



Leisure and recreational activities of student youth in the context of health-preservation

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Journal for Educators, Teachers and Trainers, Vol. 12 (3)

<https://jett.labosfor.com/>

Date of reception: 22 Feb 2021

Date of revision: 20 May 2021

Date of acceptance: 18 Aug 2021

Olena Otravenko, Olena Shkola, Olena Shynkarova, Valeriy Zhamardiy, Oleksandr Iyvatskyi, Dmytro Pelypas (2021). Leisure and recreational activities of student youth in the context of health-preservation. *Journal for Educators, Teachers and Trainers*, Vol. 12(3). 146 – 154.

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ABSTRACT

The article examines leisure and health-improving activities of student youth in the context of maintaining health by means of health-improving fitness and recreational tourism. The aim of the work was to identify the main aspects of leisure and recreational activities of student youth in the context of health preservation; determination of methodological approaches to the preparation of student youth for the organization of leisure and recreational activities by means of health fitness and recreational tourism. The study participants were 386 students of a higher educational institution in Ukraine. The experimental study was carried out in three stages, each of which used different research methods. These were: a closed questionnaire of the need for achievements by Yu. Orlov, the test "Assessment of communication skills and organizational abilities" by V. Sinyavsky and B. Fedorishin, the methodology "Diagnosis of the level of empathy" by I. M. Yusupov, the method of the level of expression and directionality of reflection by M. Grant). As a result, the introduction of methodological approaches to the preparation of student youth for the organization of leisure and health-improving activities by means of health-improving fitness and recreational tourism significantly influenced the increase in the general level of formation of motivational needs, cognitive, creative-activity and evaluative-reflective components. The selected criteria, indicators, methods and diagnostic tools for the formation of the readiness of future specialists in physical culture and sports for the organization of leisure and rest covered all the characteristics of the studied phenomenon. They were interrelated and, in their unity, reflected the effectiveness of the readiness formation process, as well as differentiation according to the corresponding levels. Thus, the implemented methodological approaches contributed to the high-quality training of future specialists for the organization of leisure and recreational activities by means of health fitness and recreational tourism, especially in a pandemic. The educational direction of the organization of the educational process provided for updating and expanding the content of the following academic disciplines: "Recreational physical activity and physical rehabilitation", "Fitness with teaching methods", "Sports and pedagogical improvement in fitness", "Tourism", "Outdoor and entertaining games", "Musical-rhythmic education and the basics of health-improving physical education", "Modern sports and health-improving technologies." A complex combination of traditional teaching methods with innovative ones is proposed, aimed at modeling professional situations associated with leisure and

entertainment activities of future bachelors of physical culture and sports, and a health self-control diary has been developed.

Keywords: leisure and recreational activities, students, health-preserving competence, quality of the educational process, sanative fitness, recreational tourism, healthy lifestyle.

INTRODUCTION

The conducted theoretical and methodological analysis of literary sources on the physical education of students confirms that it is traditionally determined by the capacity of students to act. She is an effective way to improve and strengthen her health, preparation for active life in future productive professional work. However, against the background of the reforming of the integral education system in Ukraine, reforming in the sphere of physical culture and sports remains a big problem.

Modernization of the content of education intensifies already significant attention of the state to the health-preservation and active leisure of student youth, developing skills of strengthening, health-preservation and healthcare, development of personal physical culture, conscious leading a healthy lifestyle, especially to ensure the quality of education in a pandemic. The state strategy of the society is aimed at creating a healthy educational environment in educational institutions, provided by a number of legal documents, such as the Laws of Ukraine: «On Education» (2017), «On Higher Education» (2014), «On Physical Culture and Sports», 1993 (as amended in 2000, 2017) and others.

The National Strategy for Physical Activity in Ukraine for the period up to 2025 «Physical activity - a healthy lifestyle - a healthy nation» emphasizes, that at present in the country there is a positive trend to increase the number of people using different types and forms of sanative physical activity.

