



SURVEY ON THE OPINION AND SIGNIFICANCE OF SPORTS ACTIVITIES AMONG STUDENTS TRAINING IN THE "NURSES" AND "MIDWIVES"

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ABSTRACT

The aim of the research is, through a survey among students studying in the specialties "Nurse" and "Midwife", to study their opinion and attitude to the current models for conducting classes in the discipline "Sports", and in particular to their motor activity. The study involved students from the Medical University - Sofia (Faculty of Public Health and Branch "Prof. Dr. Ivan Mitev" - Vratsa).

The tasks we set ourselves are:

1. To conduct a survey on the opinion and attitude of students to the discipline "Sport" and self-assessment of their physical activity;
2. To process and analyze the data from the survey;
3. To draw conclusions and formulate recommendations.

To achieve the goal and tasks, a questionnaire with 18 questions was developed, and the obtained results will give us valuable information about motor culture, knowledge and skills about the role of sports during the training of the studied students and then in their future realization as specialists.

Key words: students, training, nurses, midwives, sports

INTRODUCTION

The World Health Organization (WHO) rightly designates 2020 as the "Year of the Nurse", focusing on the importance of the two professions - "Nurse" and "Midwife". "They play a vital role in providing health services. These are the people who dedicate their lives to caring for mothers and children. They give rescue immunizations and health advice ...", stated by the WHO (1). The authors Perusanova et al. (2019) address a number of current issues and provide valuable recommendations related to the credibility of the obstetric profession, its role and place in modern medical society (2).

Modern education in higher education is associated with ever-increasing tension and intensity of students' learning, which predetermines sufficiently high requirements for their health, mental and physical performance.

Therefore, among the various means for successful educational and professional activity of future specialists, sports activities occupy an important place. The activities in the discipline "Sport" in the curriculum of higher education are the only ones that have a direct bearing on the health of strengthening, improving the general and professional performance of students and to compensate for the negative effects of increased mental load.

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METHODS

The study was conducted during the Summer Semester of the 2019/2020 academic year with 200 students from the Faculty of Public Health (PHH) and the Branch "Prof. Dr. Ivan Mitev" - Vratsa at MU - Sofia, who are trained in the

specialties "Nurse" and "Midwife". The average age of students is 25, 4 years.

We applied the survey method, and 18 questions were brought to the attention of the surveyed persons (**Appendix 1**).

Appendix 1

QUESTION	ANSWERS
1. Are you satisfied with the way of conducting the classes in the discipline "Sport" / venue, duration /?	Yes ----- No
2. In your opinion, are the "Sports" classes in the curriculum enough?	Yes ----- No
3. Do you enjoy sports classes or do you attend them on a mandatory basis?	With pleasure ----- By obligation
4. With the planned composition of the groups, does the university lecturer manage to monitor and control the education of each student in the group?	Yes ----- No
5. Do you like sports?	Yes ----- No
6. Does training in sports contribute to your health and good mood?	Yes ----- No
7. Do you think it is important to study the discipline "Sport" for your specialty?	Yes ----- No
8. Do you feel satisfied with the overall training in the discipline "Sport"?	Yes ----- No
9. Indicate what sport you would practice, personally, in order to be in optimal physical condition?
10. Do you lead a healthy lifestyle in terms of: - Nutrition - Motor activity - Smoking - Alcohol	Yes / No Yes / No Yes / No Yes / No
11. Do you have an interest and need for sports activity?	Yes ----- No ----- To some extent
12. What is your preference - for individual or group exercise?	Individually ----- In groups ----- I have no preference

