

CHARACTERISTICS OF EXERCISING HABIT OF PEOPLE DOING EXERCISES REGULARLY IN SOUTHERN MOUNTAINOUS AREAS

Do Huu Truong⁽¹⁾; Mai Thi Bich Ngoc⁽²⁾

Abstract:

We have used conventional scientific research methods to investigate the characteristics of exercising habit of people who regularly exercise in the southern mountainous areas (represented by TayNinh and BinhPhuoc provinces). The results show that: the people's time for exercise is relatively long, they usually exercise in the early morning and afternoon, at public training sites, they do modern sports and have persevered training motivation.

Keywords: Mass sports, the habit to exercise, exercise regularly, mountainous area, southern, TayNinh, BinhPhuoc.

INTRODUCTION

Health care and physical development for the people are considered an important task of the Party and the Government of Vietnam. The task of building and defending the Fatherland requires our people to be in good health and have a strong physique. Exercising and taking up sports is an effective solution to strengthen the country's productive forces and defense forces that is the Party's viewpoint on the development of Vietnam's sporting future, in particular, the development of mass sports for mountainous areas, ethnic minorities, and poor areas is being given attention by the Party and the State.

The common characteristic of the mountainous provinces is that many ethnic minorities live, who have socio-economic, ethnic and cultural characteristics ... different from the delta area, so the development of mass sports in mountainous areas in general and the exercising habits of people who exercise regularly, in particular, will also have many different characteristics when compared to other regions... Identifying the exact characteristics and habits of physical training and exercises of mountainous people in each region is an important basis to create appropriate solutions to develop the exercising movement for mountainous people in these regions. Therefore,

we conduct the research on the characteristics of exercising habits of people who regularly exercise in the southern mountainous area.

RESEARCH METHODS

In the research process, the following research methods were used: Methods of analyzing and synthesizing documents, methods of pedagogical observation, methods of sociological investigation and statistical mathematical methods.

The survey was conducted in BinhPhuoc and TayNinh provinces.

Number of survey samples: 135 people who exercise regularly out of 579 people surveyed, in which there are 54 people from the TayNinh province and 81 from the BinhPhuoc province.

People who exercise regularly are counted as those who practice 3 or more sessions per week, with each session lasting 30 minutes, continuously for 6 months.

RESULTS AND DISCUSSION

1. Features of time and place of practice of the people who exercise regularly in the southern mountainous area

Survey results on characteristics of time and place of practice of the people who exercise regularly in the southern mountainous area show that:

About the average time per session: Up to 41.48% of people who exercise regularly spend

(1) Associate.Prof.PhD, Bac Ninh Sports University

(2) PhD, Bac Ninh Sports University



The organizers of the competition awarded flags to 5 excellent units including: Dak Lak, Kon Tum, Gia Lai, Dak Nong and Binh Phuoc (Photo source: <https://vtv.vn>)

60-120 minutes/session, while there are 30% who spend 45-60 minutes/session. Thus, the average exercising time of the people in the southern mountainous region varies mainly from 45-120 minutes/session and is much higher than the standard of 3 sessions per week and 30 minutes/session.

About the time of exercise: The exercise time is mainly after 17:00 for 40.74% of the total participants (the end of office hours) and before 7AM 24.24% of them (morning exercise), 21.48% of the participants also choose to exercise after 20:00. Thus, it can be seen that the exercise time of people in the Southern mountainous areas is relatively dispersed; however, most of them are still within the common training hours of Vietnamese people in related research projects.[1], [2]...

About the location for exercising: public training grounds like: Parks/ Squares/culture house's yards; Training ground of residential areas and training ground of offices and schools, are places where a large number of people do exercises. These training sites are free of charge

and are often associated with spontaneous training without guidance.

About the quality of exercising: Most of the people have never taken part in exercises with trainers before. Interview results showed that this accounted for 75.56% of the total participants who exercise regularly.

2. Characteristics of form and content of exercises, which people in the southern mountainous region regularly do

Results of the survey on form and content of the exercise of research subjects.

The results show that:

About the exercise content: Modern sports are also among the sports practiced by a large number of people in the mountainous areas of the Southern region (Football, volleyball (including leather and steam volleyball), badminton, table-tennis...), as well as traditional sports (rod pushing, shuttlecock kicking, Chinese chess...). This is also a distinctive trait in the content of the exercises of people in the Southern mountainous areas.

About the form of exercises: People in the

ARTICLES

southern mountainous region still practice mainly in the form of self-training, in groups of friends and at free sports clubs, and they haven't participated in many forms of paid and organized practice. This trait is similar to the regular exercise form of Vietnamese people according to other related researches. [2], [3]...

3. Current situation of motivation and the effects of exercises for people practicing sports regularly in the Southern mountainous region

Survey results on motivation and training effects of the participants by interviews. The results show that

About motivation for exercising: The majority of the research subjects' motivations for exercising are positive and lasting, such as: Practice because of their love for sports, to improve their health, to entertain, to socialize... these positive reasons help people participate in regular physical training and exercises. The suitable answer for the people who often exercise, that those who are motivated to exercise properly are guaranteed to participate regularly.

About the effect of exercising: Corresponding to the causes, the people who exercise regularly in the Southern mountainous areas are well aware of the effect of exercises on their body, such as: health improvement, more opportunities to socialize with friends, help them become more optimistic, and enjoy their life even more... These are the positive effects of sports and exercises on the people.

CONCLUSION

1. The people who exercise regularly in the Southern mountainous areas have relatively long training sessions; the time is often after 5PM, before 7AM and after 20:00; training sites are often public training areas and are carried out without trainers.

2. Sports that are widely taken up by people in the Southern mountainous areas include modern-day sports (Football, volleyball (including leather and steam volleyball), badminton, table tennis...) and traditional sports (rod pushing, shuttlecock kicking, Chinese chess...). The form of training is

mainly in the form of self-training, in groups of friends and at free sports clubs, and they have not participated in many forms of paid and organized practice.

3. The people who exercise regularly in the Southern mountainous areas have positive and lasting motivations, and are very well aware of the effect of physical exercises.

REFERENCES

1. Nguyen Ngoc Kim Anh (2013), "Research on development of mass sports at villages in the Northwest ethnic minorities", *Doctoral Thesis in Pedagogy*, Institute of Sports Science, Hanoi.
2. Tran Kim Cuong (2009), "Study on solutions for developing grassroots sports clubs in socio-economic development conditions in Ninh Binh province", *Doctoral Thesis in Education Science*, Institute of Sports Science, Hanoi.
3. Pham Tuan Hiep (2012), "Maintaining and developing form of sports training based on social welfare in communes, wards and towns of Bac Ninh province", *Doctoral Thesis in Educational Science*, Institute of Sports Science, Hanoi.
4. Dang Quoc Nam (2006), "Research on socialization solutions to exploit potential of developing mass sports in Da Nang City", *Doctoral Thesis in Educational Science*, Institute of Sports Science, Hanoi.
5. Le Anh Tho (2008), *Sports development in ethnic minority and mountain areas*, Sports Publishing House, Hanoi.

Source of the article: Excerpt from the scientific research project of Ministry of Culture, Sports and Tourism: "Building a model of mass sports development in the mountainous areas".

(Received 30/10/2019, Reviewed 4/11/2019

Accepted 25/11/2019

Main responsible: Mai Thi Bich Ngoc

Email: maingoctdt@gmail.com)