



Sociological analysis of children's attitudes at the age of 11-15 years old physical education and healthy lifestyle

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Abstract

Objective of the study is to conduct a sociological analysis of the attitude of children aged 11-15 years to physical education, on the basis of which to draw certain conclusions and give suggestions to specialists.

Methods and structure of the study. 53 school-children of Krasnoyarsk aged 11-15 years took part in the sociological survey. A questionnaire was developed that included 15 questions that respondents had to answer, on the basis of which the sociological picture of adolescents' attitudes to physical education was determined.

Keywords: physical culture, healthy lifestyle, sociological analysis, children.

Introduction. The formation of a healthy and athletic nation is one of the primary strategic objectives of the Russian state. Such an important social process is possible when, at all stages of the formation and development of society, the population develops a need for physical education and sports.

The most important stages of human development and the formation of the need for motor culture are: preschool, school and student periods of life, when the foundation of mental and physical development is laid, the content of the trajectories of the individuals future activity is built and filled. Of particular social importance is the formation of children aged 11-15 years, the most sensitive period in the development of a young person, when it is necessary to systematically and holistically manage and direct the developing organism in the necessary social direction. The content and purpose of sociological research are built in this direction.

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Results of the study and discussion. The sociological analysis carried out allows us to state that at the age of 11-15 years, children have not developed the necessary need for physical education and sports, there is not sufficient knowledge about the impact of sports on human health, and goal-setting has not been built both at school and in the family for a healthy lifestyle.

Conclusions. The block of questions formed in the questionnaire determining the attitude of children aged 11-15 years to physical education showed the following results: only 40% of adolescents independently engage in physical education and sports; perform morning exercises – 10.5%; attend academic classes in physical education - 52.8%; carry out systematic walks in the fresh air - 21.8%; Only 30% of children adhere to the diet.

All this in general allows us to state the need to revise the current system of developing the need for physical education and sports in modern adolescents.

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