Football as an Effective form of Organizing Students' Leisure Activities

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ABSTRACT

In this article, the author deals with the problem of organizing students’ leisure activities as one of the educational learning process areas at the university. The author believes that one of the most effective forms of organizing students’ leisure activities is mass-cultural events - football competitions among students of different educational institutions. The research was carried out on the basis of Surgut Branch of Tyumen Industrial University. Experiment participants - students of 1-2 courses (2017-2018), direction "Oil and Gas Business".

In the article, the author proves that such work contributes to the development of physical health, as well as the involvement of young people in sports activities, a healthy lifestyle, the preservation of the best spiritual, moral, civil and patriotic culture traditions.

Keywords: leisure activities, healthy lifestyle, competition.

Introduction

The problem of students’ out-of-class activities organizing, the organization of students’ leisure activities as one of the educational work areas at the university is relevant. Organization of cultural events by means of physical culture helps us in increasing physical culture lessons interest, a positive emotional background creating, and students’ motor activity. Teachers’ goal is to develop students’ physical health not just in physical education classes, but in involving young people in sports activities, maintaining a healthy lifestyle, preserving moral, spiritual, civil and patriotic culture traditions.

We believe that students need to learn how to properly manage their leisure time and leisure activities in accordance with their goals and objectives, both in life and in the academic sphere.

The students’ life is quite regulated: that’s why it requires a lot of mental and physical abilities. The teacher’s task is to organize classes within the framework of the extracurricular educational workload, the restoration and reproduction of lost strength, that is, the recreational function is realized.

What is Leisure? In our study, leisure activity is considered as a pedagogical condition, subject to which, it increases the effectiveness of the educational process itself and ensures the relationship of educational and entertainment functions, since it has deep connections with the interests, needs and individual characteristics of students in order to form a healthy image (Ponukalina, 2009; Kravtsova, 2013; Sharkovskaya, 2014).

Students of higher educational institutions are distinguished by their mobility, differ in social, national way, with specific features that are associated with the special student status formation in the process of joint training activities and communication.

In other words, students are not an employee or a working person, i.e. it depends on the financial situation of the parents.
Therefore, the students’ behavior and the leisure activities’ choice is related to the free choice of the subject and means of activity directly, students must reckon with other socialization institutions, where freedom of choice is limited by the parents’ will, the university program, and specialization. We believe there are the main reasons why young people have got ideological and political attitudes conflicts, irreconcilability in views, inability to agree and compromise with elder generations.

The problem of motor activity insufficient of a modern person has become especially important in the last decade. In the Khanty-Mansiysk Autonomous Okrug, in the Far North, with a lack of oxygen, physical inactivity is of particular relevance.

One of the most effective physical activity developing means of among young people is football after school lessons. It should be noted that football lessons are not included in the curriculum for the discipline “Physical culture and sports” (Table 1).

**Table 1.** Thematic lesson plan for the discipline “Physical culture and sports” for 1 semester for students of the direction “Oil and Gas Business”

<table>
<thead>
<tr>
<th>Practical lesson theme</th>
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<tbody>
<tr>
<td>Brief description of athletics and its impact on physical fitness</td>
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<tr>
<td>Athletics as a means of developing physical qualities</td>
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<tr>
<td>Training in the basics of running technique</td>
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<td>Low start technique training. High start technique training. Finishing technique training</td>
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<tr>
<td>Teaching the basics of the long jump technique</td>
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<td>The concepts of self-esteem and self-control of health status and level of physical fitness</td>
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<tr>
<td>The principles of self-assessment and self-control</td>
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<tr>
<td>Methods and means of self-assessment and self-control. The role of self-esteem and self-control in independent physical culture and sports</td>
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<tr>
<td>Safety precautions while exercising in the gym</td>
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<tr>
<td>Brief description of exercises in the gym</td>
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<tr>
<td>The main types of simulators</td>
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<tr>
<td>Exercising in the gym as a means of developing physical qualities</td>
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<tr>
<td>The concept of a set of exercises</td>
</tr>
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<td>Types of exercise complexes, depending on their focus</td>
</tr>
<tr>
<td>The principles of composing exercise complexes</td>
</tr>
<tr>
<td>Principles for determining the amount of physical activity</td>
</tr>
</tbody>
</table>

**Erdonov O. L., Makhmudov V. V., & Arislanov I. T.** indicate the effectiveness of playing football in his free time. The authors argue that the exercise system and participation in football competitions train the cardiovascular system, the musculoskeletal system and other vital systems of the body, have a beneficial effect on the work of internal organs, and foster tolerance. Classes and competitions solve youth leisure issues, distract from bad habits, instill self-discipline, and are also a means of active recreation and the formation of a healthy lifestyle (Erdonov et al, 2015).

