Research Paper Sport

High School And University Students Interest For Sport in Cluj - Napoca

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ABSTRACT

Purpose. Sports facilities, services and equipment, professional competence of the instructors, teachers and coaches with the requirements and needs of the population have become an important and current research theme.
The research purpose is to obtain data at the following categories: motivation and satisfaction received from a sporting activity, quality of service and identify the benefits achieved.
Methods. The method has been applied in the form of sociological survey questionnaire applied directly to high school or university students, or through the Internet.
Results. Responses to questions were entered into SPSS, and was calculated the arithmetic average, median, mode and deviations from central tendencies, univariate analysis.
Conclusions. Reasons to practice sports by subjects interviewed are: health, fitness, hedonic aspects and aesthetic aspirations. The time given movement is about an hour and a half. Team games are appreciated. The deployment conditions of sports activity are unsatisfactory. Advertising and quality of services, athlete's recovery and the ambience of sporting bases may influence the attitude for those who do not want to sweat for healthy life.

Keywords : sport, health, expectation, offer, benefit.

Introduction
The consumer society in different hypostasis of competitive existence means a permanent harmonization between the market's request and offer (Craig, P., and Beedie, P., 2008).

Sports as a healthy alternative for activities polarize between performance sports and playful activities. The young men's motivation for sports competes with many others contemporary temptations like games, internet and others. In these conditions the problem of staying healthy is more striking. In the scientific literature, other authors studies emphasized similar social aspects of sport Devecioglu, S., et. all (2012), Love, A., et. all 2012).

After the alarming remarks concerning the health state of the school population reported fifteen years ago by the recruitment centers for military service in our country, the frequent obesity observed by doctors and parents and the drugs jeopardy from all over the world made some organisms like The European Council, medical and educational institutions think over the healthy effect of the classes of sports.

The accommodation of the curriculum, the sports' facilities and equipment offer, the qualification of instructors, teachers and trainers must be related to the population's requests and needs (Berry, B., 2009). This fact justifies the actuality and the importance of the research's theme. Considerable research on sport facilities is primarily centered on them as physical, financial, political and economic structures, but dearth of research explores the role of the facility as a social anchor and its roles within both formal and informal community development (Mureşan, A., 2005). Sport facilities are viable social anchors within communities and community networks capable of maintaining a collective image or creating a preferred image for community members (Seifried, C., Clopton, A.,W., 2013).

According to Xianliang, L., et all. (2012) studies, the main sports consumption motivation of urban residents is fitness motivation and social motivation. Urban residents of different gender, age, education and income levels are different in regulating psychological motivation, rational consumption motivation and seeking common motivation.

Purpose
The research's aim is to understand the motivation and the social trend regarding sport for health on this sample of population. The information from this intervention can be useful for medical and sports institutions and organizations.

Related to the practice of sports for health this research wants to investigate the following aspects:
- the frequency with which sport is practiced by the pupils and students from Cluj,
- the degree of satisfaction regarding the circumstances in which they practice the sport,
- how well informed are they regarding the sport's facilities offered by the market from Cluj,
- how teenager's life is influenced by the practice of sports,
- how the sportsmen relate to others.

Methods
This research concerned 162 persons interviewed, pupils and students from Cluj-Napoca with ages between 15 and 25, in 2013.

The sample was chosen using a simple random method considering the next criteria:
- the subjects must have ages between 15 and 25,
- they must be pupils/students,
- they have to practice sport at least once a week.

The method of research that was chosen is the social inquiry using a questionnaire which contains open and closed coded questions.

The questionnaire treated the following topics:
1. The estimation of pupils and students' degree of interest in sport

2. The identification of the frequency with which some sports are performed
3. The evaluation of the degree of satisfaction given by sports regarding:
   - the circumstances,
   - relations with others,
   - the achievement of the goal.

1. The evaluation of the accessibility to different sport facilities (their presence on the market and the financial opportunities).
2. The identification of the motivation for practicing different sports.
3. The identification of the benefits of sports.
4. The identification of the way in which the decision about practicing sport was taken (the persons involved, context).
5. The identification of how well the sports facilities are known.

The researched population made of teenagers and students is the population which can still profit for a long time of the healthy effects of sports.

The locations for application of the enquiry were high schools, universities where teenagers study, streets, parks or other places.

The enquiry was also applied on the internet to persons which practice sports for pleasure.

For the subjects' comfort they were ensured regarding the confidentiality of the information and the questioners convinced them about their good intentions.

The results analysis was made based on the criteria described by Rotariu, T.,(2006).

The time interval of the research was April – July, 2013.

Results

The questionnaire respondents' frequency is shown in Table no. 1.