13. Give recommendations on how you think the classes in the discipline "Sport" go. - to increase the number of classes per week - the discipline "Sport" to be studied during the entire period of study (from 1 to 4 courses) - to introduce classes in the theory of the studied sports and their role in improving motor training	Yes / No Yes / No Yes / No
14. Do students of the specialties "Nurse" and "Midwife" need to develop and maintain motor skills: strength, endurance, speed, flexibility?	Yes <hr/> No <hr/> I cannot decide
15. How often do you think you should practice sports to improve these qualities?	Once a week <hr/> 2-3 times a week <hr/> Every day
16. What physical qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer).	Speed Accuracy Coordination of movements Endurance Dexterity
17. What mental qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer).	Concentration Observation Strong memory Logical thinking Cleverness
18. What personal qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer).	Mercy Empathy Organization Accuracy Dynamics Correctness Discretion

RESULTS

The first question in the survey is related to the conduct of sports classes in terms of satisfaction, venue and duration. 95.2% of the students are satisfied, which is pleasing and obligatory on the part of the leading teachers. A small part, 4.8%, does not like the activities and are not satisfied.

The second question is, "Do you think sports classes in the curriculum are enough?" Surprisingly, the higher percentage indicated the answer "Yes" (94.7%), provided that they are too few - 2 hours / week. The considerations for the positive answer and what the students have shared with us is that the classes do not take much of their time and that is why they attend them. Only 15.3% answered that they were not enough and could increase.

The next question (Question №3 "Do you enjoy sports classes or do you attend them on obligation?") Gives us information on whether students attend sports classes with pleasure (86.49%) or on duty (13.51%).

The fourth question is related to the skills of the leading teacher to monitor and manage sports training in the classroom. With very few exceptions (4.5%), students estimate that their university lecturer manages to monitor and control the learning of each student in the group, with 95.5% positive answers.

The answers to the fifth question of the survey provide valuable information about the health and habits of modern young people (Question №5 "Do you like sports?"). 90.09% of respondents say they like sports and only 9.91% say they do not like. This gives us reason to believe that in general students are aware of the need and importance of sports.

Question №6 gives us an idea of the students' opinion about the perceived health benefits and good mood that their sports activities contribute to them. 88.29% answered positively, and according to 11.71% - the training does not affect them.

In the specialized Bulgarian literature we find very few professionally oriented programs in Sports in Higher Education, which are aimed at developing the leading physical qualities and motor skills needed by specialists in their future professional activities. In this regard, we have brought to the attention of students majoring in "Nurse" and "Midwife" some of the following questions.

The results of Question №7 "Do you think that the discipline" Sport "should be studied for your specialty?" Allow us to largely understand the students' assessment of the importance of sport for their specialty. There is

a high percentage (75.68%) of the respondents that the presence of sports activities is important for them as future specialists and only 24.32% indicated the answer "No". The negative answers are influenced by the lack of free time to practice a certain sport or other engagements, incl. going to work.

But in general, students are satisfied with the training in the discipline "Sport", as 91.89% gave a positive answer to Question №8 "Do you feel satisfied with the overall training in the discipline" Sport? "And only 8.11%, no feel satisfied.

Figure 1 presents the answers given by the students to Question №9 of the survey. They have a variety of preferences for the sport they would practice in order to be in optimal physical condition - sports are both collective and individual.

