

ASPECTS OF PHYSICAL EDUCATION AND SPORT INFLUENCES ON PERSONALITY MEDICAL STUDENTS

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ABSTRACT: Physical education and sport has a major importance for society. Preserving and enhancing physical and mental health of people, more vigorous development of the youth return and reducing disease, combating sedentary, fast recovery as labor, are among the aims pursued in this regard. Coverage. Developing bio-psycho-socio-professional students in the educational process can not be conceived without volitional moral qualities based on modern training methods and education. Fighting in sports is a confrontation between two or more personality, the confrontation of a language is mainly conducted through a background volitional motoric-emotional. Sports competition between two or more students is not only a struggle between natural forces but a personality that is fully committed. Medical profession, requires a special intellectual training which relates directly to physical training, motor, psycho-motor skills expressed through perfection of character, attitudes, skills and temperament. The practice of physical education lesson involves the driving behavior by numerous observations and thorough analysis conducted by teaching us can highlight expressions of student behavioral attitude. Designing instructional teaching requires setting objectives to consider the formation and establishment of students' positive attitudes towards things, people and activities to study theoretical and practical medical activities conducted in academic medical centers. Highlight the complexity of integrated motivation motoric behavior, dinamogen its role, but also the correct orientation and constant physical activity that most delightful form of play-ludism. Physical education class proposes to demonstrate the vital importance of science it means that converge to the real needs of students who will integrate into the socio-professional life.

Key words: *physical education, sport, personality*

Introduction

Physical education and sport has a major importance for society. Preserving and enhancing physical and mental health of people, more vigorous development of the youth return and reducing disease, combating sedentary, fast recovery as labor, are among the aims pursued in this regard. But perhaps equally important are the valences of their formative opportunity for expression of sociability, education of personality traits such as self-control, perseverance, spirit of sacrifice or even originality and creativity, etc.. Adding that physical education and sport is a wonderful opportunity for expressions of joy of life we can say that these activities contribute to the development of personality and turn them on multiple levels.

Terms of personality is characterized by semantic generality. It can be found in any context that speaks about humanity. No wonder then that all sciences dealing with human issues it claims. The personality may refer to an axiological framework: in philosophical anthropology, sociology, history, etc. philosophical thinking. In this sense we speak about personality when someone proof qualities that stand out from others.

Fundamental concept of psychology, personality, defines the entire system very complex and characteristic features of specific human as he is

original, individual, relatively stable and distinguishes him from other individuals.

History records the efforts of the many authors of scientific psychology, efforts directed towards identifying, explaining and characterization of human personalities. This may be listed more than one hundred definitions given greater generality of this concept of psychology. Multitude of human traits and personality characteristics partly explained the difficulty of defining it.

Personality is far from being a sum of states or processes and functions, and it is something more special. Even if the method of manifestation of intellectual or emotional functions characterize a man's personality is defined by specific features to these two functions will be viewed in a uniform aspect, especially synthetic and systematic, not only in their characteristic aspects of general especially in aspects of interdependence and qualitative determination, specific to each man as concrete, vivid and differentiated from others by the very means of existence and conduct original individuality.

From the definitions given by some authors [1,2,3] is noted that most authors agree that personality is "A WHOLE" of the individual characteristic features, both in terms of attitudes and beliefs and CONDUCT OF OPERATING constants. Some authors introduce the features and components including constitutional, morpho-

physiological, reminding us that the determination of human biological, psycho-social with that.

Issues addressed

The implications of physical education and sport students personality structure

Studying the psychological structure of human intelligence, heuristic structures fundamental performance factors accelerate the processes, the relationship between algorithms and heuristics in human performance, the psycho-socio-cultural foundations, and psycho-pedagogical human performance has enabled the development of an overall structure performance systems - systems octagon performing constituent containing four sides and four sides of the internal constituent component of the external component. This structure was based on analysis of general cybernetic model, a system that includes multiple feedback (feedback) system environment - performer - the human performance. Under this structure there are four sides of the internal components that depend on self performer: the genetic component, biorhythm and training, and educational component of personality, psychological component and component-gnoseologic information and four sides of the external component which acted, is acting and will act on the personality of performance (information and training component, part educational, technical and organizational components and component psychosocial performance structural Some of the components in different fields of human activity are common and include:

- High index of creativity;
- Competitive spirit, high aspirations;
- Flexibility of thinking;
- Knowledge of process performance;
- Modern - flexible learning;
- Development of modern methods of moral and volitional qualities;
- Modern methods of training and manifestation and implementation of performance achievements;
- Substantial moral stimulus.

