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Short notice

Kratko saopštenje

ATTITUDES OF STUDENTS OF THE ACADEMY OF DRAMATIC ARTS IN BANJA LUKA ON PHYSICAL EXERCISE

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Abstract: Contemporary theatre and film production require actors with extraordinary physical abilities, harmonious physical appearance and good looking body, which is a cult propagated by Hollywood – the dream factory. Today, theatre and film repertoire require a cast with extraordinary body skills, quick reflexes and acrobatic flexibility. Whether it is done as a part of regular curricular or as extracurricular activities, there is no doubt that regular physical exercise has a very important role in training young students of dramatic arts for their top-quality achievements. In order to determine the students' attitudes on the importance of physical exercise and their interest for certain sports, there has been a survey among 27 first, second and third-year students of the Academy of Dramatic Arts in Banja Luka, Acting course. In accordance with the requirements set by the modern theatre and film production, this survey confirmed a very positive attitude and interest of students towards physical exercise and sports activities. Therefore, there is need for creating a clear concept of physical training of students, as a long-term project, which will contribute to raising quality of life as well as work and artistic creativity with students at the Academy of Dramatic Arts, University of Banja Luka.

Key words: students of Dramatic Arts, attitudes, interests, physical exercise.

INTRODUCTION

Physical activities are an constituent part of everyday life. Regular physical exercise or abstemious physical exercise have a positive effect on health and prevent various diseases.

Results of studies from around the world show that about 80% of the population is insufficiently physically active, and that in most developed countries over 50% of the population is overweight (Ostojić, Mazić & Dikić, 2010). Modern trends of social networks, seden-

STAVOVI STUDENATA AKADEMIJE DRAMSKIH UMJETNOSTI U BANJOJ LUCI PREMA FIZIČKOM VJEŽBANJU

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Sažetak: Savremena pozorišna i filmska produkcija zahtijeva glumce izuzetnih fizičkih sposobnosti, skladnog izgleda i tijela, gotovo izvajanog i taj kult najviše propagira Holivud – fabrika snova. Pozorišni i filmski repertoari u današnjem svijetu imaju potrebu za glumcima izvanrednih tjelesnih sposobnosti, brzih refleksa i akrobatske gipkosti. Nesumnjivo je da redovno fizičko vježbanje, u nastavnom i vannastavnom vremenu, ima izuzetnu ulogu u pripremi mladih studenata glume za njihova vrhunska ostvarenja. U cilju utvrđivanja stavova studenata Akademije dramskih umjetnosti u Banjoj Luci, smjer gluma, o važnosti bavljenja fizičkim vježbanjem i njihovim interesima prema pojedinim sportskim granama, anketirano je 27 studenata prve, druge i treće godine studija. Shodno zahtjevima koje pred njih postavlja savremena pozorišna i filmska produkcija, ovo istraživanje je potvrdilo izrazito pozitivan stav i interes studenata glume prema fizičkom vježbanju i sportskim aktivnostima. Dakle, postoji potreba da se jasno profilise koncept fizičkog vježbanja studenata, kao dugoročni projekt, koji će doprinijeti podizanju kvaliteta života ali i rada i umjetničkog stvaralaštva kod studenata glume Univerziteta u Banjoj Luci.

Ključne riječi: studenti glume, stavovi, interesi, fizičko vježbanje.

Uvod

fizičke aktivnosti su sastavni dio svakodnevnog života. Redovno fizičko vježbanje, odnosno umjerena fizička aktivnost, pozitivno utiče na očuvanje zdravlja i prevenciju raznih oboljenja.

