



Педагогическо списание на
Великотърновския университет
„Св. св. Кирил и Методий“

ПЕДАГОГИЧЕСКИ
АЛБАНИА

Брой 2, 2019

МЕЖДУНАРОДНО СЪТРУДНИЧЕСТВО

INTERNATIONAL COOPERATION

ОБРАЗОВАНИЕТО И СПОРТЪТ – ЕТИЧНИ ОСНОВИ ЗА АЛБАНСКА СОЦИАЛНА АСОЦИАЦИЯ

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EDUCATION AND SPORTS – JETIC ESSENTIAL FOR THE ALBANIAN SOCIAL ASSOCIATION

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Резюме. Интересът към образованието и спорта е толкова голям, че почти няма изявени мислители от древността до наши дни, които да не са говорили за тях и техните социални функции. Оценките за образованието и спорта приемат различни форми, като например: „Образованието е отправна точка за формирането на индивида от най-ранна възраст“, „В образованието се крие голямата тайна на съвършенството на човешката природа“, „Човекът е напълно човек, точно когато играе“ и т.н.

Използва се терминът „образование и спорт“ по-интензивно не само в ежедневието, но и в социалните науки. Почти няма брой във вестници или списания със социален и училищен профил, в който да не се излъчват новинарски предавания от радио- и телевизионни предавания, в които да няма пряко или косвено обсъждане за проблемите на образованието и спорта.

Масивни разработки, които се появяват по всяко време като: образование, физически и спортни дейности, са обект на различни проучвания, особено през 20-ти век и досега. В това изследване явленията се разглеждат от гледна точка на социологията.

Цел: Определяне ролята на образованието и спорта за формиране на членове на обществото със знания и умения, необходими за справяне с предизвикателствата на живота и изграждане на стабилно и демократично общество.

Хипотеза: Ако образованието и спортът оказват значително влияние върху устойчивото развитие и социалното благосъстояние, тогава трябва да говорим какво трябва да направи нашето общество, за да направи това въздействие по-ефективно.

Методология: Изследването се реализира чрез използване на наблюдения и интервюта с учители по физическо възпитание и спорт в Елбасан.

Изследователски въпроси

- Как се развиват идеите и подходите към ролята на образованието и спорта в хода на историческото развитие?

- Защо образованието днес е глобално предизвикателство?

• *Какво е въздействието на образованието и спорта върху изграждането на устойчиво и здравословно общество?*

• *Какви промени трябва да се направят в нашето общество по отношение на образованието и спорта?*

Ключови думи: образование, спорт, психическо и физическо здраве, социално благополучие

INTRODUCTION

Education – a fundamental method for social progress and its reformation. The social problems that the Albanian society is facing recently are diverse. Problems such as the fragile economy, the lack of implementation of legality, the development of a weak institutional structure and above all a transitional society are exerting their direct influence on the development of our society. In addition to these, as ever, Albanian society is facing a very frightening phenomenon, extreme aggression in the family, school institutions, actions that in some cases have had fatal conclusions, such as injury and killing. Unfortunately, nowadays, in our society, the fatalities caused by human life from violence and crime are so widespread that they are exceeding the fatalities that come from the most general and most problematic diseases that humanity today has.

Indeed, every day we are facing more chaotic educational perceptions, even with voluntary and anti-educational concepts, often deformed to the limits of anarchy and social anomie. Such devious behaviors such as crime, murder, theft, violence, public social tension are indicative of the fact that many people's anarchist perceptions of freedom and social groups in our society have created an ambiguous situation to determine what are the values that need our civilization. Many young high school students, university students, but not only, have really come out of the allowed limits of personal freedom and are becoming a real social concern. Because the whole society is in the attack on money, welfare, survival, luxury, consumption, sex, etc., people's education is neglected.

METHODOLOGY

The study is qualitative and was realized through the use of observation and interviews with physical education teachers in Elbasan. We used the scientific method of analysis and synthesis to discuss and get an accurate idea of the problem under study.

Purpose. Identifying the role of education and sport in forming members of the society with the knowledge, skills and skills needed to cope with the challenges of life and building a stable and democratic society.

Hypothesis: If education and sport exert a significant influence on sustainable development and social welfare, then we have to argue what our society must do to make this impact more effective.

