

# The Management of Practicing Basketball Games in Physical Education and Sports Lessons to Develop Personality

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## *Abstract*

*The scientific approach of the theme represents an important step in research activity, with the purpose of interdisciplinary treating between the fundamental domain of athletics and the fundamentals of psychology, teaching and sociology. An interdisciplinary approach is necessary taking into consideration the methodical and structural transformations that occur in the contemporary science and a firmer orientation to an interdisciplinary forming of the human personality for his integration in a dynamic democratic society. The personality is a problem that can only be seen in its complexity through a convergence and a careful combination of many points of view (psychology, teaching, sociology, and athletics). But, the interdisciplinary activities have acute formal valances. They contribute to the intercultural, social, emotional and physic development and cultivate the trust in own forces and in competition spirit and many other personality characteristics.*

**Keywords:** *management, physical education lessons, motivation, personality.*

**JEL classification:** M14, M10.

## **Introduction**

The motivation for this theme flows from recognizing the essential role of practicing sports in athletics classes on the personality characteristics of medicine students, as long as the studies show that the development of personality and the temperamental, mood, character and behavior changes, general behavior, are due to athletics and sport.

To study, historically, the evolution of athletics means to recognize its importance in peoples' life. How could we treasure today the place that it has in the collective conscience, if we didn't know its road along mankind. The fact that during the evolution of human society from the Primitive Village until today, the physical exercises, athletics and sport activities have been present in human activities one way or another is well defined. Physic exercises and sport activities have exited the interest and fascination of many personalities from many different domains: philosophy, medicine, teaching, arts, and culture. The sports phenomenon

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was also a source of inspiration, both for literature, painting, and sculpture and now for theater and film. Sport as a social phenomenon that occurs in the education of future physicians by personality characteristics developed because of practicing physical education contributes to the ability to make emergency medical decisions in hospitals when the situation requires. "A hospital may want to extend emergency medical care throughout the community and must make decisions as to the locations of the centers." (Ballou, R. H., 2004, p. 17).

#### *Premise*

The premise from which we start in this scientific step is that only if we have an interdisciplinary vision we can intercept the diversity of phenomena, which will be expressed systematically and relational as to synergistically act on the problem regarding the practice of sports in athletics classes on the personality characteristics of medicine students.

#### *Objective*

- Scientific documentation and an efficient analyzes of the specialty literature regarding athletics, sports and personality characteristics.
- Theoretical and methodical departure of the problems of the effects of practicing sports of the personality characteristics of medicine students.
- Identifying the stage of knowledge of the achievements in the field, of the instructional strategies and of teaching projection..
- Identifying concrete usage possibilities of the gathered knowledge in solving the problem of the theme.

#### *Methods*

To theoretical elucidate the research problem there were applied the next methods and techniques of theoretical research: bibliographic documentation method, historical method, hermeneutic method, analyze and synthetics method. "Modern teaching methods and active focus on training and skills development, skills and behaviors requiring priority capacity analysis, the power of synthesis, ability to set goals and achieve their design, dynamic stereotypes formation about the use of methods, development capacity to operationalize tasks, methods, etc.. Among the active methods signal to appropriate management simulation method, incidence, batteries of tests." (Nicolescu, O., Verboncu, I., 2000, cap.5.)

### **1. Tendencias and perspectives in practicing sports as a form of education manifesting with a ludic character**

Sports game can be looked at as a way of manifesting the characterization characters of the personality, as a ludic activity altered in solicitation motor as a preferred way during student's free time. "Cohesion happens 'between' team members and, as will become clearer, has an implicit link to the performance of the team – the greater the cohesion, the better the performance. In many respects, cohesion can be thought of as an adhesive. Teamwork as cohesion 'holds' team

members together. One underlying assumption is that without cohesion, the team will fall apart and will be unable to complete its task.” (Barker, D., Anthony R., Uwe P., 2010, p.118).

The formative and educative sense if through the game and for the game, making it possible for the ways to work to identifying and action on the human personality. The need for real ludic education can lead to realization of benefic results in the way of an accentuate envolment of the students in sports and physical activities in general. The ludic can determine a change in the behavior from the point of view of the characteristics of the medicine student’s personality but also brings a more active behavior as for a static behavior due to long study hours. “Building the competitive advantage, which represent the central point of elaboration and application of the strategy, is a major task for the modern leader, and he must have the ability to build up and use the organizational key competences.” (Nastase, 2010).

Sports try the principles, sport stimulates imagination, curiosity and creativity. We all know the famous affirmation of Einstein: “Imagination is more important than knowledge”. Personality’s characteristic is, according to Woodworth, a qualitative particularity of the behavior, which characterizes the individual, being consistent for a certain time. The characteristics are known only in social or interpersonal situations. “The leadership process within contemporary organizations is becoming more and more complex.” (Nastase, M., Tapurica, O.C., Tache, F., 2010, p.583). The strategic marketingframework would be explained to give a better understanding of the strategicsports marketing process. This framework provides the base for action formost sports industry and allows exploring the complex relationships thatexists between elements of sports marketing. The marketing concepts, whenapplied to sports, take a complete new dimension. This proposal shall drawits data from research papers, news papers and published articles toshowcase a new marketing plan for implementation. (Abel M. J., 2010, p.5).

