

# THE IMPORTANCE OF HANDBALL IN THE DEVELOPMENT OF HIGH SCHOOL PUPILS

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**Abstract:** *The aim of the research consists in identifying the opinions of pupils, parents and teachers from high-school education institutions on the main aspects of the handball game within the physical education and sport lessons and training. The present research is of ascertaining – ameliorative type, carried out on a sample of 110 people (pupils, parents and specialized teachers) from four educational institutions in Campulung Moldovenesc, Romania: National College «Dragos Voda», Bucovina Forest College, National Military College «Stefan Cel Mare» and Technological High School no.1, between February 1, 2022 and September 1, 2022. The methods used in the research included: the analysis of the specialized literature, the diagnosis questionnaire, the mathematical-statistical method. The main conclusions of the study refer to the benefits of the handball game, its role in the morpho-functional development of the pupils, the level of motivation of the pupils to practice this game within the physical education and sports lessons, as well as outside the hours, within the handball high school team.*

**Key words:** *handball, morpho-functional development, training.*

## 1. Introduction

The sports game of handball, characterized by its accessibility and spectacularity at the same time, has a wide spread among young people from all over the world. This game appeared almost four decades ago, and handball played in sevens had a rapid spread in our country as well. The game of handball began to be put into practice under the aspect of competitive activities by teams

from all categories and due to its popularity and accessibility, it was included in the educational programs for any level [1],[5]. These premises, in a short time, allowed it to ensure a wide character of the masses and at the same time a higher level from the point of view of the obtained performances. The present research is part of the series of studies, which aim to fill the gaps created in the training of high school pupils practicing handball, in relation to the

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technological development and the evolution of this sport on an international level. Basic knowledge of the specialization and the application of the most indicated means as well as laborious working methods must constitute the guiding thread that fixes the entire training process [3],[8], [11].

**The purpose of the research** consists in identifying the opinions of several categories of beneficiaries (pupils, parents and specialized teaching staff) regarding the benefits of handball, its role in the morpho-functional development of pupils, the level of pupils motivation to practice this game within physical education and sports lessons, as well as out of class, in the high school handball team.

## 2. Research Methodology

The present research is of a confirmatory - ameliorative type, carried out on a group of 110 people (pupils, parents and specialized teaching staff) from four educational institutions in Campulung Moldovenesc, Romania: "Dragos Voda" National College, Forestry Bucovina College, "Stefan Cel Mare" National Military College and Technological High School No. 1, between February 1, 2022 and September 1, 2022. The methods used in the research included: analysis of specialized literature, the diagnosis questionnaire, the mathematical-statistical method.

## 3. The Results of the Research

In order to achieve the objectives of the research, questionnaires were elaborated and applied for the categories of respondents (pupils, parents and specialized teaching staff). Below we will

reflect the most relevant data obtained following the application of the questionnaires.

To the question addressed to pupils, parents and specialized teaching staff: *Can practicing handball bring a benefit to the pupil?* The majority of respondents in all categories answered affirmatively (Figure 1).

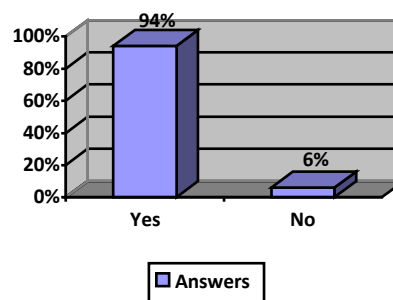


Fig. 1. Graphical reflection of the teachers, parents and pupils' responses regarding the benefits of playing handball

The answers obtained fully reflect the respondents' agreement regarding the benefits of playing handball, a fact that confirms society's information about the benefits of sports in general, and of handball, in particular.

At question "*Do you consider that the morpho-functional development of the pupil by practicing the game of handball can be an advantage?*", 94% of respondents answered yes, only 6% of teachers, parents and pupils denied this fact (Figure 2). To this question, both parents and pupils showed knowledge about the positive influences of the handball game, such as: the development of thinking concepts, the development of motor skills and qualities, speed, ability, resistance, strength and the development of visual and auditory factors and the development attention.

