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Gheorghe Gabriel CUCUI¹

Abstract

The relationship between physical activity and the geographical context is a topic that has received less attention in middle and low income countries compared to studies investigating the association between physical activity and socio-economic factors. In turn, environmental variables are particularly important when studying physical activity levels, because the practice of physical activity depends on the right conditions. Socio-economic and demographic factors contribute significantly to changes in physical activity levels, but environmental changes can also lead to changes in population behavior and adherence to a more or less active lifestyle. Socio-economic changes related to technological advances also influence the population in different ways. In rural areas, this is done by modernizing farming and animal husbandry, improving communication and increasing the consumption of technology previously inaccessible to these population groups. Another issue is urban sprawl, which is associated with lower activity levels physical phenomenon that recorded an accelerated rate.

Keywords: *children; rural; motricity.*

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1. Introduction

In recent years, the accessibility of children and their involvement in the natural environment tends to decrease year by year. Children are more exposed to technology, gadgets. Moreover, children are simply concerned about school obligations and have limited experience in natural environments. This situation, certainly in the long run, will affect the physical, social and cognitive performance of children, a fact that has already been identified globally in terms of the increased rate of obese children.

Obesity is a health problem that has been declared by the WHO as a global epidemic, the prevalence of which has risen rapidly in many parts of the world. Of particular concern is the increased incidence of overweight or obesity observed in young people in many countries. This trend indicates an increase in the prevalence of obesity in adult populations in the near future, accompanied by a wider spectrum of obesity-related illnesses at an earlier age [1].

Because of the high economic and social costs associated with obesity, prevention of obesity is a priority objective that requires specialized knowledge to reduce the risk factors of the generation of children and adolescents with the highest rate of obesity at the level of the child (<https://www.oamr.ro/?s=obezitate>). In Romania, the situation is similar to that of any other developing country, and there is a rapid upward trend in the number of overweight and obese children and adolescents of both sexes.

Lack of movement and nutritional imbalance are the main causes of an increased number of obese and young children in our country.

The rural area was identified as the best environment for the physical, motorized development of children, a potential area due to the fact that the little ones spent much time in nature, organized themselves leisure activities, were more creative and automatically capable of motor views due to the multiple situations they faced during gaming in nature and were able to encourage each other for success. Children socialized a lot, explored situations and tested their continuous capacities, which stimulated physical, social and cognitive performance among children.

Rural children also have a richer connection with the natural environment than their urban counterparts, but nowadays children in the urban area have more opportunities to practice exercises that stimulate their performance, while rural children do not have these advantages at hand and the trend is to explore technology and little to spend leisure time in nature at play.

2. Problem Statement

Traditionally, motor development is seen as a process of progressive learning of driving skills during the first stages of childhood life. From this perspective, the specialist performs testing of children at different ages, monitoring their evolution. Today, however, it is acknowledged that the study of general and motor development in particular can not be reduced only to the early years of the individual's life, but it must also include description, explanation of changes in motor behavior and adolescence, as it is an important segment of the population.

The last decade has seen a vast drop in the number of children involved in the sport, and as a consequence, the decreasing number of coaches and clubs has had its effect on the country's results of late. This problem has sparked many different discussions and campaigns aimed at getting more children involved in sport activity [3].

Psychological preparation for competition is a component of training, in addition to their physical, technical, tactical, iological, which is geared towards ensuring effective performance of the competition [4].

Motivation is the factor that activates, coordinates and guides all the actions and reactions of the athlete [5].

The motivation is based on all the needs and interests for sport performance [6].

Motivation determines the focus of attention and will support in an energetic way efforts to prepare and participate in contests [7].

During childhood, basic skills are strengthened and combined into motion sequences that will lead to the formation of complex skills. Adolescents and young people continue this process, improving their ability to combine motor skills with the purpose and environmental conditions. Specialist papers describe different age periods, separated from a series of growth and development characteristics, they merge together, reflecting the continuing nature of phenomena from ontogenesis.

Researches in the field have shown that specialized intervention in school life generates an acceleration of their psychomotor development and this could provide an accelerated learning mechanism for school aptitudes.

Motricity in its great diversity has been the subject of reflection in the last decades for a number of specialists, who considered that the motricity theory cannot be conceived without the driving forces [8].

The concept of motricity is defined as expressing "an attribute of the innate and acquired human being to react with the locomotor apparatus to external and internal stimuli in the form of a movement."

Dragnea [8] defines motricity by saying that "it brings together the totality of driving acts made for the purpose of establishing relations with the natural or social environment, including by making specific sports skills". [9].

The study of children's motor skills has always been a concern for field specialists. Motricity is a means of education closely linked to the intellectual and emotional parts of the individual and conceals behind it an entire universe.