Rezultati studija iz cijelog svijeta pokazuju da je oko 80% populacije nedovoljno fizički aktivno, te da u većini razvijenih zemalja preko 50% populacije ima višak kilograma (Ostojić, Mazić i Dikić, 2010). Savremeni trendovi društvenih mreža, sjedalačke obaveze na fakultetima, mali fond časova koji se odnose na fizičko

tary duties at universities and a small number of classes that are related to physical exercise contribute to many health problems and bad shape of students. The research results by Hackney (2006) highlight the importance of physical exercise in reducing body fat, increasing muscle mass, metabolism accelerating and in endocrine system which function is to prevent excess weight. Students as representatives of a very important part of the society and social development bearers are nowadays even less involved in physical activities or any form of physical exercise. A survey by Stephens, Jacobs and White (1985) has shown that the level of physical activity declines during the period between adolescence and adulthood, which is crucial for building and maintaining the habits of physical exercise. Vračan, PISAČIĆ and SLAČANAC (2009) came to a conclusion that students are familiar with the huge importance of physical exercise. Even though 94% of questioned students consider the physical exercise to be very important, the fact that 56% of them are not active in any kind of extracurricular physical exercise is concerning.

Actors of the 21st century have to be in a good shape to fit in the high demanding roles given by authors, scenarists and directors. The goal of this paper is to identify the attitudes of students of Academy of Dramatic Arts on the importance of physical exercise and habits of exercising. In addition, this survey will cover the students' preferences towards certain sports or recreative activity.

METHODS

The students of Academy of Dramatic Arts, course Acting, University of Banja Luka participated in this survey. Since this is a very specific department at the University which consists of a small number of students, only 27 of its regular students participated in the survey, 15 male and 12 female students. The questioned students are age 21.59 ± 1.62 years old. The survey was done during the winter semester of academic year 2016/2017.

The research method used in the survey is one of sociological methods used in data collection. It consists of a series of questions prepared in advance to which students are required to answer (Haralambos & Holborn, 2002). Apart from general information about the subject, the questionnaire included questions focused on gathering information about the attitude of students of the Academy of Dramatic Arts towards physical exercise.

Interests of students to engage in a particular sport activity or recreation were identified at the end of the survey. The study covered the preferences of students towards 25 sports by behaviour intentions scale (Bosnar & Prot,

vježbanje, doprinose mnogim zdravstvenim problemima i lošoj fizičkoj kondiciji studenata. Rezultati istraživanja Hackneya (2006) ukazuju na značaj fizičkog vježbanja u smanjenju potkožnog masnog tkiva, povećanja mišićne mase, ubrzanje metabolizma, te na hormonski sistem koji svojim djelovanjem sprječava pojavu viška kilograma. Studenti kao važan dio zajednice i nosioci društvenog razvoja sve manje su uključeni u fizičke aktivnosti ili bilo koji vid fizičkog vježbanja. Istraživanje koje su provedli Stephens, Jacobs i White (1985) je pokazalo da nivo fizičke aktivnosti opada u razdoblju između adolescentnog i dobi odrasle osobe, koje je ključno za usvajanje i zadržavanje navika prema fizičkom vježbanju. Vračan, PISAČIĆ i SLAČANAC (2009) zaključuju da su studenti dosta dobro upućeni u značaj bavljenja fizičkim vježbanjem, čak 94% studenata smatra fizičko vježbanje vrlo važnim, ali zabrinjava podatak da 56% studenata iz uzorka istraživanja nije uključeno niti u jedan oblik tjelesnog vježbanja u vannastavnim aktivnostima.

Glumci u 21. vijeku moraju imati dobru fizičku kondiciju kako bi odgovorili na visoke zahtjeve pisaca tekstova, scenarija i reditelja. Upravo cilj ovog rada jeste da se utvrde stavovi studenata banjalučke Akademije dramskih umjetnosti, smjer gluma, o značaju fizičkog vježbanja i navikama ka vježbanju. Takođe, istraživanjem će biti obuhvaćene i preferencije studenata prema određenoj sportskoj ili rekreativnoj aktivnosti.

METODE

Uzorak ispitanika su činili studenti Akademije dramskih umjetnosti, smjer gluma, Univerziteta u Banjoj Luci. Obzirom da se radi o vrlo specifičnom obliku studija, koji ima mali broj upisanih studenata, uzorak ispitanika je obuhvatio svega 27 redovnih studenata Akademije dramskih umjetnosti, 15 muškog i 12 ženskog pola. Starosna dob ispitanika bila je 21.59 ± 1.62 godina starosti. Istraživanje je provedeno u zimskom semestru akademske 2016/17. godine.

