

CONTRIBUTIONS TO IMPROVING AEROBIC GYMNASTICS ON THE IMPORTANCE OF SELF-IMAGE

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Abstract: *Physical exercise in general and aerobics - whose specific means have been used in experimental studies, are effective ways of increasing self esteem. This we have tried to prove in this paper with the help of female students of the University of Bucharest.*

The image itself is a very important attitude in structuring and smooth functioning of personality, essential for effective interaction with the others.

This research aims to identify ways of improving self-image through aerobic gymnastics.

Aerobic gymnastics practice is to increase interest in themselves, in the right posture, in their performance in comparison with those of others, from engaging in competition.

Keywords: *aerobics, self-image.*

1. Introduction

Motto: : "learning to know yourself is the one of the first worries that wisdom requires from each living person".

La Fontaine

Physical exercise in general and aerobics - whose specific means have been used in experimental studies, are effective ways of increasing self esteem. This we have tried to prove in this paper with the help of female students of the University of Bucharest. By improving their image and increasing exercise capacity, confidence in themselves will increase.

2. Coverage

Self-image, element of critical importance in personality development and social integration of people is generally, the embodied expression of the way in which a common person "sees herself", or represents herself. It is the result of experiencing "the unifying aspect of personality cohesion. This image is contaminated by wishes and but also by the way in which the others assess that particular person and by the self identification in that assesment" (Green, E., in " Dictionary of Psychology ", 1997).

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There is a reference model in the structure of self-image with which the individual tries to identify himself. If the self-image is satisfactory, the behavior will be appropriate and, if it is full of complexes, the entire conduct will be negatively scheduled. The negative programming supports neurotic feelings, in which anxiety, obsessive analysis come first. (Horghidan V., 2000). The image itself is a very important attitude in structuring and smooth functioning of personality, essential for effective interaction with the others.

Rosenberg, cited by Aducovschi, D., has identified three fundamental self-image sides:

- The existing self –as the subject sees himself, this includes the social and personal identity and the self-image;
- Desired or ideal self - how the person would want to be, based on some individual standards built in ontogenesis, it acts as a motivational vector (it is the self-actualization motivation), being of course strongly influenced by the values, ideals and socio-cultural standards;
- The presented self - how the subject is perceived by the others, it is the most exposed to change, being influenced by daily personal interactions. Aerobics is a fun, attractive and disconnected way, which puts into action the whole treasure of physical and mental resources and thus contribute to shaping and modeling human self.

Through gymnastics, the esthetic of body movement develops due to the way of exercising that the practitioners of this discipline should adopt through classical dance exercises, but also through the specific movements of traditional gymnastics. (Aducovschi, D., 2009).

The specific exercises of aerobic gymnastics aim as good as possible oxygenation throughout exercise, systematically accompanied by the rhythmicity of breathing, and therefore were called "aerobics" (Stoica, A., 2004)

In the aerobics lessons, female students have the opportunity to show their qualities and to evaluate and rank the merits in all respects.

3. Research purposes

This research aims to identify ways of improving self-image through aerobic gymnastics.

4. Research hypotheses

Aerobics is a branch of gymnastics with which we can positively influence human personality dimensions: In this context we put forward the following hypothesis: A teaching strategy based on differentiated treatment of students can lead to improved self-image, being superior to the traditional teaching strategies (front)

5. Research organization

The research was conducted in an effort to optimize the educational process to increase efficiency and the quality of the gymnastics lessons by applying a scientifically fundamented system, in line with the spirit of curriculum theory and individual work requirements. We started from the idea that differential training aims to adaptation of the work, in terms of forms of organization and teaching methodology of their own capabilities, while the capacity of understanding, interest in movement and the rhythm of working and learning is different. Research began in October 2010 and ended in May 2011, therefore an academic year. The investigated sample counted 60 students, aged 18-30 years, from the University of Bucharest, in the second year, included in a organized system of participation in physical education as a compulsory subject and took part in two hours of aerobics per week.

6. Research Methods

In preparing the paper and especially to verify the hypothesis we used experimental methods, such as the statistical and mathematical one and the graphical representation method. The performed experiment is an ameliorative one, because it aims to increase efficiency of the educational process.

Establishing research groups The composition of groups was done by voluntary subscription, female students were presented the idea of differentiated and independent activity. On the one hand the perspective of improvement in physical appearance was mentioned and on the other hand the improvement of physical capacity.

To determine the effectiveness of differentiated activity conducted with the experimental group we used a control group, which for various reasons did not want to participate in the experiment, preferring the activity and the rigors of the basic training.

Details of working methods for each group The control group and the experimental one worked by a common program, the morpho-functional indices lifting line, of increasing the effort capacity specific to aerobics, of increasing the physical qualities, of the education of rhythmicity and corporal aesthetics and the adopting specific motric repertoire, which would enrich the movement capacity of the subjects.

The time allotted for the lessons was the same in both groups.

The content of lessons was the same in both groups.

