

REASONS FOR THE TAKING OF PHYSICAL ACTIVITY, INCLUDING GENDER, PUPILS HIGH SCHOOL NAMED WŁADYSŁAW ORKAN IN BIEŻUŃ

Motywy podejmowania aktywności fizycznej, z uwzględnieniem płci, uczniów liceum ogólnokształcącego im. Władysława Orkana w Bieżuniu

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Abstract

The aim of the study was to show the motives for physical activity by students of the High School named Władysław Orkan in Bieżuń. Also determined whether sex differentiates answer questions.

The high school students are aware that physical activity is an important part of a healthy way of chewing. We are happy to undertake physical activity outside of physical education classes. It has been shown that boys often use forms of organized physical activity, while the girls of the individual. Both boys and girls frequently pointed out that the guiding impetus for making the activity is to improve the health and the desire to improve. For girls desire to achieve a healthy weight was important incentive to undertake physical activity than boys.

The study also confirmed that the lack of desire, lack of time and fatigue are the most common barriers to making physical activity of youth. Replies both boys and girls were mostly questions converge, indicating little relevance to gender in this study.

Keywords: physical activity, healthy lifestyle, physical education, physical education, motivation.

Streszczenie

Celem pracy było ukazanie motywów podejmowania aktywności fizycznej przez uczniów Liceum Ogólnokształcącego im. Władysława Orkana w Bieżuniu. Określono również czy płeć różnicuje udzielane odpowiedzi.

Uczniowie liceum mają świadomość, że aktywność fizyczna jest ważnym elementem zdrowego stylu życia. Chętnie podejmują aktywność ruchową poza zajęciami wychowania fizycznego. Wykazano, że chłopcy częściej korzystają z form zorganizowanych aktywności ruchowej, z kolei dziewczęta z indywidualnych. Zarówno chłopcy, jak i dziewczęta najczęściej wskazywali, iż przewodnim bodźcem do podejmowania aktywności jest poprawa kondycji oraz chęć doskonalenia się. Dla dziewcząt chęć osiągnięcia prawidłowej masy ciała była ważniejszym bodźcem do podjęcia aktywności fizycznej niż dla chłopców.

Badania potwierdziły także, że brak chęci, brak czasu oraz zmęczenie to najczęstsze bariery w podejmowaniu aktywności ruchowej młodzieży. Odpowiedzi zarówno chłopców, jak i dziewcząt były w większości pytań zbieżne, wskazując na niewielkie znaczenie płci w prowadzonych badaniach

Słowa kluczowe: aktywność fizyczna, zdrowy styl życia, kultura fizyczna, wychowanie fizyczne, motywacja.

Introduction

The progress of civilization, growth requirements and tasks posed by the contemporary man leads to the negative effects of depriving a man of peace, relaxation and contact with nature. The antidote to many ailments labeled as diseases, both physical and mental is physical activity, used every day, especially in natural conditions.

Physical activity is a movement of the whole body or parts thereof due to the work of skeletal muscle, accompanied by functional changes in the body and increase energy expenditure "(Encyclopedia of Teaching, 2003). Physical activity is one of the most important factors affecting the proper development of children, and consequently human health. It is a key component of a healthy lifestyle. It can take many forms, from simple activities performed during housework by working professional, until the activity planned and organized in the form of sports and recreational activities (Drabik, 1996). It is an

essential component of a healthy lifestyle, disease prevention, coping with stress, as well as the treatment and correction of many diseases and disorders. It is one of the basic human needs of all ages, but it is of particular importance in childhood and youth, when it is necessary for proper development. It is a necessary condition for maintaining physical fitness throughout life. It is therefore important to be aware of the fact that physical recreation have to learn as other elements of life.

Physical activity is one of the fundamental elements of a broad culture of physical (Krzelowska, 2013), about which we can say that this is a general behavior and actions in order to care for the health and the human condition and its normal physical and psychological development (Grabowski 1999). It is an expression of man's attitude towards his body, conscious concern for the health and development. Physical culture is expressed through sport, physical education, and recreation and physical rehabilitation. This is a relatively integrated and fixed system behavior in the field of care for their health, physical development, fitness and beauty, extending accordance with accepted within the community norms and standards activities (Krawczyk, 1995).

In physical education also includes the concept of physical education and combining perfectly complementing. Physical education is a conscious and deliberate efforts to develop positive attitudes towards their body and physical functioning, and social attitudes. Physical education is aimed both at promoting physical development and health, as well as the formation of habits, physical activity and concern for physical performance, efficiency motor and posture of the body (Osinski, 1991). A place where there is a process of physical education, in addition to the family and the environment, is a school. Here a man acquires the skills and habits to prepare him to constant activity in later life. Physical education is attributable to the years of childhood and youth, the process of preparing a person to participate in physical education throughout their lives (...) (Drabik, 1996). The most important role in the process of physical education play a family, kindergarten and school, as well as youth and children's organizations such as the scouts and the army.