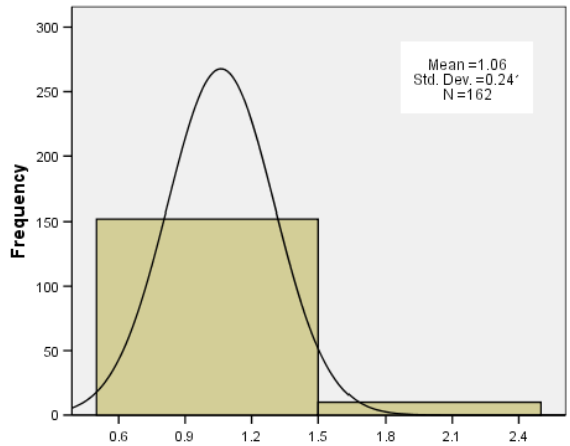
Question	Valid	Missing
In the last 7 days, have you practiced a sport at least once?	162	0
Which are two main reasons why you practice sports or exercise?	162	0
How satisfied are you of the conditions under which you practice this sport?	161	1
What is the main purpose for which you practice that sport ?	162	0
Are you informed about the sports activities held in Cluj-Napoca?	162	0

Table 1. The questionnaire respondents' frequency

1.The answers to the first question "In last seven days have you exercised, have you practiced a sport at least once?" are recorded in Table no. 2.

Valid	Frequency	Percent	Valid (%)	Cumulative (%)
yes	152	93.8	93.8	93.8
no	10	6.2	6.2	100
Total	162	100	100	

Table 2. The answers frequency to the first question



Graphic 1. The answers frequency to the first question.

The graph shows that the majority of the interviewed persons have practiced a certain type of sport during the last seven days.

2. The answers frequency to the question regarding the motivation for sport and exercise "What are two main reasons why you practice sports or exercise?" is recorded and shown graphically in Table 3.

Valid	Frequency	Percent	Valid (%)	Cumulative (%)
aspect	11	6.8	6.8	6.8
fitness	29	17.9	17.9	24.7
energy consumption	1	0.6	0.6	25.3
an immune system	1	0.6	0.6	25.9
keeping in shape	11	6.8	6.8	32.7
necessity	4	2.5	2.5	35.2
leisure	3	1.9	1.9	37.0
performance	4	2.5	2.5	39.5
pleasure	46	28.4	28.4	67.9
relaxation	11	6.8	6.8	74.7
health	41	25.3	25.3	100.0
Total	162	100	100	

Table 3. The answers frequency to the question regarding the motivation for sport and exercise

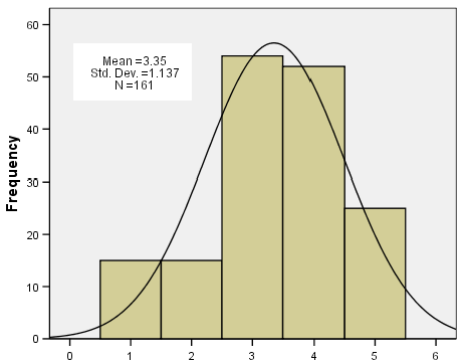
Three groups of reasons are remarked by the presence of higher percentages: pleasure 28% of subjects; health 28.4%, fitness 25.3%. Among the options of interviewees performance sports interest has a small percentage of 2.5%.

Favorite sports are football, basketball, aerobics, karate, swimming, jogging-athletics, handball, skiing, tennis and others.

The sport which is practiced most often is mistaken with the order of preference, with minor variations. Outdoor sport is practiced by 29% of athletes and the others (61%) practice sport in different gymnasia, pools etc. Practitioners inter-

viewed are members of sports clubs or in 31% of cases attend studios, associations, etc. in 63%, a small percentage of 6 represents individual practitioners in various forms.

3. The answers frequency to the question regarding the satisfaction state for sport and exercise is shown in graphic 2.



Graphic 2. The answers frequency to the question regarding the satisfaction achieved through sport

Taking into account the areas from graphic no.2 we can appreciate that most practitioners are satisfied and very satisfied with the conditions. Regarding the conditions, they proposed to improve the conditions for changing, locker rooms and change their programming and hot water at showers. The benefits of practicing sports listed in the questionnaires are: the wellness and good sleep, physical condition, emulation through contests, sports team, social inclusion, confidence and self esteem.

The vast majority of respondent, 93%, practices sport in the company of other persons and 7% are solitary. The state of satisfaction or dissatisfaction caused by the other participants is represented as very satisfied: 1%, not very satisfied 2%, satisfied: 42%, moderately satisfied: 34%; very satisfied: 29%.