U istraživanju je primijenjena metoda ankete koja pripada sociološkim metodama za prikupljanje podataka. Sastoji se od niza pripremljenih pitanja na koja se od studenata traži odgovor (Haralambos i Holborn, 2002). Osim opštih informacija o ispitaniku, upitnikom su obuhvaćena pitanja usmjerena na dobijanje informacija o stavu studenata Akademije dramskih umjetnosti prema fizičkom vježbanju.

Na kraju je određen interes studenata za bavljenje pojedinom sportskom ili rekreativnom aktivnošću. Obradene su preferencije studenata prema 25 sportova skalom bihevioralnih namjera (Bosnar i Prot, 1993). Ispitanik

1993). Each participant of the survey rated each sport on a five-level scale, according to which every mark expresses the desired intensity of practicing a specific sport activity. Mark 5 represents a sport in which a student would definitely like to do if there is a possibility for it. Grade 4 indicates a sport that a student would be happy to do. Rating 3 denotes a sport in which a student would occasionally like to do or in appropriate circumstances. Rating 2 denotes all those sports which a student would do only in case there is no other choice or possibility. Grade 1 indicates a sport which a student would never do.

Standard methods of descriptive statistics were used in data processing. The collected data was processed by IBM SPSS Statistics 21.0 programme system.

RESULTS AND DISCUSSION

Considering the goal of the survey, which was identifying the attitude of students of the Academy of Dramatic Arts on physical exercise, the first two survey questions were created. The first question was on how much importance do students attach to physical exercise. According to the Likert's five-level scale, the students attached great importance to physical exercise. This is supported by the fact that not a single student rated physical exercise with grade 1 or 2. The major percentage of the survey participants, even 59.26% of them, rated the physical exercise as very important. Namely, similar results were provided in the survey made with students at Faculty of Geodesy and Architecture at the University of Zagreb (Vračan et al., 2009).

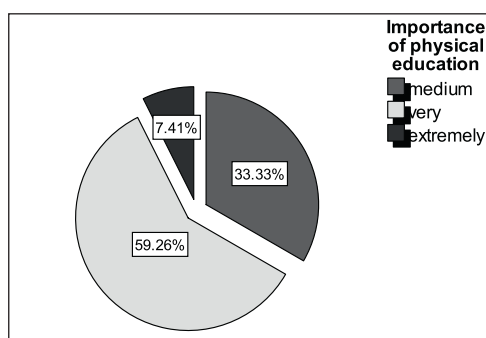


Figure 1. The importance of physical exercise for students of the Academy of Dramatic Arts in Banja Luka expressed in percentages

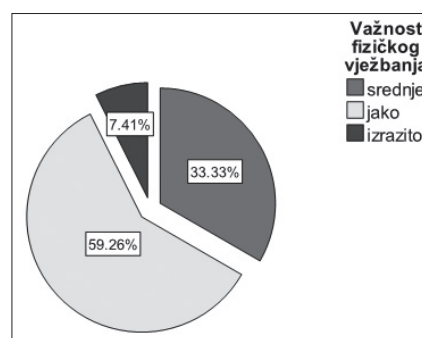
Furthermore, the survey tried to get information on how much time a week do students of this Academy spend doing the physical exercise. The results are shown in the Figure 2 and they are indicating satisfactory weekly physical activity of the students. Only one of the students answered that he or she is not doing any physical exercise at all. The majority of survey participants,

je svaki sport ocijenio na petostepenoj skali prema kojoj svaka ocjena iskazuje željeni intenzitet bavljenja određenom sportskom aktivnošću. Naime, ocjena 5 označava sport kojim bi se ispitanik svakako želio baviti. Ocjena 4 označava sport kojim bi se ispitanik rado bavio. Ocjena 3 označava sport kojim ispitanik nije siguran da bi se bavio, odnosno bavio bi se njime povremeno ili u pogodnim okolnostima. Ocjena 2 označava sport kojim bi se ispitanik bavio samo ukoliko ne bi imao drugi izbor ili mogućnost. Ocjenu 1 ispitanik dodjeljuje sportu kojim se nikako ne bi želio baviti.

