

Date: 5th March-2025

STUDENTS' PHYSICAL ACTIVITY AND ATTITUDE TOWARDS SPORTS:
INNOVATIVE APPROACHES

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Abstract: This article analyzes students' physical activity and their motivation for physical education classes. The study examines students' levels of physical activity, the main influencing factors, and ways to enhance motivation through surveys, observations, and interviews. The results indicate that increasing students' physical activity requires the use of innovative methods in universities, the development of sports infrastructure, and the improvement of incentive systems. The article highlights the positive impact of physical activity on the educational process and overall health, offering practical recommendations for encouraging students to be more active.

Keywords: physical activity, motivation, physical education, university students, healthy lifestyle, sports training, education, and health.

Introduction

Students' physical activity directly influences their overall health, mental state, and academic performance. Today, many students face health issues due to low levels of physical activity. The presence of physical education classes at universities plays a crucial role in addressing these problems.

Physical activity is a key factor in improving human health and quality of life. The student years represent a critical stage in a person's physical and intellectual development, as habits formed during this period significantly impact future life. However, modern students do not pay enough attention to physical activity. The rapid advancement of technology, increased interest in digital devices and social networks, and a sedentary lifestyle contribute to decreased physical activity.

Therefore, this article explores students' motivation for physical education classes and their attitude towards physical activity. The findings will help develop recommendations to enhance the effectiveness of physical education programs.

Methodology

This study employed surveys and observation methods. A survey was conducted among 200 university students, examining their interest in physical education, motivational factors, and attitudes toward increasing physical activity. The observation method analyzed students' participation levels in physical education classes.

Additionally, focus group interviews were conducted with students from various faculties to discuss their perspectives and motivational factors related to physical activity. Interviews were also held with physical education instructors to gather insights on teaching methods, student participation, and motivational factors.



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Statistical analysis methods were used, and the obtained data were presented in diagrams and tables to highlight key factors influencing students' physical activity.

Results

The study found that 65% of respondents regularly participate in physical exercises, 20% attend only mandatory university classes, and 15% rarely engage in physical activity. The most common motivational factors include:

- Desire to improve health (45%)
- Interest in sports (30%)
- Influence of family and friends (15%)
- University facilities and support from coaches (10%)

The study also revealed that using modern technology and innovative methods in physical education classes plays a crucial role in increasing student participation. Additionally, students who engage in regular physical activity experience lower stress levels and achieve better academic performance.

Regular participation in physical education also correlates with higher social activity and involvement in teamwork. The study highlighted that improving sports infrastructure, establishing sports clubs, and organizing competitions are essential for promoting physical activity among students. Interviews with students revealed that access to sports facilities and their operating hours significantly impact their level of engagement in physical activities.

Discussion

The results indicate that developing motivational strategies is essential for increasing students' physical activity. Universities should make physical education classes more interactive and engaging by introducing sports competitions, team games, and health promotion initiatives. Psychological support and effective incentive methods can also be beneficial in encouraging students to participate in physical activities.

Furthermore, modernizing university physical education programs and adapting them to students' interests is necessary. Expanding opportunities for students to participate in various sports activities, such as fitness, yoga, swimming, and dance, can enhance student engagement.

Participation in physical education not only improves physical health but also promotes mental well-being. These activities help reduce stress, enhance concentration, and contribute to academic success.

Conclusion

The study findings emphasize the need to implement innovative approaches in organizing physical education classes to increase students' physical activity levels. Universities should expand sports opportunities for students and introduce new methods to make classes more attractive. Additionally, strengthening motivational initiatives and promoting a healthy lifestyle is essential.

Future research should focus on further investigating ways to enhance students' physical activity and well-being.



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