



Science, Movement and Health, Vol. XIV, ISSUE 1, 2014  
January 2014, 14 (1): 97-100

Original article

## ATTITUDINAL BEHAVIOUR, VALUES, METHODS OF FORMATIVE EDUCATION TO STUDENTS

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### Abstract

**Objectives.** Using efficient methods for achieving physical education and sport specific training (within context acronym PE), systematic activities with diversified performance according to the student's choices and awareness and knowledge of students about the intrinsic core values of PE that may lead to the formation of attitudinal behaviour in action.

**Methods.** Empirical research has spanned on a period of two years and included two sample populations, students and teachers of physical education. The research methods used were focus group, questionnaire of opinions and values, observation and processing methods and statistical analysis.

**Results.** Most surveyed students, 57 respectively, from which 2% were heavily and largely satisfied with the training methods used. Involvement of students in PE classes meet over 50% of the teachers surveyed, 64% of students consider that there are values in practicing the PE activities, manifested in everyday life.

**Conclusions.** Formative education methods used in the PE hour are appropriate for the choices expressed by students, the involvement level is more than satisfactory and exchange board of students is well positioned and relevant.

**Keywords:** formative education methods, values, physical education and sports activities.

### Introduction

Known phrase of physical education and sport, component and conditional-integrative element in university education, has as goal - excepting positive interventions (development, improvement, consolidation) on movement ability - growing, in the students a solid set of values and sustainable sets of social and personal behaviour and attitudes.

The characteristics of this stage, we set student life, are represented by the constant expression of the consciousness, with manifestations of identity and self. The challenges of the student' status involve major changes, with objective and subjective transformations, related to social and cognitive maturation, by recognizing the social, relational and professional dimensions.

The integration process of young people within the current social survey requires personal effort from the actors and students both intellectual and physical, and is manifested in various environments: family, group (membership, reference), professional, etc. The purpose of this process is the positive shaping of personality, by affirmation and expression of personal autonomy, taking responsibilities and roles etc. The students' expressed interest for the idea of physical exercise, performed under the most various forms, experiencing a continuous growth, as an option to a number of harmful behaviours that have an impact on quality of life and health of young people in general.

As is well known, the PE is considered to be primarily dependent on practicing physical activity. However, PE can be related to the formation of

positive attitudes for movement, assimilation, development and promotion of values, of acquiring ethical values, social, moral, sports, etc., leading ultimately to manifest among those who practice these types of activities, of an appropriate behaviour of today's society requirements.

According to the already asserted I carried out a scientific research from which I present an offcut from the perspective of formative education methods and the promotion of values for the understanding of ethical behaviour manifestations of students.

In the practice of PE discipline an important factor is the methods with formative valences. They come in a positive relationship, relative to what is practiced in teaching methodology of other sciences with their specificity. Characteristic to PE domain is that the following training methods are used (Clârstea, 2000): verbal methods, intuitive methods and practical methods.

Sociology and psychology professionals consider attitudinal behaviour as an outcome of the decisions we make based on the attitudes manifested, "results especially of education and social influences" (Epsuran et al., 2001).

The assimilation and promotion of values process through the practice of PE activities can and should contribute decisively to the changing of our mentality. This change, which converges to emphasize moral, social, sportive, values etc. of our actions is subordinated to our intention to take into account and to observe norms of conduct, rules, regulations, laws

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# Attitudinal Behaviour Paperback

**J. Richard Eiser**



## **Attitudinal Behaviour Paperback:**

Attitudes, Personality and Behavior Icek Ajzen, 1988      *The Psychology of Attitudes and Attitude Change* Gregory R. Maio, Geoffrey Haddock, Bas Verplanken, Andrew Luttrell, 2025-11-08 This book explores what attitudes are and how they are shaped how they influence behaviour and the scientific methods that are used to understand attitudes and how they change Introducing the fundamental concepts for understanding attitudes with a balanced consideration of all approaches the book pulls together many diverse threads from research across the world The fourth edition has been updated to include cutting edge topics such as attitudes to vaccines political polarisation and the effects of social media on attitude change It covers the applications of attitude research in the domains of environmental political and health psychology and critically reflects on the methods used for attitude research and considers the role of new technologies and social media in attitudes and attitude research Key features Updated Research highlights illustrate interesting and important case studies and their findings Recap what we have learned and what do you think questions encourage critical reflection and deep thinking Key terms and a glossary help you get up to speed with terminology Diverse and inclusive examples from across the globe      **Attitudes and Attitude Change** Gerd Bohner, Michaela Wänke, 2002 Providing the student with a comprehensive and accessible introduction to the basic issues in the psychological study of attitudes this book includes topics such as attitude formation and change functions of attitudes and attitude measurement      **The Psychology of Attitudes and Attitude Change** Gregory R. Maio, Bas Verplanken, Geoffrey Haddock, 2018-10-27 This third edition explores the scientific methods that are used to better understand attitudes and how they change updated to reflect the flurry of research activity in this dynamic subject over the past few years Providing the fundamental concepts for understanding attitudes with a balanced consideration of all approaches the book pulls together many diverse threads from research across the world Key features Research highlights illustrate interesting and important case studies and their findings Recap What we have learned and What do you think questions at the end of chapters get students thinking Key terms and a glossary help students get up to speed with terminology Even more international in scope with research drawn from many countries and a stronger European perspective New research in areas such as hypocrisy persuasion matching and evaluative conditioning has been considered and included showing the flourishing nature of this subject area Online resources including multiple choice questions journal articles and flashcards for students and PowerPoint slides and essay questions for lecturers to use for teaching ideas available at study.sagepub.com/psychofattitudes3e      **Attitudes, Personality And Behaviour** Ajzen, I, 2005-11-01 I denne reviderede udgave beskriver den seneste udvikling indenfor personlighedsforskning og tests af personlighed og adfærd Bogen giver indsigt i hvorledes man ved hjælp af teorier om personlighed kan forklare og forudsige menneskelig adfærd og hvilke implikationer dette kan have      **Attitudinal Behaviour**, 1999      The Expression of Attitude J. Richard Eiser, 2012-12-06 The Expression of Attitude deals with a number of broad but interrelated questions what are attitudes how do they relate to