U obradi podataka korištene su standardne metode deskriptivne statistike. Dobijeni podaci su obrađeni programskim sistemom IBM SPSS Statistics 21.0.

REZULTATI I DISKUSIJA

S obzirom na cilj istraživanja, odnosno na utvrđivanje stava studenata Akademije dramskih umjetnosti prema fizičkom vježbanju, konstruisana su i prva dva anketna pitanja. Prvo pitanje je bilo vezano za važnost koju ispitanici pridaju fizičkom vježbanju. Anketirani studenti su svojim odgovorima na petostepenoj skali Likertovog tipa izrazili izuzetno pozitivan stav prema fizičkom vježbanju. U prilog tome ide činjenica da niti jedan student nije izrazio stav da mu je fizičko vježbanje nebitno ili čak malo bitno. Naime, najveći procenat ispitanika, čak 59.26%, je odgovorio da im je fizičko vježbanje jako važno. Vrlo slične rezultate su dobili Vračan i saradnici (2009) na uzorku studenata Arhitektonskog i Geodetskog fakulteta Sveučilištva u Zagrebu.



Grafikon 1. Važnost fizičkog vježbanja za studente Akademije dramskih umjetnosti u Banjoj Luci izraženo u postocima

Dalje, istraživanjem se pokušala dobiti informacija o vremenu koje studenti Akademije dramskih umjetnosti posvećuju fizičkom vježbanju tokom sedmice. Dobijeni rezultati prikazani u Grafikonu 2 ukazuju na zadovoljavajuću sedmičnu fizičku aktivnost studenata. Samo jedan student je odgovorio da se uopšte ne bavi bilo kakvim fizičkim vježbanjem. Najveći broj ispitanika, njih 66.66%

66.66% of them, do the physical exercise actively three times a week or more. This can really be considered as a sufficient time spend on physical activity by students of Dramatic Arts, regarding to other surveys (Lolić, Nešić, Fratrić & Srdić, 2012; Vračan et al., 2009) which gave a clear warning signal due to less engagement of young people in regular physical exercise.

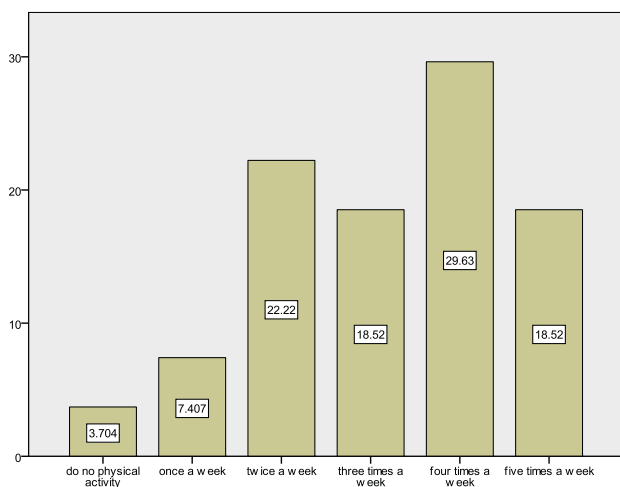
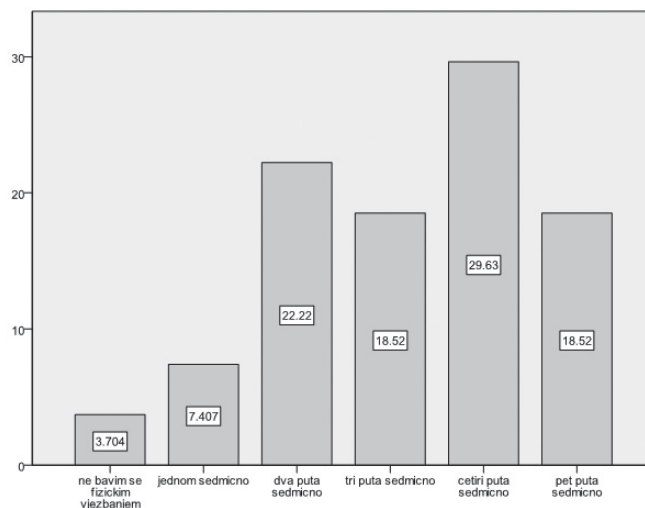