Physical education in the field of education obliges to ensure the development of the physical health of young people, an integrated approach to the formation of the physical and mental abilities of the individual, to improve physical and psychological preparation for active life and professional activity on the principles of an individual approach, the priority of a health-improving orientation, the wide use of various means, forms of physical education and mass sports, the continuity of this process throughout life. Unfortunately, the current system of physical education in higher educational institutions of Ukraine is more focused on the implementation of tasks of general physical training. It does not contribute to the satisfaction of the needs and interests of the health-improving and recreational nature of young people, it cannot form a system of motives for regular physical exercises.

That is why this situation has led to the need to look for new ways to organize the process of physical education of students in higher educational institutions. Innovations in physical education enable students to develop physically and shape their worldview and ability to direct their own educational trajectory and life program. Thus, the goal of physical education of students in educational institutions will be realized as efficiently as possible.

The issues of health, recreational activities and leisure of student youth were considered in the works of (Andreeva, 2014; Otravenko, 2016; Zhamardiy, 2017; Shkola, 2019; Shinkaryova, 2020) which showed a growing interest in the research problem. All the researchers considered by us believe that it is necessary to form in students the need to increase the volume of physical activity in order to attract them to regular physical exercises and maintain health by introducing teaching aids that are interesting to them.

A healthy lifestyle of student youth is based on awareness of the value of health, behavioral stereotypes that contribute to maintaining healthy longevity, increasing physical activity, physical self-improvement; leisure student youth - free activities that help restore the mental and physical strength of young people, increase their level of knowledge, skills and abilities in the implementation of leisure activities that meet their needs and recreation is a process of active leisure of young people in free time, aimed at restoration of physiological, physical potential, the desire of students to get active rest for pleasure and creative self-expression of personality. Recreational activities provide the opportunity to achieve a significant restorative and health effect with a focus on age features, preferences, physical capabilities; leisure and recreational activities of student youth - an important component of improving the professional skills of the future specialist, a component of professional training, which is expressed in the system of values, knowledge, needs, skills and skills for the formation, preservation and strengthening of physical, mental, spiritual and social aspects of health of future bachelors of physical culture and sports.

Our research analyzes and summarizes the theoretical foundations of the formation of recreational and health-improving culture of students; developed and substantiated the structure and content of the technology for the formation of recreational and health-improving culture of student youth by means of health-improving fitness and recreational tourism; organizational and methodological conditions for the introduction of physical education of students of higher educational institutions into the educational process have been determined; the effectiveness of the study is assessed.

MATERIALS AND METHODS

The aim of the study is to identifying the main aspects of leisure and recreational activities of student youth in the context of health-preservation; determination of methodological approaches in preparation of student youth for the organization of leisure and recreational activities by means of sanative fitness and recreational tourism.

The study covered 386 students of higher education institutions of III-IV levels of accreditation, in which the training of future bachelors of physical culture and sports is carried out. Applicants of the educational and qualification level «bachelor» of the State Institution «Lugansk National University named after Taras Shevchenko» (Starobilsk) were involved in the ascertaining stage of the experiment - 106 respondents (79 boys and 27 girls), Public Institution «Kharkiv Humanitarian and Pedagogical Academy» (Kharkiv) - 120 respondents (63 boys and 57 girls), «Donbas State Pedagogical University» (Slovyansk) - 80 respondents (51 boys and 29 girls), «Sumy State Pedagogical University named after A.S. Makarenko» (Sumy) – 80 respondents (48 boys and 32 girls).

106 applicants of the State Institution «Lugansk National University named after Taras Shevchenko» of the I-IV courses took part in the formative stage of the experimental test. Students were divided into two study groups: experimental (EG, n=54) and control groups (CG, n=52).

The study was conducted during 2015-2020 and covered three stages of scientific and pedagogical research: (2015) – *theoretical and diagnostic stage*; (2016-2017) – *analytical and exploratory stage*; (2018-2020) – *experimental and generalization stage*. The study was conducted during 2015-2020 and covered three stages of scientific and pedagogical research: (2015) – *theoretical and diagnostic stage*; (2016-2017) – *analytical and exploratory stage*; (2018-2020) – *experimental and generalization stage*.

