

# INTEREST OF YOUNG PEOPLE IN MAINTAINING AN OPTIMAL REGIME OF IMPELLENT ACTIVITY

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## SUMMARY

Due to the fact, that general state of productive category of human physical abilities depends on the level of his physical activity, it is important to create favorable conditions for people to be engaged in popular kinds of sports. In turn, the level of physical fitness such category of people depends on their behavioral habits concerning individual regime of motion actions.

In historical aspects this problem was investigated in order to reveal their modern tendencies and specific features. Was established that some social, economical and psychological factors have considerable influence on the process of physical development of people, living in our community.

Besides, were discovered, that most of people are able to improve the mode of their physical activity with the purpose of improving the state of their health. So, it is very important to shape by mince of mass media systems public opinion about necessity of doing physical exercises systematically.

**Key words:** impellent activity, young people, optimal regime of motion, special physical exercises.

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## INTRODUCTION

There are several ways to identify trends. One of those ways is that we measure certain indicators at a certain period of time in the past, and then the same indicators are measured in the present. It gives us the opportunity to compare those indicators and to build a forecast of their further development<sup>1</sup>.

There is an assumption that, based on a careful analysis of the facts obtained in the past years, and in our time, the forecast on the development of the studying parameters to be quite accurate<sup>2</sup>.

The validity of this judgment is confirmed by a variety of scientific facts and the results of special investigations<sup>3</sup>. This is a natural result of the scientific studies that have been conducted in order to identify trends in the development of occupational health performance of athletes during the period of application for the optimization of their state of modern recreational technologies<sup>4</sup>.

In particular, the fundamental works of Professor Andreeva E.V. (2014) provided in the National University of Physical Education and Sport of Ukraine provide really irrefutable proofs that application of certain modern recreational technologies in the program of restoring the optimal functional state of high-skilled athletes in the period between their participation in serious competitions<sup>5</sup>.

In addition, the results of scientific investigations, presented in the works of Professor Lazareva E.B. (2012) are conforming the necessity of application certain special programs of physical rehabilitation, designed in order to restore the optimal conditions of perspective athletes during the period just after getting them different kinds of sports injuries<sup>6</sup>.

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<sup>1</sup> Stanislaw Corbin "Physical activity for everyone: What every physical educator should know about promoting lifelong physical activity". *Teaching in Physical Education* 21 (2002): 128 – 144.

<sup>2</sup> Alan Solish "Participation of Children with and without Disabilities in Social, Recreational and Leisure Activities". *Journal of Applied Research in Intellectual Disabilities* 23 (2010): 226 – 236.

<sup>3</sup> Peter Bankov<sup>3</sup>, Svilen Tzonev. "Characteristics of the formation and realization of sport activity of students" *FISU/CESU Conference Universiade*. Zagreb, Yugoslavia, 1987.

<sup>4</sup> Jelena Ilic. "Investigation of recreational interests of junior athletes". *First international Scientific conference research in physical education, sport, and health*. (2014): 77 – 80.

<sup>5</sup> Jelena Andreeva "Socio-psychological factors defining the recreational and fitness activity of the aged people". *Theory and method of physical education* 1 (2014): 35 – 39.

<sup>6</sup> Jelena Lazareva "Conceptual approaches to physical rehabilitation process in the surgical treatment of vertebral pathologies". *Young sports science in Ukraine* 16 (2012): 134 – 139.

All those facts show that scientific research, conducted in order to study modern trends in style of physical activity among all categories of population, is very important and needs implementation of scientific achievements in practice.

## **THE METHOD**

The sample of the study participants was 286 persons aged 16 to 24 years. All attracted to the study individuals were students of different educational institutions localized in Kiev and the surrounding suburbs.

The study itself was conducted in the period from 2014 to 2016. There are three phases of the study was conducted.

In the first stage of our work, conducted from the beginning of 2014 till the February of 2015, the scientific literature on this issue has been studied.