Research questions

• How have ideas and approaches to the role of education and sport evolved in the course of historical developments?

• Why is education today a global challenge?

• What is the impact of education and sport on building a sustainable and healthy society?

• What changes should be made in our society regarding education and sport?

RESULTS

• Education is the starting point for the formation of an individual from an early age.

• Education creates the members of society the opportunity to practice their culture and respect other cultures, that is, education enables individuals not to prejudice the cultures of others.

• Education provides members of society with the skills and understanding of processes, with the ability to recognize phenomena and phenomena, effectiveness in judgment, decision-making and acting.

• Every society needs people to contribute more effectively and on different paths, to a more healthy community, to a better environment and a more sustainable development.

• Through a more efficient education, the degree of acquisition of social rights and responsibilities increases, which directly contributes to the development of a participatory and decision-making society.

• Life experience has proven that people are more willing to apply a law they have contributed than a law they did not attend.

- Education, among other things, is the cultivation of values, attitudes and stereotypes of citizens' behavior.
- Through education and sport, it is prevented the return of society, the socialization of the new generation is realized.
- Increasing young people's participation in physical activity affects the reduction of criminality, reduced spending on hospitals and public health as a whole; economic growth and employment growth.
- Albanians have all the potentials, all the features, the ambitions, to build their own lives, to organize it and to act and fulfill their ambitions in the very normal European standards.

DISCUSSION

Thus, to overcome this evil, on this very dangerous disease everything must begin from education, education and sport to the conception of the culture of man's behavior towards the challenges that it generates in its development with its elements and the dynamic of life human. Education is today a global challenge, which requires a multi-dimensional approach to coping with many successes from human society.

For each of us, as members of a society, education, sport and culture have a great value and importance. But what is education? Education is defined as any action or experience that forms the mind, character, and physical capabilities of an individual. Education means helping someone learn how to think and be able to solve problems. Education is not something that happens to itself, and in isolation, it can only develop when a significant number of people have a desire to serve as citizens to govern themselves. Like any other area, education requires a range of skills and practices that citizens and young people should develop through their engagement in civil society and social actions. The common nature of education is expressed by the German poet Johan Wolfgang Goethe that "We are basically a collective being" and the English philosopher Jon Loock that "Man is the product of the environment in which he grows and is educated".

Education has been born since the birth of man and will continue eternally to live. Education is the starting point for the formation of an individual from an early age. This view is expressed by the German philosopher, Emanuel Kant, when he says: "Man can only become man by means of education. It is nothing but what the education has done ... in education lies the great secrecy of the perfection of man's nature".

For each individual, education is important because it enables them to better understand the complex nature of a constantly changing society, the rights and responsibilities that they have in society, the democratic forms of its organization, the nature and functioning of democracy, national and international democratic institutions, the environment, the family, the community, etc.

By educating members of society, it is possible to practice their culture and respect other cultures, that is, education enables individuals not to prejudice the cultures of others (Idajet Hasimja, Studim mbi përfshirjen e koncepteve dhe vlerave demokratike evropiane në ciklin 9-vjeçar, Fëmijët sot-QFS, Tiranë, f.12). Education provides members of society with the skills and understanding of processes, the ability to recognize phenomena and phenomena, effectiveness in judgment, decision-making and acting (Mato et al 2000: 18).

The experience so far shows that in the education of citizens of a society a special role plays legacy from one generation to the next. The history of society shows that through adult education, they transmit to the members of the new generation, in the form of generalizations, all the experience of life and work, as well as other products of civilization and culture that are created in the course of time.

Regarding this problem, prominent French sociologist (Dyrkheim 1956) underlined that: "The essence of education is the transmission of influenza, moral principles and values to adults from adults to prepare them for social life". By conveying cultural heritage to young people, the development of the culture of human society is projected, the relation of the individual to the social community is realized. Without the legacy of education there can be no continuity of culture. This means that a very important component of education is development. Through education, young people are not only acquainted with existing ideas and theories, but are also trained to discover the unknown, for a creative acquaintance. Without this component there would be no permanent and continuous development (Shimllesha, Sadiku 1988: 74).

