

THE TREND OF CHILDREN'S VOLLEYBALL PARTICIPATION IN ELEMENTARY AND SECONDARY SCHOOL IN TIRANA

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Abstract

Time spent outdoors in the early years is positively correlated with physical activity levels among children (Sallis et al., 1993). This article presents the prevalence of daily physical activities of children in the city of Tirana for the physical activities carried out. A total of 452 children (224 boys and 228 girls) are surveyed by the questionnaire (PAQ-C) for assessing the prevalence of physical activities (during the last week). Children who have completed the questionnaire are of age of 10.4 years old. Children are engaged in daily walking at 83.5% , while 52.7 % of them do bicycling, 74.8% running and 83.8% do daily games during their free time on the last of week of activities. Fourth grade children have lower participation in all daily activities compare to fifth grade children as follows, daily walking (82.8%), bicycling (52.2 %), running (73.4 %) and games (82.7%).

Keywords: children, physical activities, walking

Introduction

Strong et al. (2005) and World Health Organization recommend that children should accumulate 60 min of moderate to vigorous (MVPA) every day but also emphasizes that these minutes should be on top of everyday physical activities. Everyday physical activities total around 30 min of MVPA in the quintile of the least active children, means that the new recommendations constitute more activity in total compared with earlier recommendations (Andersen et al., 2011). The amounts of physical activity greater than 60 minutes can provide additional health benefits and most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week in order to improve cardiorespiratory

and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers (WHO, 2010). There is a trend of decline of physical activities among Albanian children. This paper presents the prevalence of daily physical activities of children in the city of Tirana for the physical activities carried out.

Methods

This study was performed in the city of Tirana. There were participated four schools in this study (elementary and secondary school). Children participated were at age 6 yrs- 15.5 years old. A total number of 840 participated in the questionnaire evaluation (boys N=418). Only 5 children did not participate in the study during the day of questionnaire distribution for sickness reasons. PAQ-C questionnaire was performed in this study.

Statistical analysis

All the data at the beginning were saved at Excel file. Then converted at SPSS file. Descriptive statistics were evaluated in order to calculate the percentage of children that participated on volleyball and percentage of children split by 0.5 years of age. SPSS version were used in this study statistical analysis.

Results

Data on this study research are presented on table 1. The results are shown on percentage for elementary/secondary school children on volleyball participation. The data show that 40.2 of children participated on the study play volleyball in organized and non organized sport teams. Split by gender results show that boys participate 36% and girls 44% on volleyball.

Table 1 Volleyball participation in Children living in Tirana

Volleyball participation			
	Total	Boys	Girls
Percentage	40.2	35.9	43.7

Results from the table 2 show percentage of children split by age on volleyball participation. Children at age 6.6- 7 yrs participate 17% while at age 8.1-8.5 yrs participate 24%.

Table 2 Volleyball participation in Children living in Tirana

Volleyball participation						
Age	6.6-7	7.1-7.5	7.6-8	8.1-8.5	8.6-9	9.1-9.5
Percentage	16.8	17.4	20.1	23.8	23.1	30.1

Data from the table 3 show the percentage of children participated in volleyball from age 9.6- 10. Children at age group 12.6-13 yrs play volleyball at 55% from their age group counterparts. While children at age group 12.1-12.5 yrs play volleyball at

47 percentage.

Table 3 Volleyball participation in Children living in Tirana

Volleyball participation						
Age	9.6-10	10.1-10.5	10.6-11	11.1-11.5	11.6-12	12.1-12.5
Percentage	36.1	38.1	42.2	44.1	46.8	47

Table 4 show results on volleyball participation of children from 12.6- 15.5 years old. Data show that 53.4% of children play volleyball at age group 12.6-13 yrs while 58% of children play volleyball at age group 15.1-15.5 yrs.

Table 4 Volleyball participation in Children living in Tirana

Volleyball participation						
Age	12.6-13	13.1-13.5	13.6-14	14.1-14.6	14.6-15	15.1-15.5
Percentage	53.4	51.7	52.7	52.7	50.7	58

Discussion

Both the age and gender estimates for organised children’s volleyball reported high RSEs (in the range of 25%-50%). Therefore, fluctuations across the four time periods for the different age and gender categories should be interpreted with caution. For all four time periods, the ABS estimated that a much higher number of 12-14 year olds than 5-11 year olds participated in organised volleyball at least once a year

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