



The Practice of Aerobic Dance in Physical Education Lesson- A Way to Optimize Self-Consciousness Among Young Students

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ABSTRACT

Self-consciousness developed to an optimal level of completeness, adequacy, length and deepness, it can be taken into consideration like the vault of building of the creative personality of the athlete. The affirmation can be extended to all the persons aware of the axiom that life is a "struggle", a competition, and if you want to succeed, you have to prepare yourself permanently to compete with others, but, at the first place, to compete with yourself.

Physical exercise in general and aerobics dance - whose specific means have been used in experimental studies, are effective ways of increasing self esteem. This we have tried to prove in this paper with the help of female students of the University of Bucharest.

The image itself is a very important attitude in structuring and smooth functioning of personality, essential for effective interaction with the others.

This research aims to identify ways of improving self-consciousness through aerobic dance.

Aerobic dance practice is to increase interest in themselves, in the right posture, in their performance in comparison with those of others, from engaging in competition.

Keywords : strategy, marketing, sports

Introduction

The consciousness is a specifically human phenomenon; self-consciousness confers identity to a person and it develops itself by a specific role to be, to show, in fact, it is the reflection in individual consciousness of the existence of yourself, of the facts, of the interests and the conception about world.

Exercise in general and aerobics - whose specific means have been used in experimental studies, are effective ways to improve the image of itself. This we have sought to demonstrate in this paper, made by students of the University of Bucharest.

Coverage

Self-consciousness element of critical importance in personality development and social integration of people is a general sense, embodied expression of the way in which "sees" a certain person, or represent himself. It is a result of living "unifying aspect of personality cohesion. This image is contaminated by wishes and assess how the other person and identify the living "(Green, E., in" Dictionary of Psychology ", 1997). The structure of self-consciousness is a reference model that attempts to identify the individual. If self-consciousness is satisfactory, the behavior will be appropriate and, if complex mined, the whole conduct will be scheduled negative. Programming support negative feelings that neurotic anxiety, obsessive analysis come first (Horghidan, V., 2000). Rosenberg, quoted by Aducovschi, D., has identified three fundamental self-image sides:

- existing self - as seen by the subject itself, it includes social and personal identity and self-image;
- Self desired or ideal - such would be the person, based on some individual standards built in ontogenesis, it acts as a motivational vector (it is self-actualization motivation), being of course strongly influenced by the values, ideals and standards socio-cultural;
- Self presented - how the subject is perceived by others, it is most subject to change, influenced by personal interactions daily. The image itself is a very im-

portant attitude structure and smooth functioning of personality, it conditioned effective interaction with others. Aerobics is a fun, attractive and disconnected, which puts into action the whole treasure of physical and mental resources and thus contribute to shaping and modeling human self.

Through gymnastics, body movement is growing because aesthetic manner of thing you need to learn both by practitioners of this discipline of classical dance exercises and gymnastics of specific movements (Aducovschi, D., 2009). Aerobics specific exercises aimed at a better oxygenation throughout exercise, accompanied systematically respiratory rhythm, and therefore were called "aerobics" (Stoica, A., 2004). In the aerobics lessons, students have the opportunity to affirm the qualities and to evaluate and rank the merits in all respects.

For research purposes

This research aims to identify ways to improve drive self-consciousness through aerobic dance

Research hypotheses

Aerobics is a branch of gymnastics with which we can positively influence human personality dimensions: In this context puts forward the following hypothesis:

A treatment strategy based on differentiated teaching consists of students can lead to improved self-consciousness, the top traditional teaching strategies (front).

Research organization

The research was conducted in an effort to optimize the educational process to increase efficiency and quality gymnastics lessons by applying a scientifically sound system, in line with the spirit of curriculum theory and individual work requirements.

We started from the idea that differential training aims to adapt the work, in terms of forms of organization and teaching methodology of their opportunities, while the capacity

of understanding, interest rate movement and working and learning is different.

Research began in October 2012 and ends in May 2013, so an academic year.

Investigation of the sample comprised 70 students, aged 18-25 years, the University of Bucharest, in the second year, included in a tender organized by physical education as a compulsory subject and participated in two hours aerobics a week.

Research Methods

In preparing the paper and especially to verify the hypothesis we used experimental methods, statistical and mathematical and graphical representation method.

The experiment is performed type of improvement, because it aims to increase efficiency of educational process.

Establishing research groups

The composition of groups was done by voluntary subscription, female students were presented with the idea of differentiated and independent activity. Noted improvement in physical appearance perspective on the one hand and improving driving.

To determine the effectiveness of differentiated conducted with experimental group used a control group, which for various reasons did not want to participate in the experiment, preferring to work and the rigors of basic rate.

