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GENDER SPECIFICS OF MOTOR ACTIVITY OF STUDENTS IN EXTRACURRICULAR TIME IN THE CONDITIONS OF WAR

Скрипченко Ірина, Счастливецъ Віктор, Скалій Олександр. Гендерні особливості рухової активності студентів у позаурочний час в умовах війни.

Key words: volume of motor activity, individual characteristics, sports priorities.

The need for movement is a biological need of the human body, which plays an important role in its vital activities and is inextricably linked with active muscle activity, which contributes to adaptation to the environment. A sufficient level of motor activity of students is the basis of proper development and formation of the body.

According to Ukrainian scientists, over the past four years, the amount of physical stress on the body of student youth has significantly decreased. Experts associate this with the coronavirus pandemic and the martial law and the territory of Ukraine, which was introduced in connection with Russia's aggression against our state. The introduction of distance learning in educational institutions has led to a significant increase in the volume of training, because physical education is also conducted online. All this contributes to increasing immobility, limiting muscle effort and, accordingly, causes diseases of various systems of a young person's body.

Observations of scientists are not comforting. The war took a toll on the mental health of young people. Scientists note that young people have decreased motivation for classes, apathy, depression, and fear. According to psychologists, under the influence of war, modern youth suffer from such problems as anxiety disorder, post-traumatic stress disorder (PTSD), depression, dissociative disorders (voluntary social isolation, depersonalization, derealization, reluctance to talk,

catatonic syndrome), behavioral disorders (in particular, aggression, antisocial and criminal behavior, tendency to violence) [1, 2]. Instead, young people 18-24 most believe in interaction with other people, sports, hobbies and travel. According to them, being in shape helps them spend time with other people (17%), exercise (12%), hobbies and travel (10% each). Despite the fact that young people aged 18-24 have the lowest level of assessment of their own mental health, they demonstrate the most resilience and optimism.

Physical culture and sports can counteract the negative consequences of restricting students' movement regime, be an important means of preserving and strengthening health, comprehensive development, improving work capacity and reducing fatigue, increasing the body's resistance to various diseases during the study period. However, according to experts, not every motor activity is effective, but only that which has a health and development focus [3, 4].

This study aims to study students' interest in playing various sports and determining their physical activity during extracurricular hours, taking into account gender differences in war conditions.

Research results and their discussion. Research was conducted at the Dnipropetrovsk State University of Internal Affairs (DSUIA) in 2023. 92 persons were interviewed and examined, of which 61 (66.3%) were women and 31 (33.7%) were men, who were studying in legal specialties.

Physical culture researchers believe that the volume of physical activity per week should be 6-10 hours for people over 25 years old, 10-14 for 18-25 years old, 14-21 for schoolchildren, and 21 for preschoolers. – 28 hours a week.

Physical exercises should be carried out in accordance with the age and physiological capabilities of the body, taking into account its individual characteristics and abilities, under self-monitoring of physical condition or under the supervision of a doctor [3]. The need for motor activity is individual for each person. Each person should satisfy his needs with the help of physical culture in order to increase working capacity, preserve and strengthen health, and prolong active longevity.

From Figure 1, we can see that the motor activity of young people is very low and less than 2% of students have intensive motor activity. At the same time, it was found that 20.6% of students do not devote time to physical education and sports at all, of which 12.9% are men and 24.5% are women.