Figure 2. Weekly time spent on doing some kind of sport activities by students of the Academy of Dramatic Arts in Banja Luka expressed in percentages

In the Table 1 the results show the interest of students for doing some of the sport or recreative activities. Results are ranked on the chart according to frequency and percentage in each category of a five-level scale. Students of the Academy of Dramatic Arts have shown the greatest interest for swimming, horseback riding, dance and shooting sport/archery/paintball. Swimming is the sport that the majority of questioned students would like to do every day (88.8%), dance and horseback riding are on the second place (74.1%) and shooting sport/archery/paintball on the third place (66.6%). On the other hand, 59.3% of Academy of Dramatic Arts students have no interests in doing bocce, ragby is next in the chart (51.9%) and football (48.1%).

se fizičkim vježbanjem aktivno bavi tri ili više puta sedmično. Ovo se zaista može smatrati kao zadovoljavajuća fizička aktivnost studenata dramskih umjetnosti, obzirom da su druga istraživanja (Lolić, Nešić, Fratrić i Srdić, 2012; Vračan i saradnici, 2009) dala jasan signal upozorenja s obzirom na to da se mladi sve manje bave redovnim fizičkim vježbanjem.



Grafikon 2. Sedmično vrijeme koje studenti Akademije dramskih umjetnosti u Banjoj Luci provedu baveći se nekom vrstom sportske aktivnosti izraženo u postocima

U Tabeli 1 prikazani su rezultati prema interesu studenata za bavljenje pojedinom sportskom ili rekreativnom aktivnošću. Rezultati su rangirani na osnovu frekvencija i procenata u svakoj kategoriji petostepene skale. Studenti Akademije dramskih umjetnosti najveći interes su iskazali za plivanje, sportsko jahanje, ples i streljaštvo/peintbol/streličarstvo. Plivanje je sport kojim bi se najviše njih rado bavili ili svakako željeli baviti sa 88.8%, slijede ples i sportsko jahanje sa 74.1%, i streljaštvo/peintbol/streličarstvo sa 66.6%. Sa druge strane, 59.3% studenata Akademije dramskih umjetnosti se nikako ne bi željelo baviti boćanjem, slijedeći sport je ragbi sa 51.9%, te fudbal sa 48.1%.

Table 1. Preferences of students of the Academy of Dramatic Arts in Banja Luka towards different kinds of sports or recreational activities

Tabela 1. Preferencije studenata Akademije dramskih umjetnosti u Banjoj Luci prema pojedinim sportskim ili rekreativnim aktivnostima

