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ORIGINAL RESEARCH

THE MOTRIC LOISIR ACTIVITIES AND THEIR ROLE IN THE DEVELOPMENT OF THE TEENAGERS COMPLEX PERSONALITY

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Abstract: the politics concerning the health of the European Community population focuses on the problematic of the physical activity as a health factor and promoter. The member countries appeal to the sportive organizations by means of which they are encouraged to establish and develop tight relationships, common objectives, not to mention the idea of making the educational community sensitive to promoting sport during the school period. The European Parliament encourages its membership states to improve their Physical Education policies and to ensure themselves that there is a certain balance in between the physical school activities and the spare time ones; the member states are invited to support this requirement of increasing the time period that is necessarily spent during the Physical Education hours in schools, especially at a primary school and gymnasium level. Sport is an important formative exercise in structuring life, determining the youngsters to be spare time consumers; inside such a context, the problem of forming the spare time consumers, or better said, the loisir consumers, a loisir cultivated through the outdoor practiced sport represents a problematic of the future.

The young generation needs more outdoors movement, while this presupposes an innate capacity of independent physical exercises practice during the free time. In the case of teenagers, the purpose of the physical exercises practice must differ from that of grown-up and old-aged persons, who usually practice sport in order to prevent or treat affections. Teenagers need to find a solid preoccupation in sport, thus creating the premises favourable to this life- long practice.

In the process of forming your area specialists, special attention must be paid to cultivating the inclination for movement, for the precise awareness regarding the mass access to all and any motric activity. The free time education must be based on the human positive psychology, whose elements will have to be learned by the loisir specialists and will be induced to all practitioners by means of specific activities.

Key words: motric activities, specialists, free times, teenagers.

Hypothesis:

Knowing the fact that the structural mutations produced inside the spare time education process do raise new problems regarding the process of organization of the teenagers -involved activities, we consider that school had a primordial role. This fundamental role is explained by the fact that the Physical Education teacher represents the basic guide in forming the spare time coverage capacity by appealing to motric activities, the most adequate for influencing the development of the teenagers' complex personalities.

Purpose: the familiarity with some models and techniques of planning one's personal life, with a view to increasing the feeling of satisfaction for filling one's spare time; the education into the spirit of a civilized life style; identifying the relaxation methods, together with cultivating an optimistic attitude towards life in general.

Subjects: the third year students from the Physical Education and Sport Faculty of Pitesti, the Physical Education and Sport profile.

Methods: the analysis of the special field of interest, questionnaire research, the graphics and tables method.

Results

The daily time budget of a teenager is to be found in the following activity categories: sleeping, personal care, eating, moving, classes, extra-curricular activities, either individual or collective (sportive, artistic, contests), shows, recreational and entertainment activities.

Inside primary school, the pupil must be guided to get used to the daily regime, by different forms of training: active rest, outdoors recreational rest etc. The gymnasium stresses the familiarity with the pupil's daily regime, especially the awareness of the spare time, play time, trip time, hiking time, only to later on make reference to the necessity of using the outdoors time as time dedicated to the sportive-recreational activities.

Teenagers need help in order to properly understand that the spare time is an occasion to prepare for life. The essential role in the process of better understanding the spare time usage of the sportive-recreational activities belongs to the sport teacher and to the family; they must know how to combine work and entertainment, group activity with individual ones, thus inoculating the teenagers with the desire for physical and spiritual growth. As to the extra-curricular activities, these must differ from didactical activities, both in content as in the organization method and used means. It has lately been noticed that many teenagers afford an important spare time place to sheer entertainment, easy fun sources: clubs or Internet.

On the background of the self-governing of the creative motric and usage habits of the motrical behavior, one can talk of the following path: information-formation-awareness-self-regulation- free activities. The spare time practiced sport activities offer teenagers the possibility to become familiar with a certain discipline, not to mention the ability to alternate physical and intellectual efforts. Sport becomes an important formative exercise of organizing life, determining the young ones to become free time consumers. The problem encountered by the outdoor spare time, loisir consumers is one of future concern.