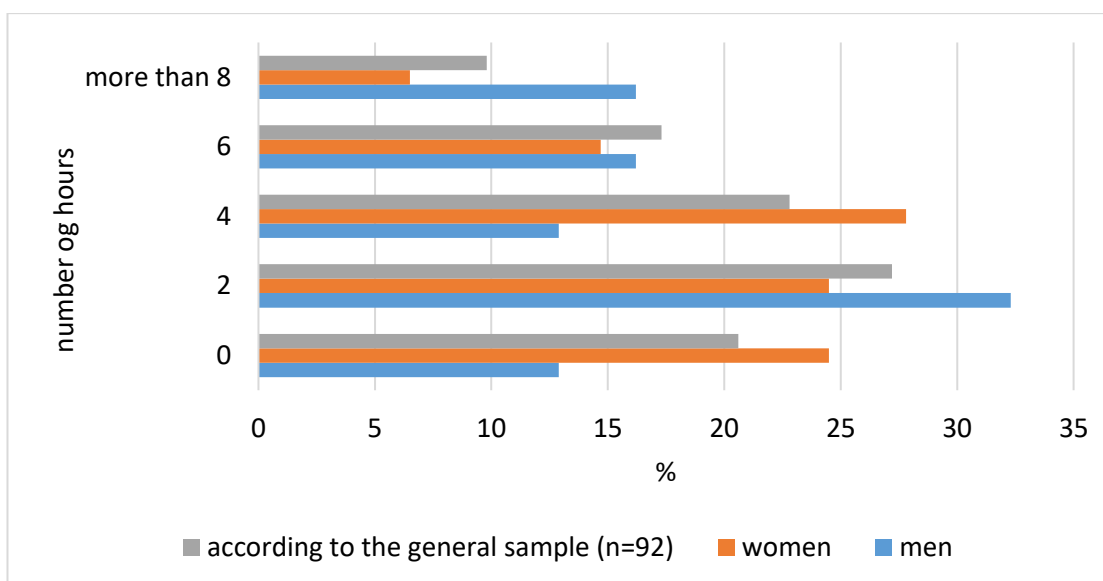


Fig. 1. The amount of time spent on physical activity per week

Part of the student youth satisfies the minimal motor activity by taking part in sports sections. The analysis of the obtained results showed that among female students, the priority motive for engaging in physical education and sports is the motive to improve health. The level of material and technical support plays an important role in motivating female students to engage in physical exercises. The majority, knowingly or as a result of ignorance, denies the only way to save their health, devoting only a small part of their free time to physical education.

A third of respondents (34.8%) do not want to work in sports sections on a permanent basis. Most people had short-term experience of classes from 1 to 6 months, but did not show effort and interest in this type of active recreation: 29% of men and 37.7% of women, respectively. Physical education and sports help strengthen the cardiovascular, nervous, and respiratory systems, and contribute to the health of the musculoskeletal system. Despite the deterioration of the economic, social and political situation, 17.3% of respondents continue to engage in various sports, which they have been practicing for more than 7 years (Fig. 2). 62.3% of women and 71% of men regularly practice their favorite sport.

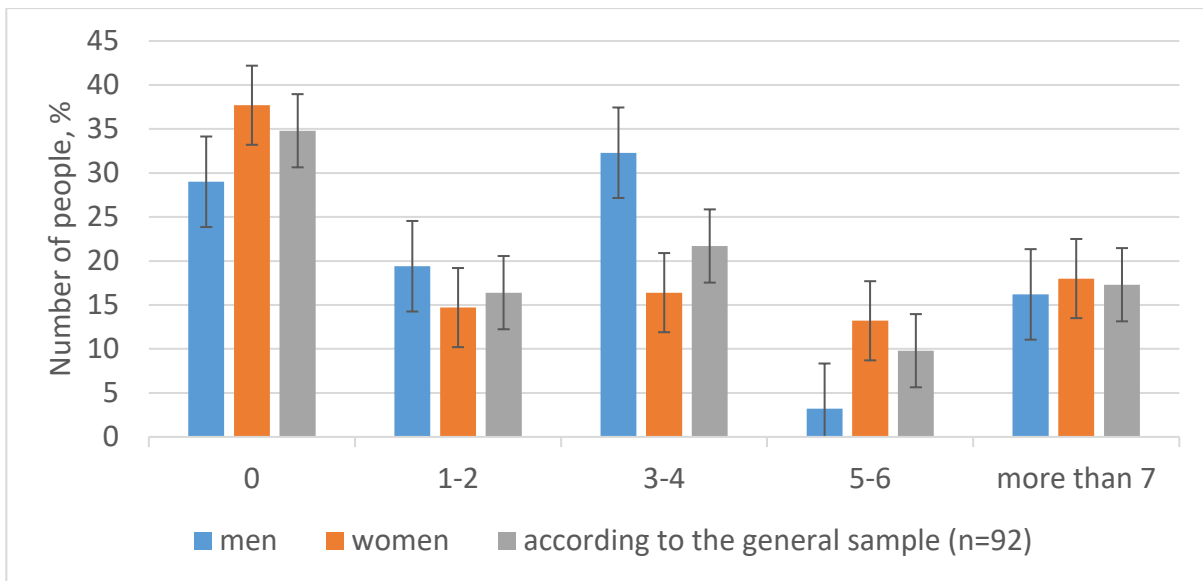


Fig. 2. The seniority of classes in sports sections in various sports

Analyzing the answers of the interviewees, we found out that the most popular sports that female students are able to practice in their free time under martial law are game sports (volleyball, basketball) and dance. Men prefer boxing and football, a slightly smaller percentage attend sports training and engage in strength sports (arm wrestling, powerlifting) and martial arts (taekwondo, MMA, etc.) (Fig. 3).

