



Individual-typological features of youth involved in physical and sports leisure activities

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Abstract

Objective of the study was to identify the individual typological characteristics of young people who systematically engage in a certain type of physical education and sports leisure activity in the open air.

Methods and structure of the study. The survey was attended by 60 young residents of Nizhnevartovsk, Khanty-Mansi Autonomous Okrug-Yugra, who spend their free time outdoors: workout, football, volleyball, walking or running, as well as participants in open fitness training. G. Eysenck's personality questionnaire was used to study individual psychological personality traits. To identify the factors of youth involvement in independently organized physical culture and sports activities, the author's questionnaire was used.

Results and conclusions. Among those who prefer workout classes, walking and running, introverts predominate. High levels of extraversion were found in individuals who chose team sports. Open street fitness training brought together young people with different psychodynamic characteristics and temperament types. A relationship was found between the choice of the form of participation in mass physical culture and sports events with the type of temperament and indicators of extraversion/introversion. The results obtained indicate the importance of scientific psychological and pedagogical support for physical education and sports activities of young people who independently organize their leisure time in the open air.

Keywords: *involvement, temperament, preferences, motive, street sports, psychodynamic characteristics of personality.*

Introduction. Modern society is focused on the development of human creative potential, his independence and competitiveness. An important role in solving these problems is played by physical culture and sports leisure activities, during which the ability to independently use the means of physical culture and sports is demonstrated, taking into account existing knowledge and experience [5, 7]. One can observe individually unique ways of solving motor problems in individuals who prefer to interact with objects or people, who give priority to single or repeated varied or monotonous actions [4]. From the position of the subject-activity approach (E.A. Klimov, V.S. Merlin), the choice of activity is based on a person's conscious attitude to the surrounding reality, his interests, inclinations and capabilities. Choosing a type of activity, including physical education and sports during leisure time, that does not correspond to individual characteristics, requires the student to show persistence, patience, struggle with himself, causes a feeling of discomfort and ultimately leads to refusal

of classes [1]. This is probably due to the episodic nature of leisure activities of people seeking to join new physical education and sports activities, following fashion trends, but not taking into account individual characteristics.

The scientific literature provides convincing evidence of the relationship between temperament properties and preferences in choosing a sport. The issues of the influence of the typological characteristics of young people on their choice of the type of physical culture and sports leisure activities in the open air and forms of participation in mass physical culture and sports events remain insufficiently studied.

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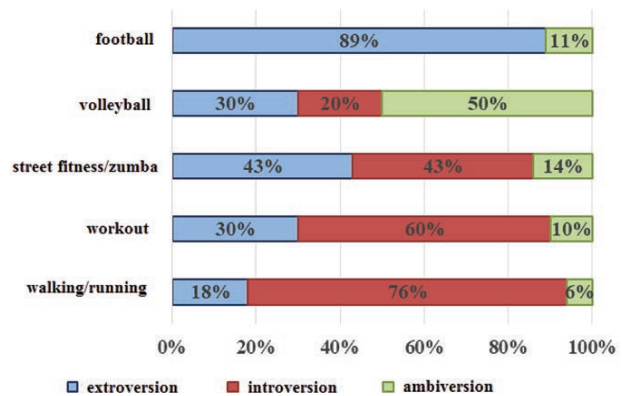
individual psychological personality traits; To study the factors of youth involvement in independently organized physical culture and sports activities, a questionnaire was used that included semi-closed and closed questions. Mathematical and statistical processing of the results was carried out in MS Excel.

The study involved young residents of Nizhnevartovsk, Khanty-Mansi Autonomous Okrug-Yugra, in the amount of 60 people (boys - 28, girls - 32) aged from 18 to 35 years (average age 22.8 years), engaged in outdoor exercise in their free time: workout ($n_b=9, n_g=1$); football ($n_b=9$); volleyball ($n_g=10$); walking or running ($n_b=10, n_g=7$); as well as participants in open fitness training ($n_g=14$). All subjects provided consent for diagnostics and processing of personal data.