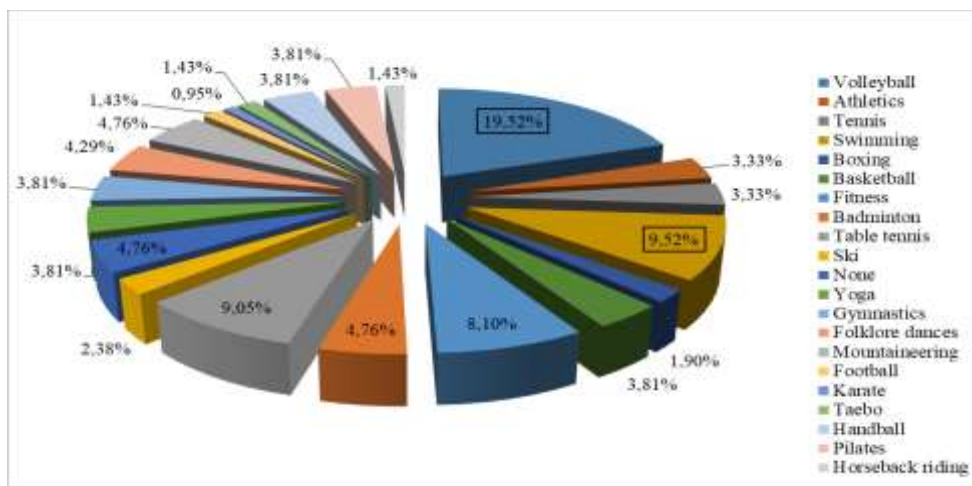


Figure 1. Question №9 "What sport would you practice, personally, to be in optimal condition?"

Figure 2 presents the answers to the question of whether students lead a healthy lifestyle in terms of some components. We take into account the fact that in everyday life, most of

them eat healthy - 81.08% and have some physical activity - 85.59% and in a small percentage there are bad habits - 31.53% smoke and 26.13% consume alcohol.

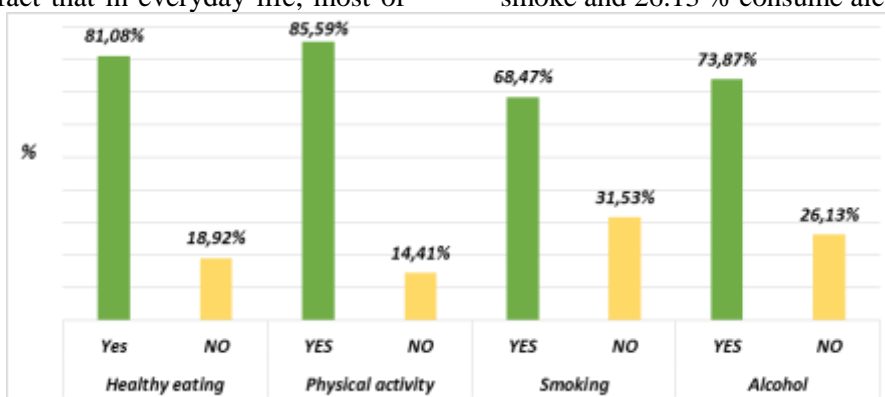


Figure 2. Question №10 Do you lead a healthy lifestyle in terms of:?

Figure 3 presents the students' opinion on how sports activities can be changed. The proposed changes are supported by a large majority. Most of the surveyed students prefer the discipline "Sport" to be studied during the entire period of study of four years (61.26%), and 38.74% answered "No" to this proposal. It

is also proposed to increase the weekly hours on "Sports" - 55.86% are "For" and 44.14% answered "No". The percentage of students who want theoretical classes in "Sports" is lower - 46.85% and 53.15% do not support this proposal.

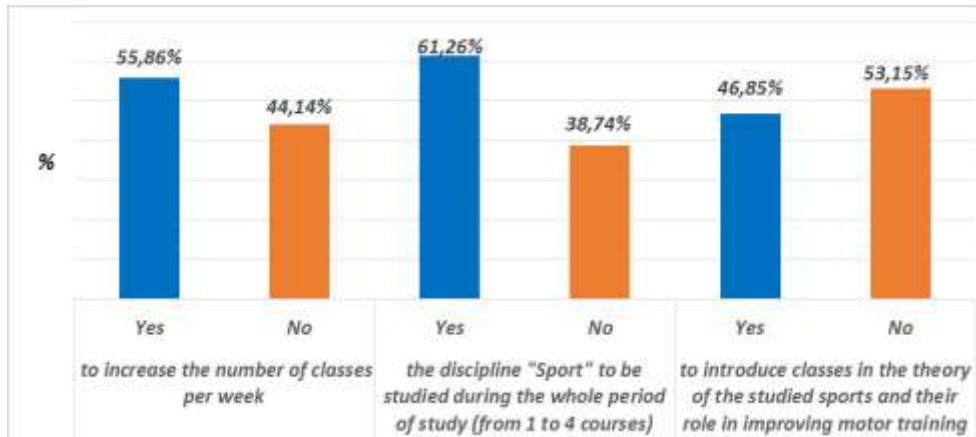


Figure 3. Question №13 Give recommendations on how you think the classes in the discipline "Sports" go.

