

Original Article

**Statistical survey on the interest in sport activity in the "IIS Gian Camillo
Glorioso"**

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Abstract:

The latest survey by the Central Statistical Institute (ISTAT) in 2015 reports an increase in the number of sports practitioners compared to 2011. They are greater in girls and more distributed on the 4 age groups chosen as a representative sample. The chosen disciplines vary according to age classes and the previous survey, indicating a significant increase in dance for females and fitness for males. However, this study doesn't focus on any reasons for the choices, on the related to the study or work activities and the data don't emerge locally. Our work aims to show the importance of obtaining data locally, highlighting the objective needs of the children of the single higher institutes and the problems that unite them. This work contrasts with the idea of carrying out a survey on the national territory, without considering the territorial, environmental and cultural differences that significantly influence the psycho-physical development of the children. Another important aspect that we intend to bring out is the actual correlation between school study and physical activity. Through the administration of an anonymous questionnaire it emerged that 150 people answered the questionnaire, of which 90 are practicing physical activity and 60 are not. Students who practice physical activity study on average 3 hours a day, with a grades school evaluations of 6.9, while those who do not practice physical activity study an average of 3.9 hours a day with a grades school evaluations of 7.1. Another fact emerged is that the most practiced physical activity is the gym (34 students), followed by dance (17 students) and football (14 students), while the reasons that prevent most from practicing it are the lack of time due to of excessive study (20 students) and laziness (10 students).

Key words: physical activity, study, high school sport, limited area.

Introduction

The ISTAT survey of 2015 highlighted that there are about 20.2 million people of 3 years and more who practise in

their spare time one or more sports, equal to 34.3% of the population (D'Isanto & Di Tore, 2016). It remains in very high time the quota of sedentary, ie those who have declared not to practice sports or physical activity in the free time: after a strong decrease recorded between 2006 and 2010, (from 42.0% to 38.8%), since 2010, the quota of sedentary is stable to 39%. Sport is a highly age-related leisure activity: from the age of 15, the interest in sports practice begins to decline even if the quota of practitioners is still elevated to 24 years (respectively 63.4% between 15 and 17 years and almost 54% between 18 and 24 years). This ISTAT study was carried out on a national scale; therefore, the data obtained represents a generalized situation that doesn't enter into the specific case (Raiola, 2011).

The latest survey by the Central Statistical Institute (ISTAT) in 2015 reports an increase in the number of sports practitioners compared to 2011 (Ceciliani, 2018) (Altavilla et al., 2015). They are greater in girls and more distributed on the 4 age groups chosen as a representative sample. The chosen disciplines vary according to age classes and the previous survey, indicating a significant increase in dance for females and fitness for males (D'Elia et al., 2019) (Gaetano, 2016). This study doesn't focus on any reasons for the choices, on the related to the study or work activities and the data don't emerge locally.

The problem that we want to observe is the absence of physical activity (Gaetano, A. 2016) (Tiziana et al., 2017) in adolescence, related to high school study activity (Raiola, 2015) because we want to establish hypokinetic aspects (Raiola, 2017) (Altavilla et al., 2015). Our work aims to show the importance of detecting data locally, in order to highlight the objective needs of the students of the single higher institutes and the problems that unite them (Gaetano, 2012).

This work contrasts with the idea of carrying out a survey at national territory, without taking into account the environmental, territorial and cultural differences that significantly affect the psycho-physical development of the children and without being able to design ad hoc interventions (Raiola et al., 2018). In fact, the same ISTAT data show that there is already a noticeable difference in the practice of sporting activity

between the north, the center and southern Italy (North 39.95%, Center 35.3%, South 26.35%), without to deepen however the motivations for which this difference is highlighted (Di Tore et al. 2016).

Material & methods

Based statistical survey through the use of an anonymous questionnaire to collect statistical data. The questionnaire was processed through Google modules, which provided a link to complete it. The three representatives of the institute of the scientific and human sciences high school "IIS Gian Camillo Glorioso" of Montecorvino Rovella have created a WhatsApp group, which contained a representative of each class. In the group, a link to complete the questionnaire was sent and each representative reported that same link on the WhatsApp group of their class, and so it arrived to all the students of the institute (23 classes e 530 students). In the following two days the students answered the questionnaire, at the end of which the data were recorded and the graphs with the results were created. 150 students answered the questionnaire and the questions in the questionnaire are:

- Gender
- Age
- What is the mean of your evaluations at school?
- Have you ever repeated a school year?
- How many hours a day do you spend studying?
- Do you practice any sport activities?
- If you practice it, what sport activities do you play?
- If you don't practice nothing, what's stopping you from doing it?

