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IDENTIFICATION OF STUDENT YOUTH'S INTEREST IN NATIONAL SPORTS AND THE FACTORS INFLUENCING IT

The publication presents the results of a sociological questionnaire survey focused on the diagnosis of students' interest in activity with a national focus. The monitoring of the spectrum of the interviewees' hobbies allowed presenting relevant data for the synergy of sports and personal-oriented hobbies of students. The vector of ethnic uniqueness in the subculture of youth can be prolonged and deepened by embedding folk games in the context of education and upbringing.

National sports traditions have an equally significant function in the health improvement of students and the construction of their cultural spirituality. In the context of the study, on the basis of questionnaires, various aspects characterizing the attitude of students to cultural types of physical activity that have been historically developed in Kazakhstan are analyzed, the study of which will allow to actively shape the sports atmosphere in higher educational institutions and at the same time support ethnic.

The article records positive and negative key elements influencing students' interest in Kazakh sports disciplines. The process of studying the level of involvement of 1–2 year students in national sports reveals a comprehensive approach to the formation of students' interests. The analysis of the obtained quantitative results will contribute to the identification of factors that stimulate sympathy and the elimination of reasons that prevent students from engaging in ethnic sports in higher education institutions.

Keywords: student youth, national sports, interest, questionnaire, research, influence factors.

Introduction

Globalization as a process of increasing interconnection of countries and peoples causes the risk of weakening the focus on the national traditions of Kazakhstan in sports, therefore, the study of their prevalence among students becomes a relevant topic of research. Students are the most active part of society forming views and generating culture of future generations [1]. The positive impact of physical activity on the physiological and mental health of young people has been reported by many researchers, such as Nicholas L. Holt and Casey K. Neely (2011) [2], Imangalikova, I. B. (2017), confirming that sport is one of the tools of cultural and social well-being [3]. Understanding the interests of the youth cluster and the circumstances shaping it will help to create effective concepts, programs or tools to promote and evolve national movement games in the learning environment [4].

In the cultural and historical heritage of the country a strategic point is occupied by deep knowledge of the impact on the growing up descendants built on the foundation of national, traditional amusements reflecting the rules and ideals of life of the Kazakhs.

In October 2023 the Concept planned for 2023–2029 years was adopted for execution, revealing the trajectories of progress of physical culture (PC) and sport of the Republic of Kazakhstan, where according to paragraph 2.3 cultural-traditional types are positioned as a fundamental aspect of physical education, the principle of civic education [5]. Within the boundaries of national self-consciousness, national sports are presented as the core of harmonization of the state of the body and self-realization of the individual. The content of the Concept states the effective promotion of domestic sports areas, for example, asyk atu, kusbegilik, kokpar, audaryspak, tehnege ilu, zhamby atu, kazak kuresi, togyzkumalak various varieties of national horse races, etc. since the independence of the country.

Scientists in the field of physical culture increasingly consider sport as a means of national identity and as a factor that increases interest in national sports

(N. O. Ladygina, (2022) [6], V. V. Titov, E. S. Khakhmetov [7], (2018), Fei Zhenzhou, Meng Shuai (2023) [8], Karaca Yasin, Bozoglu Mustafa Sabir (2025) [9].

Representatives of the Ministry of Sports of the RK announced that the number of Kazakhstanis who mastered national sports (NWS) in 2022 amounted to 584.1 thousand, and in 2023 the figure increased by 35.1 thousand athletes.

More than 1000 sporting events of various ranks in NHS are held annually in the RK. These types of sports are officially entered in the NBC catalog. For example, zhekpe-zhek, dasturlı sadaq, kusbegilik, tehre ilu, etc.

However, the Concept developed by the Ministry of RK emphasizes the focus on slow development of the NHS due to low coverage of residents in a range of regions. For example, in the northern regions of the country, which is due to the climatic characteristics of these areas.

In this regard, we conducted a pedagogical study aimed at identifying the level of interest in NWS among student youth of Pavlodar, as a region with a sharply continental climate. The study will allow us to understand how deeply NWS are integrated into student life and what factors influence this process [10].