behavior how are they acquired and in what ways can they be shared The author argues that consistency within attitude structure and between attitudes and behavior arises primarily from interpersonal rather than intrapersonal processes Emphasis is placed on how people interpret behavior as an expression of attitude and what they demand of such behavior before they treat it as decodable in a particular way

**The Handbook of Attitudes** Dolores Albarracín, Blair T. Johnson, 2019 Attitudes are evaluations of people places things and ideas They help us to navigate through a complex world They provide guidance for decisions about which products to buy how to travel to work or where to go on vacation They color our perceptions of others Carefully crafted interventions can change attitudes and behavior Yet attitudes beliefs and behavior are often formed and changed in casual social exchanges The mere perception that other people favor something say rich people may be sufficient to make another person favor it People's own actions also influence their attitudes such that they adjust to be more supportive of the actions People's belief systems even change to align with and support their preferences which at its extreme is a form of denial for which people lack awareness These two volumes provide authoritative critical surveys of theory and research about attitudes beliefs persuasion and behavior from key authors in these areas The first volume covers theoretical notions about attitudes the beliefs and behaviors to which they are linked and the degree to which they are held outside of awareness It also discusses motivational and cultural determinants of attitudes influences of attitudes on behavior and communication and persuasion The second volume covers applications to measurement behavior prediction and interventions in the areas of cancer HIV substance use diet and exercise as well as in politics intergroup relations aggression migrations advertising accounting education and the environment

**Attitudes and Behavior** David R. Seibold, Daniel J. Canary, 1984-01-01 This unique bibliography gives you 600 references which cover the theoretical methodological and applied aspects of attitude behavior relationships

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*Values, Attitudes and Behaviour Change* Ben Reich, Christine Adcock, 1976     *The Psychologist*, 2008     *Belief, Attitude, Intention, and Behavior* Martin Fishbein, Icek Ajzen, 1975     *Attitudes and Attitude Change* Tobias Vogel, Michaela Wanke, 2016-04-14 Attitudes have been a central topic in social psychology from its early beginnings But what exactly are attitudes where do they come from and how can they be modified The overall aim of *Attitudes and Attitude Change* is to provide students with a comprehensive and accessible introduction to these basic issues in the psychological study of attitudes In four parts readers learn about how attitudes can be measured how attitudes are shaped in the course of life how they are changed by other people and finally how attitudes in turn affect our thoughts and behavior This completely revised and updated second edition covers many recent developments and reports cutting edge research while also addressing the classic findings and theories that advanced the field In addition to integrating the newly emerged topics of implicit attitudes and recent models regarding the coexistence of explicit and implicit attitudes this edition also adds chapters on social influence and resistance to persuasion This comprehensive and user friendly book carefully balances theoretical underpinnings and empirical findings with applied examples to enable readers to use the insights of attitude research for practical applications Critical discussions also instigate readers to develop their own thinking on key topics     *Attitudes and Persuasion* Philip Erwin, 2014-02-24 *Attitudes and Persuasion* provides an up to date overview of the crucial role that attitudes play in our everyday lives and how our thoughts and behaviour are influenced The nature function and origins of attitudes are examined and a review of how they can be measured is given The book addresses complex questions such as whether we always behave in accordance with our attitudes and what factors may influence us to change them     **The Collins Paperback Thesaurus in A-to-Z Form**, 1990     **Attitudes and Attitude Change** William D. Crano, Radmila Prislina, 2011-07-21 This volume assembles a distinguished group of international scholars whose chapters on classic and emerging issues in research on attitudes provide an excellent introduction for advanced undergraduates and graduate students The book's chapters cover all of the most critical features of attitude measurement attitude development and attitude change Implicit and explicit approaches to measurement and conceptualization are featured throughout making this one of the most up to date treatments of attitude theory and research currently available The comprehensive coverage of the central topics in this important field provides a useful text in advanced courses on persuasion or attitude change     **The Psychology of Attitudes and Attitude Change** Joseph P. Forgas, Joel Cooper, William D. Crano, 2011-01-07 Human beings have a unique ability to create elaborate predispositions and evaluations based on their social experiences The concept of attitudes is central to understanding how experience gives rise to these predispositions and psychologists have spent the best part of the past 100 years trying to understand the intricacies of this process Yet despite decades of research we still do not fully understand how attitudes are created maintained and changed The main objective of this book is to review and integrate some of the most recent cutting edge developments in research on attitudes and attitude change presenting the

work of eminent scholars in this field Chapters in this book deal with such intriguing questions as What role do associative processes play in the formation of attitudes How do attitudes function as global and local action guides What is the function of implicit evaluations and vicarious experiences in producing attitude change Are implicit associations a useful way to measure attitudes What role does affect play in attitude formation and change What role do social interaction processes play in persuasion and how does persuasion work in real life settings The book is essential reading for students and researchers in social psychology as well as practitioners in every field where understanding and changing attitudes is important such as clinical counseling organizational marketing forensic and developmental psychology

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