For the modern man's physical activity is necessary, inter alia:

- combating the effects of stress and tension,
- combating and mitigating the consequences of lifestyle diseases such as obesity, diabetes and cardiovascular disease,
 - meeting the needs of leisure and relaxation,
 - meeting the needs of contact with nature and other people (Witt, 2006).

As mentioned earlier, physical culture is the totality of behaviors and activities aimed at caring for the health and the human condition and its normal physical and psychological development (Grabowski, 1999, p. 55-65). It is an expression of man's attitude towards his body, conscious concern for the health and development. The basic elements of physical culture are physical education and physical activity.

Really great role in education, physical culture, falls school. Through physical education prepares children and young people to use physical culture in adulthood. It should be emphasized that physical education is also a means to achieving broader educational goals. Through exercise, fun, team games and sport can shape a young man physically, but also support the education of social, moral and intellectual.

While the physical education classes at school are mandatory, whereas physical activity, especially taken in their free time, the system requires motivation. This applies in particular in relation to children who require appropriate incentives to participate in extracurricular sports and leisure activities.

It is to answer at this point the question of what is the motivation. According to the dictionary of contemporary Polish, motivation is a factor that causes someone's action, encouraging to do something to justify one's action (Dictionary of Contemporary Polish Language 1996, p. 380). Similarly dictionary of foreign words Kopaliński, explains the motivation as a justification, explanation of motives of action (2000). In psychology,

motivation is generally processes to stimulate, sustain and regulate the activity to achieve some goal (Pedagogical Encyclopedia 2004). Psychology distinguishes d important types of motivation: external and internal.

Internal motivation is a pure form of motivation, the most valuable and generating the most benefit. It follows the inner human needs, the desire to acquire new knowledge, skills and experience. Leads to the inner contentment and satisfaction.

External motivation is the desire to get a good grade, or avoid failure. Here it's all about assessment, internal satisfaction there is no significance (Dolinski, 2000).

In addition to the factors motivating physical activity, there are also barriers in the making. The following table summarizes the motives and barriers to the participation of household members in sport or physical recreation in 2012. The research was conducted by the Central Statistical Office, and presented at a press conference on 29 May 2013.

Table 1. Themes and barriers to the participation of household members in sport or physical recreation in 2012 in Poland

MOTIVES	BARRIERS
Pleasure and Entertainment	Lack of free time
Maintaining physical fitness and maintaining a proper silhouette	Lack of desire or preference for passive recreation
Doctor's orders	Health and medical contraindications
Meeting with friends	Age
The practice of sport or recreation in the past	Financial considerations
Discharging tension and stress	Lack of adequate sports facilities near you

Source: [www.http://www.stat.gov.pl](http://www.stat.gov.pl) (accessed 2014.04.08).Note the Department of Statistics Tourism and Sports Department of Social Research and CSO Living Conditions

In the era of consumer culture of physical activity undertaken in leisure time becomes mandatory for the modern man an essential element of satisfying their needs motor and a way of controlling or eliminating negative consequences of physical passivity and so-called diseases of civilization, which include, among others, diabetes, cardiovascular disease , obesity and posture. Motivation Healthcare is one of the main causes of physical activity for adults (Lisowska, 2006).

Increase awareness of the risks caused by deficiency of traffic makes practicing recreation is becoming increasingly popular. However, the motivation of care is not the only reason for making physical activity. Of great importance is the theme of meeting the needs of leisure and relaxation, the need to commune with nature, the environment and environmental change. Physical activity gives you the opportunity to gain new skills and experiences, and meet new people. Physical activity can be a source of joy and satisfaction (Winiarski 1991).

Despite the undoubted benefits of physical activity, the possibility for engaging encounters a variety of obstacles. BJ Kunicki divides them into four main groups: those ideological barriers, cognitive, psychological barriers, cultural barriers (Kunicki, 1984). It is worth to mention are other barriers to participation in physical activity, even such as lack of time, lack of sports skills, lack of access to sports facilities and recreational activities, in the end the lack of professional coaching staff, or lack of financial resources.

Physical activity itself is a duty springing from the need for sustainable and healthy lifestyle. Undoubtedly, in this regard, a growing public awareness that is reflected in the growing popularity of fitness clubs, sports and leisure complexes, or the increasing number of nature popularizing a healthy lifestyle, including physical culture. Barriers economic nature can be overcome by the choice of such forms of activity that do not involve a large

financial outlay. They include jogging, Nordic walking, or simple exercises done at home alone (Lisowska, 2006).