Materials and methods

The purpose of the pedagogical research: to identify interest in NWS and the factors that influence this process for their popularization among young people. 530 students of Toraighyrov University took part in the study. The study took place in two stages: collection of relevant data and their interpretation. The main research method is a survey through the online platform Google Forms, which was voluntary and anonymous.

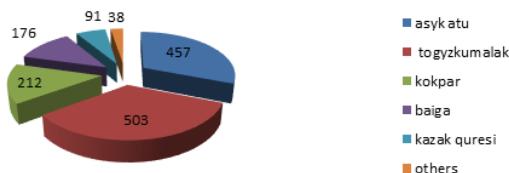
The questionnaire consisted of closed and open questions about students' knowledge, interest and participation in NWS. Data collection was analyzed using quantitative methods using Excel and SPSS.

Results and discussion

1st and 2nd year students aged 18–21 years took part in the online survey, of which 53.5 % were girls, respectively 46.5 % were boys. Google Forms was filled out by students from different faculties: natural sciences, engineering, energy, economics and law, computer science, humanities and social sciences.

80 % of respondents attend the main department of physical education, 20 % or 106 students exempted by the medical commission from practical training for health reasons.

Analyzing the results obtained, we state that 99.3 % of the student audience knows about the NWS cultivated in Kazakhstan. Answers to the question in Google Forms – «What NWS do you know?» are presented in Figure 1.

Types of national sports (people)Figure 1 – Diagram of the answers to the question
«Which NWS do you know?»

According to the diagram in Figure 1, the student list of national games in Kazakhstan is very short. Students mostly named only five most famous NWS (togyzkumalak, asyk atu, baiga, kokpar, kazak kuresi), 38 respondents out of 530 students named sports: altybakan, kyz kuu, audaryspak, tuime alu.

In the questionnaire responses, the national game «togyzkumalak» was mentioned by 503 students, so we can conclude that this NBC is the most popular. To the question «do you know how to play togyzkumalak?», 318 students answered positively. On the question «who taught», the answers were placed in such a way: teacher – 39.7 %, we can say with confidence that the role of teacher-mentor retains importance in the education of the younger generation. In the second position: friends – 23.9 %, 19.8 % learned to play at school, 11.3 % of respondents learned the game togyzkumalak, using the Internet, the remaining 5.3 % used other sources of knowledge.

The level of interest of the respondents to NVS is reflected in the diagram in Figure 2.

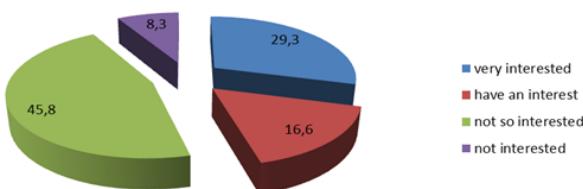
Interest in national sports ,%

Figure 2 – Diagram of dominating factors

According to the diagram in Figure 2, only 8.3 % or 44 respondents, do not show interest in NWS. 486 respondents (age 18–21) are interested in NWS on different scales.

In order to find out the factors that awaken interest in these sports, we included a question in the questionnaire about the reasons that influence the interest of the researched in NWS. Several answers were offered, the obtained conclusions are shown in Diagram 3.

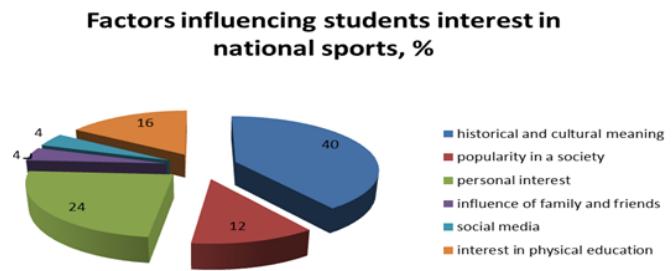


Figure 3 – Diagram of the factors influencing students' interest in NWS

The analysis of Figure 3 makes it possible to see the reasons influencing the interest of the respondents to the NHS and contributing to the realization of the requirement of person-centered satisfaction.