Education of members of a society should also be oriented from true human values. It is fully proven that technology and technology itself does not increase human happiness and intelligence, hence the importance of education lies in increasing the degree of intellectuality of members of society, who are prepared to better understand the technical-scientific developments and the use of in their daily life. Thus, the general goal is to reach the education of the general population through new generations. Regarding this problem, the candidate

for president in the United States in 2012, Mitt Romney said: "Education is the investment that our current generation does for the future."

Education is vital to society. This is clearly stated by a Chinese proverb saying that "whoever sows wheat contemplates for a year; whoever plants the tree thinks for ten years; who educates children, thinks for a thousand or many years". For this reason, the society, ie education and education institutions, should have priority for youth education and education. Education of young people at school and in the family is an indivisible process. The advancement of a nation depends on the education and education of its youth. Who cares more about youth, has the doors of progress.

Education is a norm of the process that manages to participate in social awareness, is a constant need of society. Education is a fundamental method for social progress and its reformation. It plays an important role to make the individual a potential heir to civilization.

Man is completely human only when he plays

Education and education of members of a modern society would not be complete, but incomplete, without physical education and sport. Different from other aspects of education, physical education and sport their attention directly focuses on the body, physical experiences and human health. Today's society is fully aware of the undisputable contributions to the complexity and variety of forms of education and sporting activities in the health of its members.

This is of particular importance, especially when it comes to adolescence, because according to (Gilligan 1982), adolescence is characterized by normal, continuous struggle to create individual identity (Myers 1989: 96).

Physical and sports activities are seen today as an ideal means of promoting regular physical activity and the education of an active lifestyle that provide the well-being of the mental, emotional, physical and social health of today's citizens for coping with them, successfully meet the challenges of present and future life. That is why today's Albanian society should create its members the opportunities for a more efficient participant in sports activities and activities.

Practical application of the right to sport and physical education Our society has devoted special care to its specific periods of development. This is noticed only at the time of socialist society, but also in the regime of Ahmet Zogu, where Albania became a sporting place. With the coming to power King Zog issued the decree that sport was a national necessity. At the same time, he declared compulsory sports in schools, where specialized teachers teach their students sports education. ("Paris-Midi" January 27, 1934, f: 5)

Just as in any developed European country, we all enjoy the right to sport and be physically active. But what exactly happens in our society? From a general view we conclude that instead of dealing with sports is happening the opposite. Albanians today have rapidly grown the "sitting" style of life and their work and physical activity is diminishing.

As a result of the modern style of life, many people are no longer physically active. Members of today's society are increasingly attracting the desire to sit down, forgetting that people are beings that have to walk as much as possible. According to recent studies, it turns out that in most industrially developed societies today's people have neglected physical and sports influences, most of the time during the day is running out of sitting, increasing the likelihood of overweight or obesity.

Even in our country, as a transitional country, the deepening of "certifying tendencies in psycho-cultural developments" (Arches 1992: 95) is accompanied by the addition and strengthening of tendencies to be self-contained and to avoiding sports activities. In this context, uncontrolled diet and lack of physical activity are also leading Albanians rapidly to obesity. According to the Institute of Public Health and INSTAT data in 2018, about 45 percent of women and 53 percent of men aged 15-49 were overweight or obese. As a result of this situation, Albanians have been exposed to many of the deadly diseases. This has caused the problems of our health, well-being and healthy growth in our society to be quite disturbing.

The complete lack of a sports movement based on the minimal vital knowledge provided by the sports movement, the minimal health care that cannot replace anything, but can only guarantee inclusion in the sport movement, have made Albania to have today the lowest figure in Europe for the population that deals with physical activity, about 4 percent.

In the whole system of educating a person's personality, physical education is given a special significance, ranking it in the first place, because health is the most valuable thing and without it cannot act spiritual life. A poorly healthy man will not be able to carry out his duties and commitments, not because he lacks the will, but because he cannot because of his poor health. The Latin saying, "Healthy sound in a healthy body, has

entered the treasure trove of the most curious people in Albania. That is why Alexander Xhuvani in his time lists physical education in the first place. According to him, "Physical education, we are told how to care for the body to keep it healthy and to increase its power" (Xhuvani 1926:127) and that nothing can be done without health cannot the intellectual life, the spiritual spirit of the individual is understood.

