

THE DECLARED GOALS OF PRACTICING PHYSICAL AND SPORTS ACTIVITIES BY THE STUDENTS OF BABES-BOLYAI UNIVERSITY FROM CLUJ-NAPOCA ACCORDING TO GENDER AND FACULTY PROFILE

GABRIELA MARIA POP^{1*}, HOREA POP¹,
REMUS-CRISTIAN VĂIDĂHĂZAN²

ABSTRACT. This study aims at highlighting the purposes for which UBB Cluj-Napoca students practice physical and sports activities, depending on the gender and profile of the faculty they are studying. Statistical data was obtained by applying a questionnaire to a total of 465 students from 13 faculties. The respondents' age was between 18 and 40, with most students aged 19-21. The conclusions drawn from the statistical analysis of the comparison of the factors of purpose to practice physical and sports activities show that there are significant differences between the sexes. For girls, the goal is health, and for boys, performance and participation in competitions, the social goal, is a bit more important for boys than for girls, but the difference is not significant. Students from Physical Education and Sports appreciate the physical movement both from the competitive point of view, as well as for the health and social. Students with specialization in socio-human sciences have appreciated the factors for improving and maintaining the health status and the socialization factor. Students at the Faculty of Orthodox Theology have chosen sport as important for the competitive and social factors, and those in the exact sciences faculties consider the practicing of sport is important to measure forces through competition and achieving performance.

Keywords: *sport, physical activity, health, gender, faculty profile.*

REZUMAT. *Scopurile declarate ale practicării activităților fizice și sportive de către studenții Universității Babeș-Bolyai din Cluj-Napoca în funcție de gen și profilul facultății la care studiază.* Studiul de față urmărește evidențierea scopurilor pentru care studenții UBB Cluj-Napoca practică activitățile fizice și sportive, în funcție de gen și profilul facultății la care studiază. Datele statistice

¹ Babeș-Bolyai University of Cluj-Napoca, The Faculty of Physical Education and Sports

² Babeș-Bolyai University, Cluj-Napoca, Faculty of Psychology and Science of Education

* *Corresponding author:* gabimariapop@yahoo.com

au fost obținute în urma aplicării unui chestionar pe un număr de 465 de studenți din 13 facultăți. Vârsta respondenților a fost cuprinsă între 18 și 40 de ani, majoritatea studenților având vârsta cuprinsă între 19 – 21 de ani. Concluziile rezultate din analiza statistică de comparare a factorilor scopurilor de a practica activitățile fizice și sportive arată că există diferențe semnificative între sexe. Pentru fete, primează scopul sănătate, iar pentru băieți obținerea performanței și participarea la competiții, scopul social, este puțin mai important pentru băieți, decât pentru fete, dar diferența nu este semnificativă. Studenții de la specializarea educație fizică și sportivă, apreciază mișcarea fizică atât din punct de vedere competițional, cât și al sănătății, dar și social. Studenții cu specializare în științele socio-umane au apreciat factorii scop de îmbunătățire și menținere a stării de sănătate și factorul socializare. Studenții de la Facultatea de Teologie Ortodoxă au ales practicarea sportului ca importantă pentru factorul competițional și cel social, iar cei din facultățile cu profil real consideră practicarea sportului importantă pentru măsurarea forțelor prin întrecere, prin competiție, și pentru atingerea performanțelor.

Cuvinte cheie: *sport, activitate fizică, sănătate, gen, profil.*

Introduction

The sport combines all forms of physical activity, whether organized or not, to express or improve physical condition and spiritual comfort, to establish social relationships or to lead to results in competitions of any level. Physical activity has a recognized role in maintaining optimal health status by medical specialists. As the theories of physical education support, the main purpose of practicing physical exercise is to increase the biological potential of man, whose size can express a good health.

By practicing various forms of sport, taking into account the particularities of individual, it ensures harmonious and proportionate physical development and optimal functioning of major organs of the body. The effort well-established, dosed and organized, will result in beneficial effects on the muscles by maintaining optimal tonus, correct body posture, increasing the volume of the respiratory and systolic volume, optimizing the quality of neuromuscular control processes.