There are many factors that affect the health and human functioning. Environmental pollution, rush, stress and isolation from nature can wreak havoc on the human body. However, especially dangerous phenomenon seems to be progressing the limits of human physical activity (Pańczyk, 2008). Movement is a biological need of human and animal health is the basis of both physical and mental health. In organisms devoid of traffic occurring pathological processes that cause rapid aging and disease. Working the muscles and movement are factors necessary to maintain the efficiency and capacity of psychophysical both adults and children and adolescents (Wolańska, 1979). Immobility leads to loss of active tissues, muscles, nerves, and also reduces the supply of oxygen and metabolism slows. Lack of exercise is particularly dangerous during growth, causing its inhibition and not harmonious development of the body, favoring the formation of posture (Romanowski, 1972). According to Henryk Kuński lack of exercise prevents rational use provided the body with foods that promotes the formation of obesity hindering its treatment, impairs peripheral blood circulation weakens tendons and muscles, increases the risk of joint damage. Speaking generally reduces resistance to the rigors of everyday life (Kuński, 1987).

Significant reduction, or even lack of physical activity, leading to the phenomena manifested civilization increase in cardiovascular disease, mental illness, such as depression or anxiety for example, cancer and other diseases, as mentioned earlier.

Health is a concept that is hard to define, since it relates to each other intertwining aspects of medical, physical, psychological and social (Kurzak, 2013). Health requires constant care, as well as gaining skills to restore the disturbed balance between the capacity of the political system, and constantly be entrusted with the inside fluids and environmental changes (Rozanski, 2004). Human health condition largely depends on their lifestyles. In according Andrzej Sicinski lifestyle is the range and forms of everyday behavior specific to particular individuals or communities, manifesting their social position (Sicinski, 1976). And a healthy lifestyle, so important to the health and well-being, expressing, inter alia: physical activity, proper nutrition, lack of addictions, avoidance and neutralization of stress and positive thinking leads to the strengthening of health and is an excellent prevention of many disorders and diseases of young people and guarantee the achievement the future success of family, professional or social (Dolinski, 2000).

It is impossible to speak of a healthy lifestyle without stress the importance of physical activity that allows you to find joy and satisfaction in everyday life. It stimulates the development of physical, emotional and social development in childhood and youth, gives you a chance to improve the efficiency and capacity in adulthood, and then delay the process of aging and senility age. Broadly speaking, improves the quality of life at any age.

Physical activity is one of the most important elements of the broader physical culture. Combined not only with health concerns, but also the need for rest and relaxation. Regular participation in physical activity has a positive effect on the sphere of the body, spirit and mind, reduces the incidence of disease and also lowers indicators of overall mortality (Krzelowska, 2013). Physical activity is an integral part of a healthy lifestyle and has a substantial impact on human health and its proper functioning. Physical activity as a kind of stimulus is applied to the body, contributing positively to the functioning of all the organs and systems. The most important advantages and benefits of physical activity may include, among other things (Nowacka-Dobosz, 2013):

- increase muscle mass and strength, accelerate the process of growth, increase range of motion in the joints, and thus the certainty of your body, increase security,
- often eliminate addictions. Physical fitness as part of a healthy lifestyle is contrary to succumbing to addiction, as evidence of weakness,

- regulation of metabolic processes, eliminating the tendency to be overweight, error correction nutritional
- increase in aerobic capacity, better supply working tissues with oxygen and nutrients, better removal of metabolic energy
- correction of posture,
- increase heart health, lower your resting heart rate, increase the amount of hemoglobin in the blood,
- good supply of oxygen and nutrients at the cellular level, enhancing operational efficiency, increased ability to concentrate and focus longer,
- lung tissue growth, increase in vital capacity, increased respiratory muscle strength, improve gas exchange with peripheral blood,
- development of the motor centers of the brain, increase the speed of conduction of nerve impulses, improve neuromuscular coordination - muscle, increased sensitivity analyzers visual, auditory and kinesthetic,
- reduce the risk of mental illness, mainly neurosis and depression.

Many of the benefits occurring as a result of systematic participation in physical recreation can be observed without the need for specialized research, these include: a slim silhouette, springy gait, no signs of fatigue with physical work, better physical (Drozdowski, 1994).

It is worth to emphasize the importance of developing good habits in childhood. D-in-law shape their attitudes primarily as a result of observation. An important, if not the most important role in this process is played by parents and school. Parents actually organizing free time, teach their children spend their time such that ensures the implementation of the different needs of the child, determine the acceptance of certain values, create a style of participation in social, cultural and sports. School, is a cell that should support parents and caregivers in the implementation of the child to the systematic and correct habits, fortitude and perseverance (Maszorek-Szymala, Slawek, 2009).