**Chynybekov K. T.** argues that football is one of the most effective sports for attracting adolescents and young people to lead a more active lifestyle. Developing the interest of adolescents and young people in sports through football to effectively spend their free time (Chynybekov, 2017).

**Khotentsev E.V., & Shpichka T.A.** consider football as a type of recreational activity (Khotentsev & Shpichka, 2013).

**Tomarov, S. A.** describes the methodology of giving football lessons. The author describes the effectiveness of various options for the organization and content of training sessions using the example of mini-football in order to optimize the educational process in universities (Tomarov, 2011).

**Storchevov N.F. & Melent’ev A.N.** studied the influence of pedagogical methods and means of physical education, namely football, on the physical development and physical activity of students of agricultural universities. In his research, the author proved the positive impact of systematic football lessons on the strength, speed training of athletes. The experimental indicators confirmed the hypothesis of the authors, the study indicated the positive dynamics of indicators of physical development of students, clearly shows a significant increase in the described indicators (Storchevov & Melentyev, 2019).

**Gorobiy A. Yu., Sirakovskaya Ya.V., & Knyazeva M.N.** argue that it is necessary to develop a methodology for the development of physical abilities through extracurricular activities, because within the framework of traditional forms of training for the development of skills in playing football and physical education at the university is impossible. The authors point to some factors which hinder the development of this sport at the university:

- lack of information about the impact of classes on the psychological state of students;
- lack of well-organized data on the use of information technologies and approaches to enhancing the intellectual activity of girls in the process of organizing and giving classes;
- lack of clear recommendations on the complex development of motor abilities and technical skill;
- diverse data on the impact of indoor soccer on various body systems, motor and technical-tactical potential (Goroby et al, 2019).

Methodology

The research was carried out on the basis of Surgut branch of Tyumen Industrial University. The survey was attended by students of 1-2 courses (2017-2018), age 17-19 years, direction "Oil and Gas Business". The student survey was anonymous.

In this study, the following objectives were set:

1. The factors influencing the choice of students' leisure activity should be determined. Students were offered a questionnaire consisting of questions: What kind of activity do you devote your free time to?
2. To identify the place of football in the system of organizing students' leisure activities in order to improve the physical fitness of young people.

To solve practical problems, two groups of students were formed. The first group admits playing football as one of the forms of organizing leisure activities, and the second group of students, which is categorically against sports in their free time.

Results

As a result of the research, it was found that the answers to question "What kind of activity do you devote your free time to?" were different.

We found out that over 50% of students devote their free time to recreation and entertainment. The majority of students (60%) were guided by their own interests when choosing their leisure time; about 40% of the respondents were guided by money; 5% on the opinion of friends and acquaintances; 20% of student follow to the their parents’ opinion; we associate this with the students’ financial dependence. Many students live with their parents and do not receive a scholarship, do not work, i.e. they financially dependent on their parents. Therefore, when choosing entertainment events, 60% of young people rely on the cost of events. Students should choose leisure activities based on the financial situation of their parents (65%), 15% of students do not take this fact into account; 42% of students prefer to spend their free time in entertainment establishments, 20% - in theaters, cinema; only 10% of students visit concert halls and discos, and only 28% of students prefer sports events.

Based on the results of the survey, it is necessary to make students' leisure time varied and useful from a social point of view.

The test results testify to the low activity of young people in organizing their own leisure within the university. There are entertainment activities on the first place among students. 61% of students do not remain indifferent to the cultural life of the university, but do not like to take part in them; 5% take an active part in the leisure life of the university; 42% are not at all interested in extracurricular activities, but at the same time, more than 30% would like to change their leisure time, 70% would change their usual leisure time slightly. We see that students are not satisfied with their leisure activities.

Thus, a person’s leisure activity is determined by the environment, the presence of a network of cultural and leisure institutions, and material security.

During the study of physical fitness functional indicators of of the 1st year students (general data, health, complaints, past illnesses, living conditions, bad habits, sports hobbies, testing), we found out that 20% of students belong to the II group of physical fitness, i.e. special heavy physical activity is contraindicated for them.

In the practice of the Surgut branch of TIU, there are different forms of organization of leisure activities of students: interest clubs; creative teams; organization of cultural and leisure activities.

Our study, one of the tasks is to reveal the possibilities of organizing leisure activities of students, as well as to increase the level of physical fitness by means of this activity. For example, the organization of the following cultural events. One of the forms of organizing students’ leisure activities at Surgut Branch of Branch IUT is the holding a football competition among educational institutions.

Analysis of the physical education classes schedule in 2017-2018 academic year allowed us to identify the main shortcomings in planning classes that are given before and after lunch. We have come to the conclusion that it is necessary to hold football competitions on Saturday evenings. It is possible to conduct training in the classroom after the educational students’ activities.