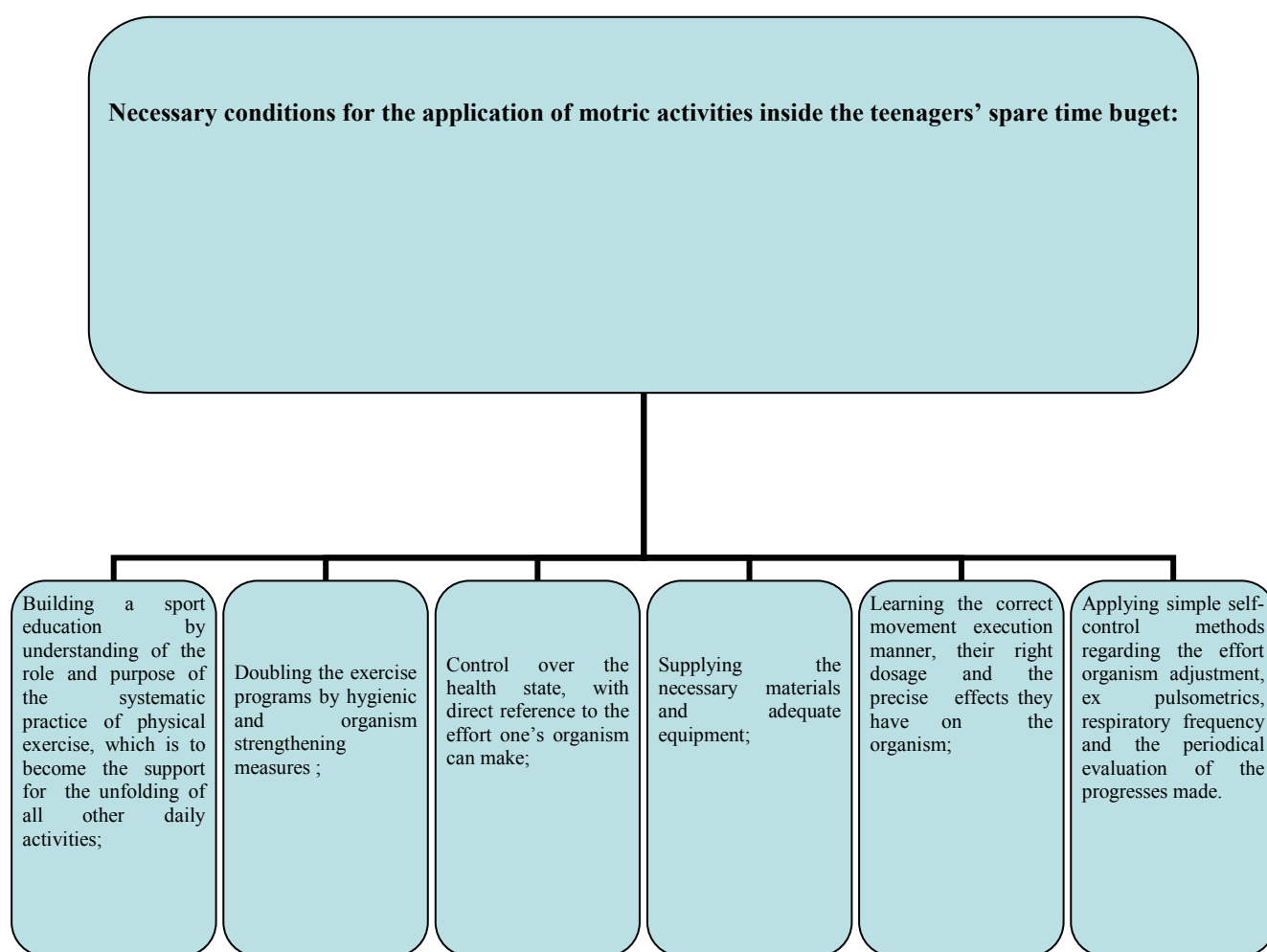
On the background of the influence exerted by the contemporary scientific and technical revolution on the way people think and live, one can notice that sedentary work and physical inactivity are frequently prolonged during the spare time periods, as a direct result of people indulging themselves and of moving away from health, nature, movement and physical activity- essential factors in supporting a harmonious way of life.

Sportive education is part of the official and un-official education, the researches having demonstrated that regular physical activity improves both the physical and the psychical activity and has benefic effects on the learning ability. The importance of the physical activity in what health is concerned is already clearly established and pretty well known, and despite all these, the percentage of sedentary people keeps increasing for all age categories and –a fact which is most concerning- especially for the young generation. Health is not a sufficient enough reason for encouraging regular physical activities and the EU is thus forced to increase the promoting of sports connected to social activities and unfolding during one's spare time. The "Healthy Behaviour of School Children" presented by Dumitru G in 2006 and performed on a number of over 162000 children aged in between 11 and 15 years old and residents of 35 countries and regions from all around the world (Romania not included) during 2001-2002, the purpose being that of researching the children's behavior and the life conditions influencing their health, demonstrated that less than half the subjects do one daily hour of physical exercises; the difference is constituted by sex, and increases with age; the countries with the highest percentage –over 40% of boys fulfilling the recommended Physical Education demands are: Canada, the Check Republic, England, Ireland, Lithuania and USA. Canada, Holland and SUA have the greatest percentage (over 36%) of 15 years old girls regularly performing the recommended physical activity.

In a 2002 study done on 6000 children aged in between 12 and 15 years old from 6 participant European countries (Belgium, Germany, Estonia, Finland, the Check Republic and Hungary) the recreational sport was situated on the sixth position, while participating in organized competition sport activities was placed in 9th position. A different source that the one already quoted states that approximately 2/3 of teenagers do not fulfill the demands regarding the necessary recommended physical activity. Otherwise said, only 30-40% of the young population do the recommended physical activity. There are important differences among countries; in 13

out of the 25 UE countries the percentage of 15 years old girls that do meet the requirements is under 20%, while that of 13-17 years old girls is of 3%.

