

Ministry of National Education
NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT
DOCTORAL SCHOOL

VLĂSCEANU CAMELIA (STĂNCESCU)

ABSTRACT OF THE DOCTORAL THESIS

THESIS ADVISOR: PROF.PHD. DORINA ORȚĂNESCU

THESIS TITLE:

**THE INFLUENCE OF MOTOR ACTIVITIES ON SOME
PERSONALITY TRAITS IN LAW STUDENTS**

Imposing the manifestation of an optimum physical condition in daily life, both aesthetically and in terms of health, evokes notions extremely important for society and the reconsideration of active behaviors.

Education requires precise guidance towards the full development of the human personality, dignity and self-confidence, abiding respect for fundamental freedoms and human rights. On this line, participation in sports activities enables individuals to develop both physically and intellectually, to form themselves but also to influence the formation and development of others by the respect imposed and the high degree of psycho-socialization that exists among a sport group.

Thus the ethical and moral values acquired and promoted through sport can be transferred to other dimensions of social life and the need to gain respect for others, self-discipline, respect for the law, becomes vital.

Also, the relevant and appropriate educational interventions of teachers help promote a pro social behavior of mutual aid.

Sport attracts citizens, either as spectators or as active practitioners of sports activity.

Dealing with the development of future lawyers and being responsible of the training of students participating in The Hexagon of law faculties competition, I noticed that sport implications on higher nervous processes become apparent, given that subjects with high achievements in sport are also the very good at learning.

Also the sports environment accustoms students on following certain rules and regulations, develops fair play and inspires various other opinions on the moral aspects.

The research purpose

The research aims to validate the work programs which will help train future lawyers personality and forging links between the results obtained in the school activities and the motor performance.

It aims to identify the effects of extracurricular activities on the body, including both physical and functional appearance, through the influence of exercise on the correct body postures in university students.

However, the research aims, through its results, at influencing the subjects' colleagues in practicing sports for all beneficial activities brought to the body as a whole.

We also point out that the moral and ethical education which is achieved through sport for all, the rules and regulations of sporting competitions, correlate with the imposition of the civil code, criminal and administrative law, sport being by nature a social activity.

Thus, this paper aims to demonstrate that by practicing sport for all students of the Craiova Faculty of Law are already basically prepared from the perspective of their profession, to comply with the requirements of the jurisdiction.

Our approach follows the path of belief formation on the importance of practicing physical exercise on the developing of an open, creative, autonomous and responsible personality, the ideal of the modern era, based on the integrative organization of content, on dynamic models to provide a solid foundation on which future lawyers will have in their training, as sport by its legislation outlines various connections with civil and criminal law, being an integral activity of the social environment.

The thesis is divided into 3 parts. The first concerns the scientific- theoretical and methodological foundation of the study, notions referring to personality, motor activities, sports competitions being dealt with, and the law students' need to address a body posture.

PART II - PRELIMINARY RESEARCH ON THE PERCEPTION OF EXTRACURRICULAR MOTOR ACTIVITIES BY THE STUDENTS

The preliminary research purpose is to track the law students' perception, those participating in law school Hexagon, through a sociological survey, on the current life style, on the presence of motor activities in their daily activities, on the influence of motor activities on the personality of future lawyers and on the need to practice physical exercise.

At the same time, it aims to determine the role of extracurricular motor activities on the physical and motor development of students. The preliminary study aims also at making selections in the composition of the Craiova Faculty of Law sports team that will represent the Faculty of Law in the Hexagon competition.

Carrying out the preliminary research

In order to build on lawyers students' opinion, we found appropriate to carry out a survey through conversation and questionnaire, which will provide us with accurate and useful correct data for our scientific approach.

The questionnaires were developed in accordance with the current methodological norms, the questions guiding them to express their opinions on the subjects concerning the use of motor activities in life, being applied to a group of 60 students, representatives of several law schools in Romania, which are part of the representative teams in the competition "Law School Hexagon", a sports, scientific and cultural - artistic competition, bringing together students of the Faculty of Law of 6 universities - "Alexandru Ioan Cuza" University of Bucharest, "Babes Bolyai" University of Cluj-Napoca, West University of Timisoara, Craiova University and " Lucian Blaga "University of Sibiu.