Materials and methods

High School in Biezuń which students were asked to fill out a questionnaire, a high school with an urban-rural population of 141 students enrolled in two classes at each age. Students have the choice of a class profile military education to the future of the border guard or navy, and a class profile humanistic and linguistic divided into groups depending on the profile selection class.

A study, which included 141 students High School in Biezuń.90 properly analyzed questionnaire - completed by 45 girls and 45 boys. The study was conducted in late January and February 2014

The results of epidemiological tests

As mentioned physical activity is an essential part of a healthy lifestyle, affecting its quality and value. In studies clearly indicate that the test is aware of the youth. The results are shown in the chart.

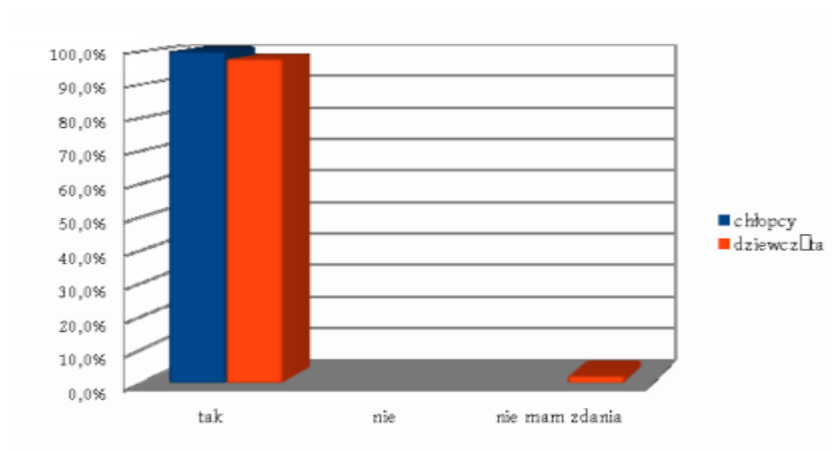


Chart 1. Physical activity as an important part of a healthy lifestyle in the assessment of students' High School in Biezuń.

Virtually all respondents gave an affirmative answer, which was reflected in a subsequent question questionnaire on physical activity outside of physical education classes.

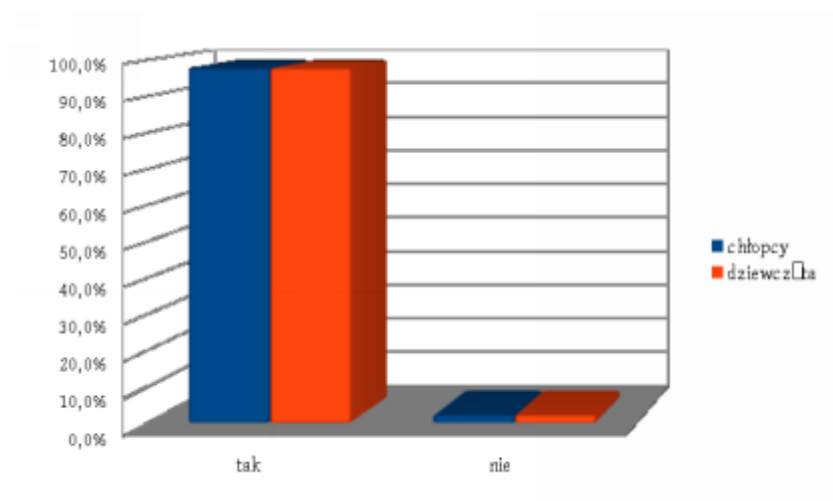


Chart 2. Physical activity outside of physical education classes for students in High School Biezuń.

Among the young people take virtually all physical activity during leisure time. Only 2.2% of boys and 2.2% of girls said that they did not participate in any activities. This is certainly related to the tradition of spending free time in a family environment.

The answers given by young people to this question are included in the chart below.

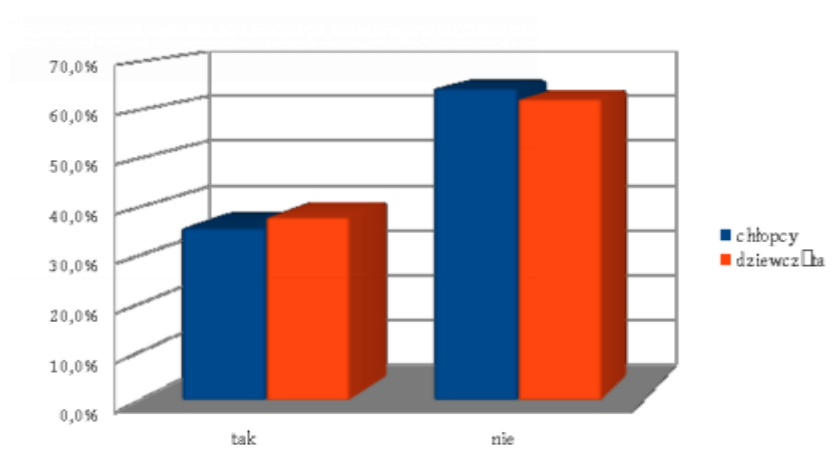


Chart 3. Traditions of leisure activities in the families of students High School

School in Biezuń.

