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PHYSICAL ACTIVITY AS A MOTIVATIONAL STRATEGY TO INCREASE STUDENTS' ACADEMIC PERFORMANCE

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Abstract: This research is descriptive, with a qualitative and quantitative approach through statistical analysis to know the academic performance obtained by students of 2nd, 3rd, and 4th year of the Technological High School in Nursing of the Regional School of Upper Secondary Education of Ocotlán, who performed 5 to 10 minutes of physical activity at the beginning of class during a semester, the objective was to analyze the relationship between physical activity, motivation to learn and academic performance, 130 students participated, 40 men and 90 women, average of 98 minutes per group in each learning group, the results show an academic performance of 95 grade, on a scale of zero to one hundred. This study shows that physical activation is motivational and favors the academic performance of our students.

Keywords: Physical activity, academic performance, motivation, learning.

INTRODUCTION

Physical activity in high school is an essential aspect in this increasingly technology-oriented world; it is now becoming an imperative need, as its benefits are seen in the physical and mental health and in the academic field of students; practicing it regularly improves mood, reduces stress and raises academic performance.

The consequences derived from the stress experienced by students in the 2nd, 3rd and 4th year of the Nursing Technological High School of the Regional School of Upper Secondary Education of Ocotlán, makes it necessary for students to adopt physical activation as a motivational strategy to awaken interest in carrying out their school activities and to raise their academic performance.

The purpose of physical activation is the development of the human being in different areas: physical, emotional and cognitive; known as integral development. Physical

activation is an essential element for the development of cognitive skills, it can generate great benefits regarding mental health and academic performance.

Although it is only done in the classroom for five or ten minutes Cagigal (1983). He believes that “sport is similar to a liberal, spontaneous, selfless entertainment, expansion of the spirit and the body, generally in the form of fighting, through physical exercises more or less subject to rules. They are two essential activities in the care and maintenance of an optimal state of health that leads to better performance in the people who practice them.”

This research aims to analyze the relationship between physical activity as a motivational strategy and academic performance in 2nd, 3rd and 4th year students who are studying Text Analysis, Oral and Written Expression, and Philosophical Logic respectively, corresponding to the Nursing Technological Baccalaureate at the Ocotlán Regional School of Upper Secondary Education, located at Av. Universidad, number: 1115, Col. Linda Vista, Km. 3.3 Ocotlán highway, Tototlán, in the city of Ocotlán, Jalisco.

Statement and general description of the problem Does physical activity promote motivation for learning and increase the academic performance of 2nd, 3rd and 4th year students of the Nursing Technological Baccalaureate at the Ocotlán Regional School of Upper Secondary Education?

Justification: The students of the Regional School of Upper Secondary Education of Ocotlán who are in their second, third and fourth semester of the Technological Baccalaureate in Nursing modality show constant fatigue. When class begins, the teacher comes in, greets them and asks “How are you?” The members of the group commonly answer: tired, sleepy, stressed, pressured by so many tasks. It is also observed that the physical activity of nursing students is

decreasing, sports are practiced less each day because they do not have time, recreational activities are minimal or non-existent, their study program only includes one semester with two hours of physical education in the fifth semester, this is insufficient, so it is considered that any educational topic related to body movements awakens interest and is motivating for learning. Given the many obstacles to starting classes in Text Analysis, Oral and Written Expression and Philosophical Logic in which reading is the central axis, we thought of doing something that would awaken interest and motivate students to participate in class activities that are commonly reading and writing and therefore improve the academic performance of students.

Research Questions Does physical activity awaken interest in learning and raise academic performance in 2nd, 3rd, and 4th year students of the Nursing Technological Baccalaureate?

General objective: to analyze the relationship between physical activity, motivation to learn, and academic performance of 2nd, 3rd, and 4th year students of the Nursing Technological Baccalaureate.

To analyze whether physical activity influences learning and academic performance of 2nd, 3rd, and 4th year students of the Nursing Technological Baccalaureate.

Specific objective: to carry out 5 to 10 minutes of physical activity in the classroom with 2nd, 3rd and 4th year students of the Nursing Technological Baccalaureate.

METHODOLOGY

This research is descriptive under the quantitative approach, using the statistical analysis method to obtain the scope and result.

Six groups of Nursing Technological High School students from the Regional School of Higher Secondary Education of Ocotlán participated, with a total of 130 students, 40 men and 90 women, between fifteen and seventeen years old, who performed physical activity for 5 to 10 minutes per class, considering that the learning units are two hours per class per week.

The activities carried out were:

1. Standing to one side of your chair.
2. Push the right foot forward and turn from the inside out and then from the outside in. Then the same action with the left foot.
3. Raise both arms and then to the shoulders.
4. Squats; up, down.
5. Arms forward and move fingers as if typing on the computer.
6. Stand on the tips of your toes and then on your heels
7. Breathe in, breathe out.

Note: Each exercise in sets of 10

THEORETICAL FRAMEWORK

Motivation is one of the fundamental pillars in the learning process of students; it is required to gain attention, to introduce the topic to be addressed, to explain a new task, to promote cordial treatment, to understand a reading, to make decisions, to achieve autonomy.

Physical activity involves movements of the body or some parts of the body, it pursues educational purposes, it is an activity aimed at everyone, that implies diversity of students,

different motivations and, consequently, different pedagogical procedures. In the same way, it favors the socialization process, raises self-esteem, elevates mental processes and quality of life.