The forms of organizing mini-football lessons at Tyumen Industrial University, Surgut Branch of IUT can be different. The lesson is the main form of learning process. Our study, one of the tasks is to reveal the possibilities of organizing leisure activities of students, as well as to increase the level of physical fitness by means of this activity.
Teachers are encouraged to develop and use an individualized system for the successful development of physical skills. We recommend that exercises elements should be included to competitive action, as well as movements according to the form and type of skills. They are determined and differ from the game itself by the specifics and at the same time are aimed at instilling the necessary qualities and skills. In playing practice, certain methodological game features are used, they are limited, obey certain rules and tend to change the gaming environment (Rutskoi, 2014).

In addition to training sessions with elements of mini-football at Surgut Branch IUT in 2017-2018, football competitions were held among students of 1-2 courses. These competitions were devoted to the behavior of cultural events "Health Days".

![Fig. 1. Football Competition, devoted to "Health Days"

The main goal of extracurricular activities is to familiarize students with the society social and cultural values, to create the most favorable conditions for the mental, moral, emotional and physical development of each student, taking into account their individual inclinations and needs.

They depend on the specific tasks of the class completely, existing conditions, age, readiness degree and students' number. Their systematic use promotes the physical qualities development, improves the reactions perception, develops the analyze ability, making decisions and has great value for health. For more effective educational material assimilation, we recommend our trainers to plan the mini-football games performance or educational games with football elements. In this case, it is advisable to monitor special purpose. For example, give the task to hit the ball only with the head, with the leg, only with a certain type of blow (the foot inside, the foot outside, etc.).

**Table 2. The level of physical fitness of students of the branch of TIU in Surgut 2017-2018 year of study at the end of the experiment (Control Group and experimental group)**

<table>
<thead>
<tr>
<th>Group</th>
<th>Quantity</th>
<th>Jump</th>
<th>Press</th>
<th>Incline</th>
<th>Flexion and extension of the arms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>CG</td>
<td>EG</td>
<td>CG</td>
<td>EG</td>
</tr>
<tr>
<td>1</td>
<td>14</td>
<td>14,0</td>
<td>19,98</td>
<td>22,03</td>
<td>15,0</td>
</tr>
<tr>
<td>2</td>
<td>12</td>
<td>14,0</td>
<td>19,98</td>
<td>22,03</td>
<td>15,0</td>
</tr>
<tr>
<td>3</td>
<td>14</td>
<td>14,0</td>
<td>19,98</td>
<td>22,03</td>
<td>15,0</td>
</tr>
<tr>
<td>4</td>
<td>15</td>
<td>14,0</td>
<td>19,98</td>
<td>22,03</td>
<td>15,0</td>
</tr>
<tr>
<td>5</td>
<td>12</td>
<td>14,0</td>
<td>19,98</td>
<td>22,03</td>
<td>15,0</td>
</tr>
<tr>
<td>Average</td>
<td>128,8</td>
<td>132,25</td>
<td>12,5</td>
<td>17,7</td>
<td>15,75</td>
</tr>
<tr>
<td>Changes</td>
<td>3,45</td>
<td>5,2</td>
<td>1,85</td>
<td>7,25</td>
<td></td>
</tr>
</tbody>
</table>
The results of our research showed that the physical fitness of students after a number of activities with elements of football and the introduction of cultural events in football are higher in the experimental group in many indicators compared to the control group.

A significant difference is observed in determining the control tests for the muscles of the shoulder girdle and abdominal muscles, an increase of 5.2; indicators of flexion and extension of the arms in the support lying on the gymnastic bench increased by 7.25. Flexibility increased by 1.8. The results of the study of the long jump is increased by 3.45.

Based on the foregoing, we believe that the introduction of sports events, in particular football competitions during students’ leisure activities, has a positive effect on the physical fitness of students.

Conclusion

So, the results of the study showed the multifunctionality of playing football, the difference in physical indicators showed a positive dynamics in the development of physical fitness in comparison with classmates who do not play football in their leisure time. Playing football contributes to a more efficient work of the cardiovascular system, and as a result, contribute to a significant increase in the physical performance of students.

Taking into account the experimental data, we have developed a program to improve the level of physical health of students for the next academic year.

In addition to the health-improving effect, we consider it necessary to take into account the individual abilities and capabilities of students in the preparation of educational and methodological support for the discipline “Physical culture and sports”.

Based on the analysis of pedagogical literature, it can be concluded that the issues of motor activity of student youth have not been sufficiently developed today. We propose a solution to this problem: the introduction of an elective course or an optional course on playing football in the pedagogical process at the university.

In the future, further research can be aimed at developing and searching for more advanced methodological approaches to the preparation of work programs, curricula, approaches to the content of physical culture and sports classes, taking into account new forms of organizing health-improving activities.

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