SPORTSKA AKTIVNOST / SPORTS ACTIVITIES	nikako se ne bih bavio/la / never		bavio/la bih se ukoliko nemam drugi izbor / if I have no other choice		bavio/la bih se povremeno / occasionally		rado bih se bavio/la / gladly		svakako bih se bavio/la / certainly	
	f	%	f	%	f	%	f	%	f	%
Trčanje/pješčačenje/planinarenje / Running/walking/hiking	1	3.7	4	14.8	5	18.5	10	37.0	7	25.9
Fitness/aerobik / Fitness/aerobics	7	25.9	6	22.2	4	14.8	6	22.2	4	14.8
Gimnastika / Gymnastics	3	11.1	5	18.5	9	33.3	3	11.1	7	25.9
Jedrenje/surfanje / Sailing/Surfing	3	11.1	4	14.8	8	29.6	9	33.3	3	11.1
Rukomet / Handball	4	14.8	9	33.3	9	33.3	3	11.1	2	7.4
Borilački sportovi / Martial arts	5	18.5	5	18.5	4	14.8	10	37.0	3	11.1
Fudbal / Football	13	48.1	3	11.1	2	7.4	6	22.2	3	11.1
Odbojka / Volleyball	2	7.4	9	33.3	3	11.1	9	33.3	4	14.8
Košarka / Basketball	5	18.5	6	22.2	7	25.9	4	14.8	5	18.5
Ragbi / Rugby	14	51.9	6	22.2	3	11.1	3	11.1	1	3.7
Atletika / Athletics	5	18.5	5	18.5	11	40.7	3	11.1	3	11.1
Rolanje / Skating	8	29.6	5	18.5	7	25.9	5	18.5	2	7.4
Plivanje / Swimming	-	-	1	3.7	2	7.4	13	48.1	11	40.7
Bočanje / Bocce	16	59.3	4	14.8	6	22.2	1	3.7	-	-
Ronjenje / Diving	4	14.8	3	11.1	4	14.8	10	37.0	6	22.2
Streljaštvo/peintbol/streličarstvo / Shooting sport/paintball/archery	5	18.5	-	-	4	14.8	9	33.3	9	33.3
Šah / Chess	10	37.0	2	7.4	6	22.2	4	14.8	5	18.5
Tenis/stoni tenis / Tennis/table tennis	4	14.8	3	11.1	3	11.1	8	29.6	9	33.3
Vaterpolo / Water polo	8	29.6	5	18.5	6	22.2	6	22.2	2	7.4
Veslanje/kajak / Rowing/kayaking	8	29.6	6	22.2	6	22.2	6	22.2	1	3.7
Ples / Dance	1	3.7	1	3.7	5	18.5	6	22.2	14	51.9
Skijanje/klizanje / Skiing/ice skating	2	7.4	5	18.5	3	11.1	9	33.3	8	29.6
Biciklizam / Cycling	1	3.7	5	18.5	12	44.4	4	14.8	5	18.5
Kuglanje / Bowling	7	25.9	6	22.2	8	29.6	2	7.4	4	14.8
Sportsko jahanje / Horseback riding	2	7.4	2	7.4	3	11.1	4	14.8	16	59.3

Regarding the students of Academy of Dramatic Arts, martial arts have a great role in their future profession. It was expected that more students are interested in doing this particular art. The results of this survey are worrying to some extent since there are genres in which the action represents an essential and dominant part – the key component, and where the priority in selecting an actor/actress for the role have those who have had the experience in or are good at martial arts.

Almost identical results were provided in the survey made with students at Faculty of Geodesy and Architec-

Naime, u slučaju studenata Akademije dramskih umjetnosti, veoma bitnu ulogu imaju borilački sportovi. Očekivao se veći procenat studenata koji bi se željeli baviti ovom vrstom sportske aktivnosti. Dobijeni rezultati su donekle zabrinjavajući obzirom da dominacija žanrova u kojima je akcija bitna – ključna komponenta, prioritet u izboru glumaca imaju oni koji su u svom iskustvu imali sklonosti ka borilačkim sportovima.

Gotovo identične rezultate su dobili Vračan i saradnici (2009) na uzorku studenata Arhitektonskog i Geodetskog fakulteta u Zagrebu. Da je plivanje izrazito

ture at the University of Zagreb (Vračan et al., 2009). The fact that swimming is extremely popular sport among students proved the results of a survey which was made with students of Philosophical Faculty in Zagreb (Špehar, Gošnik & Topolovac, 2007).

