

Effects of Physical Education into Improving the Quality of the Students' Achievements in the High Education Institutions

Prof. Assoc. Dr. Ardian Shingjergji

Elbasan University "Aleksandër Xhuvani", Faculty of Education Sciences
Email: ardiانشingjergji@gmail.com

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Abstract

Relations between the exercising thereof and the students' participation in physical and sports activities, on one side and their academic achievements and social performance on the other, has been a much-discussed topic both in the narrow sportive ambiances and the wider social ones. In these terms, critics say that participation of students into physical and sportive activities diverts them from school and distracts their attention from studying, whereas supporters of the sportive programmes into the educational institutions back the idea that, on the contrary, they effect the amelioration of the academic achievements as well as bring improvements to their social performance. The aim of this writing is to present facts and data brought out by canvassing students of certain high schools which support the idea of the effects of the physical activities and sports into ameliorating the students' achievements and their educative, learning and social performance.

Keywords: Physical education, sports, quality, achievement, academic performance, etc.

1. Introduction

Sport activities have not been considered as essential part of instruction process by education institutions and many people have believed that participation to sport effects students' education negatively. (Arnett, 2006). The relationship between the participation into sport activities and the academic achievements of students is a much-discussed topic by the sportsman, members of the association and the investigators. (Hartman, 2008). On one side the critics think that participation into sports drives children away from school and distracts them from studying. Whereas on the other side, the supporters of sportive programmes in the education institutions say that participation into sport activities ameliorates their academic achievements, elevates their education aspirations and keeps them away from the vices and the negative phenomena of the society. The aim of this study is to reveal the effects of the physical education and sports into the mission of the school and better social results which can affect both the qualitative achievements and other aspects of the school. To young people sports consists into an important component of the physical activity. Therefore, this study, just as the other studies in this field, aims to reveal, by means of analyzing and considering facts and data, the role of the sports activities not only in the development of the students physics and the fulfillment of their spiritual satisfaction but even wider, into ameliorating their academic, educational and social achievements

2. Connection of the Physical Education and Sports with the Educational Process

The actual scientific cognition regarding the relationships between sports and its effects into different aspects of education in schools derive from and are based on many long term investigations. Studies by many scholars have revealed that students participating into sport activities in schools have a better tendency to accomplish their school obligations than their colleagues which do not partake into sports activities. (Hanks and Eckland 1976; Otto and Alwin 1977; Landers 1978). These scholars have brought many examples regarding the effects of sports in building up the students' characters and socialization, based on the rapport existing among the necessary skills and wants for their achievements to school, sports and their everyday life. (Kr. McHale et al 2005; Eccles et al 2003; Daneze 2002; Ewing, et al. 2002; Larson 1994; Spreitzer 1994). The last psychological and social probes have confirmed relationships among those participating into sport activities and their mental health and self-esteem. (Miller et al 2005;. Darling et al 2005). Recently, sociologists have considered the role and the effects of the sport activities even into the community activities as well as the cultivation of the social capital in general. (Perks 2007; Harvey, Levesque, and Donnolly; 2007; McHale, et al. 2005). At the same time, although the empirical facts witness a considerable report between participation into sports and

the educational level, this does not mean that sports contribute automatically and unavoidably to academic achievements both in individual and institutional level. Actually, other scholars and experts believe that relations between participation into sports, academic achievements or any other positive and social results regarding this question are too complicated. The significance of the educational complexity and variations of sport is essential if the curricula and the sports policies are able to benefit from the full educational potential of sport.

Therefore, it is very important to better understand the nature and the complexity of the relationships between partaking in sports and the academic achievements as a specific relationship to identify its causes, variations and limitations. Studies of the question under consideration show the positive effects of the sport and physical activities into the academic achievements of the participants and the well-known saying; "Healthy mind in a healthy body", confirms the possibility and the perspective of sports in the intellectual development. Research studies have also confirmed that the physical and sport activities increase the level of readiness, (both mental and physical) and improve the intellectual function of the participants. (Hills, 1998). Sport activities ameliorate the working capacities of the important bodily systems and improve the participants' scale of vigilance. Sport activities not only affect participants' humor positively but even increase the mental vigilance, (Hills, 1998) and the physically prepared students always succeed into accomplishing their school obligations. (Taras, 2005).

Educators and the specialists of physical education and sports ascertain the fact that participation into physical education brings about a lot of psychological, physiological, educational and social benefits to students. These benefits include the improvement of the students' health by consuming extra energies, acceptance of competition and other social rules as well as limitation into acquiring negative behaviors, promotion of social values and integration of the character, self confidence, motivation, self-esteem, social interaction and possibilities for education and career in the field of sports, the evolvement of the living abilities and skills to afford difficult situations as well as getting entertainment and spiritual satisfaction. The successful sport programmes attract more students with high academic results and ameliorate the educational institution as a whole. (Mixon, Trevino, dhe Minto, 2004).