In first place (40 %), students put a factor that has historical and cultural significance, helping to determine national identity. 24 % of respondents (111 students) show interest in national sports in order to satisfy personal preferences. 12 % of respondents during the survey confirmed that family and friends shape our preferences and priorities.

Based on the diagram (Figure 2), 486 students are interested in NWS for various reasons, while a much smaller number of respondents are engaged in these sports. Only 28 people gave a positive answer to the question “are you engaged in national sports? 10 students are engaged in wrestling “kazak kuresi”, 1 person chose “kokpar”, a game when riders fight for the carcass of a goat to score a “goal” in a special gate.

17 respondents train professionally in the «togyzkumalak» section. Kazakhstan has highly qualified teams in NWS. and takes the leading places, which can serve as an incentive for students to achieve results in NWS.

Using the presentation of the factor rating (Figure 3), it is possible to stimulate the motivation of those wishing to engage in NWS. activities.

In order to build a movement practice system, it is necessary to recognize the factors that will provide suitable circumstances for the development of NHS and the involvement of young people.

When asked about the factors hindering NWS. activities, respondents were given five main answer options. The processed answers are shown in Figure 4.

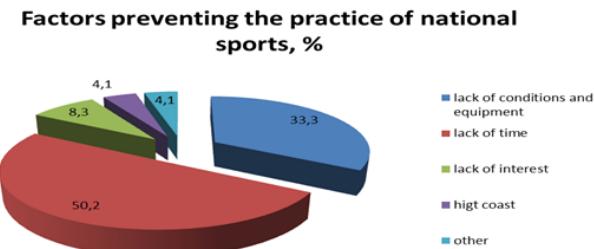


Figure 4 – Diagram of factors hindering NWS activities

According to the respondents' answers, the leading reason that prevents them from practicing NWS. is «lack of time», which can well be explained by the academic busyness in the initial and second year of study. In a particular situation, it is acceptable to use elements of NWS. in physical education classes to improve concentration and mastery of folk games (asyk, kazak kuresi, togyzkumalak).

Integration of NWS into the teaching process of the FC will help students to familiarize themselves with NWS and try them out practically. In «Toraighyrov University» in the Syllabus of physical education introduced classes asyk atu, togyzkumalak, which are attended by 160 students. For students of VKK, that is exempted from physical activity by the medical control commission, there is a requirement to attend 10 hours of classes teaching togyzkumalak during the semester. 20.8 % of surveyed students on the question about the directions of popularization of NWS. indicated «holding educational programs and events».

175 (33.3 %) of the respondents pointed out the inadequacy of the environment for practicing NWS. In order to introduce NWS. into student life, it is necessary to provide specific conditions for practicing according to the requirements for sports. It is necessary to reconstruct existing facilities, to acquire specialized property and equipment. According to the survey, 28.9 % of respondents consider the increase in funding as a factor of popularization of NWS.

Functioning of the training group on a good material base, holding «open» trainings, conducting master classes, holding competitions and tournaments will undoubtedly increase the enthusiasm for Mixed Martial Arts and allow to introduce

it into the student life. 12.5 % consider the practice of holding sports events as a factor of popularization of NWS.

Through Internet platforms it is necessary to advertise the NWS and form their national image attracting to the traditional games of Kazakhstan, this is what 29.1 % of respondents believe, suggesting to actively popularize them.

Conclusion

The cultural and historical value of NWS. is the cultural and physiological self-improvement of the growing generation. The social environment and teachers have a significant impact on the emergence of inclination to NWS. The use of NWS in the practice of physical education, organization of sections, competitions, complete with excellent material support are the moments that stimulate the curiosity of students to practice national and folk sports at the university. Only a comprehensive approach will increase students' interest in NWS, causing reverence for history and traditions through physical and spiritual improvement.

The results of the questionnaire indicate that the NWS. is underdeveloped and the problem needs to be addressed. Promotion of NWS will have a positive impact and create potential for patriotic education of students.

The obtained actual indicators can be used to continue studying the topic of NWS and designing further steps for active integration of NWS in the life of students. The data obtained during the questionnaire survey of students will make it possible to start diagnosing the situations of using NWS. tools in inclusive education.