The theme of this paper is the motricity of the students in the gymnasium cycle. We chose this theme for several reasons: the first is to deepen the knowledge, the second is to know the reality of the lesson of physical education in the countryside, and the third reason is to identify the motoric level of the children from the middle school gymnasium.

The topic is of particular importance because today's much-advanced technology is attracting more and more children, and the interest in movement, health activities is greatly diminished, activities are often absent from their lives, were delayed to appear. We see many children through schools, in physical education classes with difficulty adapting to the effort due to too high weight, low interest in sport activity, refusal to participate in physical education classes and presentation of medical certificates, etc.

Physical education is the discipline of learning that helps to form and strengthen the physical support of the individual to support the intellectual effort more easily. This helps the child to master himself. Open to all changes, critical and self-critical, to integrate easily into society but to always have the desire to affirm, be dissatisfied and try self-sufficiency.

For the formation of a beautiful bodily we have to work systematically in all educational years, and children realize that by practicing physical education regularly they can bear the intellectual effort more easily, and later the physical and intellectual effort in the job they have chosen.

3. Research Questions/Aims of the research

The purpose of this research is to improve the motricity of children aged between 11 and 12 who live in rural areas.

We believe that using the application paths can improve the motricity of 11-12 year-old students in gymnasium.

4. Research Methods

The present research could be accomplished by the known classical methods, namely:

- Study of the specialized bibliography;
- Pedagogical observation;
- Method of measurement and evaluation;

The survey sample consists of 52 pupils from two grades of the V (34 boys and 18 girls) aged between 11 and 12, fifth grade students from the gymnasium cycle. The sample consisted of the control group and the control group, the two groups being homogeneous, in terms of pupils, age and sex.

The research took place between 1 October 2017 and 30 May 2018 at the Vulcana Pandele High School, in Dâmbovița County.

The school has a gym and outdoor sports ground. The physical education and sports classes carried out in order to achieve the purpose of the research were largely carried out in the school hall of the school that the students are part of.

Based on the direct observation made at the physical education class classes, which were part of the present approach, but also based on the evaluation of the indicators described in this research, we used to develop a program of exercises that will stimulate the motricity of 11- 12 years, starting from the premise that the improvement of the indices is done depending on how, how and with what is being done in the instructive-educational process.

Our action has been done in accordance with the particularities of the growth and development of the subjects and the objectives of physical education. The means used during the research are specific to the various sports taught in the 5th grade.

As we all know, physical education discipline is allocated to it at 2 hours per week. In view of this, we mention that the first hour of the week was at the sample level by removing the classes to acquire the technical elements and techniques of different sports, and the second hour of the week was reserved for our action. This consisted in the use of applicative pathways in the training-educational process of the experimental group.

The tours had content with the means of exercising in the first hour of physical education but executed in another form that would lead to an active and conscious participation by the pupil in order to stimulate the motor activity of 11-12 year old students.

We have chosen to act through the application paths because, following the direct observation made in September at the physical education classes, we found a slight lack of interest from the students

towards the content of the sports classes and when using the application path for to achieve the predictive assessment, we noticed interest and emulation among children.

As part of this approach, the main goal was to stimulate children's motor skills for 11-12 years and in this regard our attention was focused on increasing the efficiency of means of the thematic links.

5. Findings

Based on the harvesting, centralization and processing of the data obtained from the research carried out, an improvement of the obtained time resulted, which led to progress for both groups of the sample.

Analyzing the results we observe, significant evolution for the experimental group, the progress is 0.16 seconds, this progress is largely due to the program elaborated and applied in this group.

Concerning the witness group, we also identify progress at group level, as is normal, because every physical education teacher acts in the educational process primarily to increase the pupils' performance in line with the objectives of physical education.

Table no. 1 Evolution of sample results

Nr. crt.	Experiment Group		Control group	
	T.i.	T.f.	T.i.	T.f.
Arithmetic average	2.29	2.13	2.33	2.25
The difference between the average	0,16		0,8	

We are convinced that a considerable contribution, in this ascending evolution of the results, brought the programs applied by specialized teachers to the physical education classes. Of course, they also have an increased dynamic of growth of subjects at this age.

6. Conclusions

Motricity, with all its components, enriches the biological and psychological heritage of the young man. Physical exercise, as a main tool, is a biological stimulus that, through accumulation, ensures bio-motor

development, balanced education of motor skills, and the acquisition of motor skills and abilities.

The scheduled, focused, sustained and applied intervention had the expected effect. At the level of the experimental group, the 11-12 year olds' motorcycle movement in the rural area had a significant increase, which demonstrates that there is potential only that more interest is needed.

Regarding physical patterns of individuals, studies have shown that the environment in which an individual lives seems to exert a direct influence on this model. We also support these theories through this research, because we have found, following our approach, a middle level of rural children's development, perhaps due to the lack of physical activity organized in this community.

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