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STUDENTS' AWARENESS OF UNIVERSITY SPORTS

Abstract: This paper considers the informing of students and their awareness of the importance of university sport. The aim of the survey was to demonstrate the level of awareness and motivation of students on the Sports Universities in the Republic of Serbia. The scientific research method was applied in the field of survey questionnaires informing students on the organization and functioning of university sport and the motives for recreational exercise. The research was conducted at the Alfa University in Belgrade, the Belgrade University and the University of Prishtina. Based on the results, it can be concluded that students are not sufficiently informed about the organization and functioning of university sport and that have very few sports activities. Based on the experience gained during the work on the organization of student sports competition, systematized a series of measures and proposals that could contribute to the development and promotion sports at the university.

Keywords: Awareness, university sport, physical exercise, the management of the sport, promoting student sport

INTRODUCTION

In order to enquire students' awareness of university sports and of the Universiade held in 2009, and also of the motives for recreation, a survey has been carried out among 150 students from three Universities in Republic of Serbia, namely: Alfa University, The University of Belgrade and the University of Prishtina.

RESEARCH RESULTS

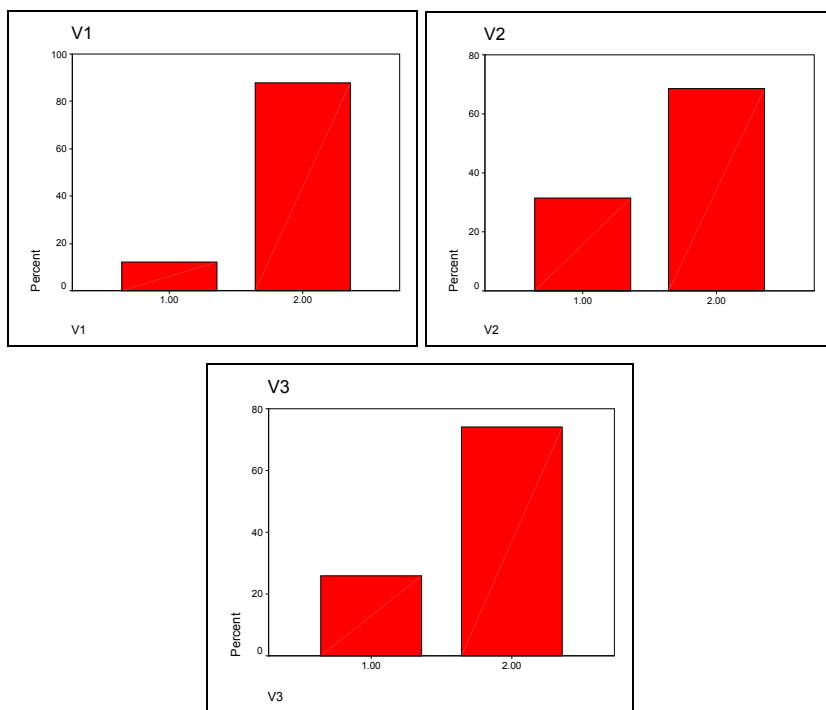
The following are results from survey and discussion related to the applied poll:

		No (1)	Yes (2)	N %
V1	Are you aware of existence of the university sports?	1812,0 %	13288,0 %	150100 %
V2	Are you satisfied with the management organizing the sports activities in your University?	4731,3 %	10368,7 %	150100 %

		No (1)	Yes (2)	N %
V3	Are you informed about the sports activities in your University?	3926,0 %	11174,0 %	150100 %
V4	Do you know when the first University Games have been held?	12684,0 %	2416,0 %	150100 %
V5	Do you know that Serbia is a country which organizes the Universiades?	2114,0 %	12986,0 %	150100 %
V6	Do you know which Universiade in course is held in our country?	11174,0 %	3926,0 %	150100 %
V7	Do you consort with the idea to introduce a compulsive sports education at the universities?	2818,7 %	12281,3 %	150100 %

Answers to the questions (V1): 12 % of the inquired gave negative answer to the question «Are you aware of existence of the University sports», whereas 88 % of them confirmed that they know about such existence. These results are comparatively satisfactory as they indicate that a rather wide group of about 9/10 students is acquainted with this sports category. Presumably, increasing the activeness of the management's and personnels' concerned for students' sports at the Faculties and Universities will effect in higher percentage of 100 %, which is desirable and also is expected among students.

