

Peculiarities of Motivational-Value Orientation of a Mature Age Woman to Health Exercises

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Abstract: The level of motivation of a woman aged 25-55 for physical culture and health-improving activities has been established. As a result of the survey, the ratio of six main groups of motives that encourage women of different ages, engaged in sedentary work, to engage in physical culture was determined.

In order of their importance, these are aesthetic, health, entertainment, social, personal, and educational motives.

It was revealed that the motivational sphere of a woman depends on the age of those involved and the focus of the classes. At the same time, with age, an increase in the value of health-improving motives is observed.

Keywords: women, mature age, motivation, physical culture, recreational exercises.

The main principles in the construction of recreational activities is an individual approach to each student, which involves not only taking into account the indicators of physical condition, but also knowing the motivation of those involved in physical activity.

At the same time, the value priorities in choosing the types of the latter and the leading motivation of a woman of mature age to engage in physical exercises of a health-improving orientation determine the specifics of the problem field and significantly affect the effectiveness of classes.

Taking into account the value-motivational features of the individual in the construction of health-improving classes will allow to solve the problems of correcting the physical condition of the studied contingent more qualitatively, and will also allow to systematize and concretize ideas about the priority types of motor activity, their target orientation, quickly and reliably predict the success of such classes. It is emphasized [2,3] that the study of the motives for physical culture and health-improving activities, factors that influence the involvement of people in systemic physical activity classes, contributes to the optimization of the development of individualized training programs adapted to the interests of fitness club visitors, makes it possible to more purposefully carry out general management healing process.

Numerous studies [1, 4, 5, 7] have established that the high efficiency of classes is largely determined by the positive motivational attitude of those involved in achieving it. In this regard, we studied the structure of the motivation of a woman aged 25-55.

The survey data allowed all respondents to be divided into three categories.

The first is those who are actively involved in physical education and are currently engaged in physical exercises; those who have a positive attitude towards physical culture (have been engaged in physical exercises before or consider physical education to be necessary, but do not do it due to various reasons) and those who have a negative attitude towards physical culture.

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As a result of the study, it was found that, on average, only 6.7% of the interrogated women of mature age are actively involved in physical education.

It is significant that with age, this indicator in a woman changes. So, after a decrease in activity in the age range of 25-30 years, then there is an increase in those who are currently engaged in physical exercises. It should also be noted that the largest number of respondents who have a negative attitude towards physical education is among women under the age of 25 years.

This fact can be associated with the negative experience that young teachers received during the period of physical education classes while studying at the university. The main motives that encourage women of the studied age to engage in physical culture are body shaping, normalization of body weight, health promotion, fatigue and psycho-emotional stress relief, and increased efficiency. At the same time, one can observe a change in the motivational preferences of a woman in the age aspect.

If in the first two groups the main motive for physical training is body shaping and normalization of body weight (respectively, 62.3 and 51.6%), then with age, the dominant motives associated with improving health, relieving fatigue, and also with the desire reduce the negative impact of professional activities associated with great nervous tension and stress.

Thus, in the age group up to 25 years old, 7.3% of women wish to improve their health, 25-30 years old - 15.3%, 31-35 years old - 44.3% and at the age of 36-55 years old - 60.4% of women, then there is a tendency to increase the importance of this motive with increasing age of a person. This coincides with the data of other publications [6].

Such motives as expanding the circle of contacts, the opportunity to spend interesting free time were noted by a small number of respondents. At the same time, women of the second period of mature age (36-55 years) to a greater extent associate health improvement with disease prevention and weight loss, as well as with measures to relieve mental stress.

It should be noted that the problems of material instability, the need to have a high social status, employment, the desire to arrange a personal life shift health and physical improvement to the background.

As a result of the survey, the ratio of six main groups of motives was determined:

- Aesthetic - 38% (improve the shape of the body, form a beautiful gait, culture of movements, improve posture, appearance);
- Wellness - 25% (the desire to improve health, relieve psychological stress and fatigue, increase efficiency, slow down ongoing age-related changes, follow doctor's recommendations, physical improvement);
- Entertaining – 19% (an opportunity to have an interesting time, get rid of boredom, get a positive emotional charge);
- Social - 13% (desire to find new acquaintances, change the daily environment, expand the circle of friends);
- Personal - 3% (increase in personal status, like the teacher-trainer, love for movement and music);
- Cognitive - 2% (curiosity, desire to learn new things and comply with modern fashion trends). At the same time, it has been established that the older women, teachers, are, the fewer among them are people who are engaged in physical exercises in order to correct the figure, normalize weight and want better physical perfection.

An important psychological factor that forms the motivation for classes is the forms of classes - independent or group. It has been established that women teachers are most attracted to individual (independent) forms of physical culture and health-improving classes (23.6%), classes in small groups (41.6%) and family (20.2%).

At the same time, 13.6% of the respondents noted that they are attracted by any form of physical culture and health-improving activities, and only 1.0% of the respondents noted that they wish to engage in a large group.

The main reasons that prevent women engaged in sedentary work from attending recreational and health-improving classes are the lack of free time (66.3%), fatigue after work (50.1%), lack of financial opportunities (40.6%).

To a greater extent, women would like to engage in organized recreational activities such types of physical exercises as aqua aerobics, shaping and step aerobics. At the same time, women of mature age are most attracted to individual forms of physical culture and health-improving classes (23.6%) and classes in small groups (41.6%), and 13.6% of respondents noted that they are impressed by any form of sports and health-improving classes.

It should be noted that 89% of respondents want to combine several types of physical culture and health activities. And only 11% of the respondents would like to engage in one type of physical culture and health activities. It should be noted that among the negative factors that, according to the woman, affect the state of human health, the factor "insufficient physical activity" in the group of women under 35 occupies the last ranking places. This indicates that in the minds of modern society, physical culture is practically not considered as an important means of improving the health of the population, organizing leisure, socializing young people and other social groups.

A low level of motivation of a woman aged 25-55 for physical culture and health-improving activities was established. Thus, only 8.4% of women are actively involved in physical culture (they are currently engaged in physical culture). At the same time, among representatives of the first period of mature age (25-35 years old), activity in independent daily activities is 3.4%, only 9.8% of teachers are involved in organized forms of physical exercise. It is noteworthy that the largest number of those who do not exercise (86.3%) are women of a younger age (26-30 years), and 15.7% of the respondents had experience of organized physical exercises only in the process of studying at a university.

In general, the motivational sphere of a woman depends on the age of those involved and the focus of the classes. With age, there is an increase in the value of health-improving motives. In addition, the need to master new movements, improve mental regulation, and satisfy communication functions, although they are not the dominant incentives for classes, however, determine the choice and attractiveness of one or another type of these activities for a woman. It is indicative that women would most actively attend classes at the place of work (51.5%), while the lesson should be conducted by a specialist in health-improving physical culture (87.9%), and financing of sports and recreational activities for this group of students should be carried out at the expense of the trade union (58.5%). It should be emphasized that the reasons for the low orientation of women to health and healthy lifestyles is also the lack of motivation for this type of activity.

Formation of motivation for recreational activities requires the use of modern types of physical activity, taking into account individual needs. So, the motivation of a woman can be significantly increased if their personal characteristics, psychological state are taken into account, and also if the health program has a balanced ratio of multidirectional activities.

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