In addition to many others, regular participation in physical and sports activities is considered a very important path for a healthier life. Today, physical activity and sport must be an essential part of everyday life and the lives of citizens, while the opportunity to deal with them should be created by the society.

The guarantee, the success and the quality of any work or activity are interdependent with health, the general physical and spiritual condition, humor, interests and personal ethical motives. Good health strengthens work, whether mental or physical, helping to find rational and economic ways to increase productivity, multiplying the energy to carry out any civic task and engagement.

Gymnastics, games, and sports are the best tools to educate your will and character to increase your energies in overcoming obstacles to overcome your lusts, stresses, anxiety, mastering and controlling strong emotions, instinctive impulses, and state of mind undesirable. Physical exercises and various games serve the harmonious development of the body, the beauty of the movements, just like walks, marches and excursions for an active vacation and entertaining fun.

Through "getting into the sport" members of a society, they can understand how important it is to win or lose, thus avoiding the end. This encourages them to encourage and motivate them to overcome difficulties in achieving their everyday tasks. Taking sports and physical activities enables members of society to develop and refine their physical and mental abilities and skills to be more acceptable and more credible in society.

Also, "getting in touch" enables them to get closer to the sport, the positive perception of physical activity and sport, to see them as determinants of their lives. Sports exercise is an optimum opportunity to take advantage of regular physical activity and then turn it into a daily culture.

Activities and sports activities are the place where the smile of the members of today's industrially developed societies takes on life. Through physical exercise and sports games they add to the vitality, enthusiasm, energy regeneration. Activating these activities, we cultivated the feeling of collectivity, solidarity, humanity, community and helping one another. At this point in time, to the members of today's societies the concept of the other, the strangers, and the more the foreigner, has no place. These values of physical education and sport are evidently evident in the expression of a great German poet, Friedrich Schiller, who says: "Man is completely human only when he plays".

Only by dealing with cultural activities, physical education and sports, today's citizens grow optimism, will, initiative, courage, so much needed to cope with the challenges they face in everyday life. These values that cultivate physical education and sport in humans and their importance are clearly emphasized in the expression that belongs to someone who has never made sport in his life, Winston Churchill, who says: "Success is not final, failure is not fatal, only the courage to move forward is what makes the difference".

Continued participation of people in sports activities and activities is seen as a more opportunity for avoiding devious behavior, removal from street vices, etc. Therefore, to keep as far away from the deviant behavior of the street habits and to have many parents healthy in Albanian society, as in other contemporary societies, they engage their children from an early age in the sports team or in different artistic circles, even if they do not promise to become athletes or professional artists.

Creating a sports culture in our society should be assessed as one of the major motives for increasing the participation of today's adolescence in sporting activities as in the past. Today, not a lot of youth, but all members of Albanian society must have their own sports models.

CONCLUSION

- Everyone in education and sport should be able to play an active role throughout his life in building the future of society. Therefore, every education system has a duty to prepare each of us for this social role.
- Education cannot be enough only by bringing people close to each other, encouraging them to accept the common values of their past. He should also answer the question, why and for what we live together.
- Education and education can become truly democratic only when all give their contribution to a conscious and mutual-based society.
- Teaching of subjects of knowledge on education and sport should be supported with experience of work and practical activities.

- If there really needs to be a synergic link between education and democratic practice, then it is necessary for everyone to learn the exercise of rights and fulfillment of obligations.
- Education and education, sports activities should shape and sharpen the ability to judge. In addition, learning and sport as a lifelong process must contribute to the creation of a common being.
- Everyone needs to be enabled, to assume their share of responsibility in the community, and to achieve the objective of genuine solidarity. For this reason, education and sport should accompany citizens throughout their lives and transform into basic elements of civic life and vibrant democracy.
- There should be no distinction between generations, so it is imperative that this education, education and sport be uninterrupted at all stages of life and education and education.
- Creating a sports culture in our society should be considered as one of the major motives for increasing the participation of today's adolescence in sporting activities as in the past. Today you are a bit young but all members of the Albanian society must have their own sports models.
- In today's conditions, it is imperative for our university to create its own teams, the football team, basketball, volleyball, other disciplines and regular championships.
- Today not a lot of youth, but all members of Albanian society must have their own sports models.

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