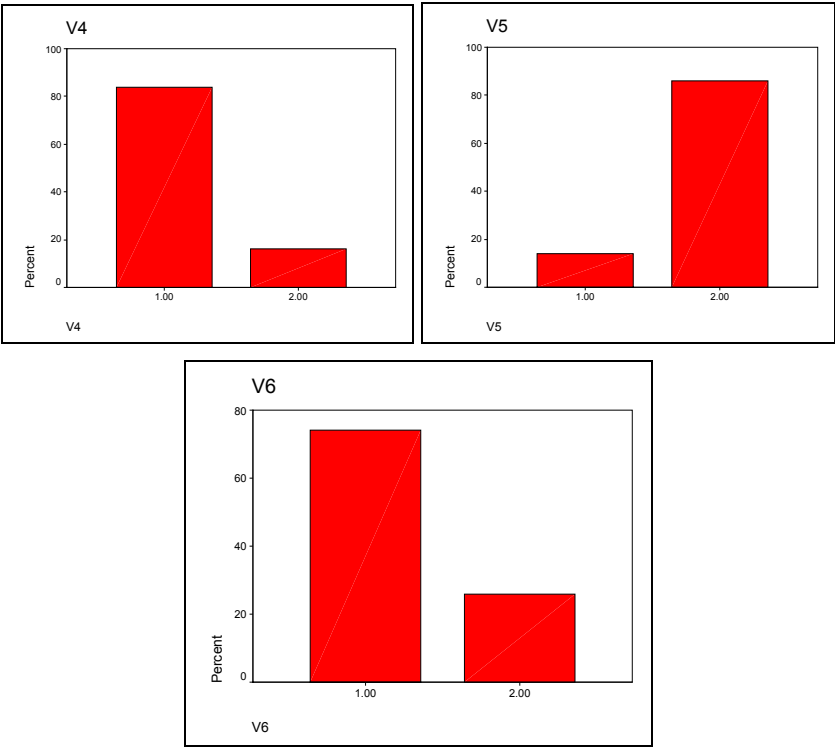
Answers to the next two questions (V2, V3): «Are you satisfied with the management organizing the sports activities in your University?» and «Are you informed about the sports activities in your University?» made a relatively analogical distribution of answers' frequency and occasionally these results could be related to 12 % of the students who do not know that a University sports exists. Accordingly, 31,3 % of the students are not satisfied with the managements' work as to organizing sports activities at the Universities, and 26 % of them are not well informed about existing sports activities at their Universities. Considering that more than $\frac{1}{4}$ of the students are not informed about sports activities at Universities, these results can be conceived quite worrying as they include a rather big percent of the students.



The data showing that more than 2/3 of the students are satisfied with the management's work in organizing sports activities and that nearly $\frac{3}{4}$ of them are informed about sports activities. Precisely, this is a plausible percentage in our environment, which has the ambition to be the so-called «sports core» or «sports nation». Presciently, the students' population is the leader as to sports activities. Future development strategies in University sports management have to endeavour acquiring 100 % of students who are well informed about University sports activities and much higher percentage of students who are satisfied with the management's work on organizing sports activities at the Universities.

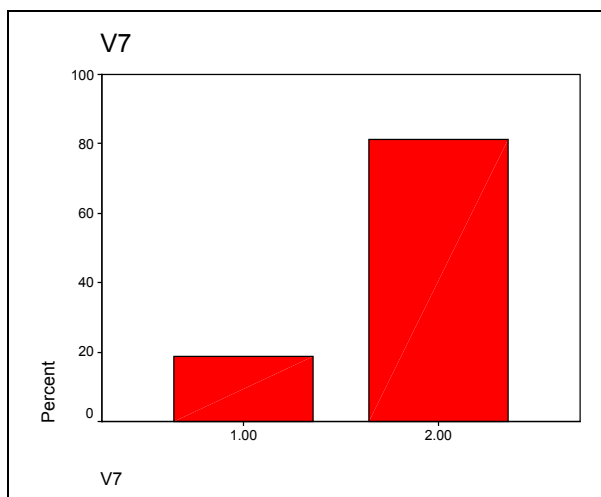
Answers given by the inquired students to the next three questions (V4, V5, V6) are much more alarming, as they point to a wider scope of problems expressed in a weak general awareness of the students. It is an extremely big number of students who do not know when The First World University Games have been held (84 %), the Universiade in cours held in our country (74 %), and even 14 % of the students don't know at all that our country is organizing

Universiades. Considering the fact that sport is a global phenomena, in the full meaning of the word, long ago, that sports events are watched with top interest in comparison with any other events, such a high level of weak awareness among our students indicates that most probably they irregularly read press, watch informative programs on TV.