The duration of the present investigation was of 2 months (May / June 2013), a period that included the design, implementation, analysis and evaluation of results.

The next period was the inclusion of 60 students in a work program, years I-IV, 25 girls and 35 boys, who gave their consent to participate in extracurricular activities, to achieve a final efficient and effective selection for the representative team of the faculty.

The subjects were tested before (Ti) and after (Tf) implementing the work programs, trials and tests, aimed at the development the body mass, strength in the legs (long jump from standstill), ground speed (the speed race 30m) and a technical-tactical test (bilateral game).

The work programs had 2 sessions per week lasting 90 min., in terms of frequency. For 3 months (October to December), the activity is carried out in the sports hall of Craiova Faculty of Law, the means being from basketball, football, table tennis disciplines.

The preliminary findings of the study

1. The investigation provided us with valuable information necessary to initiate the experiment itself, information on students' perception of extracurricular motor activities.
2. The active role of practicing positive constant motor activities, assumed to be identified by stating the first hypothesis, is confirmed by its supporting by argument identified as:
 - the students surveyed do not practice sport performance but most of them have physical activities weekly, realizing the beneficial effects of exercise on the body;
 - 6 students representing law schools in the country are, in terms of their school situation, employed in the category of good school performances, which entitles us to say that there is a bivalent relationship between academic achievement and their participation in motor activities, claiming that after practicing exercise are they able to focus better, organizing their time effectively.
3. The 60 students enrolled in the preliminary experiment, participate in the extracurricular activities proposed, having as means sports of three branches (football, basketball and table tennis) making significant progress after 3 months, during which they followed the proposed training programs, decreasing body weight, increasing speed and lower limb strength, the averages differences being statistically significant at a threshold of $p < 0.05$.

4. Unlike the boys, where the body weight remained relatively constant, with fluctuations of less than 1kg, girls adjusted this parameter through decrease, with differences of 4 kg between the two tests, which confirms the effectiveness of the work programs.

The technical test specific to each sport discipline, built us on the most effective students, 16 of them being graded with 10, for which they were selected for the representative faculty team. The team that is made up of five girls for streetball, 9 boys for football, 1 boy for table tennis and one for chess, which is also backup for table tennis, have had good results in motor tests too.

5. The proposed training programs have contributed to the efficient selection; they also proved the validity in football or basketball, through the results obtained by the team in the law school competition.

PART III - PERSONAL CONTRIBUTIONS ON THE INFLUENCE OF MOTOR ACTIVITIES ON THE PERSONALITY TRAITS OF LAW STUDENTS

Working hypotheses

1. The extracurricular motor activities can significantly contribute to improving the faculty of law students' motor ability.
2. The practice of constant physical exercise can improve students' physical fitness with direct impact in ensuring a correct posture as morpho-functional substrate, optimum to conducting learning activities.
3. The participation in traditional sports competitions on a long term motivates students, contributing to structuring strong personality traits, especially decision-making capacity, self-confidence and self-esteem.

Research methods used

- **studying specialized and interdisciplinary literature.**
- **the conversation method.**
- **the observation method.**
- **the experimental method.**
- **the survey method conducted through questionnaire**

To determine the self-esteem the Rosenberg scale was applied. Self-esteem is a deep and powerful human need, essential for a healthy adaptation of the individual, for an optimal functioning and self-fulfillment. Thus, self-esteem is genuine confidence in his own mind, in its judgment, belief in the ability to make correct decisions and make appropriate choices.

➤ The method of measurements and recordings

To determine the effects the physical activity has on the personality of future law degree graduates, we applied motor tests, efficient posture test through a performance platform and two personality tests. The tests were applied before and after implementing the work programs.

In our research were selected part of Eurofit tests that have been applied to the subjects and others have been added, so as to be conclusive to the objectives of the research and the applied work programs, trying to cover the specifics of each sport disciplines studied by the subjects.

Testing posture through the Electrics Pagani Platform for posture

The statistical and mathematical method

In our research, the results indices were processed according to the statistical and mathematical methods appropriately selected for data character through SPSSv 21Program.