Since ancient times, physical activity has been considered of great importance. "During physical activity, students do not remain silent, they have the opportunity to move, to raise the tone of their voice, thus bringing out some aspects that characterize their personality such as: anguish, stress, courage, shyness" (Blázquez 2021, p. 44). Likewise, "Physical and sports activities are understood in the professional training of the Spanish system in the sense of gymnastics and sports, their practice and teaching, in areas that exceed that of formal education, whose purposes are oriented towards recreation, health and performance" (Carballo C. 2022 P. 60)

Physical activity, even for a short time, can improve students' concentration when doing homework or school activities or improve the mood of the students who practice it. "The relationship between physical activity and health is considered very close due to the influence of physical activity on the physical and psychological improvement of the practitioner, the increase in the feeling of well-being and even helps prevent the appearance of diseases such as stress or anxiety, serving at the same time as therapy for them" Aberg, et al., 2009 cited by Amat S. (2019). So the influence of physical activity on adolescent nursing students shows significant differences when doing their tasks because they manage to concentrate on the texts they read and then they need to write some text.

The teacher tries to help students through physical activity to ensure that the objectives of the learning unit are met and therefore motivate and raise the academic performance of the students. "Physical education acts on the individual conceived in its entirety

and contributes to the formation of his personality helping him to develop physically, intellectually and morally" (Blázquez 2021 p 33); in other words, physical activity favors the integral development of students.

In its democratic nature, physical activation is directed to everyone, this implies diversity of students, different motivations and, consequently, different pedagogical procedures. "The practice of physical exercise allows adolescents to develop skills such as: leadership, teamwork, logical reasoning capacity, anxiety control and personal self-care" Cortés M. (2019).

Physical activation as a teaching strategy requires the "action that the teacher can verbalize and that serves to solve a problem or situation in the classroom. It is related to the practical knowledge of teachers (a series of tools and resources) to solve different situations in the classroom" Ferriz (2023 p 14). Thus, the physical activation carried out in the EREMSO classrooms seeks to motivate students and raise their academic performance when they express that they feel tired from the tasks that they, as high school students with nursing, must perform.

RESULTS

The total sample was 130 students, adolescents between 15 and 17 years old, all studying a Technological Baccalaureate in Nursing, who for 14 weeks performed 7 minutes of physical activity in the classroom, a total of 98 minutes per learning unit, equivalent to 7 minutes per class.

The results show:

- That physical activity in 2nd, 3rd and 4th year students who are studying a Bachelor's Degree in Nursing Technology helped them to reduce the stress and anxiety they feel at the beginning of class due to an excess of school activities, it reduces the tiredness they feel due to

Group	Women	Men	Average time of physical activity in minutes	Academic performance
2°AV BTE	11	10	7	95
2°BV BTE	20	6	7	95
3°AV BTE	12	5	7	90
3°BV BTE	15	5	7	93
4°AV BTE	16	7	7	100
4°BV BTE	16	7	7	98

Table 1: Shows the number of groups that participated, the number of men and women in each group, the average time they spent doing physical activity, and the academic performance achieved.

Physical activity and academic performance

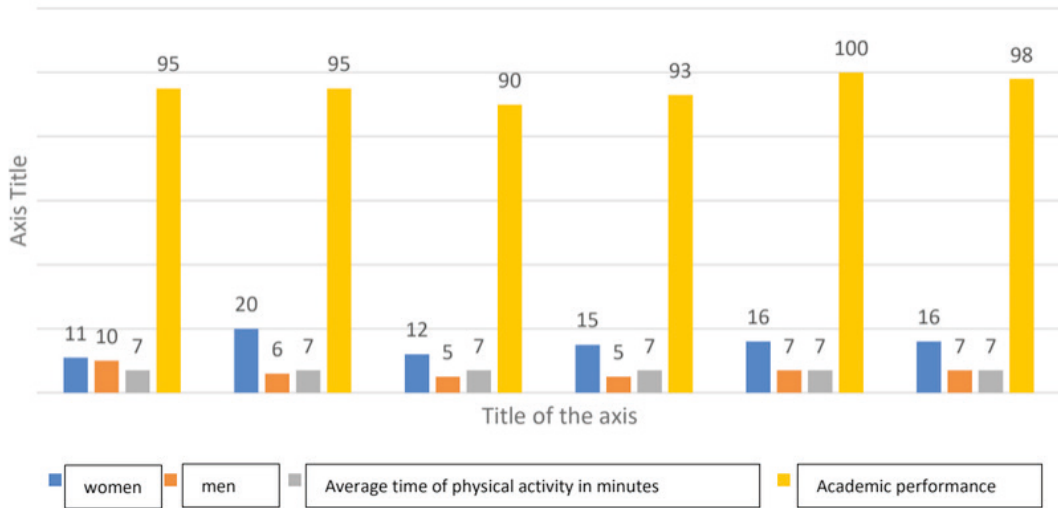


Chart 1 shows the number of women and men in each group, the average time they spent in physical education and the academic performance achieved.

the schedules of attending three days with nine or ten hours of class in the classrooms and being able to attend the other two days in the clinical field.

- A certain correlation is observed between physical activity, motivation and academic performance.
- The willingness to do schoolwork is favored.
- Physical activity, even for a short time, favors concentration on tasks and increases academic performance.

CONCLUSIONS

This research shows that students who study a Technological Bachelor’s Degree in Nursing at the Regional High School of Ocotlán who practice physical activity in the classroom, even if it is just for a few minutes, decrease fatigue and stress, are motivated and interested in completing their schoolwork, and improve their academic performance.

I dare to suggest that, given the effectiveness of physical activity, one hour of physical education per day be incorporated into the high school study plans and programs for each of the groups in the different types of high school offered by the Regional High School of Ocotlán.

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