3. Research Methods

1. Compiling, cataloging and making use of the contemporary literature regarding the physical education and sports curricula offered into the educational institutions.
2. Making use of the documentation and the curricula upon which the activity of the high school institutions have been built.
3. Observation and investigation of the instructional and educational process regarding the physical education and sports in schools and out of them.
4. Canvassing and processing questionnaires which served to understand the conclusions.

4. Results

An important part of the study is canvassing, by means of which, students of the three main gymnasiums of Elbasan town were involved, respectively, "K.Kristoforidhi", "A.Dakli" dhe "V.Kamami" gymnasiums. It is important to be emphasized here that these three schools take students from all the social strata of the society, with different psycho-cultural formation, so making it possible to reflect wide social problems. The canvassing realized with those students aimed at revealing the role and the place the physical education and sports occupy in their life as well as determining their rapport with the different activities students undertake, including learning and walking with their friends and kinsmen, staying in front of the TV, reading artistic literature, etc. In order to enhance the outlook of the young people regarding the world of sport we organized a rubric evidencing the causes impeding students to accomplish different sport activities. This and the other rubrics placed in the canvassing intended to know the students mentality for the physical education and sports as well as defining the ways to coordinate the education institutions' work to bring as many students as they can to the world of sport, far from vices and the wounds suchlike drugs, prostitution, alcoholism, etc.

5. Results from Students' Canvassing

Canvassing was done with the students of the 10th, 11th and 12th classes of the three aforementioned gymnasiums and brought out the following results:

Table no. 1. Number of Students included in canvassing Class 12, Class 10. Class 11.

Classes	Kostandin Kristoforidhi	Ahmet Dakli	Vasil Kamami
10	72	74	62
11	68	60	57
12	64	56	43
Total:	556		

Graph no.1. Number of Students included in canvassing Class 12, Class 10. Class 11.

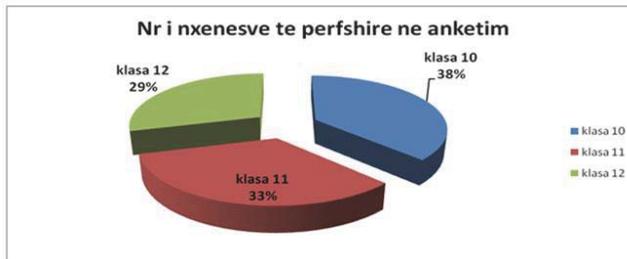
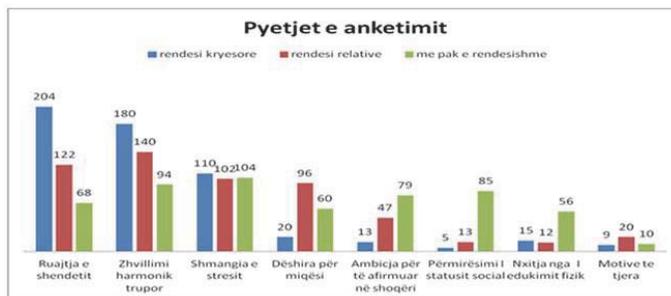


Table no. 2

Motives	Main Importance	Relative Importance	Less Important
Good Health	204	122	68
Harmonious Bodily Development	180	140	94
Avoiding Stress	110	102	104
Desires and Friendships	20	96	60
Ambition to be Affirmed in the Society.	13	47	79
Improvement of the Social Status	5	13	85
Enhancement by the Physical Education Teacher.	15	12	56
Other Motives	9	20	10

Graph no. 2. Questions of the Canvassing



6. Conclusions

1. Sports and the other physical activities constitute an essential component of the school curricula. They assist into enhancing the necessary team spirit and especially sports spirit in the students and serve as an effective way to integrate children with different social and cultural background.
2. We conclude that participation of the children into sports activities has important positive effects for their learning achievements. This ascertainment agrees with the theoretical considerations for the division of time and the education productivity.

3. This study, as all the other studies in this field, show that the academic achievements are better realized and ameliorated when a considerable part of the curricular time, (almost one class added daily), has been given to the physical education and sports.
4. The physical activity and sports can ameliorate the positive behavior in classroom by contributing into the students' academic achievements and the physical and sports activities have sufficient potential to affect the attitudes and behaviors of the students in school.

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