Results

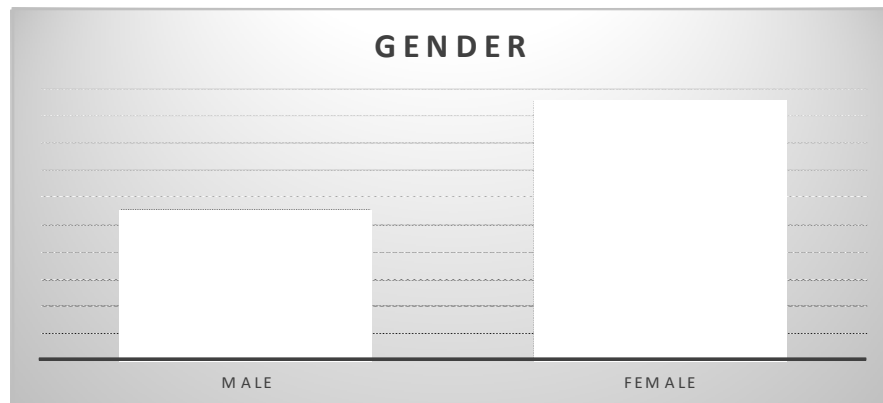


Fig. 1. Gender (Male 55 and Female 95)

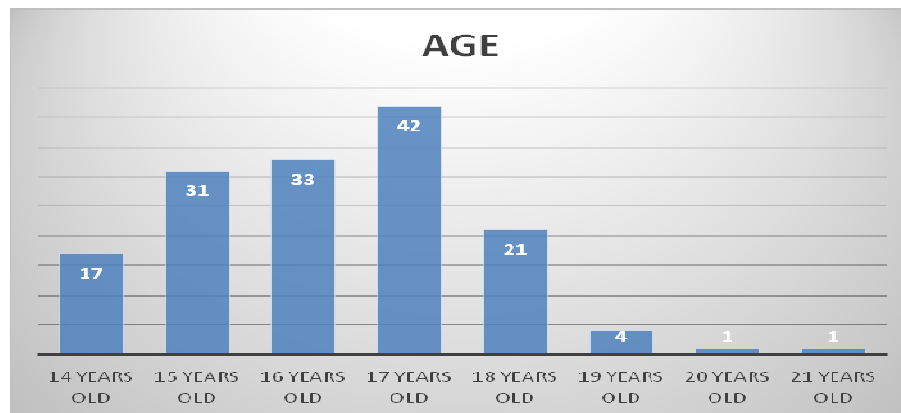


Fig. 2. Age (14 years old 17; 15 years old 31; 16 years old 33; 17 years old 42; 18 years old 21; 19 years old 4; 20 years old 1; 21 years old 1)

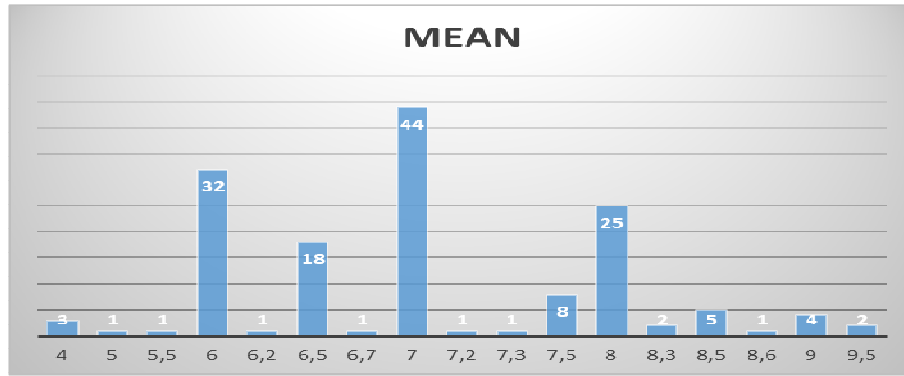


Fig. 3. What is the mean of your evaluations at school?