Also, aunsufficient activeness is indicated among the faculty and university management responsible for sports at universities and for sport education of students. Probably, even worse rezults on the above mentioned issues would be obtained if a wider population have been inquired. Here are included the «common people» whose awareness and general literacy are very low. However, the population of students and higher-educated people is the best educated and most progressive part of the society, which is expected to lead this society in the future. The obtained results would sound alarming and have to appoint the

ones who are generally responsible for sports and more precisely for the sports at Universities to wider scope of measures.

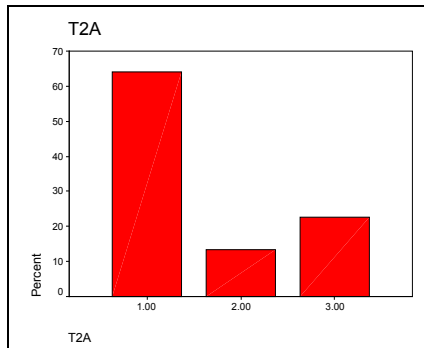
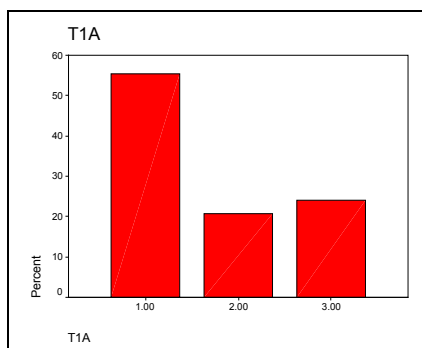


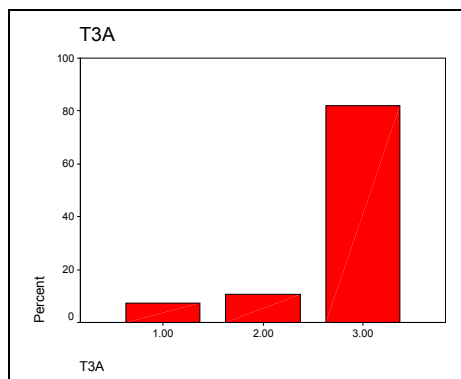
Relatively satisfactory is the consciousness of many students of the importance and the need for sports education (V7), which is confirmed by more than 4/5 of the students (81,3 %) who agreed that a compulsory sports education should be introduced at universities. Such a big percentage of agreement among students affirms the theses that we are a «sports nation» and we are obliged to take an advantage of this. Good will and the awareness of the importance of sports education is the first assumption for success in promoting healthy life style.

Nearly ¼ of the inquired students has given a confirmation to the claim « I often feel tension during the day» (T1A). This could be considered relatively worrying as 20,7 % of the inquired do not have opinion, and if they were forced to anyway profess themselves, it is questionable what would be their answer — positive or negative. More than a half of the inquired students (55,3 %) did not agree with the claim that during the day they feel tensed.

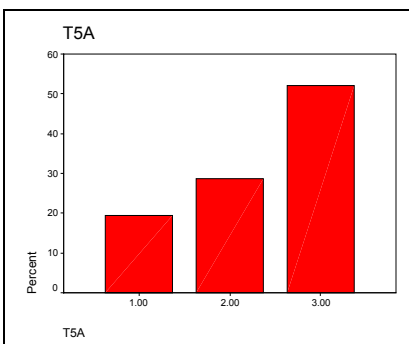
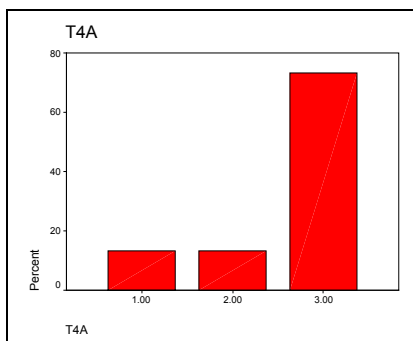
Almost 2/3 of the students do not accept the claim (T2A) that «They easily get nervous at Faculty» (64 %), while 22,7 % of them agree with this claim. Anyhow, 1/5 to ¼ of the students feel anxiety, get alarmed and get easily nervous (T1A i T2A), which is a relatively high percentage, especially as to indefinite examinees for we are not aware of their feelings unless these are spoked out.

