

THE GENDER ASPECT OF THE FORMATION OF VALUES OF PHYSICAL TRAINING OF STUDENTS IN HIGHER EDUCATION

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Annotation. The analysis of the place of physical education in the hierarchy of values of university students. Addresses gender characteristics of the formation of values in physical education students. The study involved students in the amount of 419 people (206 boys, 213 girls) and first-year students (35 girls, 16 boys). The findings suggest that a combination of slightly traditionally masculine and feminine qualities in one person. It was found that in the study of gender differences in the choice of human traits observed distinct gender stereotypes. Among the young men identified the following personality traits: the ability to achieve goals by any means, physical strength, sociability, communication skills. Girls are the following traits: sociability, communication skills, good looks, intelligence and a wide range of interests, the ability to behave in public, optimism and prudence.

Key words: gender, students, physical education, values.

Introduction

Modern Ukrainian society is on such stage of its development, when knowledge and information are main resource and driving force of its effective existence. In such conditions system of higher education is one of the most important social institutions, which is closely connected with fundamentals of society, its social-economic and political systems, being a significant factor of its development.

At the same time higher education shall solve other important social problem: formation of new, intellectually and physically developed personality, who possesses formed gender understanding of realization of his rights and abilities [11,12].

As on to day, sphere of physical education and sports is one of the most favorable for gender researches. In the frames of regarded by us problem it is important to open the role of gender approach to physical education in order to form youth's values of physical culture. It is conditioned by substantial changes, which happened in content, forms and methods of academic classes on physical education at HEE, in which first place is, now, taken by personality of a disciple, consideration of health level, physical condition in context of modern trends to differentiation and humanization of physical education on the base of personality-oriented approach.

Review of literature sources witnesses that modern state of physical culture shows contradictions of gender approach in physical education, which, by its specificity, considers in educational process vital interests and psychological features of boys and girls that is one of conditions of gender culture's formation in society [6,7].

Scientists pay attention to the fact that excessive accentuation of motion component (physical development, physical condition and so on) influences negatively on intellectual and social-psychological components and is one of main reasons of the fact that physical culture is far from being a vital demand of every person (V.M. Vydrin, 1996). That is why, first of all, the work with mental sphere of a person is offered – his views, knowledge and abilities, emotional attitude, value orientations [4].

In theory of physical culture, in contrast to any other humanitarian discipline, natural principles of sex distinctions are considered. Numerous researches in the field of sports concern, mainly, dimorphism (S. Sokha, 1991, G. Sokha, 1991; M. Mesner, 2000; L. Shakhlina, 2006; 2010). Distinctions in motives, youth's interests in the field of physical culture and sports are regarded in works by T.Yu. Krutsevych (2010), T.V. Bezverkhia (2009), M.V. Moskalenko (2010). However, the carried out by us analysis of scientific sources proved insufficient level of revelation of gender specificities' problem in formation of youth's values orientations in physical.

The research was fulfilled in the frames of scientific-research work, approved by Ministry of education and science, youth and sports of Ukraine. Code 3.1 "Improvement of program-normative principles of physical education at academic classes" №01110001733 УДК.,7.,ДВ.,077.5.

Purpose, tasks of the work, material and methods

The purpose of the work implies studying of gender distinctions in formation of students' physical culture values.

The methods of the research: theoretical analysis and generalization of scientific-methodic literature data, questioning, mathematical-statistic processing of research's results.

Results of the research

In the research 419 pupils of comprehensive schools No.13 and 14 of Poltava took part (206 boys and 213 girls).

For analysis of age dynamics of gender distinctions in formation of physical culture values, research was fulfilled in stage-by-stage way with different age categories of respondents.

This questioning covered 1st year students of Poltava University of economics and commerce: 16 boys, who went in for athletic gymnastics, and 35 girls, who, by results of medical examinations, were related to special health groups.

In order to study gender specificities of value orientation's in the sphere of physical culture formation level of HEE students, we carried out questioning of respondents. Analysis of students' questioning results witnesses about

many sided interests and hobbies of boys and girls in leisure time. Main distinction is place, which is taken by hobby in rating (see table 1).

Table 1

Students' hobbies in leisure time

No/No	Answers	HEE departments			
		Athletic gymnastics (boys) n = 16		Special health group (girls) n = 35	
		Mean value (x)	Rating (R)	Mean value (x)	Rating (R)
1	Communication with friends	4.375	2	4.171	2
2	Reading of fiction	6.625	6	5.629	4
3	Playing on musical instruments	8.533	11	6.735	9
4	Listening in music	4.75	3	3.914	1
5	Attend disco clubs	6.688	7	6.686	8
6	Sports training	3.875	1	6	5
7	Learn foreign languages	7.5	9	5.2	3
8	Play computer games	5.875	4	6.057	6
9	Painting	10.53	12	7.314	10
10	Contriving	7.875	10	8.559	13
11	Watch TV	7.063	8	7.618	12
12	Help parents	6.25	5	6.286	7
13	Attend folk circles	12.2	14	7.471	11
14	Other	11.67	13	9.257	14

Improvement of physical condition's level is a demand, satisfaction of which is connected with physical activity, for the sake of which this demand is satisfied (3). The fact that 1st place among offered kinds of leisure is taken by sports (boys' answers), which is alternative to smoking, drugs and alcohol taking, is a positive one. It is explained also by the fact that "boys pay great attention to how their body and appearance comply with stereotype standard..." [7].

Further, in 2nd place by rating, boys noted "communication with friends" 3rd place – "listening in music", 4th place – "play computer games", and 5th place – "help parents" are also of priority. Unfortunately, "reading fiction" took 6th place. Last places, as per rating, were taken by "learning of foreign languages", "watching TV", "contriving".