Modern life brings many disadvantages to the health plan due to the low level of physical activity. Because of the many technical means that are the result of scientific progress in the life of modern man dropped considerably situations that require the body to manifest itself through physical movements. Evidence is based on modern epidemiological studies showing that sedentary living together with the associated obesity status, are important factors that contribute

to the development of serious diseases such as diabetes and atherosclerosis. Currently, the coexistence of these two diseases is a common cause of mortality, and the morbidity in diabetes is represented by cardiovascular complications (A Report of the World Health Organization, 2014).

Health is deeply related to lifestyle. Obtaining an ideal health, with all the endeavors, will always remain a mirage, because human life is subject to permanent change. Health can be described as a potential explained by the ability of an individual or a social group to change continuously for themselves or for themselves, depending on the changing circumstances of life in order to give a better performance today, but also to be prepared for the future (Pehoiu, Pehoiu, 2010).

Involvement in leisure activities of the young people, especially in physical activities, can be result of the healthiest ideology embrace that supports the idea a healthy person at the centre of life, interested of their own wellbeing, which shows a healthy lifestyle behavior (Nistor, Tîrhaş, 2013).

Hypothesis

Hypothesis 1. There are gender differences in emphasis on certain purposes of practicing physical activities.

Hypothesis 2. There are differences in the appreciation of the importance of certain aspects of practicing sport depending on the profile of the faculty studied.

Methods and materials

Investigation of the research issue was based on a questionnaire through which several objectives were pursued. Some of the objectives targeted, was the purposes for which students participate in physical activities during their leisure respondents by gender and the faculty that they study. The questionnaire was taken from a credible SSP Research Group (2009): International Social Survey Program: Leisure Time and Sports - ISSP 2007. GESIS Data Archive, Cologne. ZA4850, successfully applied in many countries. In the processing and statistical analysis of the data were used the programs SPSS and Microsoft Excel.

In Section C of the questionnaire aimed at the above-mentioned objectives, there are 14 items that refer to the importance of physical exercise goals. The scale of these items ranges from 1 (Not Important) to 5 (Very Important).

Results

From the statistics of own values (Table 1) we find that the unifactorial model explains 22.2% of the item variance (on average), the model with two factors has an explanation power of 36.3%, the model with three factors 48.8%, etc. We stopped at the three-factor model because it explains almost half of the variance of the items and their grouping has a theoretical relevance in the light of previous studies.

Table 1. Own Value Statistics

Nr.	Own Value	Explained Variance	
		Individual	Cumulative
1.	4,007	28,6	28,6
2.	1,869	13,4	42,0
3.	1,534	11,0	52,9
4.	1,056	7,5	60,5
...
14.	0,291	2,1	100,0
Total	14,000	100,0	

Table 2. Correlations between factors and items and the variance explained by the unifactorial model

Purposes of practicing physical activities	Factor-item saturation			Explained Variance
	F1	F2	F3	
Wheight control	+0,690	+0,029	+0,030	47,7%
Increasing energy	+0,671	+0,018	+0,246	51,1%
Body image	+0,661	+0,190	+0,042	47,4%
Stress control	+0,659	-0,100	+0,369	58,0%
Increasing mobility	+0,622	+0,317	+0,003	48,8%
Physical and mental health	+0,605	-0,079	+0,257	43,8%
Gaining muscle tone	+0,564	+0,345	-0,151	46,1%
Increase cardiovascular capacity	+0,554	+0,111	-0,065	32,3%
Increase performance for a particular sport	+0,105	+0,822	+0,026	68,8%
Achieve performance	+0,108	+0,806	+0,164	68,8%
Participating in competitions	+0,096	+0,763	+0,265	66,2%
Spending time with friends	+0,054	+0,000	+0,792	63,1%
To meet other people	+0,044	+0,198	+0,716	55,4%
The joy of exercising	+0,123	+0,188	+0,621	43,6%
Total 14 items (mean)				52,9%

The first factor can be called the health factor (HEAF), the second called the competition factor (COMPF), and the third called factor social (SOCF).