What differentiated the two groups was the system of organization of lessons:— frontal activity in the control group 85% and 15% individual; -Individualized 80% and 20% front.— activity for the experimental group In establishing this

technology has been taken into account that teaching physical education in higher education is the last step of a long process of directed motor activity. The aim was that the entire physical and motrical baggage accumulated during the years of school should be in this manner synthesized in this last link of education for it to be a real instrument of permanent physical selfeducation.

7. Interpretation of results

Testing self-image was performed on both groups in two different stages of conducting the training process (October to April) with the test taken from the collection "The sports doctor's fitness book fax women", New York, Ed Delacosta Press, 1981.

The test checking the level of self-image, highlights attitudinal and behavioral aspects of everyday life, almost impossible to perceive during aerobics lessons.

Testing self-knowledge was conducted on both groups in two different stages of conducting the training process (October 2010 and May 2011). With answers given at the survey we were able to set the following values:

TESTING OF EXPERIMENTAL GROUPS WITNESS

I A = 40% B = 60% = 37% B = 63%

II A = 82% B = 18% = 64% B = 36%

These percentages can be observed in the following groups (NR 3.4 5.6).

a) The values presented in the tableas well as their graphical representation lead to the following interpretations and conclusions.

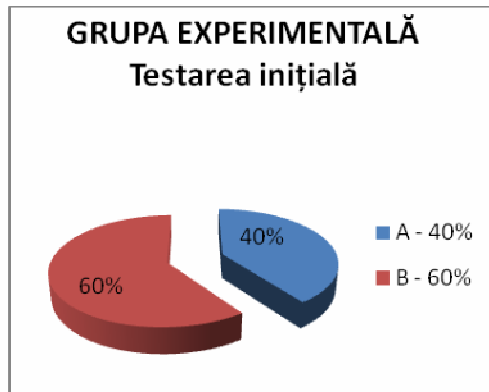
- Option A demonstrates knowledge and interest in self-awareness, posture, the necessity of a right nourishment, the wiling to do everything for his own image etc.

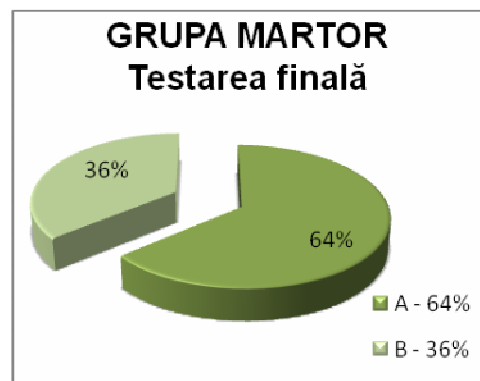
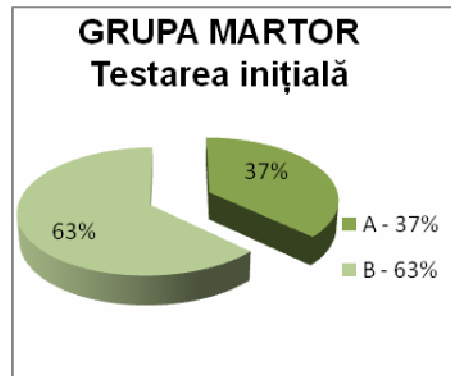
So at the first test both groups have a little interest in these dimensions (A = 40% experimental group, A = 37% control group). These attitudes change significantly in some groups in stage II of the experiment (A = 82% experimental group A = 64% control group).

- Option B –the control group presents a little interest in strengthening the „self” or a diminished disposition

(inhibited) by other concerns. In this respect, one can observe that in the first stage of the experiment most female students have poor self-image concerns (B = 60% of the experimental group and control group B = 63%).

This percentage drops in the second stage when B = 18% - the experimental group and B = 36% - control group.





8. Conclusion

Aerobics improves self consciousness about ne's own value, based on inner strength and a positive self-image. Individual exercises of improving the motrical actions will lead to higher self-control of behavior. Aerobic gymnastics practice is to increase interest in themselves, in the right posture, in their performance in comparison with those of others, from engaging in competition. Aerobic gymnastics practice helps the students to know themselves better, to objectively evaluate their qualities and flaws, to correct the negative ones and to promote the positive ones in order to optimal integration in the complexity of social life. Aerobics, through the exercises it provides, offers a way of reaching an

ideal body structure by removing surpluses and by shaping muscles. By improving their image and increasing exercise capacity, confidence in themselves will increase. Self-image includes not only a vision of "what am I", but also about "what I want to become" and especially "what I should be." So ability of knowing yourself does not appear spontaneously, but requires a long accumulation of experiences and learning of certain elements which will favour the qualitative leap in the field of knowledge in general, and then transfer from there to express human knowledge, from alter ego and then to himself. As a result of express preparation concerns for self-knowledge, is the objectively awareness of the limits and possibilities of each person aiming auto-shaping of personality.

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