4. The answers frequency to the question regarding the main purpose to practice sport is shown in table no. 4.

Among the stated purposes there are: health, relaxation, pleasure, performance, leisure, necessity, energy consumption and others.Achieving the goal is declared as follows:

a) very little.....5%
b) slightly.....5%
c) So-so.....13%
d) To a large extent.....61%
e) To a very large extent.....16%

The interviewed persons prefer especially set up locations for practicing their favorite sport such as gyms, body building rooms, swimming pools and outdoor, also sport complexes and set up locations.

Respondents appreciate sport as accessible from the financial and the distance point of view, but half of them think that time is a problem.

The vast majority of respondents said they had been influenced in practicing sports more by friends than by family, physician, professor of physical education, media or else.

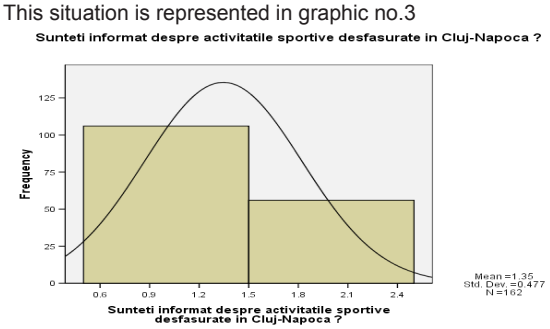
5. The answers frequency to the question regarding the subjects' awareness about opportunities to participate in sport and exercise "Are you informed about the sports activities held in Cluj-Napoca?" is represented in Table no. 4.

Valid	Frequency	Percent	Valid (%)	Cumulative (%)
yes	106	65.4	65.4	65.4
no	56	34.6	34.6	100
Total	162	100	100	

Table 4. The answers frequency to the question regarding the subjects' information about sports activities held in Cluj-Napoca

As shown in table no. 4.65% of the questioned persons are informed about the sports offer in Cluj, wheather they particularly asked this information or through the media, clubs, studios inform them about the new opportunities through marketing campaigns.

This situation is represented in graphic no.3



Graphic 3. The answers frequency to the question regarding the subjects' information about sports activities

From the graphic stands that the population represented in the left image, the bell and aside (65%) is more informed than the population represented on the right.

Respondents consider that they could receive more information about sport facilities through television programs on issues of sports, through advertising sites, posters and marketing activities of the sport complexes and of the sports equipment companies.

Discussion

Most of the interviewed persons had practiced a particular type of sport at least once during the last seven days.

The majority of the respondents said that they are moderately satisfied with regard to conditions in which they practice a sport, followed by those who are satisfied and those who are very satisfied.

The majority of those who responded to questions prefer to practice a sport primarily for fun, followed by the idea of having better health, fitness and other purposes such as relaxation or aesthetic aspects.

The highest percentage is in favor of those who are informed and know quite well the situation of sports activities held in Cluj-Napoca.

Regarding the motivation for sport of interviewees responses were grouped according to the following concepts: health, fitness, outdoor activities, leisure and entertainment, career in sports, self defense, self-discipline, confirming the potential, independence and hobby.

Frequency of physical exercise practice varies from one to three days a week.

Time for physical exercises is generally reserved for one hour and thirty minutes

Conclusion

After analyzing the research results we reached the following conclusions:- The motivation of young people in the sample surveyed for practicing the sport is diverse, but the categories are: health, fun, companionship, physical condition, aesthetic appearance. - Time allocated to physical movement is one hour and a half.- The frequency of practicing sports is between 1 to 3 trainings.

The respondents prefer team sports practiced in particularly set up places. Among these sports the most popular are football and basketball. However, to a lesser extent, they practice individual and outdoor activities. - The respondents say they are informed about the sports offers, a more nuanced analysis would reveal whether this is due to marketing organizations or to their own interest.- The conditions of practice are valued as satisfactory. Our research does not analyze if that practitioners compare locations, how they compare them, or if they judge by the satisfaction obtained.- The decision to practice a sport was determined decisively by friends: at this age level or media, nor his family had a strong influence.- We believe that, largely, sports offer satisfies the interviewed public's expectations. - After an active observation regarding the motivation for sport of interviewees responses were grouped according to preferences following concepts: health, fitness, outdoor activities, leisure and entertainment, career in sports, self defense, self-discipline, confirming the potential, independence, and hobby. We think that the sports offer is determined by the relation between costs and facilities.- The benefits of sport practitioners are related to their personal motivation.

The research can expand more nuanced on the proposed themes and may vary depending on depending on investments, trends and market niches.

It also would be interesting to study whether sports practitioners stated preferences are determined by the conditions and traditions.

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