

ATTITUDE BY 16 YEARS OLD STUDENTS FROM OF MACEDONIAN AND ALBANIAN ETHNIC COMMUNITY TOWARDS SPORT

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Abstract

The research was conducted on a sample of 120 male respondents (students) at the age of 16, divided into two sub-samples according to ethnicity, 60 respondents from the Macedonian ethnic community and 60 respondents from the Albanian ethnic community. The aim of the research is to determine the attitude of 16-year-old students to sports and sports activities and whether there are differences in attitudes among students belonging to different ethnic communities. In order to realize the goals of the research, i.e. to assess the attitude towards sports, an instrument consisting of 24 particles (items) was applied, the so-called Kneers inventory of attitudes. The obtained data were processed by analysis of frequencies (F), percentages (%), and in order to determine whether there are statistically significant differences in the attitude towards sports between students from the Macedonian and Albanian ethnic community, χ^2 test was applied. The obtained results show that a much higher percentage of students from the Macedonian ethnic community have a positive attitude towards sports in terms of students from the Albanian ethnic community. Young people, especially the Albanian ethnic community, should receive more information about the positive impact of sports and physical activity, which will help most of them to change their attitude towards sports and to be actively involved in that process

Key words: attitudes; Kneers inventory; students

Introduction

Attitudes represent important dynamic personality traits. Many of the attitudes, and especially the attitudes that refer to socially important phenomena, are important factors of behavior, and therefore important personality traits.

Over the last few decades, attitudes have occupied a very important place in all the social sciences. Experts from various fields of social sciences use the position to explain various social developments. The basic concept of physical education and sports is to raise the level of physical culture among young people, increase care for improving health, physical and defense ability and the development of hygiene habits. It is known that a very important factor for full engagement in physical education classes, sports and sports activities are the attitudes of students towards these activities.

For continuous and constant growth of physical culture, it is necessary to know the factors that lead young people to a positive or negative attitude towards physical education, sports and sports activities, because only a positive attitude towards these activities can lead to good readiness for cooperation such as in classes of physical education as well as in other sports activities.

Having in mind the above, the subject of this research was set, which is to determine the attitude of 16-year-old students towards sports and sports activities and whether there are differences in the attitude of students belonging to different ethnic communities.

Good knowledge of attitudes allows us to predict, explain and control the behavior of individuals and groups in everyday life.

Method Of Work

The research was conducted on a group sample of 120 male respondents (students) at the chronological age of 16 years. The sample was divided into two sub-samples according to the ethnicity of the students, namely 60 respondents from the Macedonian ethnic community and 60 respondents from the

Albanian ethnic community. The sample was taken from the high school "GoceDelchev" from Kumanovo.

The Kneers Inventory of Attitudes was used to assess the attitude towards sports, an instrument consisting of 24 particles (items), of which 12 are positively formulated and 12 are negatively formulated. The instrument is of the Likert type, 5 steps, ranked from 1 to 5, of which the first and second statements are negative, the third statement is neutral, while the fourth and fifth statements are positive.

The obtained data were processed by analysis of frequencies (F), percentages (%), and in order to determine whether there are statistically significant differences in the attitude towards sports between students from the Macedonian and Albanian ethnic community, χ^2 test was applied .

Results

From Table 1 it can be seen that 80 percent of the students from the Macedonian ethnic community have a positive attitude towards sports, 18.33 percent neutral and 1.67 percent a negative attitude. 48.33 percent of students from the Albanian ethnic community have a positive attitude towards sports, 50 percent have a neutral attitude and 1.67 percent have a negative attitude.

Table 1. Differences in the attitude towards sports among 16-year-old students age of the Macedonian and Albanian ethnic communities

	Positive attitude	Neutral attitude	Negative attitude	χ^2
Macedonians	80.00	18.33	1.67	, 00
Albanians	48.33	50.00	1.67	

From the values of the χ^2 test (Table 1) it can be seen that there are statistically significant differences in the attitude towards sports between students from the Macedonian and Albanian ethnic community. From the percentage values it can be concluded that a large percentage of students from the Macedonian ethnic community have a positive attitude towards sports in relation to students from the Albanian ethnic community.

In order to obtain additional information on which claims (items) the students from the Macedonian and Albanian ethnic communities differ in, the entire scale was analyzed, with each claim being treated as a separate variable.

From the results in Table 2 it can be seen that statistically significant differences between students exist in the fourth item "the time needed to warm up, play or dress would be better used for something else", the eighth item, because physical skills are very important in youth, it is necessary to learn and improve ", the tenth item, " sports training does not contribute to the development of the ability to cope with awkward situations ", the thirteenth item, " sports training does not give anything that would be useful outside of sports ", the seventeenth item , "Sport does not contribute to making new friendships", the eighteenth item, "belonging to a group that enables teamwork is highly desirable", the nineteenth item, "participation in sports does not give any results", the twentieth item, "sport helps making friends and better relationships with others " and the twenty-second item, " a sport that aims to make people better with each other brings to develop friendly feelings ”.

From the obtained results it can be concluded that more attention should be paid to educating the youth, especially from the Albanian ethnic community about the positive impact of sports on the functional abilities of the organism, improving motor skills and knowledge as well as the social benefits of playing sports (forming new friendships, developing friendly feelings, feelings of group membership and teamwork).

