current Sport and recreation curriculum. Analyzing the obtained results, 36,3% from students included in the research want activities such as swimming and skiing to be included in current fond of Sport and recreation classes while 34,2% thinks that these two sports should be included as an addition fond from current classes for Sport and recreation. According 29,5% of interviewed students, swimming and skiing should not be at the list of contents from the subject Sport and recreation.

The question that refers to the curriculum contents that students most prefer, almost half of the interviewed students or closely 44,4% selected activities like sports games (football, handball and volleyball) The number of choices made for other activities is significantly smaller, particularly 12,9% from interviewed students chose aerobics and traditional dances, 12,6 % chose fitness and pilates, 10,3% martial arts, 9,4% sports gymnastics, 7,1% chose tennis, table tennis and badminton and only 3,2 % chose athletics. These answers give the future directions for designing the Sport and recreation curriculum and its adaptation to student's interests. In terms of preference of certain sports, most of them chose sports games (football, basketball, handball. volleyball). Worrying fact is the small number of students that opted for athletics that should be subject of analysis of some future research. Similar results are obtained in the research conducted by Popeska, Stojanova&Petruševa (2010) realized with students hat attended Sport and recreation classes in Stip.

The forth question refers to the meaning and the importance that the subject Sport and recreation has, according to students opinions. The highest percent of interviewed students, or for 43% this form of activity is a step for development of culture of healthy living and healthy lifestyle, for 29,7% of students is a reflection of everyday need of contemporary life. From the total number of students, 13,9% think that sport and recreation is a form to encourage the sports and wining spirit, while only 13,3% of interviewed students do not approve the realization of this subject and for them it's an obligation. These results are partly confirmed in the similar research realized by Popeska, Stojanova & Mitevska – Petruševa (2011). Obtained results indicate that the higher percent of the students are aware of the importance and the meaning of regular physical activity. In future, it remains to Sport and recreation teachers using different activities and additional theoretic lectures to teach students about the values and benefits of regular physical activity. At this way, they would be able to influence on students positive attitude toward physical activity that will results with greater awareness and activity. This awareness will result with regular and active participation in Sport and recreation teaching process.

From the analysis of attitudes of the students towards the last question in the questionnaire, we can conclude that most of the students select the option for MES (Ministry of Education) and the Government and the smaller percent of interviewed students chose the option the Bureau for Development of Education. This suggests the properly focusing and locating the responsible institutions that could help in resolving this requirement.

The obtained coefficient of intercorrelation with values that move within the medium and high significance, point out on high cohesion among the answers given by students.

Conclusions

Based on the results obtained in the research, we can conclude that in general, first year students at the Faculty of Tourism and business logistics have positive attitudes toward the subject Sport and recreation. Answers obtained in this research remain orientation frameworks for future improvement of Sport and recreation curriculum as well as the process of its organization and realization. The changes could be made from the aspect of increasing the number of classes during the week and attendance of Sport and recreation in more than one school year during the studies; implementation of this subject as compulsory subject in all years of study; enrichment of contents suggested in Sport and recreation curriculum with several activities preferred by the students, such as swimming, skiing etc. The final goal of all these activities is to create persons with positive attitude toward the need of regular physical activity and creation of "culture for healthy life style". Students as a movement force of the society, in this research confirmed that they completely understand the necessity for physical activity.

From the aspect of preferred contents, most of the interviewed students selected sports games (football, handball, volleyball) as most wanted activities to participate in. It concerns the fact that very small percent of interviewed student select the athletics as preferred sport.



In general, obtained results points out that actives teaching Sport and recreation for first year students from the Faculty of Tourism and business logistics in Skopje, at University "Goce Delcev" in general cause positive reactions and effects at students. This gives an opportunity for further improvement and enrichment with contents and activities, as well as a material equipping with sports equipment. This in other hand would enrich the number of proposed activities that would help in larger compatibility with student's needs and interests.

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