The second stage of the work (from February 2014 till April 2015) was devoted to the study of indicators of motivation of young people to physical culture for the past years in our time.

Finally, at the third stage of the work was carried out a comparative analysis of the data, obtained earlier, and was created a model of forecasting the development of these indicators in the future. This period of work was conducted starting from April 2015 till March 2016.

Scientific methods of investigation were chosen in accordance with the objectives. In the course of the work we have applied methods of scientific analysis, data comparison and prediction.

In the process of studying the motivation of young people to physical culture were used as specific methods as questionnaires, interviews and expert assessments.

At the final stage of our work with the purpose to assess the reliability of the data, obtained in the course of investigation were used some modern methods of mathematical statistics.

## **THE RESULTS**

By the analysis of results of annual research the results, obtained in conducting certain experiments (with some categories of population including pupils of secondary schools, students of high educational establishments and other young people) we want to contribute to the detection off the tendencies in

changing the level of physical development among representatives of working-able population.

Taking into account the fact that the fundamental feature of every living organism is its physical growth and development, we concentrate our attention on the process of natural growing-up process, which is characterizing for the modern generation of people, living in many countries around the world.

We proceeded from the understanding that physical growth is defined as the growth of an organism to the length due to the increasing number of cells and reproduction of body fluids. Besides, physical development represents mostly functional separation and perfection of individual organ systems. So, physical growth and development together form two inseparable parts of complex development of the personality of each individual, while interrelating with each other. Implementation of anthropo-motoric surveys or children and youth physical development surveys has a longtime tradition in previous period of time and nowadays<sup>7</sup>.

We assumed that the motivation for physical exercise may depend on the age of the recipient and this assumption is confirmed by the results of our studies. Therefore, conducting research, we distributed the participants of the experiment at the respective age groups according to the international classification of ages<sup>8</sup>.

Study of motivation to physical exercise activity we carried out in each age group separately, but then we compile the data, obtained in our research, on order to receive the overall results of the study.

It should be noted that depending on the age of the subjects, we use different methods for the study of their motivation, selecting those with which we had hoped to get a more complete and accurate data.

Our results were statistically processed and recorded in special lists, the analysis of which was carried out on the final period of operation.

Some of the results, which on our opinion are more interesting and surprising, we present in the following tables.

As can be seen from the table, there are some differences between indicators of motivation to physical activity among varies categories of children

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<sup>7</sup> Wadena Dluzewska-Martiniec "The need of autonomy in Special Olympics athletes and its satisfying through their sport activity". *Gymnastic in our days* 32 (2002): 53 – 58.

<sup>8</sup> Richard Putnam "Tuning In, Tuning Out: The Strange Disappearance of Social Capital in America nowadays". *Political Science and Modern Politics* 28 (1995): 67 – 83.

and adolescents depending of their age group and period of providing investigations.

It should be clarified, that the analysis of motivation, held at the beginning of the study, it was applied original research method in which the level of motivation is determined by five main reasons and defined in points.

**Table 1.** *Indicators of motivation of young people to physical activity.*

№ in order	Indicators of motivation	At baseline	Currently	In perspective
First age group	The desire to improve their health	8,9 ± 0,4	11,2 ± 0,5	Increase
	The pursuit of physical perfection	16,3 ± 1,8	16,1 ± 1,7	Retention
	Assertiveness among their peers	36,8 ± 4,2	33, 4 ± 3,8	Decrease
	desire to be visually appealing	23,7 ± 2,1	24,5 ± 2,1	Increase
	Intention to prepare themselves to work	14,3 ± 1,4	11,2 ± 0,5	Decrease
Second age group	The desire to improve their health	10,4 ± 0,4	12,4 ± 0,7	Increase
	The pursuit of physical perfection	18,2 ± 1,9	16,2 ± 1,5	Decrease
	Assertiveness among their peers	39,3 ± 4,5	35, 6 ± 3,5	Decrease
	desire to be visually appealing	20,1 ± 2,0	23,7 ± 2,2	Increase
	Intention to prepare themselves to work	12,0 ± 0,6	12,1 ± 0,6	Retention
Third age group	The desire to improve their health	12,2 ± 0,7	12,2 ± 0,7	Retention
	The pursuit of physical perfection	16,4 ± 1,8	16,3 ± 1,8	Retention
	Assertiveness among their peers	32,1 ± 3,7	31, 3 ± 3,6	Decrease
	desire to be visually appealing	22,8 ± 2,1	22,9 ± 2,1	Retention
	Intention to prepare themselves to work	16,5 ± 1,9	17,8 ± 1,9	Increase