## **2. The goal of experimental research**

Experimental research conducted in the thesis that personal experience of the rod, and an extensive bibliography consulting specialist, aims to identify new approaches to scientific research - development of modeling, reinforcement, development, personality characteristics of students in medicine and establish the methodology of action by developing and implementing new programs included in the strategic management process and conduct instructive - educational, including specific means of action sports games. The ultimate goal is the crystallization of the personality of young students in medicine.

## **3. Experimental research objectives**

- Identify the elements necessary for finding psycho diagnoses psychological personality profile of students in medicine through the inventory of 434 CPI - California Psychological Inventory.
- Identification of linear and circular profile of the motivation for using performance inventory AMI - Achievement Motivation Inventory (U.S. version), LMI - Leistungsmotivationinventar (German version).
- Identify and implement the most effective elements, processes, means and methods specific technical and tactical sports game in action during the attack and defense that were the operational objectives within the educational process of students in order to establish a working methodology based Scientific.
- Develop through practice games sports personality on plans intellectually, morally, ethically and professionally in order to prepare students for socio-professional integration and to improve physical and driving them.
- Develop relationships inter psychological, inter individual, interpersonal, the sensitivity and understanding towards other for close cooperation from practicing sports games involving teamwork, leading to the subordination of individual to collective interests.
- Training and developing cohesive teams, sports games from exercising influence social and emotional unity and solidarity.
- Develop communication and interpersonal taken specific communication "in and through " sports for a good inter relationship students.

#### **4. The deductive assumptions**

- If you associate the methods and means of technical and tactical sports game of the instructive - educational, after an original program, especially developed and applied scientific argued we can positively influence the personality characteristics of medical students.
- Where the knowledge of the psychological profile of medical students on the characteristics of personality and motivation for performance, can accelerate scientific approach effective in driving directions scales with low or close to the average linear and circular graph of personality and motivation, they succeeded to be positive over the medium.
- If games are charged with sporting purpose of our attack and defense, because of the specific action of basketball, handball and volleyball where it can produce considerable effects on the personality characteristics of students in medicine, which will also. Identifying the psychological profile of the initial sample, analysis of responses and horizontal correlations between responses.

#### **5. Identifying the psychological profile of the original sample, analyze responses and horizontal correlation between response**

Following testing CPI - California Psychological Inventory, the final time for the experiment group, see the class orientation of interpersonal variables, especially the development of the following personality characteristics: dominance

(3.70), capacity status (3.14) and presence social (3.00) and to a lesser extent have improved other features of personality: self-acceptance (1.85) and independence (1.56). Dominance development means that in the end, the students became more confident in their own forces, affirmation, and persuasive entrepreneur. Increasing the capacity of status means the presence of mind and social best. Score of greater social presence indicate that the coefficient has a higher intelligence. To a lesser extent developed optimism on the future and training were aimed at a high social status.

Following testing CPI - California Psychological Inventory, the final time for the experiment group was found at the variable value orientation and normative development with special attention to the following personality characteristics: state of good (5.99), socialization (4, 68) and responsibility (3.56) and to a lesser extent have improved these personality characteristics common (2.51) and tolerance (2.09). Increased the final state of well-meaning, tone increase both physical and psychological, the students become more resistant to stress. Development characteristics social behavior resulted in more correctly compliance to society and from professional organizations to which the (group, colleagues, teachers, etc.). Improving features "accountability" indicates a change in the self, persistence and severity.

### **Conclusions**

Program effectiveness has been demonstrated experimentally by the analysis of statistical indices for samples motor, psychomotor, speed, agility and physical evidence, on the one hand and indices by analyzing statistics for the questionnaires developed by us and personality inventories and devoted international motivation. In this sense the experiment group subjects achieved higher indices compared to control group subjects at final testing, at a threshold  $p < 0.005$ , with a mean of 95%, thus confirming the hypothesis that the means and methods used in the original proposed program affect the positive personality characteristics of medical students.

Correlations are supported by statistical linear regression model and reflect confirmed links between the following variables: Perseverance - Brady test, desire for learning - test Adams sociability - test Brady, Brady Communalities-test.

The motivation for performing activities of students and even future profession is closely linked to personality differences and may even explain individual behavior. This link was found from statistical correlations performed, the threshold of significance is  $< 0.01$ , and a linear regression model has been validated by Fischer test calculated  $> F$  than theoretically identified for 1 and 119 degrees of freedom.

Independent variables produce statistically significant increases on the dependent variables of personality characteristics of the sample students experiment with the changes from baseline to final personality characteristics such as responsibility, dominance, ability status, socialization, creativity, combativeness, will, attention and memory.

Management of physical education lessons is crucial in achieving student motivation but also in their personality development.

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