As with the above statement of both the families of boys and girls, there is no tradition of active leisure noise part. Only 35.6% of boys and 37.8% girls have indicated an affirmative answer.

The results in the chart below show how the youth draws knowledge on healthy lifestyle.

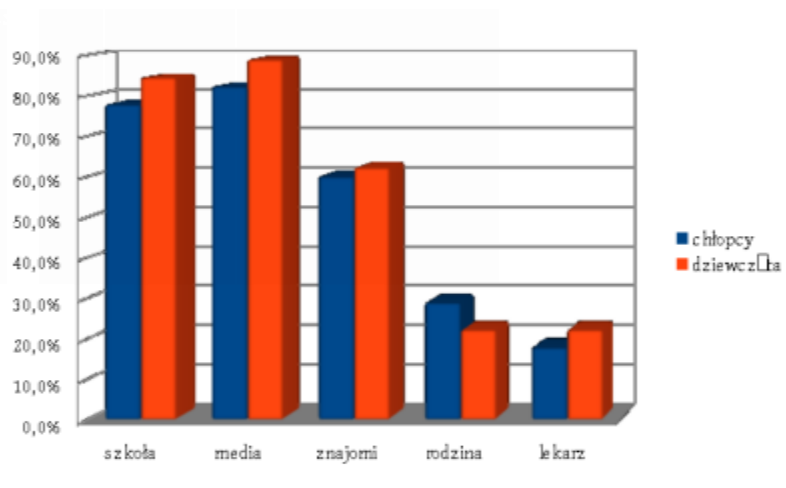


Chart 4. Sources of knowledge Youth High School in Biezuń, on the impact of physical activity on health.

Respondents students, regardless of gender, knowledge about the effects of physical activity on health derive primarily from the media (82.2% boys and 88.9% girls). Of great importance also plays school. As many as 77.8% of boys and 84.4% of girls indicated the school, as the main source of their knowledge about healthy lifestyles. Much less important in the education of young people in this topic have family and physician. (28.9% of boys and 22.2% girls pointed to the family, and 17.8% of boys and 22.2% girls on the physician as the source of his knowledge on the subject).

The study also considers the youth that people have little awareness of the importance of physical activity and a healthy lifestyle. They show that the results shown in the chart.

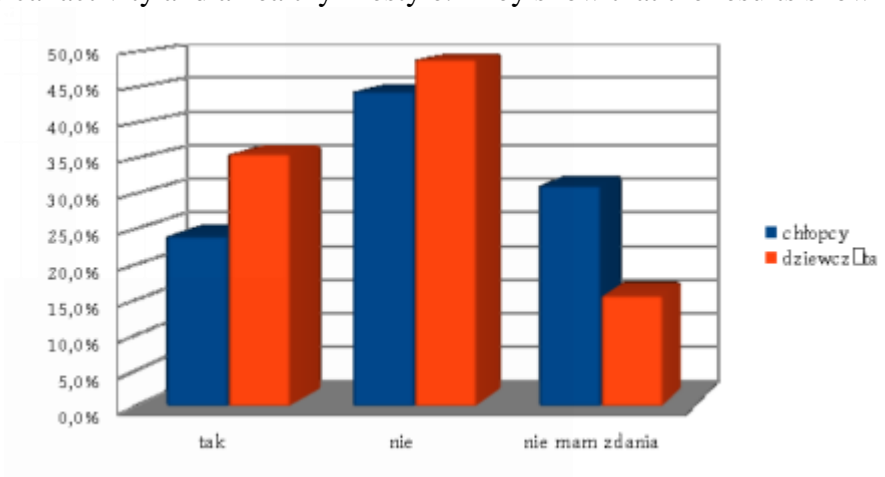


Chart 5. T message people the importance of physical activity in the assessment of high school students in the School Biezuń.

Only 24.4% of boys and 35.6% of girls felt that people are aware of the importance of movement for human health, and up 44.4% of boys and 48.9% girls pointed to the lack of this consciousness in humans. 31.1% of boys and 15.6% girls, have no opinion on the subject.

