

## INVESTIGATION OF MOTIVATION OF STUDENTS TOWARDS MOTOR ACTIVITY CLASSES

BOZHKOVA ANNA<sup>1</sup>, DYAKOVA GALINA<sup>2</sup>

**ABSTRACT.** Educational process in higher schools, both on the specialized subjects and physical culture and sports, is a complex scientific-theoretical and practically-applied pedagogical issue, supposing a motivated readiness of students for active and adequate participation in it. Decisive role for the success have both parties of this process – pedagogic function of lecturer, on one side, and educational activity of the student, on the other side, i.e. his motivation as well. With this investigation, we aim to establish the leading personal motivation of students for active participation in trainings with motor activity. The survey on this issue, and the results got in it, show that the motivation of students towards motor activity trainings is a poly-motivated activity, the arrangement of motives per significance does not differ substantially between female and male students.

**Key words:** motor activity, motive, motivation, students

### Introduction

Importance of the issue for motivation in the educational activity, the sport one including, is widely advanced and investigated in the scientific literature, with students included (Василев, 1981; Маркова, 1980; Попов, 1999 и др.).

According to experts (Петков, 1984), the activity of human being and his behavior, in the most wide sense of the word, is determined by a number of character-psychological factors, such as the necessities, capacities and etc.

From psychological-pedagogical point of view (Петков, 1984; Попов, 1999), of particular interest are the so called motivation factors, directly connected to the regulation of human activity and behavior, in general, and especially with young people, as our individuals under investigation are.

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<sup>1</sup> Medical University – Sofia, Department of Language Teaching and Students Sport, Bulgaria, abozhkova@abv.bg

<sup>2</sup> Department of Physical Education and Sport, Faculty of Economics, Trakia University, Bulgaria

Especially with them, most sharply stands the matter of the reason of the inspiration of young individual towards trainings with one or other activity, including the motor activity, or the manifestation of one or other behavior.

Educating, habituating and developing the young generation in a certain area from the educational program, is nothing else, but building up of correct motives in it.

The healthy way of life is especially topical theme both for the society and scientists, all over the world. It includes the motor activity, overcoming the daily round stress, fight with the harmful habits (smoking, alcohol consumption, bad for the health nutrition and motor stereotypes, decreased duration of sleep, narcotics/drugs taking), and contemporary value scales (Дякова & Божкова, 2011; Дякова & Bozhkova, 2006; Цоневски, 2001).

In recent years, in the specialized scientific literature come forward publications, devoted to the role of the practiced motor activity, on side of pupils and students, for improvement of their health and mental efficiency (Йорданова, 1993; Дякова & Божкова, 2011 и др.). This is explained by the wish of avoiding the so called "sedentary" way of life, through the introduction of various motor programs.

With the comparative analysis made of the self-assessment for the motive regimen of 440 students with over-weight, Дякова & Божкова (2011) have established that educational influence is necessary, with students on matters, connected with the motor activity, as a main component for the healthy way of life. Authors find that from 36,91% of students with over-weight, only 7,08% define their motor regimen as decreased. With women, 20,67% are with over-weight, and 19,78% define their motor activity as decreased (Дякова & Божкова, 2011).

*Aim* of this investigation is to establish the leading personal motivation of students for active participation in trainings with motor activity, on the grounds of which to draw the respective conclusions.