The health goal factor includes items describing the expectations of the changes that the physical activities produce in the body. Of these, it correlates most strongly with the latent factor the weight control item (0.690) and the least powerful is the increase cardiovascular capacity item (0.554). The competition factor includes the items the increase performance for a particular sport, achieve performance and participate in competitions. Of these it correlates most strongly with latent factor the item increased performance for a particular sport (0.822) and the least strong participation in competitions (0.763). Social factor includes items that describe expectations vis-a-vis the social influence of the practice of physical exercise and sports. The strongest correlation with latent factor appear at item spending time with friends (0.792) and less strong is the correlation with the item the joy of exercising.

Gender differences in emphasis on certain goals of practicing physical activities

Hypothesis 1. There are gender differences in the emphasis on certain goals of physical activity. Specifically, we expect that for girls to be important the maintenance of body weight, and for boys, the competitive dimension and socialization through sport.

Table 3. Comparison of the factors of involvement in physical activities

Gender	N	HEAF	COMPF	SOCF
Feminin	345	+0,181	-0,065	-0,031
Masculine	113	-0,553	+0,197	+0,094
Together	458	0,000	0,000	0,000
Threshold significance		<0,001	0,016	0,249

The statistical analysis of the comparison of the factors involved in physical activity suggest that there are significant differences between of female and male respondents about the importance to the physical activities: girls give greater importance purposes related to body and mental health, while boys think that are more important the purposes for performance and competition. The social purpose is a bit more important for boys than girls, but the difference is not significant. From the statistical data it is clear that the hypothesis stated by us is supported empirically.

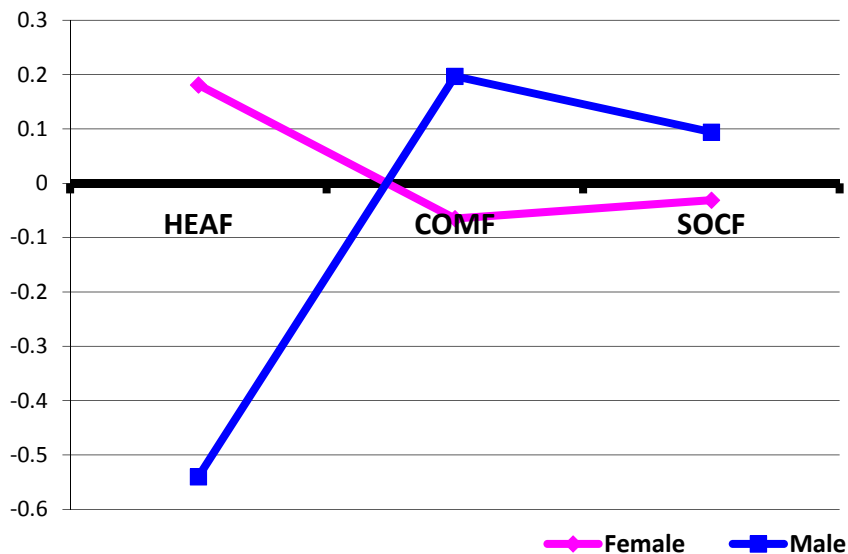


Figure 1. The purpose of practicing physical activities by gender

Differences in the appreciation of the importance of certain aspects of practicing the sport according to the profile of the faculty studied

Hypothesis 2. There are differences in the appreciation of the importance of certain aspects of practicing sport depending on the profile of the faculty studied. This assumption is plausible given that the profile studied by the young people in the sample will mark their lifestyle, volume and structure of free time, but also the social circle that will influence their loisir options. There is an early socialization for the future social status as early as the faculty.

Table 4. Comparison of the factors purpose of involvement in physical activities by type of faculty

Faculty type	N	HEAF	COMPF	SOCF
Exact Sciences	99	-0,339	+0,308	-0,153
Socio-human sciences	293	+0,186	-0,180	+0,010
Theologies	41	-0,639	+0,101	+0,116
Sport	25	+0,214	+0,724	+0,305
Together	458	0,000	0,000	0,000
Threshold significance		<0,001	<0,001	0,156

It is noticed how students of physical education and sports give importance to all three factors.