The study young people are aware of the beneficial effects of active leisure the health and functioning of the human body. Results were included in the chart.

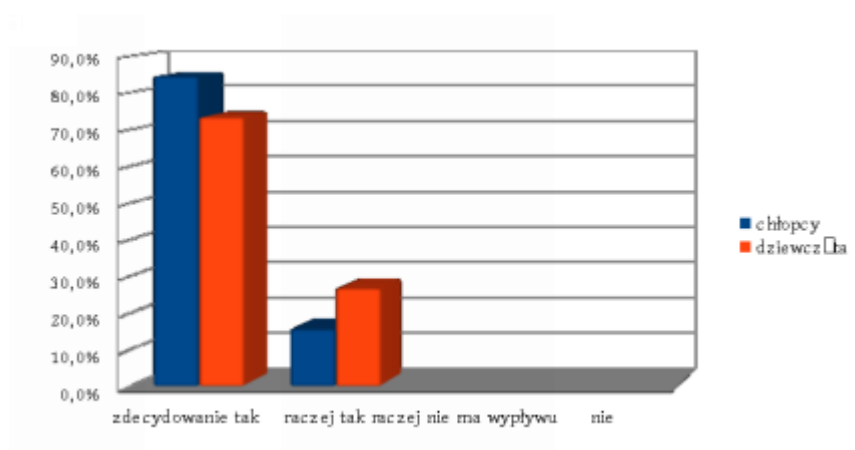


Chart 6. The effect of physical activity on the functioning of the human body in the assessment of high school students in the School Biezuń.

As many as 84.4% of boys and 37.3% girls on the question of whether physical activity has a beneficial effect on the functioning of the body, answered definitely. 15.6% of boys and 26.7% of girls said they probably yes. None of the respondents pointed to the answer "rather no discharge" and "no."

The study takes youth physical activity in the form of organized using the offer sports clubs, fitness clubs, or in the form of individual, self organizing activi a picture. The results are shown in the chart below.

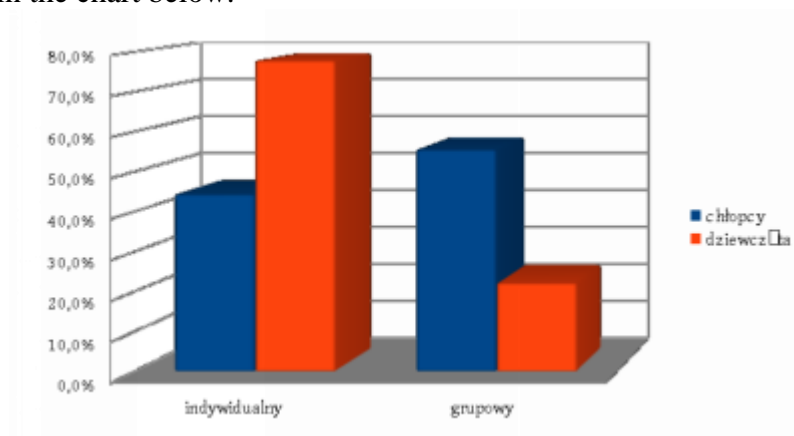


Chart 7. Forms of physical activity undertaken by young people in Biezuń High School.

Most girls take physical activity in the form of individual The answer was given by 77.8% of girls. In contrast, 55.6% of boys marked classes in an organized, as the preferred form of the activity undertaken by them.

Girls, unlike boys, whose preferences are distributed similarly, prefer individual classes. Only 22.2% of the girls participating in organized forms.

Answers to the question about feeling the positive effects of physical activity are shown in the chart.

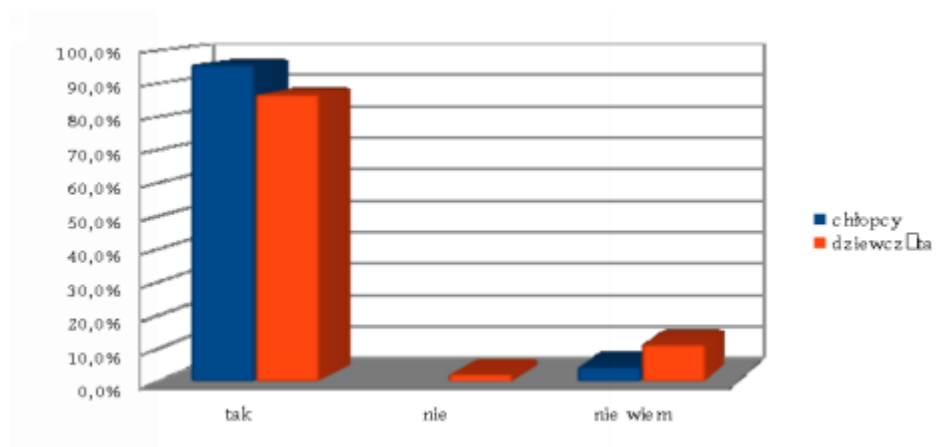


Chart 8. Feeling positive effects of physical activity undertaken by high school students in the School Biezuń.