## **Methods**

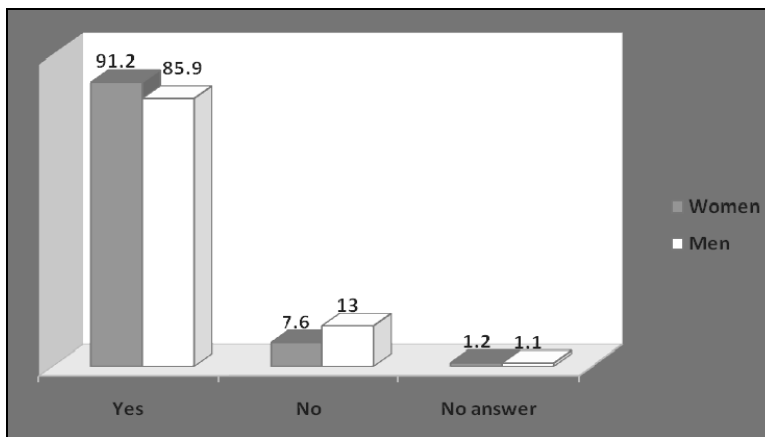
Survey has been conducted with 584 students (177 men and 407 women) from Trakia University – Stara Zagora, (Faculty of Economics, Agrarian Faculty and Veterinary-Medicine Faculty, educated on the specialties "Agrarian Economics", "Regional Economics", "Business Economics", "Veterinary Medicine", "Stock-breeding", "Agronomy", "Fish-breeding and Aquacultures", "Ecology and Environment Protection", "Agrarian Engineering").

At the development of the survey, the following *instruments* have been applied:

- *Alternative analysis.* The percentage of the answer given, towards the total number of the inquired individuals is calculated.
- *Inquiry method.* In order to investigate the motivation of students towards trainings with motor activity, an Inquiry of 5 questions has been conducted. Possible answers are - “Yes”, “No” and “No answer”. The inquiry survey has been realized prior a lecture on the subject Physical culture and sport, at Trakia University, with the active participation, interest and co-operation on side of the investigated individuals. At compiling the Inquiry, we have observed the main requirements for a brief, clear and understandable wording of questions, avoiding of ambiguous questions and such directing to a certain reply.
- *Graphic analysis* and
- *Comparative analysis* of percentages.

### Analysis of the results

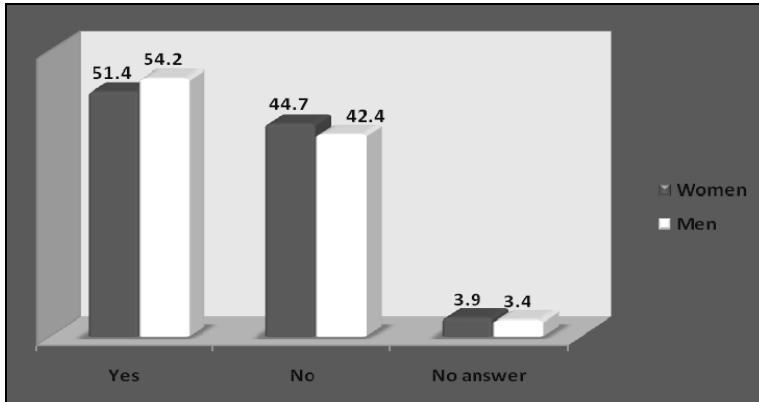
On **Fig. 1**, the results from the first question are presented. Higher percentage got the investigated individuals, giving a positive reply. The motive for trainings with motor activity for maintenance of “well-looking body” is manifested at a greater extent with female students (91,2%), as compared to their colleagues (85,9%). The motive indicated is not a leading one with 13% of male students and with 7,6% of female students.



**Fig. 1.** Percentage of investigated individuals with motive “Maintenance of well-looking body”

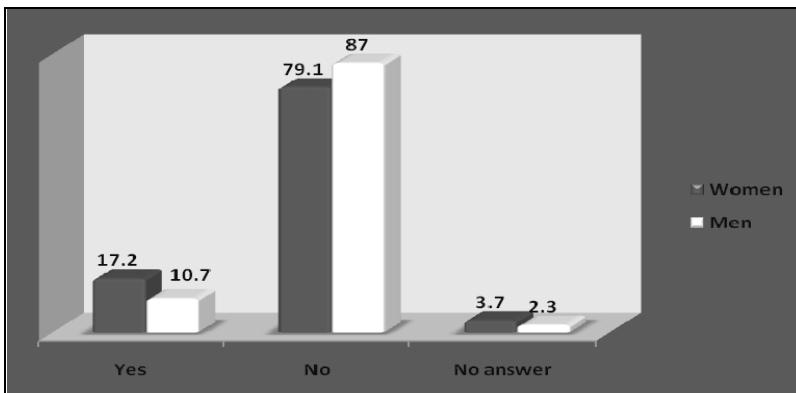
On **Fig. 2**, the results from the second question are presented. Problems, connected with the reduction of body mass find wide response among all circles of population. Information, regarding the possibilities for overcoming