	Claim	Do not agree (1)	No opinion (2)	Agree (3)	Average value
T1A	I often feel tension during the day	8355,3 %	3120,7 %	3624,0 %	1,68
T2A	I get easily nervous at Faculty	9664,0 %	2013,3 %	3422,7 %	1,58
T3A	Sports training helps me to better concentrate and learn	117,3 %	1610,7 %	12382,0 %	2,75
T41A	I enjoy effort during training	2013,3 %	2013,3 %	11073,4 %	2,60
T5A	I enjoy most stretching exercises	2919,3 %	4328,7 %	7852,0 %	2,33
T6A	I feel great relief after training	85,3 %	1711,3 %	12583,3 %	2,78
T7A	Strenght exercises at the fitness has a calming effect on me	5234,7 %	3926,0 %	5939,3 %	2,05
T8A	I always prefer training to watching TV	2315,3 %	3120,7 %	9664,0 %	2,48
T9A	I always prefer training to solarium treatment	128,0 %	138,7 %	12583,3 %	2,75
T10A	I always prefer training to meeting my friend at a cafe	6342,0 %	3221,3 %	5536,7 %	1,95
T11A	Students in Serbia rarely do sports	1711,3 %	3322,0 %	10066,7 %	2,55

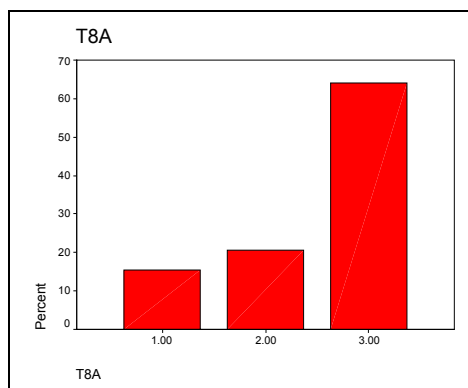
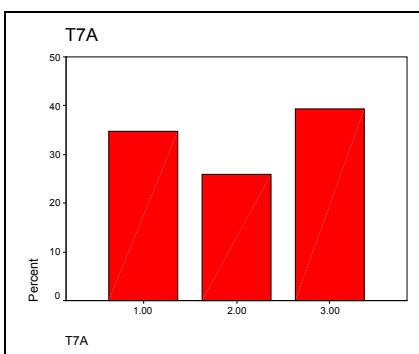
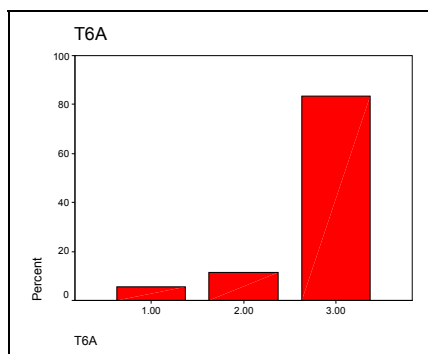




A great number of students (82 %) estimate the importance of sports education and claim that «Training helps better concentration and learning» (T3A). It is a negligible percentage of those who haven't agreed with this claim (7,3 %) or do not have an opinion (10,7 %). Almost $\frac{3}{4}$ of the inquired confirmed (73,4 %) the claim that «They enjoy efforts during exercises» (T4A), on the other hand 13,4 % of them do not agree with the claim.



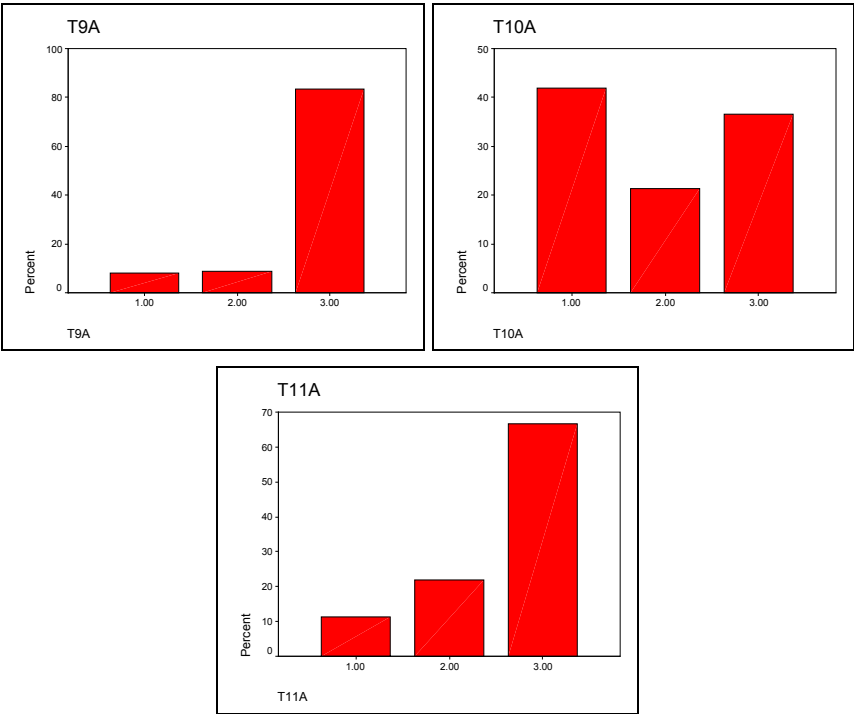
More than a half of the inquired (52 %) are confirming the claim (T5A) that they «Most of all enjoy the stretching while training», and 19,3 % thinks that this claim is wrong. A insignificant percentage (83,3 %) is positive as to the claim (T6A) «I feel relief after training», which coincides with the previously mentioned claim that «training helps better concentration and learning». This indicates stability in students opinion on the importance of sports activities and reveals their maturity and awareness of the preveously discussed need of sports education.