It should be noted that at this stage of the study score of all five main reasons must be 100 points. During the second examination of the points in five

main motivation reasons may already be different from 100, because the trend of the changing those indicators we were estimated of the based if the data, obtained in the primary study of investigation.

## THE DISCUSSION AND CONCLUSION

It is well known that motivation plays an important role in determining the level of motor activity of youth. So the study of the detailed characteristics of motivation, as well as their trends over time reminds nowadays as one of important scientific problems.

Conducting this study, we received detailed information about how the motivation of young people to physical culture changes over time, that is, what are the laws of development of motivation in the historical aspect.

This article presents only some selected results of studying different aspects of motivation all categories of young people to optimization the regime of their impellent activity, received as a result of our research.

But in general, this information after its statistical treatment makes it possible to predict future changes in the motivation of young people regarding the status of physical education<sup>9</sup>.

It was found that the level of motivation for different age groups of young people depends on the specific concept of life in young adults, which are typical for their life-views in this age.

On the base of the results, obtained in the course of this study, we can determine the main directions of further scientific research in this very important and interesting area of science<sup>10</sup>.

So, in order to provide the necessary for the harmonious physical and spiritual development of young people and to support the optimal level of impellent activity of its representatives, it is necessary to control the beliefs and preferences of young people, affecting on their formation in the right direction.

From all the facts, noted above, we can come to conclusion, that the character of motivation for all categories of young people to the process of

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<sup>9</sup> Mike Mahon "Making Friends through Recreation: Social Integration, Leisure and Individuals with Intellectual Disability". *Research Update in Modern Science* (2000): 25 – 40

<sup>10</sup> Mark Woolcock "Social Capital and Economic Development: Toward a Theoretical Synthesis and Policy Framework". *Theory and Society* 22 (1998): 21 – 29.

physical training needs correction and maintenance. This is very important even for the reason that an optimal level of physical activity of people in the period where is coming intensive process of growth and development of their body largely determines the level of professional health for all kinds of employees, engaged practically in all spheres of human activity.

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## ИНТЕРЕС МОЛОДЕЖИ К СОХРАНЕНИЮ ОПТИМАЛЬНОГО РЕЖИМА ДВИГАТЕЛЬНОЙ АКТИВНОСТИ

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### АННОТАЦИЯ

Исходя из того, что общее состояние продуктивных физических способностей человека зависит от уровня его физической активности, важно создавать благоприятные условия для людей в целях приобщения их к занятиям популярными видами спорта. В свою очередь, уровень физической подготовленности такой категории людей зависит от того, как они привыкли организовывать свой индивидуальный режим двигательной активности.

Эта проблема была исследована в историческом аспекте с целью выявления современных тенденций и особенностей в ее состоянии. Установлено, что некоторые социальные, экономические и психологические факторы оказывают значительное влияние на процесс физического развития людей в современном обществе.

Помимо этого обнаружено, что большинство людей способны регулировать режим своей физической активности в целях улучшения состояния здоровья. Поэтому, очень важно максимально использовать средства массовой информации для формирования общественного мнения о необходимости систематически заниматься физическими упражнениями.

**Ключевые слова:** двигательная активность, молодежь, оптимальный двигательный режим, специальные физические упражнения.

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