The following research methods were used in the work:

- theoretical: analysis and generalization of literary sources, advanced domestic and foreign pedagogical experience;
- empirical: pedagogical observation, questionnaires (a closed questionnaire on the need for achievements (according to Yu. Orlov), testing (Test «Assessment of sociability and organizational skills» (by V. Synyavsky and B. Fedoryshyn), method «Diagnosis of the level of empathy» by I. M. Yusupov, method of the level of expression and direction of reflection by M. Grant) will determine the nature and initial level of training of applicants in the specialty "Physical culture and sports", "Secondary education (Physical culture)" for the organization leisure -recreational activities in the process of professional training ; pedagogical experiment to test the effectiveness of pedagogical conditions formation of readiness of future bachelors of physical culture and sports to organization of leisure and recreational activities in the process of professional training;
- method of mathematical statistics (χ^2 - Pearson's agreement criterion): for estimation and theoretical substantiation of reliability of the received results of experiment).

RESULTS AND DISCUSSION

As was stressed by (Zhamardiy et al., 2020), today society needs not only strong theoretical knowledge, but also future specialists in physical education, who have a high level of knowledge, practical skills and special abilities, have a high level of psychophysical training and professional capacity, increased physical reserve and functional capabilities of the body, the desire to achieve goals, harmonious and spiritual development. The educational process of physical education should be aimed at improving health, motility, to increase the level of physical fitness of student youth.

In turn, (Andreeva et al., 2015) draw attention to the fact that «The dominant features of a specialist of the new status are high qualification, professional competence, ability to model different types of recreational activities and solve fundamentally new recreational and health-improving problems».

It should be emphasized (Otravenko, 2014; Zhamardiy et al., 2019; Shynkarova et al., 2020; Kornosenko et al., 2020) that the introduction of health-preserving educational technologies in the educational process of the educational institution is associated with the use of medical and hygienic, physical culture and health-improving, medical and health-preserving, socially adapted, ecological, valeological technologies and life safety technologies.

According to Otravenko (2016), the essence of health-preserving technologies lies in a comprehensive assessment of the conditions of education and training, which allow to provide a good state of health of young people, to take care of a high level of their self-realization, skills of a healthy way of life; to monitor indicators of individual development, to predict possible changes in health and to carry out appropriate psychological and pedagogical, corrective, health-preserving, recreational activities to ensure the quality of educational and professional activities of pedagogical process participants.

Thus, increasing the motivational sphere of student youth to lead a healthy lifestyle and perform regular physical culture and sports activities is the most important task of the education, science and health services of Ukraine.

Was defined the health-preserving competence of higher education seekers as a multifactorial quality of personality. That integrates knowledge, skills, abilities, experience and personal qualities that are very important factors for achieving high results in future professional activities; motives, attitudes and values aimed at

understanding the importance of health, healthy lifestyle for the individual, creating a health-preserving environment and health-preserving behavior of applicants in higher education and improving their own creative potential (Otravenko, 2019).

Andreeva (2014) defined recreational activity as a process of human interaction with the environment, thanks to which it achieves a conscious goal, which arose as a result of the need for active recreation, pleasure, recovery, recovery of physical and mental strength in free or specially designated time, which stimulates motor and social activity and creates optimal conditions for creative self-expression.

As noted by Shynkarova et al. (2020), leisure and recreational activities of student youth are an important component of improving the professional skills of future professionals, component of professional training, which is expressed in the system of values, knowledge, needs, skills and abilities to form, maintain and strengthen the physical, mental, spiritual and social aspects of health of future professionals in physical culture and sports.

We propose to form the readiness of future bachelors of physical culture and sports to organize leisure and recreational activities by means of sanative fitness and recreational tourism, which have a high practical value.

Recreational tourism, as an important factor in improving health, involves the scientific justification of tourism from the standpoint of health. With the help of medical and biological sciences (physiology, biochemistry, hygiene, medicine) in this case the mechanism of beneficial effect of natural-applied exercises, typical for tourism, on the health of student youth is explained. This should take into account the peculiarities of the use of various types of tourism for health purposes. Based on the results of research in this direction, specific recommendations are being developed aimed at improving efficiency and improving the functional state of a person. Thus, recreational tourism (Smoliy et al., 2006) may differ significantly and include entertainment programs, hobby activities, ethnic hikes related to the study of national culture in the country of temporary residence, etc.