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СТУДЕНТ ЖАСТАРДЫҢ ҰЛТТЫҚ СПОРТ ТҮРЛЕРИНЕ ДЕГЕН ҚЫЗЫГУШЫЛЫҒЫН ЖӘНЕ ОҒАН ӘСЕР ЕТУШІ ФАКТОРЛАРДЫ АНЫҚТАУ

Мақалада ұлттық спорт түрлерінің студенттердің студенттік өміріне әсерін зерттеуге бағытталған сонымен қатар студенттер арасында жүргізілген социологиялық сауалнаманың нәтижелері қарастырылады. Зерттеу студенттер арасында ұлттық спорт түрлерін насхаттау бойынша өзекті мәліметтерді қарастырумен ұсыну мақсатында жүргізілді. Ұлттық спорт – ұлттық бірегейлікті нығайтудың, студенттердің денсаулығын нығайтудың және дене шынықтыруға қызығушылығын сақтаудың келешегі зор бағыты.

Студенттердің денсаулығын нығайтуда, рухани мәдениетін қалыптастырудың ұлттық спорт түрлері де маңызды рөл атқарады. Зерттеу шеңбердінде сауалнама негізінде студенттердің ұлттық

спорт түрлеріне қатынасын сипаттайтын әртүрлі аспектілер талданады, оларды зерттеу жоғары оқу орындарында спорттық ортаны белсенді түрде қалыптастыруға және сонымен бірге ұлттық спорт түрлерін сақтауга мүмкіндік береді. Қазақстанның ұлттық дәстүрлері. Мақалада студенттердің ұлттық спортқа деген қызығушылығына әсер ететін оң және теріс негізгі факторлары анықталады. 1 және 2 курс студенттерінің ұлттық спорт түрлерімен айналысу деңгейін зерттеу процесі студенттердің қызығушылықтарын қалыптастырудың кешенді тәсілін ашады. Алынған сандық нәтижелерді талдау қызығушылықты тудыратын факторларды анықтауга және студенттердің жоғары оқу орындарында ұлттық спорт түрлеріне тартуға кедергі көлтіретін себептерді жоюға көмектеседі.

Кілтті сөздер: ұлттық спорт түрлері, студент жастар, қызығушылық, сұрау, зерттеу, әсер ету факторлары.

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ВЫЯВЛЕНИЕ У СТУДЕНЧЕСКОЙ МОЛОДЕЖИ ИНТЕРЕСА К НАЦИОНАЛЬНЫМ ВИДАМ СПОРТА И ФАКТОРОВ НА НЕГО ВЛИЯЮЩИХ

В публикации излагаются итоги социологического развернутого анкетирования, сфокусированного на диагностике студенческой заинтересованности к активности с национальным акцентом. Мониторинг спектра увлечений опрашиваемых позволил презентовать актуальные данные для синergии спортивных и лично-ориентированных увлечений обучающихся. Вектор этнической уникальности в субкультуре молодежи можно пролонгировать и углубить путем встраивания народных игр в контекст образования и воспитания.

Национальные спортивные традиции имеют одинаково значимую функцию в оздоровлении обучающихся и конструирование их культурной духовности. В контексте исследования на основании анкетирования анализируются различные аспекты, характеризующие отношение студентов к культурным видам физической активности получивших историческое развитие в Казахстане, изучение которых позволит активно формировать спортивную атмосферу в высших учебных заведениях и одновременно поддерживать этнические спортивные практики.

В статье зафиксированы позитивные и негативные ключевые элементы, влияющие на интерес студентов к казахским спортивным дисциплинам. Процесс изучения уровня вовлеченности студентов 1–2 курсов в занятия национальными видами спорта раскрывает комплексный подход к формированию интересов студентов. Анализ полученных количественных результатов будет способствовать выявлению факторов, стимулирующих симпатию и устранение причин, мешающих привлечению студентов к занятиям этническими видами спорта в вузах.

Ключевые слова: студенческая молодежь, виды спорта национальной направленности, интерес, анкетирование, исследование, факторы влияния.

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