There are several ways (strategies) by which strategies and educational programs can be implemented to promote physical activity and sports among young people. The method "face to face" (direct education), use of printed material (manuals, brochures, flyers, billboards, etc.), multimedia material (CD or DVD), use of media (television, radio) can be applied , newspapers), as well as the use of the Internet through which it is very easy to reach young people, because a large percentage of them use it.

Different approaches can be used: individual work, group work, workshops, counseling, etc. The main promoter of these educational programs and strategies should be the school, but it should also include several governmental and non-governmental organizations, the family as well as the local self-

government and the state with a wide media campaign. The changes in the school should be aimed at changing the

Table 2. Differences in claims concerning sports among 16-year-old students from the Macedonian and Albanian ethnic communities

	Claims	Ethnic community	Positive statement	Neutral claim	Negative statement	χ^2
1	Sport does not allow you to control strong emotions, such as anger.	Macedonians	30.00	23.33	46.67	, 13
		Albanians	33.33	36.67	30.00	
2	To participate actively in sports means to influence the development of good health habits.	Macedonians	91.67	5.00	3.33	, 34
		Albanians	85.00	5.00	10.00	
3	Sport helps in learning and practicing the rules of behavior with other people.	Macedonians	58.33	25.00	16.67	, 07
		Albanians	40.00	26.67	33.33	
4	The time needed to warm up, play or get dressed would be better spent on something else.	Macedonians	66.67	15.00	18.33	, 00
		Albanians	28.33	50.00	21.67	
5	Physical activity alleviates strong feelings, such as anger.	Macedonians	55.00	30.00	15.00	, 46
		Albanians	56.67	21.67	21.67	
6	The human body has all the necessary strength even without sports	Macedonians	76.67	6.67	16.67	, 62
		Albanians	78.33	10.00	11.67	
7	By actively participating in sports, the individual becomes more likable and manages much better in contacts with others.	Macedonians	66.67	18.33	15.00	, 15
		Albanians	50.00	23.33	26.67	
8	Because physical skills are so important in youth, they need to be learned and perfected	Macedonians	93.33	5.00	1.67	, 00
		Albanians	71.67	25.00	3.33	
9	Developing physical abilities contributes to mental progress.	Macedonians	53.33	30.00	16.67	, 98
		Albanians	51.67	31.67	16.67	
10	Sports training does not contribute to the development of the ability to cope with difficult situations.	Macedonians	55.00	21.67	23.33	, 03
		Albanians	33.33	41.67	25.00	
11	Regular exercise contributes to better health.	Macedonians	95.00	0.00	5.00	, 60
		Albanians	93.33	1.67	5.00	
12	Sport is more harmful than useful.	Macedonians	98.33	1.67	0.00	, 12
		Albanians	90.00	5.00	5.00	
13	Sports training does not provide anything that would be useful outside of sports.	Macedonians	83.33	10.00	6.67	, 00
		Albanians	53.33	21.67	25.00	
14	Sport does not contribute to learning to respect the rights of others.	Macedonians	55.00	21.67	23.33	, 12
		Albanians	36.67	28.33	35.00	
15	Sport is not so valuable as to waste time with it.	Macedonians	90.00	6.67	3.33	, 20
		Albanians	80.00	8.33	11.67	
16	Sport is very important because it helps in the development and maintenance of good health.	Macedonians	96.67	0.00	3.33	, 36
		Albanians	93.33	3.33	3.33	
17	Sport does not contribute to making new friendships.	Macedonians	85.00	6.67	8.33	, 00
		Albanians	50.00	28.33	21.67	
18	Belonging to a team that enables teamwork is highly desirable.	Macedonians	83.33	11.67	5.00	, 00
		Albanians	55.00	36.67	8.33	
19	Participation in sports does not give any results.	Macedonians	93.33	3.33	3.33	, 02
		Albanians	75.00	13.33	11.67	
20	Sport helps to build friendships and better relationships with others.	Macedonians	90.00	5.00	5.00	, 03
		Albanians	63.33	18.33	18.33	
21	Sport tends to spoil some feelings, for example, to make someone angry.	Macedonians	38.33	18.33	43.33	, 13
		Albanians	36.67	33.33	30.00	
22	A sport that aims to make people better towards each other does not contribute to the development of friendly feelings.	Macedonians	65.00	20.00	15.00	, 00
		Albanians	26.67	53.33	20.00	
23	I would advise anyone who is healthy to do sports.	Macedonians	95.00	1.67	3.33	, 12
		Albanians	83.33	5.00	11.67	

curricula which should include content about sports and its meaning, inclusion of new forms of physical activity in the curriculum, improvement of the material base (facilities, devices, etc.).

All this will contribute to young people to get more information about the positive impact of sports and physical activity, and thus many of them will change their attitude towards sports and will be actively involved in that process.

Conclusion

Based on the obtained results, the following conclusions can be drawn:

- A larger percentage of students from the Macedonian ethnic community have a positive attitude towards sports compared to students from the Albanian ethnic community.
- Young people, especially the Albanian ethnic community, should receive more information about the positive impact of sports and physical activity, which will help most of us to change our attitude towards sports and to be actively involved in that process.

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