We are impressed by the opinion of Zhamardiy (2017) and Shkola et al. (2017) who emphasize that sanative fitness technologies are an important tool for the formation of a physically developed and mentally stable personality in the system of higher pedagogical education. They contribute to personality upbringing, education, socialization. Students' interest in fitness technology is due to the availability, efficiency and emotionality of the means, among which physical exercises of electoral orientation with the use of innovative programs and techniques, components of a healthy lifestyle, diagnosis of physical condition. Fitness belongs to the subject area of physical education, as it forms special knowledge, develops motor abilities, skills, necessary skills that determine physical capacity and human health through the use of innovative approaches, tools, methods, equipment, inventory and conditions of training. Fitness today is seen as a fitness training that ensures the harmonious development of physical qualities and motor skills, as a social phenomenon that affects various aspects of human life, as a form of organization of the leisure sphere.

Students were asked questions to find out how much time they spend on physical activity: How regularly do you exercise in your free time? Name the reasons that interfere with exercise. The following results were obtained (fig. 1, fig. 2).

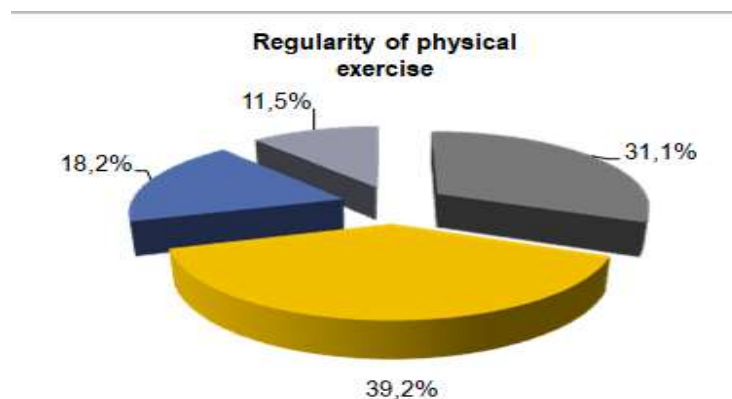


Fig.1: Regularity of physical exercises

According to the study, it was found that 54.1% of respondents (209 out of 386 respondents) are engaged in physical culture and sports in their free time, they have following regularity of classes: 31.1 % - are engaged on occasional basis; 39.2 % - 1 or 2 times a week; 18.2 % - 3 or 4 times a week; 11.5 % - daily.

The main reasons that prevent students (45.9 % - 177 out of 386 respondents) to engage in physical culture and sports activities are: lack of free time - 62.7 %; absence in the institution of higher education of a section on a favorite sport - 13.0 %; reluctance to engage in physical culture and sports - 6.8 %; poor health - 14.7 %; other - 2.8 %.

Thus, only a small part of students (29.7 %) are engaged in physical culture and sports more than 2 times a week; only 11.5 % of students spend more than 8 hours a week on physical culture and sports activities; organization of leisure and recreational activities in higher education institutions requires further improvement and scientific substantiation.

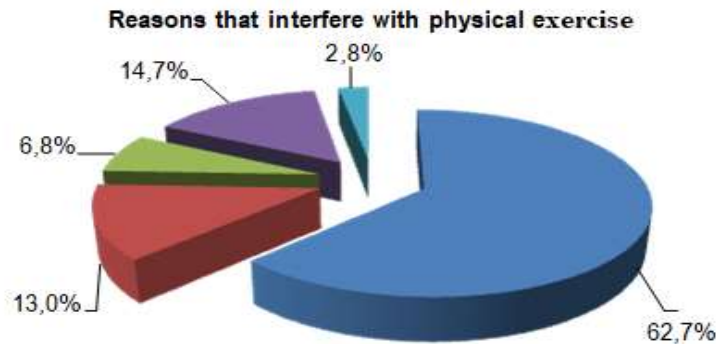


Fig.2: Reasons that interfere with physical exercise

Next, we propose to consider methodological approaches in the preparation of future bachelors for the organization of leisure and recreational activities by means of health fitness and recreational tourism (Tabl. 1). The selected criteria, indicators, methods and tools for diagnosing the formation of readiness of future specialists in physical culture and sports for the organization of leisure and recreational activities covered all the characteristics of the studied phenomenon, were interconnected and in their unity reflected the effectiveness of the process of formation of readiness, as well as differentiation by appropriate levels.