The Romanian statistics are quite alarming, further more as the motric activities are rarely to be found inside the sample surveys regarding the spare time activities. Here are the results of one of Gallup's surveys on the manner Romanians spend their free time, sample survey presented by L.Urse in 2002 : 34% watch TV, 32% stay at home with their family; 10% meet with friends; 3% rest; 2% read; 18% spend their time in other unspecified ways. It is to be noticed that the sport activities are absent from the Romanian's spare time preferences.



Sport is an important life forming and organizing exercise, determining the teenagers to turn into spare time consumers, this problem of forming free time or loisir consumers through the practice of the outdoors sport being a problematic of the future. In this regard, we consider most important to know the way our students think and fulfill their spare time with motric activities, for they represent the future specialists, whose role will be that of promoting the loisir activities and of forming free time consumers.

We have evaluated the spare time activities of the students from FEFS Pitesti, the Physical Education and Sport section-20 subjects, with the purpose of analyzing the sedentary inclinations and life style of our young students and future area specialists, as well as the role that Physical Education and Sport holds inside the

education process and as an efficient personality molding means; its role of re-balancing the life of the future adults is not to be neglected either:

► the Physical Education and Sport students' free time is enclosed in between 1 hour a day-for those involved in a professional activity; and 10 hours; the favorite spare time activities are the following ones: accessing Internet - 50%; football-40%; going out with friends-30%; most students have one pc-95%, the same percentage being registered for those making use of the Internet connection; 50% declare they do not watch TV, also because they live in dorms and do not have a TV; 25% spend 1-2 daily hours watching TV, while some other 25% watch these programs for about 4-5 hours each day; reading the papers is an occupation for only 30% of the 20 questioned students; 50% read papers on a weekly basis, while 20% do not do it; very few-20% read the sport press; reading occupies the last place among our students' preferences-90% of them openly confessing this; only 10% read for about 1-2 hours per day; for the last year, only 5% of the questioned ones have read more than 5 books, either from the special field of interest literature or belletristic, 20% have each read 3 field of study books, while 20% did not read any books.

► Inside the spare time activities budget, the motric ones are given 30 minutes-5%; up until 2 hours per day-90%; the motric activity they wish to practice but do not always succeed: football-70%; jogging-15%; force training inside the gymnasium- 15%; our students' recommendations as spare time activities are, grouped in function of their importance: jogging-70%; walking-20%; football-20%; swimming-15%; tennis-10%; sea and mountain trips are favourite holiday activities: 75% do it during holidays or weekends; the same percentage of 75% prefers to go to the mountain; for the motric activities practiced during these trips or holidays, the answers were: hiking-50%; skiing and sleighing-30%; fishing-15%; chalet games-30%; other water or beach games-10%.

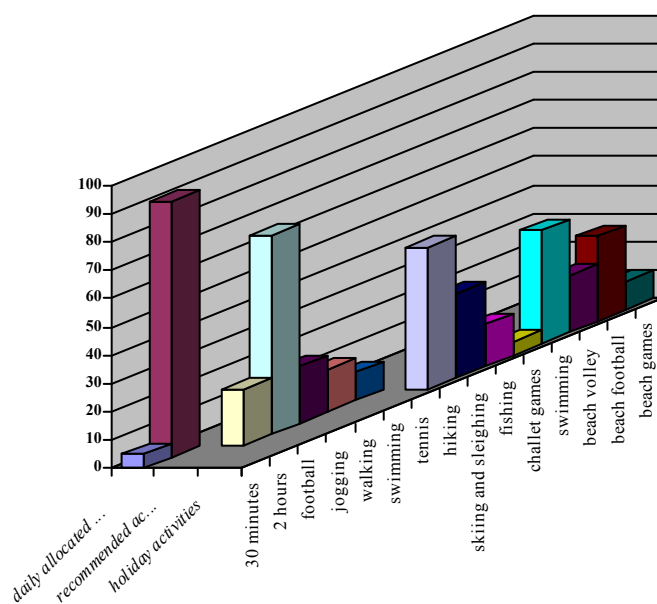


Fig. 1. Motric spare time activities for the EFS students

Conclusions:

The spare time motric activities are not always in the top preferences not even for the Physical Education and Sport students. The young generation needs more outdoors movement and this presupposes an independent capacity of practicing physical exercises during one's spare time. The purpose of the teenagers' practice of physical exercises must differ from that of the mature and old persons, who usually do this to prevent or treat affections. The young ones must find solid preoccupation in sport, thus creating the premises favourable to practicing it all throughout their life.

The spare time education has prophylactic effects, healing ones- by means of building and activating man's positive force. By activating the individual and group positive experiences and by stimulating the positive personality traits such as: courage; perseverance; responsibility, the loisir education contributes to reducing the pathological states, creating an optimistic background, stimulating action, forming attitudes and habits that underline one's needs, thus creating the premises of a complete personality.

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