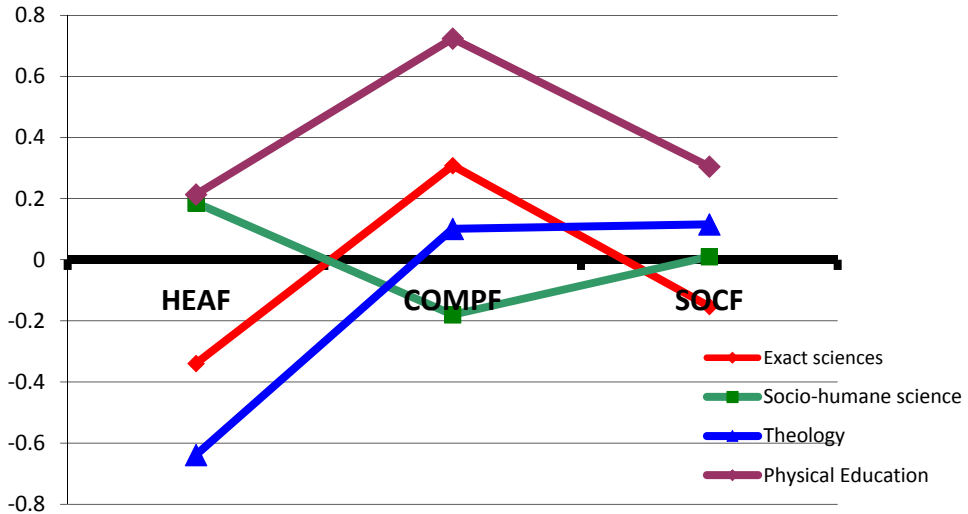


Figure 2. Profile of the purposes of involvements in the practice of physical activities by type of faculty

Table 3. and the graph from Figure 1, highlight the importance that students give of some aspects of practicing sport, they being grouped according to the faculty profile that they are studying. It can be clearly seen that, compared to other students, students from the Physical Education and Sports profile view physical and sporting activities most important from the perspective of all three factors: competition, health and social. For them, as was to be expected, the competitive factor is the most important. The practicing of physical movement in order to improve and maintain health and socialization is considered relatively more important by students with socio-human specialization, compared to they from theology and the students from exact sciences, but the relative importance is on average less than for the students of physical education and sports. Students from theology faculties, on average, give less importance to the health factor in practicing of the physical activities, but put a little more emphasis on the competition factor (compared to those from the socio-human profile) and on the social factor, but here the difference with the other profiles is not statistically significant. Instead, they consider the health factor relatively less important, than students of Sport or Socio-Humanities.

The hypothesis that there are differences in the appreciation of the importance of certain aspects of practicing the sport according to the faculty profile studied is supported statistically.

Conclusions

Gender differences in emphasis on certain goals of practicing physical activities

The conclusions drawn from the statistical analysis of the comparison of the factors of purpose for to practice physical and sports activities show that there are significant differences between the sexes. Through factorial analysis, we identified three factors that group the items on the declared purpose of practicing sports: health, competition, and social purpose. For girls, the goal is health, which is in line with our expectations. Achieving performance goals and participation in competitions, dominates in the boys' options, when referring to the practicing of physical activities and sports. As a result of these results, it can be said that the playful spirit is more manifest in boys than girls. The third purpose, the social purpose, is a bit more important for boys than for girls, but the difference is not significant. Finally, we can conclude that the hypothesis of "there are gender differences in emphasis on certain goals of practicing physical activities" is supported by empirical data.