In Figure 4, students gave their opinion on the need to develop and maintain the qualities of strength, endurance, speed, flexibility. 86.14% give a positive answer, a small percentage (8.91%) cannot judge and only 4.95% underestimated the importance of these qualities.

To Question №15, more than half (56.76%) answered that they need to exercise 2-3 times a week (**Figure 5**). This motivates us to encourage and support the desire of students for independent sports. There is a small percentage of those who have a daily need to find time for sports and physical activity in various forms (12.61%), and 30.63% indicated as their desire to do sports only once a week.

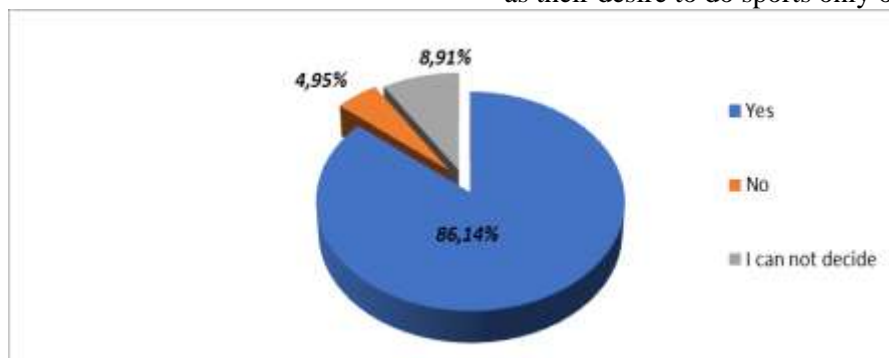


Figure 4. Question №14 Do students from the specialties "Nurse" and "Midwife" need to develop and maintain motor skills: strength, endurance, speed, flexibility?

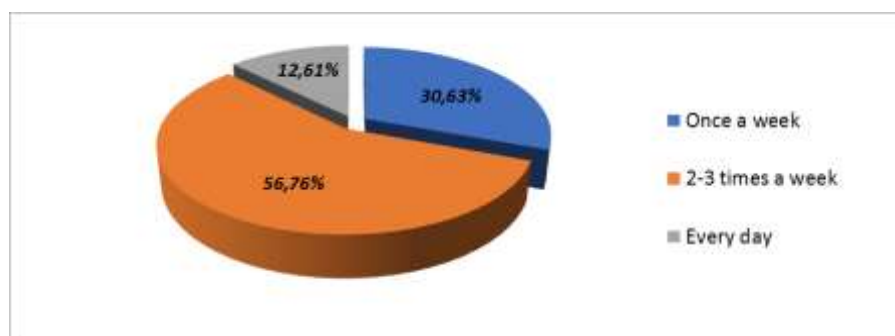


Figure 5. Question №15 "How often do you think you should practice sports to improve these qualities"?

The results in **Figure 6** show how students assess the physical qualities that a nurse or midwife needs to perform her professional duties. Students have significantly underestimated the quality of agility, with only

55.86% citing it as necessary for the professions. The other qualities were evaluated with a high percentage, and the students were given the opportunity to indicate more than one answer.