It could be clearly estimated from the given answers which is the preferred form of training for the inquired students. 39,3 % of the students stated their agreement with the claim (T7A) that they feel «relaxed after training in the gym», but this is less than the previously presented claim on the effect of stratching exercises on the inquired students (52 %). The percentage of the indefinite answers is analogical at these two claims which naturally points to the conclusion that they much more prefer a third option of sports activity like: aerobics, jogging, aqua-aerobics, etc. Almost 2/3 of the inquired (64 %) «prefer training to TV» (T8A). Probably, this claim should be replaced with the «I rather prefer training to TV watching» as the average number of the actively training students indicates that this is more a matter of stating an oppinion than a real aptitude for sports activity.

A very high percentage of the inquired (83,3 %) considers that they «always prefer training to solarium treatment» (T9A). However, most of them «prefer training to coffee with a friend» (T10A), 42 %

do not define themselves as active trainers and this should be esteemed as alarming.



Some 2/3 of the inquired students (66,7 %) stated an agreement that «Students in Serbia are insufficiently engaged in sports »(T11A), and 11,3 % have a negative oppinion on the claim.

This indicates that the inquired students are appropriately estimate the importance of sports activities and are aware of the small number of those actively involved in sports.

During the research of the motives for recreation, the inquired students were given 8 different motives which are interrelated in a way to obtain 28 pairs. The intention is to determine the dominant motive, the most important one. In accordance with the chosen scale, it is proven that health rates at 7, the biggest possible when crossing the pairs of most important motives, followed by friendship — 6, entertaining -4, relaxsation — 4 puta, lifestyle — 3, strength development — 3, beauty — 1, while overweight was not mentioned even once.

	Dominating motive:
Health	7
Friendship	6
Entertaining	4
Relaxsation	4
Lifestyle	3
Strength development	3
Beauty	1
Overweight	0

Thus rated the motives indicate that the students very well estimate the significance of training and its functions.

Motive for recreation (X1)	N %	Dominating motive
Entertainment (1)	8858,7	Entertaining
Relaxsation (2)	6241,3	

CONCLUSION

The accomplished poll had the purpose to indicate the level of student's awareness on University sport in general. Based on the author's previous experience in organizing students' sport competitions the whole set of measures and proposals is systemized and contributes to the development of the University sport. Naturally, the marketing of students' sport with certain financial means is a relatively easy task but it is much more complicated to achieve a promotion of students' sport in an economical crises environment.

The examples of students' sport presentation reviewed at the first place will be the ones that do not require any or require minimum financial investments.

Famous athletes from Serbia and from abroad were asked in several occasions to visit faculties in the Belgrade region and to hold presentations or through informal gathering with students to share their experience. In most of the cases top ranking athletes did not ask for any remuneration and gladly responded to such invitations. The proposal for some of future researches could be an investigation how

and in what level the direct contact with top ranking athletes influences development of recreation and practice among students.

The organization of students' sports games is possible with minimum funds within the faculty's existing capacity, where communication and organizing concrete anniversaries is a good way to promote students' sport.

The equipping of club premises within the faculties where students could gather does not demand major investments and yet it contributes to better awareness of the benefits of sport and good physical condition.

The organization of students' sport with certain funding is a routine task for experts with defined schedules of activities. In accordance with the existing sources, certain training conditions and engagement of professional coaches, as well as organization of competitions can be held. Students' sport games are more complex and demand involvement of sponsors and participation of the Ministry of Sports and Youth.

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ВИКЛИКИ РЕФОРМИ ВИЩОЇ ОСВІТИ В УКРАЇНІ

АНОТАЦІЯ. У роботі охарактеризовано основні положення Закону України «Про вищу освіту» 2014 року та наведено наявні результати його імплементації; розроблено пропозиції щодо напрямків удосконалення вітчизняної системи вищої освіти відповідно до успішних світових практик і наявних можливостей.

КЛЮЧОВІ СЛОВА: вища освіта, реформа, автономія, самоврядування.