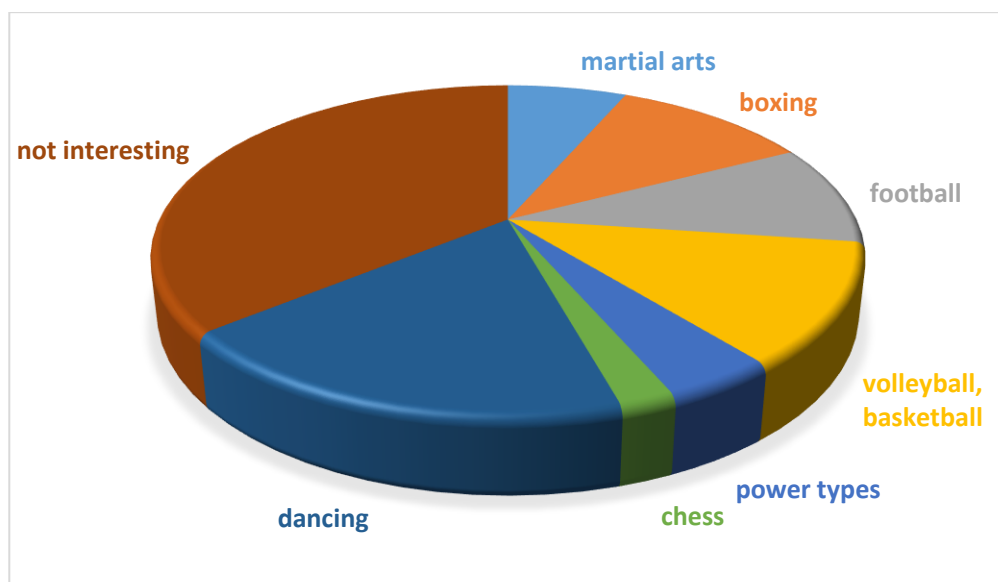


Fig.3. Types of sports that respondents practice in their free time.

It would be appropriate to emphasize that in modern conditions of war, physical exercises become a powerful antidepressant for Ukrainian youth. Studies by scientists and practitioners claim that the antidepressant effect of regular

physical exercise can be compared to powerful antidepressants. Just half an hour of exercise a day for 3-5 days a week significantly reduces symptoms of depression. Regular exercise also helps you achieve and maintain a healthy body weight. It is also noted that some people overcome nervous stress in the conditions of war due to the consumption of a large amount of food, that is, the consumption of more calories during the day, so physical exercises will help them to cope with excess calories, as a result of which the metabolism improves [5, 6].

Conclusions. Quarantine measures and a full-scale war globally changed society and its habits, priorities changed. Therefore, it is more important than ever to talk about the importance of a healthy lifestyle and physical activity as an important component of the physical and mental well-being of young people. The research we conducted showed that in the conditions of the war, the opportunities and interest of student youth to engage in various types of physical activity significantly decreased. A third of the respondents in wartime do not exercise and have a zero level of physical activity in their free time. If we take into account the remote teaching of physical education in Ukraine in higher education institutions in recent years, then we ascertain the catastrophic state of physical health of the majority of modern Ukrainian youth. Lack of motivation and opportunities to engage in physical education (limited or no access to sports infrastructure; destroyed sports infrastructure; lack of security, threat of shelling, constant air alarms; uncontrollable exercise performance) are becoming a social problem in modern society.

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IMPLEMENTATION OF ISOKINETIC EXERCISE IN FITNESS

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Ключові слова: фітнес, ізокінетичні вправи, тренувальні протоколи, адаптація.

Abstract. The isokinetic method appeared in the 60 years of the 20th century in the training program of astronauts, as a consequence of their osteoporosis problem, which arises due to being in a state of weightlessness. It was then that isokinetic dynamometers were used for the first time in clinical research. Isokinetic dynamometers made it possible to exercise at constant angular velocities, regardless of the magnitude of the generated force in any part of the movement. This characteristic of isokinetic dynamometers is also the basic principle of operation of all isokinetic trainers, and is reflected in the constant angular speed of movement of the extremities. Today, this method is significantly implemented in fitness training.

Key words: *fitness, isokinetic exercise, training protocols, adaptation*

Introduction. Modern fitness programs include the use of modern exercise methods, training models and adequate exercise protocols. Isokinetics was first mentioned as a training method for astronauts in the space program of the most developed countries. It is known that the main health problem of astronauts is the occurrence of osteoporosis, due to being in weightlessness. That is why, at the end