CONCLUSION

in accordance with the requirements placed on them by modern theatre and film production, a positive attitude and interests of the students of the Academy of Dramatic Arts (acting course) in physical exercise and sport in general was more than expected. That is exactly what has been proved by the results of this survey. Students have evaluated highly the advantage and importance of physical exercise and recreational activities. Also, it should be noted that there is a correlation of their attitudes about the importance of physical exercise and practicing these activities. 2/3 of students at the Academy of Dramatic Arts do actively some kind of physical exercise three times a week or more. This result is more valuable regarding to the previous studies that were made among students which indicated the decreasing of physical activity among young people (Lolić et al., 2012; Vračan et al., 2009).

Swimming proved as attractive and extremely popular sport among students of Academy of Dramatic Arts. Low-ranking sports by the survey are team sports. What is more interesting is the fact that decreased interest for football is very visible although it is one of the most popular team sports in the area. Certainly, students of the Academy of Dramatic Arts should pay more attention to martial arts due to even more demanding contemporary theatre and film production of today.

Due to the great interest for sports and recreational activities by students of the Academy of Dramatic Arts in Banja Luka, there is a need to develop the concept of physical training of students clearly, as a long-term project, which will contribute to raising the quality of life as well as work and artistic creativity with students of this University. In accordance with these characteristics, it would be necessary to plan and develop these sport activities within the physical education curriculum of the University programme. Only after it has been developed and well planned, we can anticipate those sport activities to be the best motivation for students in being active in different physical activities and eventually in achieving the greatest results in their future profession.

Authorship statement

The authors have contributed equally.

Financial disclosure

We declare that we have no conflicts of interest.

privlačna sportska aktivnost za studente ukazuju i rezultati koje su dobili Špehar, Gošnik i Topolovac (2007) na uzorku studenata Filozofskog fakulteta u Zagrebu u periodu od šest akademskih godina.

ZAKLJUČAK

shodno zahtjevima koje pred njih postavlja savremena pozorišna i filmska produkcija očekivao se pozitivan stav i interesi studenata Akademije dramskih umjetnosti, smjer gluma, prema fizičkom vježbanju i sportu uopšte. Rezultati ovog istraživanja su upravo to i potvrdili. Studenti vrlo visoko procjenjuju korisnost i važnost fizičkog vježbanja i rekreativnih aktivnosti. Takođe, valja istaći da postoji korelacija njihovih stavova o važnosti fizičkog vježbanja i bavljenja tim aktivnostima. Oko 2/3 studenata Akademije dramskih umjetnosti se fizičkim vježbanjem aktivno bavi tri ili više puta sedmično. Ovakav rezultat dobija na vrijednosti imajući u vidu ranija istraživanja među studentskom populacijom koja su ukazivala na sve manju fizičku aktivnost mladih (Lolić i saradnici, 2012; Vračan i saradnici, 2009).

Plivanje je sportska aktivnost koja najviše privlači pozornost studenata Akademije dramskih umjetnosti. Nisko su rangirani ekipni sportovi, a interesantan je pad interesa za fudbal koji je na području balkana sasvim sigurno najzastupljeniji sport. Svakako, borilački sportovi bi trebali zauzeti veću pozornost studenata Akademije dramskih umjetnosti obzirom na sve zahtjevniju savremenu pozorišnu i filmsku produkciju.

Obzirom na veliki interes studenata Akademije dramskih umjetnosti u Banjoj Luci za sportske i rekreativne aktivnosti postoji potreba da se jasno profilise koncept fizičkog vježbanja studenata, kao dugoročni projekt, koji će doprinijeti podizanju kvaliteta života ali i rada i umjetničkog stvaralaštva kod studenata glume Univerziteta u Banjoj Luci. U skladu sa tim karakteristikama bilo bi potrebno planirati i programirati one rekreativne sadržaje unutar nastave fizičkog vaspitanja na Univerzitetu. Samo tako možemo očekivati da će upravo ti sportski sadržaji dati najbolje rezultate u smislu aktiviranja i poticanja studenata na različite oblike fizičkog vježbanja, odnosno uključivanja u različite programe sportskih aktivnosti.

Izjava autora

Autori pridonijeli jednako.

Konflikt interesa

Mi izjavljujemo da nemamo konflikt interesa.

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