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ПРОБЛЕМИ ТА ПЕРСПЕКТИВИ РОЗВИТКУ СУЧАСНОЇ НАУКИ В КРАЇНАХ ЄВРАЗІЇ

28 лютого 2026 р.



Переяслав

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СЕКЦІЯ: ФІЗИЧНА КУЛЬТУРА ТА ПРОФЕСІЙНИЙ СПОРТ

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PHYSICAL CULTURE AND PROFESSIONAL SPORT MOTIVATIONAL FACTORS FOR ENGAGING ENGINEERING STUDENTS IN HEALTH-ORIENTED AND RECREATIONAL SECTIONAL PHYSICAL EDUCATION ACTIVITIES

Introduction. The formation of a sustainable need for physical activity is one of the key objectives of the physical education system in higher education institutions. Under conditions of intensified academic processes, digitalization of education, and increasing psycho-emotional workload, a decline in the level of physical activity among student youth is observed. The issue of engaging students of technical specialties, whose academic activities are characterized by a high proportion of sedentary work, in systematic physical education classes is

The sectional form of organizing physical education is considered an effective tool for individualizing physical training, developing interest in a chosen sport, and forming long-term motivation. However, the actual

The purpose of the study was to conduct an in-depth analysis of students' motivational and value orientations regarding participation in sectional physical education classes and to identify organizational,

Methods. The study (anonymous survey) involved 83 students ($n = 83$), male and female, aged 17–20, from the Educational and Scientific Engineering and Technical Institute of the National University of Food Technologies.

The methodological framework included:

- theoretical analysis of scientific literature on motivation for physical activity;
- sociological survey;
- methods of quantitative and qualitative analysis of the results;
- statistical data processing with determination of percentage ratios.

Results. The study involved 83 students ($n = 83$), of whom 63% were male and 47% were female, aged 17–20, from the Educational and Scientific Engineering and Technical Institute of the National University of Food Technologies.

The results indicate that 50% of respondents assessed their level of physical activity as moderate ("I move little, sometimes go for walks and play with friends") (Fig. 1).

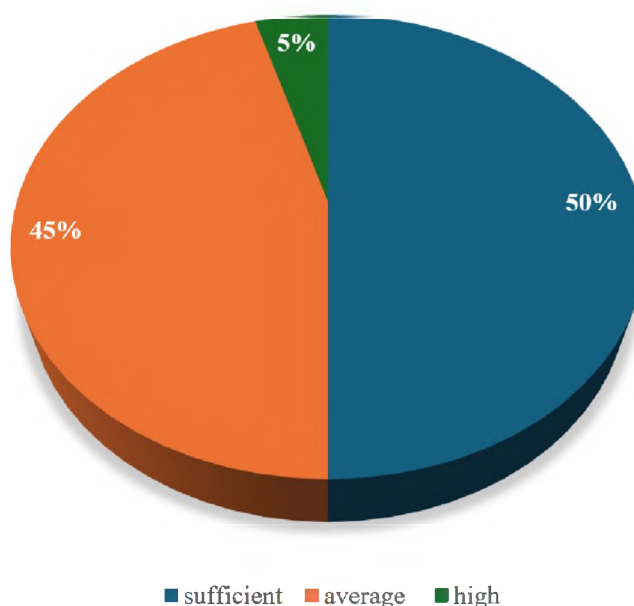
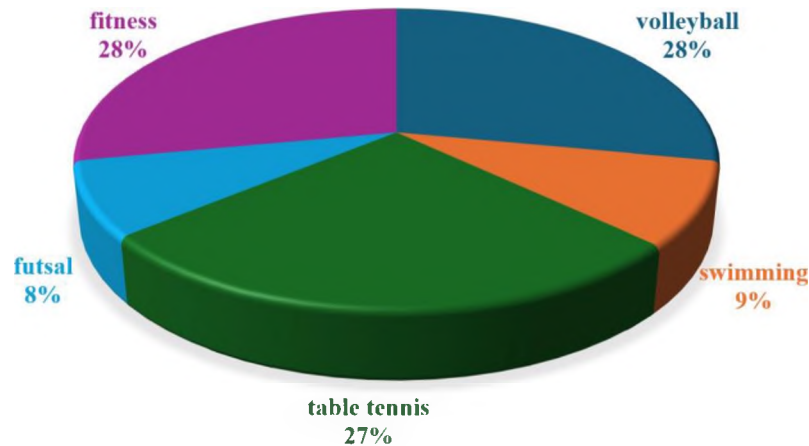