Table 1: Methodological approaches in the preparation of student youth for the organization of leisure and recreational activities by means of sanative fitness and recreational tourism

Criteria	Parameters	Methods and means of diagnosis
Motivational and demand	Formation of educational motive; formation of a professional motive; awareness of the need to be ready for the organization of leisure and recreational activities by means of health fitness and recreational tourism; high cognitive activity; motivation for success.	Observation and evaluation of the teacher; self-diagnosis of students of their attitude to leisure and recreational activities by means of health fitness and tourism (questionnaire «Study of needs, motives and interests»); a questionnaire to identify the reasons that motivate and hinder health fitness; keeping a diary of self-control; observation, questionnaire (Yu. Orlov’s test «Motivation for achievements»)
Cognitive	High level of professional competence; development of motor intelligence; availability of analytical, prognostic and projective skills; ability to empathize.	Tests and control tasks to identify and determine the level of knowledge formation on readiness for leisure and recreational activities, fitness technology, healthy lifestyle; questionnaires, observations, interviews, testing (Test «Assessment of sociability and organizational skills» by V. Synyavsky and B. Fedoryshyn). method «Diagnosis of the level of empathy» by I. M. Yusupov.
Creative and action	High level of development of organizational skills; high level of creative abilities development; ability to self-development, self-improvement; leading a healthy lifestyle.	Testing (test for creativity and identifying the level of creative thinking; test “Readiness for self-development and self-improvement” by V. Pavlov); performance of independent tasks; constant self-monitoring of health and physical development through keeping a diary of self-monitoring, self-observation and self-assessment.
Evaluative -reflexive	High self-esteem; ability to introspect; ability to self-reflection.	Observations, questionnaires; methods of the level of expression and direction of reflection by M. Grant’s test (self-reflection, socioreflexion); Self-assessment of the level of formation of professional skills and abilities.

The educational direction of the organization of educational processes in the institution of higher education provided updating and expansion of the content of following educational disciplines: «Recreational and physical activity and physical rehabilitation», «Fitness with teaching methods»!, «Sports and pedagogical improvement in fitness», «Tourism, mobile and recreational games», «Musical-rhythmic education and basics of health

fitness», «Modern sports and health technologies». We offered an integrated combination of traditional teaching methods with innovative ones aimed at modeling professional situations related to leisure and recreational activities of future bachelors of physical culture and sports. During the practical classes on the subject «Recreational and motor activity and physical rehabilitation» we used such interactive teaching methods as recreational and business games, training exercises, case-study (method of analysis of specific situations). Taking into account the pandemic situation the classes, the forms of conducting classes have been updated and improved (compiling video exercises and discussing them; multimedia presentations, video portfolios, video puzzles, video cards, compiling and solving crossword puzzles, etc.). Within the discipline «Sports and pedagogical improvement in fitness» a diary of self-control was developed and implemented. Graphically, a section of the results obtained during the ascertaining and control stages of the experiment, which reflects the dynamics of the levels of formation of students' readiness for leisure and recreational activities, is presented in fig. 3.