the over-weight, through motor activity is got by students too. Results show, that more than the half of the investigated individuals are motivated to do motor activity, in order to decrease their body weight. Bigger is the percentage of men (54,2%), as compared to that of women – 51,4%.



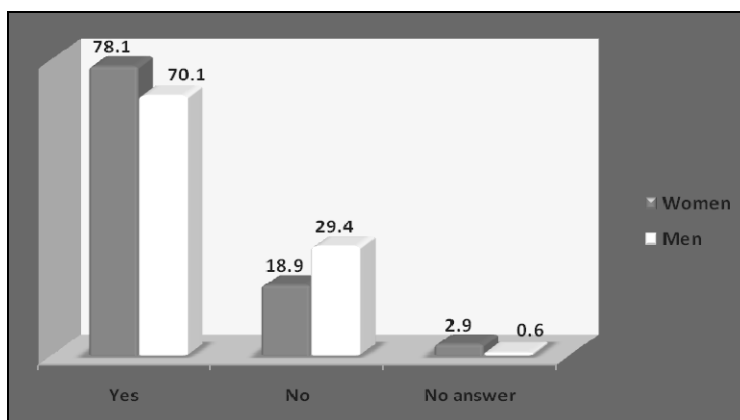
**Fig. 2.** Percentage of investigated individuals with motive “Reduction of body mass”

On **Fig. 3**, the results from the third question are indicated. With it, information is got for the investigated individuals, preferring to be engaged with motor activity, in order to make prophylaxis, or treatment of a chronic disease. This is a motive for engagement with motor activity with 17,2% of female students. Percentage of male students is less – 10,7%. With this question, we find reserve of possibilities for additional information, that could be received with another survey of ours (for instance of the type of the disease, of which prophylaxis or treatment is carried out).



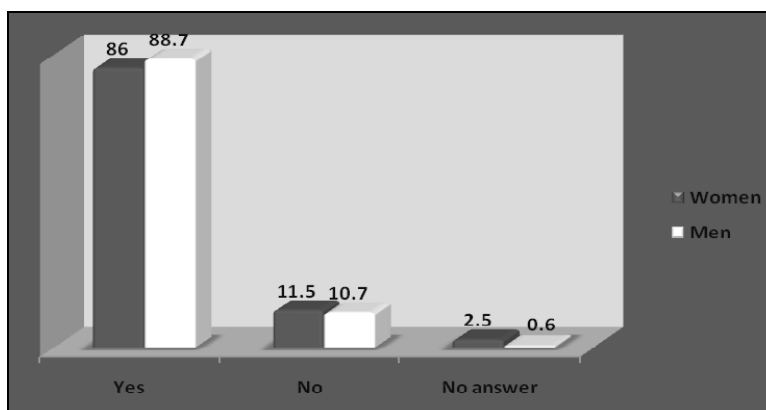
**Fig. 3.** Percentage of investigated individuals with motive “Prophylaxis or treatment of a chronic disease”

On **Fig. 4** the results from the fourth question are presented. The high percentages of the investigated individuals show the realized necessity of trainings with motor activity for improvement of the general condition, and stress decreasing. Bigger is the part of women (78,1%), that are motivated for this, in comparison with men – 70,1%.