95.6% of boys 86.7% of girls answered that physical activity improves mood and has a good effect on the operation. Only 2.2% of the girls replied in the negative.

By organizing a physical activity studied young people take part in different types of activities. Statement shown in the following table.

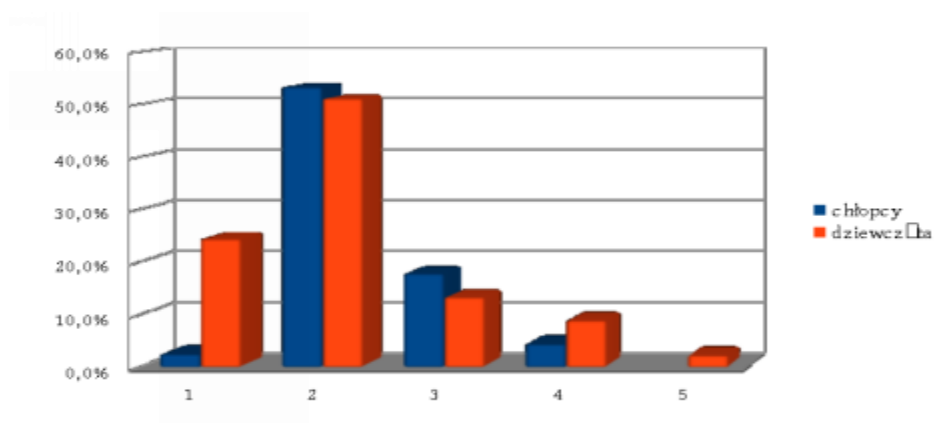
Table 2 Forms of physical activity undertaken by high school students in Biezuń.

Physical activity	Item No.	physical activity	boys	%	girls	%
classes in fitness clubs	1.	aerobics	0	0.0	2.	4,4
	2.	fitness	4.	8.9	0	0.0
activities of sports clubs	3.	sks	1.	2.2	0	0.0
	4.	volleyball	3	6.7	4.	8.9
	5.	football	1	26.7	0	0.0
	6.	basketball	2.	4,4	3	6.7
	7	martial arts	2.	4,4	0	0.0
	8.	tennis	0	0.0	2.	4,4
independent organization activity	9.	exercise at home	3	6.7	8.	17.8
	10.	running	9	20.0	16	35.6
	11.	walks	1.	2.2	4.	8.9
	12.	bike	7,	15.6	1	26.7
	13.	table tennis	1.	2.2	0	0.0
	14.	football	3	6.7	1.	2.2
	15.	volleyball	2.	4,4	2.	4,4
	16.	roll	0	0.0	3	6.7
	17.	riding	0	0.0	1.	2.2
	18.	swimming	0	0.0	1.	2.2
	19.	badminton	0	0.0	1.	2.2
lack of physical activity	20.		0	0.0	1.	2.2
lack of details forms of activity	21.		2.	4,4	4.	8.9

44, 4% of boys participating in sports activities organized by sports clubs. 26.7% of them engage in football, volleyball 6.7% and 4.4%, basketball and martial arts. Only 24.4% of girls declared the practice of organized forms of activity. 8.9% of them playing volleyball, basketball 6.7%, 4.4% trains tennis, and 4.4% of girls participate in aerobics classes. Among the forms of recreational physical activity are the most popular running, which indicated 35.6% of girls and 20.0% boys and cycling, which regularly grown 26.7% of girls and 15.6% boys. In addition, the girls will be happy to own practice at home, which marked 17.8% of respondents. Youth recreational grown also, among other things:

table tennis (2.2%), volleyball (8.8%), Roll (6.7%), swimming (2.2%) and horseback riding (2.2%).

The results concerning the frequency undertaken by the youth movement activities outside the hours of physical education in school is shown in the chart below.



- 1 - daily,
- 2 - 1-2 times a week,
- 3 - several times a month,
- 4 - Occasionally,
- 5 - I do not spend time actively.

Chart 9. Frequency of making physical activity by students High School in Biezuń

Among the respondents, the largest group were people who take the activity outside of physical education classes 1-2 times a week - 52.2% of people, including 53.3% of boys and 51.1% girls. Activity of daily declares 24.4% of boys and 24.4% girls. Several times a month, moving 15.6% of respondents, while 2.2% of girls do not spend time actively.