➤ **The graphic and tabular method.**

Organizing and carrying out the research

The research was conducted at the University of Craiova, the experimental group consisting of the Faculty of Law representative team components for the "law school Hexagon" competition, resulting from the selection from the preliminary study.

This is a scientific, sports, cultural and artistic competition, bringing together students of the Faculty of Law of 6 universities ("Alexandru Ioan Cuza" University of Bucharest, "Babes-Bolyai" University of Cluj-Napoca, Western University of Timisoara, Craiova University and the "Lucian Blaga University "). Each representative of a university faculty will appoint a team of 22 students to participate in the competition tests which consist of:

A. science test:

1. Civil Law -2 male students /2 female students
2. Criminal Law - 2 male students /2 female students
3. Constitutional Law and Political Institutions - 2 male students /2 female students

B. The sports test is composed of:

1. Chess - one male / one female student / D
2. Table Tennis - one student
3. Streetball - 3 female students
4. Football - 6 students

Reserves 5: 2 female students for streetball + 3 male students for football

The results for the experimental group subjects tests were compared with the index registered in the control group subjects who did not participate in competitions, attending only the physical education courses of the Faculty of Law and Administration, University of Craiova, once a week.

General conclusions

1. A number of studies presented in this paper indicate that people having motor experience are better prepared to prevent and combat psychological stress, negative emotional states because mental states influences the physiological state of the body which in turn is reflected on the psyche .

2. In modern societies, sport is increasingly important, given that more and more people practice it, the future lawyers of Craiova, having as models the major university centers of world which place great emphasis on the extracurricular sports activities.
3. Educating positive attitudes towards forming the habit to practice exercise outside the classroom one, systematically imposed by the mandatory programs, involves modeling, awareness and active participation. In this regard, physical education acquires a formative - projective character, which together with other education factors determine their actions to converge.
4. The importance that is given to physical education and sport in contemporary society is evident by including them in the category of educational activities in most schools in the world.
5. As a formative activity, physical education integrates seamlessly into the new directions of contemporary school, which aim to train the students in social skills and integration capabilities, exercise representing an important means of adapting to conditions and changes, to which the contemporary society development rhythm submits us.
6. The encouragement of students in order to practice a sport will lead in the future to the formation of strong personality, able to cope with the profession of lawyer and challenges coming from society and the legal field.

Conclusions drawn from the experiment

1. The sports education is permanently identified as a principle, its benefits must be promoted by our field, the implications of motor activities on the personality are identified by a number of authors in the country and abroad
2. The initial motor tests showed relatively equal values for both subjects groups and in the application of the working programs to the experiment group, their results proved to be significantly better for this group of subjects.
3. There have been significant advances in the motor ability of the subjects in both groups, however higher for the experimental group, improving their performance in terms of speed of repetition, reaction and execution speed, overall coordination, abdominal strength and back and anteroposterior flexibility, confirming the first hypothesis of our research.
4. Attitude is a performance factor that is involved in the success of the individual. Students' attitude towards sport, physical exercise for their constant practice, includes their value options, following the stages of development which lead to the identification of their own cultural models, defined as behavioral screenings. Thus, the self-esteem and self-confidence recorded at the end of our research, a significantly better score for the experiment group subjects than for those of the control group, thus confirming the hypothesis three of our research.
5. Maintaining a proper alignment requires constant reports for balance between the various segments of the body with minimum energy consumption. The need to address in terms of exercise and its impact on a correct body posture becomes evident regarding future lawyers dealing with vicious positions as the particularity of the profession during the trial or at the computer, an optimal functionality of the body physically having positive influences on the psyche

too. Also, a correct posture of the body with a vertical attitude renders the lawyer prestige and respect.

6. Even if the body has a constant tendency for inclination forward, due to the previous plan that represents the propulsion or movement plan, this inclination values were improved, inclinations mainly due to anterior head positions, exercise contributing to correct body postures, a fact which was confirmed through two research hypothesis.
7. The good results from trials and tests carried out were supported by the performance plan team, the Craiova Faculty of Law representative, ranking third overall in the Faculty of Law Hexagon competition, but ranking first for the sport tests which highlights our approach.