Girls noted as hobbies of priority the following: listening in music, communication with friends, learning of foreign languages, reading of fiction. "Sports" was put on 5th place by them. But, though this kind of hobby does not take 1st place, it is in group of priority.

Scientists have proved that the most important reason of person's fulfilling physical exercises is demand in health improvement. And the fact that girls, who were in special health group, put "sports" on 5th place witnesses about their understanding of dependence between state of health and systemic practicing of physical exercises.

Further, kinds of leisure were distributed, as per rating, in the following way: "play computer games" – 6th place, "help parents" – 7th place, "attend disco clubs" – 8th place. It is interesting that "help parents" was put on 5th place by boys and on 7th place – by girls. But girls pay much more attention to learning foreign languages. Probable it is connected with hopes to pass professional practical work abroad.

Analyzing students' answers to questions one can determine some mutual boys' and girls' interests of priority. They are such kinds of leisure like communication with friends and listening in music. In general boys' and girls ways of leisure spending so nor coincide. We consider positive physical activity of girls, who are members of special health groups, owing to their state of health. It witnesses that a person with weak health understands significance of this value and considers it necessary to devote some time to fulfillment of physical exercises for improvement of physical condition and health level.

In the opinion of M.S. Kagan, system of values is formed in any person, in the process of his including in domestic or game practice, then it is strengthened or changed, or diametrically transforms depending on his practical being [6].

Content of physical culture values is understood as peculiarities of culture's components, first of all, consciousness, feelings and behavior, which permit for a person to satisfy his demands and serve as bench marks of social and professional activity, which is directed at achievement of socially significant target [9]. Value aspect of physical culture is represented by wide number of material and spiritual values, specially created for effective physical human perfection. In our opinion, for studying of formation level of youth's value orientations in the sphere of physical culture first it is necessary to find out, what human values attract students in general. Is there a difference between girls and boys in their selecting of personality's features, which are the most important for them?

In questioning students were offered to place by rating personality's features, which are the most important for them (see table 2).

Table 2

Features, appraised by students the most positively

No/No	Answers	HEE departments			
		Athletic gymnastics (boys) n = 16		Special health group (girls) n = 35	
		Mean value (x)	Rating (R)	Mean value (x)	Rating (R)
1	Handsome appearance	5.38	5	4.57	2
2	Friendliness, communicability	4.88	3	4.37	1
3	Refinement, wide circle of interests	6.06	6	4.66	3
4	Fine dress	8.13	9	6.06	7
5	Skill to behave properly in society	5.31	4	5.40	4
6	Physical strength	4.31	2	6.63	8
7	Ability to achieve target by any means	4.25	1	5.97	6
8	Intransigence	7.88	8	7.17	11
9	Cruelty and categoricity	9.31	12	7.31	12
10	Ability to subdue other people	8.69	11	6.91	10
11	Gentleness and ability to change own point of view	8.19	10	6.62	8
12	Adventurism and impudence	10.9	13	7.71	13
13	Optimism and even temper	7.06	7	5.77	5

Analysis of students' questioning results permits to learn how personality's features, noted by students, distinct. Boys, who train athletic gymnastics, marked out the following personality's features: 1st place – "ability to achieve target by any means", 2nd – "physical strength", 3rd – "friendliness, communicability". Then, the group of priority included such personality's features as "ability to behave properly in society" (4th place) and "handsome appearance" (5th place). It is probably that such order of features was caused by the fact that the boys train athletic gymnastics and pay a lot of time to physical perfection.

Girls marks out other, attractive for them, features of personality. They are located in the following succession: first place – friendliness, communicability, second – handsome appearance, third – refinement and wide circle of interests, forth – ability to behave properly in society, fifth place – optimism and even temper.

The obtained results permitted to determine gender distinctions in choosing of human features, which are of value for HEE students. The most significant, in average, by expressiveness is "physical strength", which boys located on 2nd place and is in group of priority, though girls located it on 8th place. Boys put on 1st place such individual feature as "ability to achieve target by any means". Girls put this feature on 6th place. Unanimous opinion was found concerning rejected values (by distribution of M.S. Yanitskiy). "Ability to subdue other people" was put by boys on 11th place, by girls – on 10th, "cruelty and categoricity" - 12th place, "adventurism and impudence" - 13th place. But the mentioned hierarchy of personality's features is of time-dependent character, because students have dominating pragmatic, but not romantic intentions. Also the fact, that such quality as "ability to behave properly in society" is of priority both for boys and for girls, attracted attention. In other marked features there is insignificant difference between boys and girls.

Conclusions

In our opinion the rendered by students data, concerning choosing the most attractive personality's features, as well as concerning their leisure, contain gender stereotypes of masculine and feminine character, as per which man and women have their own psychological features of personality. These stereotypes, as a rule, oppose man and women in hierarchic way. For example, men are characterized by domination, aggressiveness, emotionality. Women are characterized by submission, dependence, emotionality, tenderness. We should note importance of the fact, which determines existence of chosen by students coinciding features. It can witness about certain androgenic features of modern students, that proves opinion of many scientists [7,2,10,5] about existing androgenic features of youth. They manifest in harmonious combination of traditionally male and female qualities. People of androgenic type are most of all adapted for life and least of all are influenced by stressed, connected with sex-role conflicts.

Our further scientific experiments will be devoted to determination of gender identity of pupils and students with the help of questionnaire, developed by Sandra Bam.

The prospects of further researches imply studying of all aspects of formation of physical culture values by higher educational establishments' students.

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