For the 6% of respondents, who answered negatively and did not identify the benefits of playing handball, we believe that we should talk more with them and explain the benefits, which bring a big plus to pupils and that sports, in general, means health for the human body.

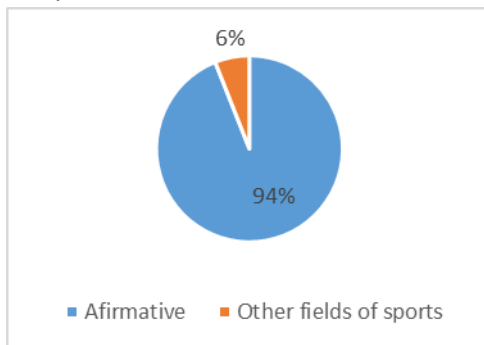


Fig. 2. *Graphical reflection of the teachers, parents and pupils answers regarding the advantages of practicing the game of handball in the morphofunctional development of the pupil*

The answers demonstrate that all the beneficiaries of the educational process recognize the benefits of playing handball for pupils, in particular, the impact of this sport on the morphofunctional development of pupils.

Regarding the parents' motivation to enrol their children in the high school handball team, it was found that most parents are motivated to do it - 85% agreed with the fact that through sports, children learn new things, develop their personality, become more responsible, punctual, have energy and learn many qualities. The respondents, who had reservations in this field - 15%, or who chose other fields or activities for their children, were not familiar with the benefits of this sport. It is recommended that the physical education teacher be

more actively involved in guiding parents regarding extracurricular activities: to present the pupil and his parents the benefits of several different sports, and together, choose the best option for them [6]. At the same time, the physical education teacher could conduct several discussions with parents in order to inform them about the benefits of handball on the physical and psychological development of pupils (Figure 3).

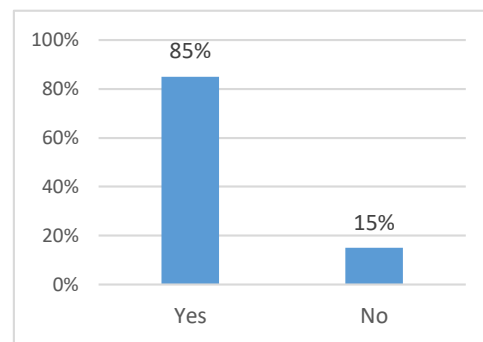


Fig. 3. *Graphic reflection of the parents' answers regarding the motivation to enroll the child in the school handball team*

Increasing the motivation to practice the game of handball has a very important role in the morphofunctional development of the pupil, as a result the pupil can make decisions and be actively involved in what he is doing and make a considerable effort to evolve and aim for performance [4],[9].

To the question addressed to the high school management and teaching staff: "Can the attitude and involvement of the high school management and teachers be an important factor to raise the spirit of the pupils in the high school handball team?", 95% strongly agreed with supporting students to play this sport, seeing it as a great benefit to both the pupils and the high school. At the same time, 5% of the respondents, probably not

familiar with this sport and its benefits, hesitated to answer or gave a negative answer. For this category, we suggest involvement in discussions and participation in handball sports activities, for a better knowledge of this sport and the benefits brought to pupils by practicing this game (Figure 4).