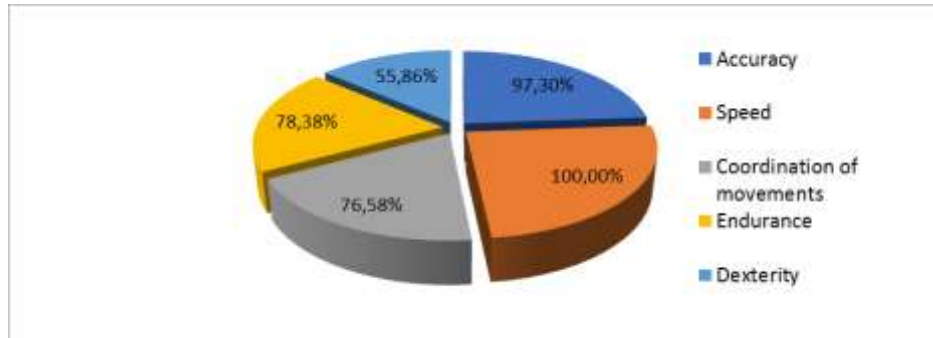


Figure 6. Question №16 "What physical qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer)"

Figure 7 presents the results of the students' assessment of the necessary mental qualities for successful practice of their chosen professions. The concentration is indicated by the highest percentage of students - 93.69%,

followed by observation (79.28%), strong memory (75.68%), resourcefulness (73.87%) and the least rated as necessary quality - logical thinking (67.57%).

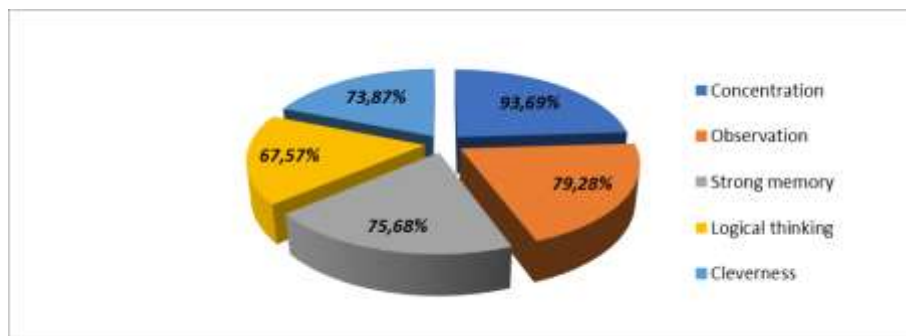


Figure 7. Question №17 "What mental qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer) "

The last question from the survey is related to the personal qualities necessary for the successful professional realization of nurses and midwives. The analysis shows that the students ranked the qualities according to the

following significance (**Figure 8**): charity - 91.89%, empathy - 86.49%, organization - 84.68%, correctness - 78.38%, discretion - 72.97%, dynamism - 70.27%, accuracy - 61.26%.

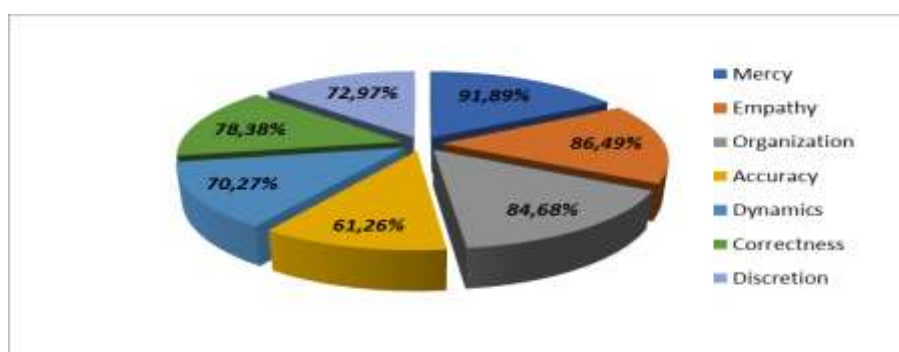


Figure 8. Question №18 "What personal qualities do you think a nurse or midwife needs to perform her professional duties? (you can specify more than one answer)"

CONCLUSIONS

For every profession, as well as for the professions "Nurse" and "Midwife", it is important to strive for continuous professional training, improvement and self-improvement in order to achieve high professional competence at a modern level.

In conclusion - the present study gives us very valuable information about the opinion and importance of sports for students who have chosen these two humane professions.

They consider sports to be important for the development of their motor skills needed in their profession.

More frequent sports once a week, according to students, would improve their functional and health status.

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