If the development of creativity indices were obtained remarkable achievements in science, art and technology, the development of the different compartments of the works, especially the inventive, creative art as a science and technical development of the other seven components of the lagging either because of ignorance of their importance, either because of their neglect in national education. Competitive spirit and high level of aspirations (primarily in relation to his

own person) is not deliberately cultivated only scattered areas of human performance (performing arts, sports). Flexible thinking, exposure to new knowledge as open systems and using modern and flexible training methods are still, in most cases simple goals in the current educational system.

Developing bio-psycho-socio-professional students in the educational process can not be conceived without volitional moral qualities based on modern training methods and education.

Fighting in sports is a confrontation between two or more personality, the confrontation of a language is mainly conducted through a background volitional motoric-emotional.

Sports competition between two or more students is not only a struggle between natural forces but a personality that is fully committed. EFFORT with performance in both motoric, cognitive, affective and volitional action is in fact a crystallization and grinding of personality. Autodepășirea, success, failure are autodefinirii phases of the student's individual personality. He becomes conscious of his place of value. Obtaining appreciable results while a sport, student in medicine is defined itself beyond itself.

The lesson of physical education and sport has some peculiarities compared to other industries. Student body is subjected to biological applications. It is curious that very question: to what extent sports personality change, in other words, if the sport contributes to the development of personality traits, that activity itself or select individuals of high quality human, some researchers are opting for the latter. Sport is practiced by women with higher individual features which can result in the development or strengthening their influence sporting activity. Sports activities can serve as a factor in mental hygiene of students and improve their spiritual equilibrium.

Interest in physical education lessons is a psychological component, which plays different way and relatively stable student relationship with the environment including sports.

On the basis of interest are cognitive abilities, affective, and volitional control, which determines the internal orientation, active and selective for certain areas of reality personality. Interest is considered an element of motivation that focuses and stabilizes the physical education and sports activities. In relation to the needs of movement, the interest is more stable, more intensive and more sustainable over time. Interested students physical education and sport enhances receptivity,

attraction, impetus behind the search and desire to perform and teach.

From the subjective point of view, interest is based on the desire to exploit the predispositions, skills, which he organized a successful prospect. Hope where there is interest in a successful future. In physical education and sports interests are manifested in a general form based on general skills and special interests as dependent on the existence of genetic predisposition and certain skills required in a particular sport.

The lesson of physical education and sports, as both general and special interests, have two sides: the side-affective-cognitive emotional and operational side.

The first aspect is manifested in the form of preference, attraction or rejection of the sport. The second refers to the concrete drive the process of learning and development in physical education lesson. These two aspects are interrelated. Regarded as a top motivational structure, building and maintaining interest in physical education and sports must be based on its own strategy. Can be diverse and multiple paths, the teachers claim originality, organizational support is necessary for their implementation to regular students.

Conclusions

Medical profession, requires a special intellectual training which relates directly to physical training, motor, psycho-motor skills expressed through perfection of character, attitudes, skills and temperament.

The practice of physical education lesson involves the driving behavior by numerous observations and thorough analysis conducted by teaching us can highlight expressions of student behavioral attitude.

The attitudes fulfills an important role in personality structure, leading to the development and enhancement of the functions indicative capacity, preparatory dinamogene. This attitude is very complex and at the same time, the dynamic is changing under the influence of general education and physical education in particular.

Designing instructional teaching requires setting objectives to consider the formation and establishment of students' positive attitudes towards things, people and activities to study theoretical and practical medical activities conducted in academic medical centers.

Highlight the complexity of integrated motivation motoric behavior, dinamogen its role, but also the correct orientation and constant physical activity that most delightful form of play-ludism.

Motivation they go from general to any form of intellectual drive, motor and psychomotric is a dynamic factor and directional activity combining various elements that reach the most intimate corners of the human being.

Physical education class proposes to demonstrate the vital importance of science it means that converge to the real needs of students who will integrate into the socio-professional life.

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