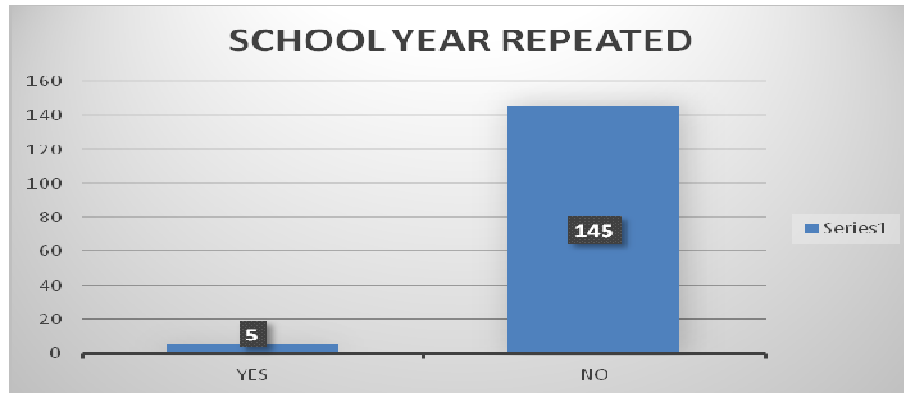


Fig. 4. Have you ever repeated a school year?

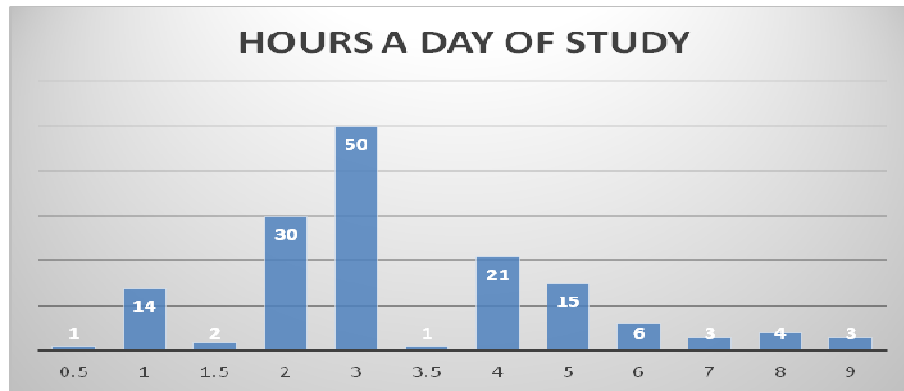


Fig. 5. How many hours a day do you spend studying?

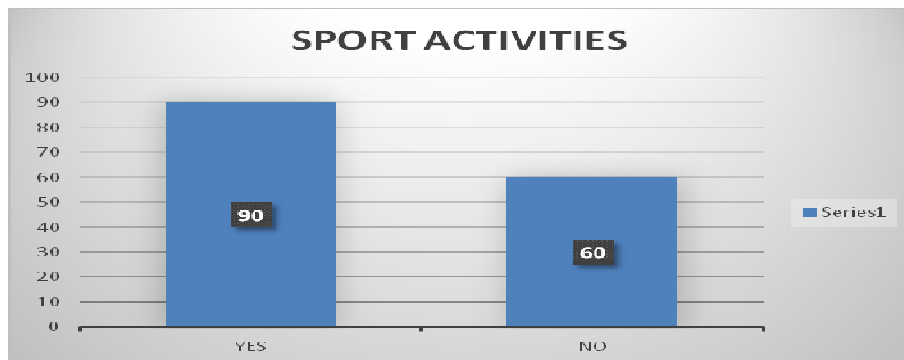


Fig. 6. Do you practice any sport activities?