Fig. 1 Level of physical activity of students ($n = 83$)

The results indicate that 68% of the surveyed students expressed a clear desire to attend sports clubs regularly. This reflects the presence of a positive attitude toward physical activity as an integral part of their lifestyle.

Among the eight proposed clubs, preference was given to only five (Fig. 2). These results demonstrate a preference for modern forms of physical activity that focus on individualized load and variability in the training process.

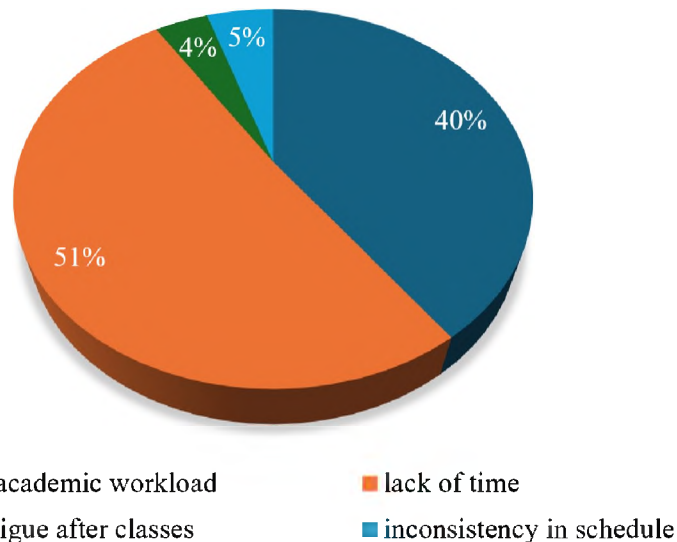


The overall level of declared willingness to participate in sports clubs among students of both genders is

Male students more often demonstrate consistent participation in club activities, whereas female students tend to exhibit more sporadic attendance, influenced by a combination of academic workload and individual factors (well-being, emotional state, involvement in extracurricular activities).

This may be explained by sociocultural stereotypes regarding physical activity, which traditionally encourage greater engagement of young men in competitive activities, as well as differences in priorities related to physical activity.

The most significant factors limiting participation are shown in Fig. 3.



The obtained data indicate that organizational and time-related barriers prevail over a lack of interest.

Thus, the results reflect a well-established positive attitude of students toward participation in sports clubs. The predominance of health-related motives aligns with modern trends of youth orientation toward maintaining

At the same time, there is a gap between declared willingness and actual participation. This is primarily explained by organizational barriers, highlighting the need to reconsider approaches to scheduling and promoting club activities.

Conclusions. The study results confirm a high level of interest among students in club activities. This indicates the presence of a positive motivational attitude and identifies club-based programs as a priority for enhancing physical activity in higher education institutions.

Contemporary students prefer individualized and variable training formats (fitness, gym), indicating a shift from traditional team sports toward personalized programs aimed at health improvement and the maintenance of psycho-emotional well-being.

A key issue is the significant gap between declared willingness to participate and actual attendance. It has been determined that the main limiting factors are not a lack of motivation but external organizational barriers –

such as time constraints due to academic workload, inconvenient class schedules, and limited variety of available clubs.

Practical recommendations. Overcoming the identified barriers requires a revision of organizational approaches by university administration and physical education instructors. Implementing flexible club schedules, expanding the range of modern fitness directions, and strengthening informational and educational efforts are advisable to reduce gender stereotypes and promote a healthy lifestyle as an integral component of successful learning.

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