Research results and discussion. Factors in the involvement of study participants in independent physical culture and sports activities in the open air, allowing us to talk about persistent preferences in physical culture and sports leisure activities, were the following indicators: 92% engage in 1-2 times a week or more often; 87% have experience of systematic sports; For 97%, each lesson lasts at least one hour. During the study, groups of young people were identified who prefer individually organized (walking/running, workout) or collective physical activity (football, volleyball), as well as those who, when working out in a group, do not interact with other participants (street fitness training “Zumba”). A study of personally significant motives for engaging in physical culture and sports activities among young people showed the importance of solving the problems of preserving and strengthening health both for those who prefer group (75%) and individual (76%) forms of exercise. At the same time, among those who choose leisure activities alone, more of those who solve the problem of improving their physique. The opportunity to meet and communicate with friends motivates young people who train in a group to practice, which makes them different from their peers who train individually [2].

The choice of a certain type of physical culture and sports activity, duration and effectiveness of classes is significantly influenced by the typological properties of the nervous system and temperament, which are the determining factor of a person’s individuality [3, 6]. The study of individual typological characteristics of persons who independently organize physical leisure showed that the choice of types of activities correlates with indicators of extraversion / introversion (see figure).

The smallest number of introverts is observed in the group of young people who chose team forms of training: among those involved in volleyball – 20%; among football players, no introverts were identified. High levels of extraversion among football players correlate with the results of research by G.L. Drandrova et al. [3]. Among the participants in the open “Zumba” training, 43% are extroverts and 43% are introverts. Introverts predominate among the contingent involved in workout (60%) and recreational walking or running (76%).



Psychodynamic characteristics of the personality of young people involved in independently organized physical education and sports activities in the open air, %

Distribution of temperament types among young people involved in independently organized physical education and sports activities in the open air, %, (number)

Physical education and sports activity	Temperament type			
	Choleric	Sanguine	Phlegmatic	Melancholic
Football (n=9)	44 (4)	56 (5)	0	0
Volleyball (n=10)	80 (8)	0	20 (2)	0
Street fitness / Zumba (n=14)	36 (5)	21 (3)	29 (4)	14 (2)
Workout (n=10)	10 (1)	20 (2)	30 (3)	40 (4)
Walking/running (n=17)	6 (1)	18 (1)	41 (7)	35 (6)



The table shows that the dominant choleric type of temperament was found in the group of girls playing volleyball in their leisure time (80%). Among young men who unite in their free time to play football, 56% are sanguine, 44% are choleric. Among the study participants doing workout on horizontal bars, 40% were melancholic, 30% were phlegmatic. Among those who engage in recreational walking or jogging – 41% are phlegmatic, 35% are melancholic, and 18% are sanguine. Among the girls who regularly participate in open street Zumba training, no significant predominance of any type of temperament was identified.

The study of the relationship between youth's choice of the preferred form of participation in mass physical culture and sports events (team, personal, individual-team, individual without competition with others) and psychodynamic characteristics of the individual showed the presence of an average strength of connection ($r = 0.61$), as well as with the type temperament ($r=0.63$). The emotional stability of an individual does not influence the choice of sports competition.

Conclusions. The study showed that the choice of types of physical culture and sports leisure activities in the open air correlates with the individual typological characteristics of those involved. Individual types are chosen by introverts who are not inclined to communicate, who cope better with monotony, in contrast to extroverts, who are sociable and prefer work with quick decision-making. Free street fitness training, which does not require physical interaction, but is carried out in a group, brings together people with different psychodynamic personality characteristics and temperament types. The characteristics of the nervous system and temperament should also be taken into account when developing plans to increase the mass participation of physical education and sports events, including competitive practices with various forms of participation. The results obtained indicate the importance of scientific psychological and pedagogical support for physical education and sports activities of young people who independently organize their leisure time in the open air.

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