Differences in the appreciation in the importance of certain aspects of practicing sport depending on the profile of the faculty studied

Comparisons of determinants in the involvement in physical activities show the existence of a differentiation for the importance of practicing physical exercise and sports, according to the profile of the faculty at which the respondents study. The students from physical education and sports faculty had highlighted by the fact that physical movement is important both from a competitive, health and social point of view. For them, as expected, the competition factor is the most important. The purpose factors of improving and maintaining the health status and the socialization factor are recognized by the students with specialization in the socio-human sciences of the faculties of European Studies, Psychology and Education Sciences, Sociology and Social Assistance, Political Science and Public Administration, Letters, Law, Theatre and Television. Students at the Faculty of Orthodox Theology have chosen sport as important for the competitive and social factors. And finally, as a feature of

students from faculty of real profile (mathematics-computer science, physics, geography, biology-geology), oriented to the exact sciences, these consider that practicing sport is the important to measure forces through contest, by competition and achieving the performance. Our hypothesis that “there are differences in appreciating the importance of certain aspects of practicing sport according to the faculty profile studied” is supported empirically.

REFERENCES

- Carter, N. (2012). *Sport as Medicine: Ideas of Health, Sport and Exercise*. In *Medicine, Sport and the Body: A Historical Perspective* (pp. 13–35). London: *Bloomsbury Academic*. <http://dx.doi.org/10.5040/9781849662062.ch-001>.
- Demeter, A., Drăgan, I., (1990). *Sport și sănătate*, București Ed. Sport-Turism.
- Fountaine, C.J., Liguori, G.A., Mozumdar, A., Schuna Jr., J.,(2011). Physical Activity and Screen Time Sedentary Behaviors in *College Students*, *International Journal of Exercise Science*, <http://www.intjexercsci.com>. Int J Exerc Sci 4(2) : 102-112;.
- Hagan JF, Shaw JS, Duncan PM, eds. (2008). *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, Third Edition. *Elk Grove Village, IL: American Academy of Pediatrics*.
- Haskell, W.L et. al, (2007). Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association, *Circulation*, No.116:1081-1093.
- Hoye, Russell, Nicholson, Matthew, Houlihan, Barrie. (2010). *Sport and Policy*. Elsevier Ltd.
- Judge, L., Bellar, D., Lee, D., Petersen, J., Wanless, E., Surber, K., Ferkel, R., Simon, L., (2012). An Exploratory Study of Physical Activity Patterns of College Students at a Midwest State University in the United States, *The Sport Journal* <http://thesportjournal.org>.
- Kilpatrick, M., Herbert, E., Bartholomew, J., (2005). College students' Motivation for Physical Activity: Differentiating Men's and Women's Motives for Sport Participation and Exercise. *Journal of American College Health*, vol. 54, nr. 2.
- Lindstrom, M., Hanson, B. & Ostergren, P. (2001). The socioeconomic differences in leisure time physical activity: The role of social participation and social capital in shaping health related behaviour. *Social Science and Medicine*, 52, 441-451.
- McArthur, L.H., & Raedeke, T.D. (2009). Race and sex differences in college student physical activity correlates. *American Journal of Health Behavior*, 33(1), 80-90.
- Nistor, L., Tîrhaș, C. (2013). Consumul reflexiv. Aspecte cu privire la relația conflictuală dintre principiile flexive și constrângerile economice. În P. Iluț (coord.). *În căutare de principii. Epistemologie și metodologie social aplicată* (pp. 251-280). Iași: Ed. Polirom.

- Nordqvist, C. (2013). „What Is Health? What Does Good Health Mean?” *Medical News Today*. Retrieved from: <http://www.medicalnewstoday.com/articles/150999.php>.
- Pehoiu, C., Pehoiu, A., (2010). Physical activities and promoting a healthy life style in new social and economic conditions International, *WSEAS International Conference on Environment, Medicine And Health Sciences*, ISSN: 1790-5125, ISBN: 978-960-474-170-0.
- Pop C.-E., (2010). Starea de sănătate a populației din România în context European. O abordare din perspectiva calității vieții, *Calitatea Vieții, XXI*, nr. 3-4, p. 274-305.
- Promoting Mental Health As A Public Health Priority (2014). A Report of the World Health Organization Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation and The University of Melbourne, Forty-eighth edition;
- Whitehead J., Telfer H., Lambert J., (2013). *Values in Youth Sport and Physical Education*. Routledge.
- USA Centres for Disease Control and Prevention. Adolescent and School Health. Web. <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>.