Analyzed a group of young people were also asked about the motives for physical activity. The results are shown in the following table.

Table 3. Themes physical activity among young people in Biezuń High School.

Item No.	Gender Themes	boy		girl		students in total	
		S	%	S	%	S	%
1.	fashion for a healthy lifestyle	13	28.9	14	31.1	27	30.0
2.	health considerations	1	22.2	1	22.2	20	22.2
3.	persuasion of friends or family	3	6.7	8.	17.8	11	12.2
4.	desire to achieve a healthy weight	18	40.0	24	53.3	42	46.7
5.	need improvement	43	95.6	42	93.3	85	94.4
6.	willingness to meet new people, need human contact	18	40.0	16	35.6	34	37.8
7.	need for competition	22	48.9	1	26.7	34	37.8
8.	need to cope with stress	v.6	13,3	v.6	13,3	1	13,3

The most frequently reported reason for taking the youth physical activity was the need for improvement, up 95.6% boys and 93.3% girls have indicated this possibility. Of great importance is also the desire to obtain the correct masses s body - the theme, the condemned 40% of boys and 53.3% girls. Need a contest for 48.9% of the boys to take the theme of physical activity. For girls need to compete is a lot less important. This option of oznaczyło only 26.7% of girls. Not without significance is the desire to meet new people and the need for contact and others. This motif marked 40% of boys and 35.6% girls.

As many as 94.4% of respondents indicated that the need for improvement is the main reason why they take physical activity. The desire to achieve a healthy body weight, the need for human contact and competition are further grounds on which indicated respectively 47.7% and the 37.8% of respondents. Relatively rare underlined youth, health, the need to cope with stress and solicitation family. Considering the age of the respondents is understandable. Most young people do not feel even health problems so that they constituted an important theme to undertake the activity.

In the survey were also asked about other motives that encourage activity and the obstacles to making physical activity. Three people indicated that, for them, an important motive is also the desire to improve posture and desire for such a pastime. Obstacles to making activity are summarized in the table below.

Table 4. Obstacles to making physical activity by students High School in Biezuń

Item No.	obstacles to making physical activity	boy	%	girl	%	students in total	%
1.	lack of awareness of the positive effects of physical activity	8.	17.8	2.	4,4	1	11.1
2.	lack of desire	23.	51.1	3	66.7	53	58.9
3.	lack of information about such activities	21	46.7	9	20.0	3	33.3
4.	the high cost of participation	3	6.7	9	20.0	1	13,3
5.	shyness	9	20.0	8.	17.8	17	18.9
6.	health	11	24,4	1	22.2	21	23.3
7.	lack of such habits of leisure	17	37.8	14	31.1	31	34.4
8.	lack of time	26	57.8	35	77.8	61	67.8
9.	poor motivation	23.	51.1	22	48.9	45	50.0
10.	lack of physical activity, making friends	1	22.2	4.	8.9	14	15.6
11.	fatigue	20	44.4	26	57.8	46	51.1

Most indicated by all respondents barriers to making physical activity were successively 68.8% lack of time, lack of desire to 58.9%, fatigue 51.1% and 50.0% poor motivation. From the group of boys, these barriers indicated 57.8%, respectively, 51.1%, 44.4% and 51.1%, and 77.8% of a group of girls, 66.7%, 57.8% and 48.9%, .Boys are more likely than girls pointed to poor motivation, as an obstacle to making physical activity.

Results

Although families and close proximity to the majority of respondents do not have a tradition of spending free time, students High School in Biezuń believe that physical activity is an essential and important part of a healthy way of living. We are happy to undertake physical activity in both forms of organized and individual. Boys often use forms of organized exercise in health clubs mostly team games, while girls from the individual, alone organizing their time running or practicing at home. Young people observe a beneficial effect of n traffic and your well-being and health, as well as feeling the need to improve the condition and the desire to improve. The need to improve the condition and the desire to perfecting it the most often mentioned reasons making physical activity by the test youth. These motifs are equally important for boys and girls.

Girls more often indicated a desire to achieve a healthy weight, as an incentive to undertake the activity. Boys and girls spend on physical activities similar amount of time.

The study also confirmed that the lack of desire, lack of time and fatigue are the most common barriers to making physical activity of youth.

Replies both boys and girls were mostly questions converge, indicating little relevance to gender in current research.

We conclude that young people are aware of the value and the need for hygienic lifestyle. It also has many opportunities to realize their needs motor. It can use the courts, sports hall and infrastructure for and cycling sports and athletics. In addition, all significant advantage is the environment of forests and beautiful countryside, walking or cycling conducive to trips and recreation in nature.

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