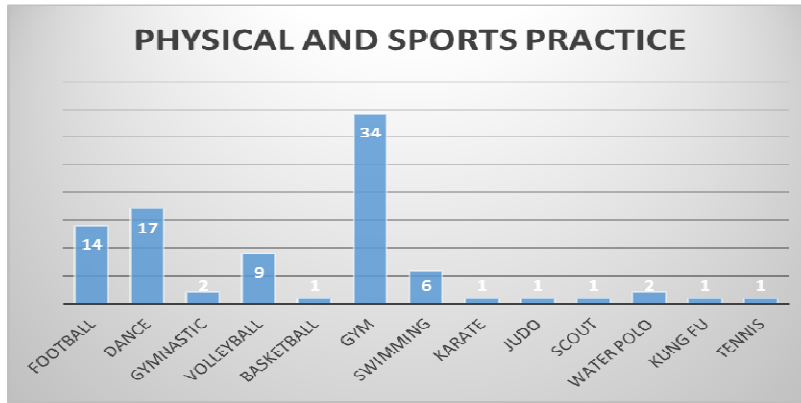


Fig. 7. If you practice it, what sports do you play?

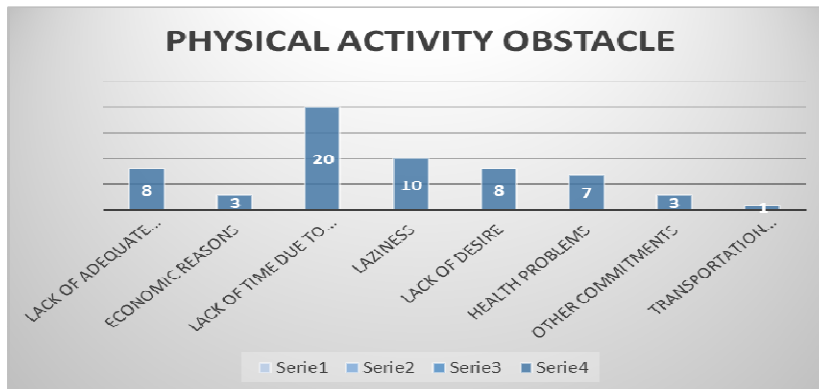


Fig. 8. If you don't practice nothing, what's stopping you from doing it?

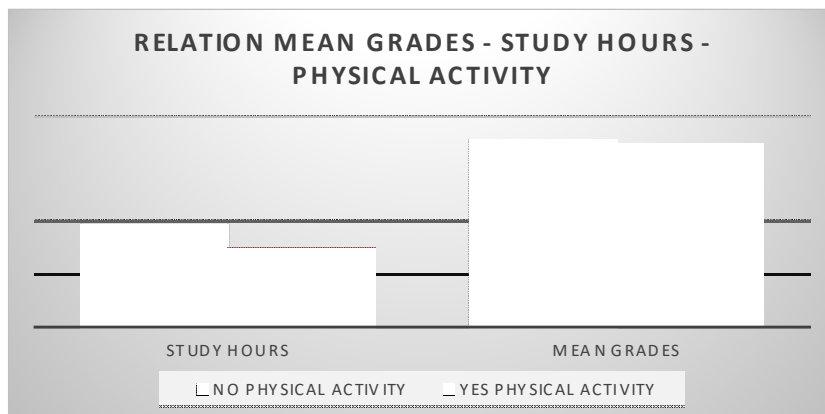


Fig.9. Relation between grades school evaluations, study hours and physical and sports activities

Discussion

The data showed that the main reason for a sedentary lifestyle is the lack of time due to an excessive scholastic study at home; this would suggest that those who do not practice sports, having more time to study, should have a higher grades school evaluation. In reality the data relating to the report of study hours and grades school evaluation show that the difference in the average between those who practice physical activity and those who do not practice is minimal (7.1 - 6.9), although there is a substantial difference between the hours of study (3.9 - 3). Therefore, one could deduce that those who practice physical activity can make better use of the available study hours.

Conclusion

The main reason why we think that surveys should be carried out locally and not on a national scale is that in this way it is possible to observe fundamental variables for the development of children, such as the

relationship between study and physical activity, reasons for the lack of physical activity, that induce children to a sedentary lifestyle (Di Tore et al., 2016). Taking a survey on the national territory does not take into consideration these variables, which differ according to the territory, environment and culture; therefore it does not allow to design ad hoc interventions that go to meet the different needs that each individual territory could present.

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