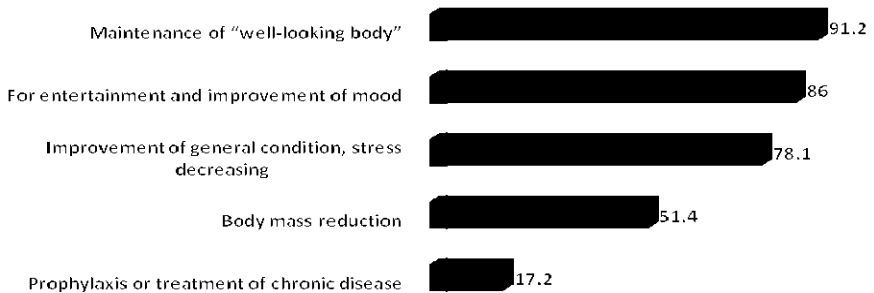
**Fig. 4.** Percentage of investigated individuals with motive “Improvement of general condition, stress decreasing”

On **Fig. 5** the results from the fifth question are indicated. Positive fact is that the percentages of the investigated individuals, motivated for trainings with motor activity for entertainment and improvement of mood are significantly high. Here, the results are close, with slight superiority with male students - 88,7% against 86%, with female students.

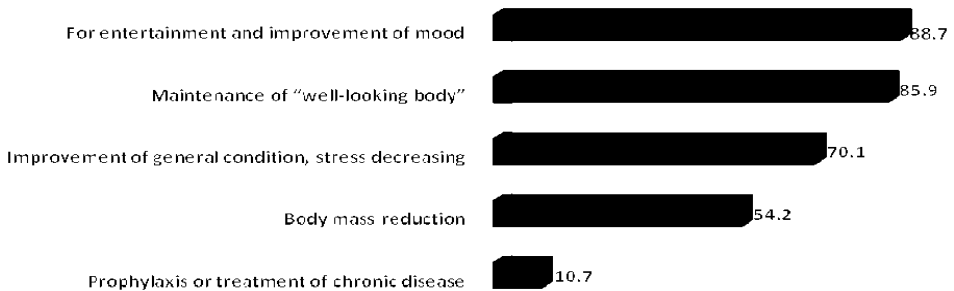


**Fig. 5.** Percentage of investigated individuals with motive “For entertainment and mood improvement”

On **Fig. 6** and **Fig. 7**, is presented the classifying of motives for motor activity with the investigated individuals – female and male students. What makes impression is that the arrangement differs only with the motives of first and second position. For us, it is not a surprise that with women, a leading motive is “Maintenance of well-looking body”, in view of the attitude of women. With men, this motive is on second position. Opposite dependency is observed – the motive “For entertainment and improvement of mood”, with men is on first position, while with women, same is on second position. The arrangement of motives on third, fourth and fifth position, is equal with both genders.



**Fig. 6.** Arrangement of motives according to the percentages indicated by female students



**Fig. 7.** Arrangement of motives according to the percentages indicated by male students

## Conclusions

1. The issue for motivation in fact, is a central one at the educational process, on physical culture and sport with students including. Educating, habituating and developing of students in a certain area from the

educational program is nothing else but building up of correct motives in them. Thus, motives are a part of the pedagogical instruments of the lecturer, for settlement of this matter in the process of education.

2. After the analysis of the results, it became clear, that from the motives indicated for trainings with motor activity:
  - Dominating is the one for maintenance of “well-looking body”, with 91,2% of female students, in comparison with 85,9% of their colleagues.
  - Over the half of the investigated individuals are motivated to do motor activity, in order to reduce their body weight. Surprising is the bigger percentage of men (54,2%), in comparison with that of women – 51,4%.
  - 17,2% of female students are training for prophylaxis or treatment of a chronic disease, while the percentage of male students, same is less – 10,7%.
  - High percentages of the investigated individuals show a realized necessity for trainings with motor activity, for improvement of the general condition and stress decreasing. Bigger is the part of women (78,1%), that are motivated for that, as compared to men – 70,1%.
  - High is the percentage with the motive for training with motor activity for entertainment and improvement of mood. Results are close, with slight priority with male students, by 2,7%.
3. Classification of motives per significance does not differ substantially between female and male students.

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