Details of working methods for each group

The control group and the experimental work by a joint program, the morpho-functional indices lifting line, increasing aerobic exercise capacity specifically aerobic dance, increasing the driving qualities, education and aesthetics rithm body and properties of a specific motric repertoire, ability to enrich executantelor movement.

Time lessons was the same in both groups. The content of lessons was the same in both groups. What particularly the two groups was the system of organization of lessons:

- frontal activity in the control group 85% and 15% individual;
- Individualized 80% and 20% front.-activity for the experimental group

In establishing this technology has been taken into account that teaching physical education in higher education is the last step of a long process directed motor activity. He watched as a whole and motive physical baggage accumulated during the years of school to be so synthesized in this last link of education for him to be a real instrument of permanent physical autoeducației.

Interpretation of results

Testing self-consciousness was performed on both groups in two different stages of conducting the training process (October to May) with test taken from the collection "The sports doctor's fitness book fax women", New York, Ed Delacosta Press, 1981.

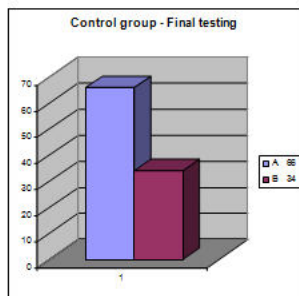
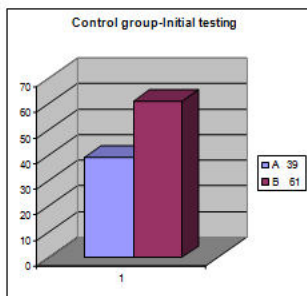
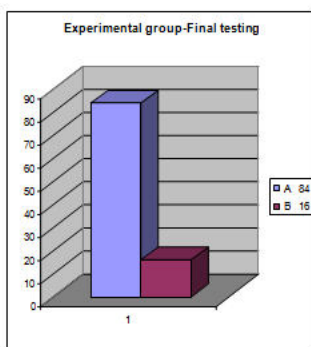
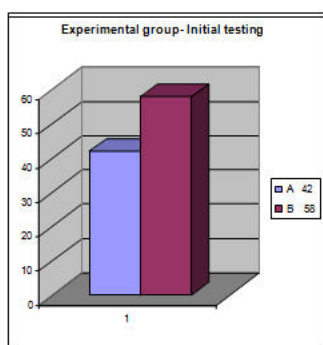
Verification test self-consciousness, attitudinal and behavioral aspects highlights of everyday life, almost impossible to perceive during aerobics lessons.

Testing self-knowledge was conducted on both groups in two different stages of conducting the training process (October 2012 and May 2013). With answers to the questionnaire we were able to set the following values:

| TESTING | EXPERIMENTAL GROUP | | CONTROL GROUP | |
|------------|--------------------|---------|---------------|---------|
| | A | B | A | B |
| I- Initial | A = 42% | B = 58% | A = 39% | B = 61% |
| II- Final | A = 84% | B = 16% | A = 61% | B = 39% |

a) The values presented in table and graphical representation leads to the following interpretations and conclusions.

- Option A demonstrates knowledge and interest in self-awareness, posture, correct nutritional need, available to do everything for his own image, etc.. So the first test both groups have a little interest in these dimensions (A = 42% experimental group, A = 39% control group). These attitudes change significantly in some groups in stage II of the experiment (A = 84% group and experimental group A = 61% witnessed).
- Option B – witness group presents a little interest in strengthening the "I's" or a provision reduced (inhibited) by other concerns. In this respect, we see that the first stage of the experiment most female students have poor self-image concerns (B = 58% of the experimental group and control group B = 61%). This percentage drops in the second stage when B = 16% - the experimental group and B = 39% - group witnessed.



Conclusions

Improves aerobic exercise of its own, based on inner strength and a positive autoimagine.

Individual exercises, to improve the driving actions will lead to higher self-control of behavior.

Aerobic dance practice is to increase interest in themselves, to dress properly, to their performance in comparison with those of others, from engaging in competition.

Aerobic dance practice helps the students to know better, to objectively evaluate the positive and negative qualities, to correct the negative and positive promotion of optimal integration complexity to social life.

Aerobics, exercises that you provide, comes to offer a way to reach an ideal body structure and shaping muscles removing

surpluses. By improving their image and increasing exercise capacity, increase confidence in themselves.

Self-consciousness includes not only a vision of "what am I", but also about "what I want to become" and especially "what should be."

So literacy ability appears spontaneously, but requires a long accumulation of experiences and learning that promote elements of the qualitative leap in the field of knowledge in general, and then transfer from there to express human knowledge, from alter ego and then himself.

As a crowning express concerns preparation for self-knowledge, is the awareness of the limits and possibilities objectively each own personalities to independent learning.

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