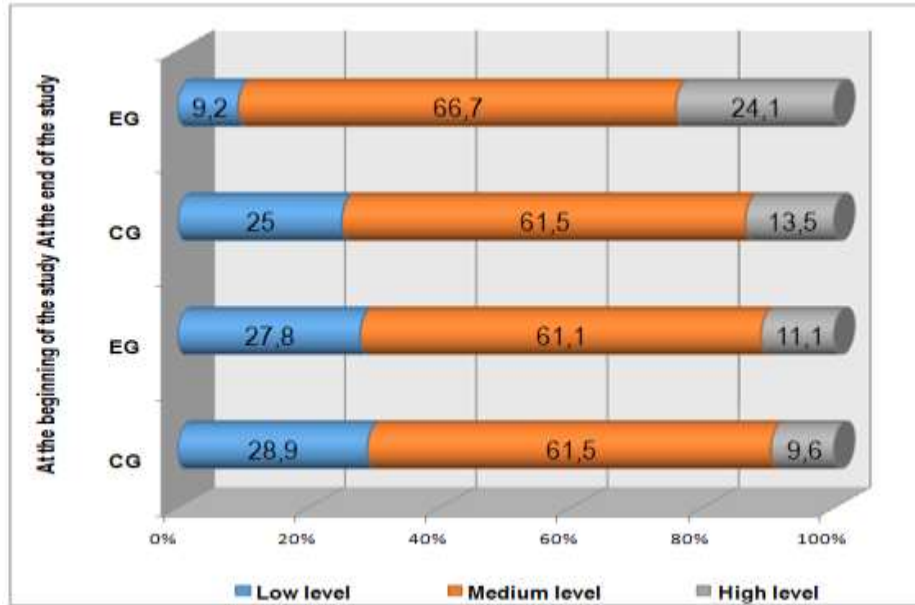


Fig.3: Dynamics of formation of readiness of student's youth for leisure and recreational activity

Suppose that during the formative stage of the experiment, the levels of the formed readiness of student youth for leisure and recreational activities increased statistically significantly. In order to compare the obtained at the ascertaining stage of the experiment and during the control section, expressed as a percentage, we use χ^2 -criterion, which is calculated by the formula 2.1. According to the results of calculations we have:

$$\chi^2_{CG} = \frac{(13.5 - 9.6)^2}{9.6} + \frac{(61.5 - 61.5)^2}{61.5} + \frac{(25.0 - 28.9)^2}{28.9} = 2.08$$

$$\chi^2_{EG} = \frac{(24.1 - 11.1)^2}{11.1} + \frac{(66.7 - 61.1)^2}{61.1} + \frac{(9.2 - 27.8)^2}{27.8} = 28.14$$

The calculated value for the control group of χ^2 -criterion (2.08) suggests that changes in the levels of formation of readiness for leisure and recreational activities of students in the control group, which occurred during the formative stage of the experiment, are not statistically significant.

The calculated value for the experimental group of χ^2 -criterion (28.14) suggests, that as a result of application of the technique developed by us of realization of pedagogical conditions of formation of readiness for leisure and recreational activity in the future experimental group there were statistically significant changes in levels of formation of the specified readiness.

CONCLUSION

Based on the study of scientific literature and our study, it is determined that leisure and recreational activities are an important process of active recreation of young people. Having fun, young people get energy and restore physical and psychological condition, it is important both for the individual and for society as a whole. Leisure and recreational activities in the context of health care in higher education institutions allow to make full use of free time of applicants, improve personality, broaden horizons, strengthen health, meet motor interests and needs. Forms, means and methods of physical recreation are one of the most accessible and effective ways to increase the spiritual and physical development of students, solving health-restoring and recovery problems,

restoration of general and special working capacity, introduction of physical culture style of behavior in everyday life and life of student youth.

The formation of a recreational and health-improving culture of students provided for the acquisition of knowledge about how to rationally use your time, what types of leisure help the development of the student's personality; awareness of different types of motives of health-improving and recreational activities, positive physical development by means of fitness and tourism for the purpose of health improvement; positive emotional states and behavior in the recreational and health-improving activities of students.

The results of the study showed that the problem of the formation of leisure and recreational activities of students in the process of physical education requires more and more careful study. According to the results of the control stage of the experiment, the competence (high) level of readiness for leisure and recreational activities was found by 24.1% of future bachelors of the experimental group (compared to 11.1% at - experimental work), reproductive (average) level - 66.7% (compared to 61.1%), fragmentary (low) - 9.2% (compared to 27.8%). In the control group, according to the processing of data, there is insignificant dynamics of change: competence (high) level of readiness for leisure and recreational activities revealed 13.5% of future bachelors, compared from 9.6% at the beginning of experimental work, reproductive (average) level did not change - 61.5%, compared with 61.5%, fragmentary (low) - 25.0% compared with 28, 9% of respondents. Quantitative and qualitative analysis of the results of the experiment showed the effectiveness of the developed and implemented pedagogical conditions for the formation of readiness of future bachelors of physical culture and sports to organize leisure and recreation activities. Wellness fitness and recreational tourism for students of the experimental group increased the necessary life factors of their activities (educational and future professional).

We see promising areas of scientific research within the framework of the problem in the development of scientific-theoretical and methodological principles of quality training of specialists of the second (master's) level of higher education.

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