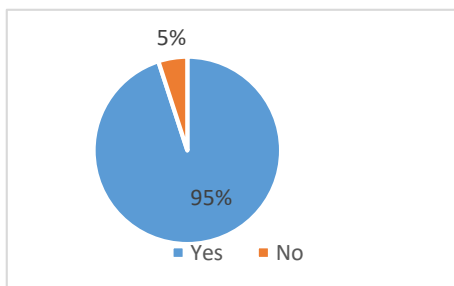


Fig. 4. Graphical reflection of the answers regarding the involvement of the high school management and teachers to boost the spirit of the high school handball team

At question: "Does practicing the game of handball meet the pupils' morphofunctional and mental development needs?", the pupils responded positively by 91%, arguing that by playing handball they learn many new things, learn to be more motivated, more disciplined, to think positively both at school and in their free time, to manage and go out more quickly out of more difficult situations. It turns out that an important impact confirmed by the pupils is that they give more yields and think better, in the conditions when they are supported by parents, teachers, colleagues, but also by the management of the high school. The negative answer received from 9% of the respondents' results from the lack of information and the insufficient promotion of this sport at the high school level (Figure 5).

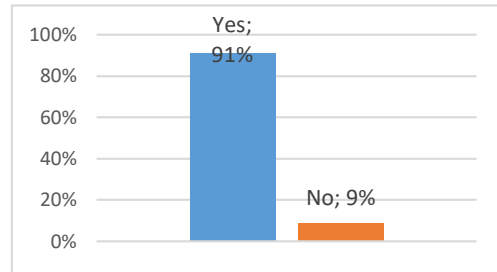


Fig. 5. Graphical reflection of the pupils' answers regarding the influence of handball on the morphofunctional and psychological development of the players

Regarding the question: "Is the activity carried out in the high school handball team out of the school program important?", 78% of parents and pupils responded that the extra work done by pupils to perfect their playing technique is beneficial for better physical development, clearer and faster thinking. From discussions with parents, it was found that they make sustained efforts with their children to motivate and guide them to practice sports, physical exercise and healthy lifestyle. In proportion to 22%, the respondents did not agree with the handball training held in the afternoon, out of school hours, reasoning that other activities can be practiced during this period (e.g. walks, hiking, art, music, etc.) (Figure 6).

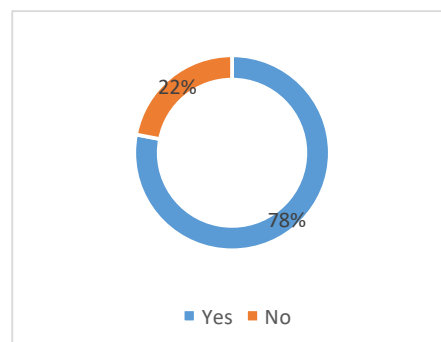


Fig. 6. Graphical reflection of parents' and pupils' answers regarding the importance of handball training out of the school program

We can state that in order to attract pupils to handball training lessons, it is important to promote this activity through sports competitions, mediatise the results obtained and stimulate the achievement of performances in this sport [2], [7], [10].

#### 4. Conclusions

In conclusion, we mention:

- regarding the benefits of playing handball, the majority of teachers, parents and pupils answered affirmatively, arguing that this contributes beneficially to health, movement, creativity, development of motor skills, etc.);

- regarding the advantages in the morpho-functional development of pupils by practicing the game of handball, the answers are affirmative in the proportion of 94%;

- regarding parents' motivation to enrol their children in the high school team - 85% of them agree to encourage their children to be part of the high school handball team;

- regarding the role of the high school administration in supporting and promoting the game of handball, 95% answered that its role is significant, others - 5% stated that these duties belong to the parents and the coach;

- regarding the impact of the game of handball on the mental and morphofunctional development of pupils, 91% of the respondents answered affirmatively, claiming that through the game of handball, pupils develop both physically and mentally (increases muscle mass, develops strength, speed, dexterity, endurance, think quickly and efficiently, etc.);

- most parents are willing to enrol their children in the extracurricular handball program, appreciating the beneficial impact of this activity.

Thus, we find a high awareness of the role of the handball game among teachers, parents and pupils, a fact that constitutes a significant support in the organization of extracurricular handball programs for high school pupils. Teachers, parents, and pupils appreciate the role of this sport on physical, mental and intellectual development. Although handball appeared more recently compared to the other team games, it arouses a significant interest from pupils, being considered attractive and beneficial for the mental and physical development of the players.

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