

SITUATION AND FACTORS AFFECTING EXTRA-CURRICULAR SPORTS BY STUDENTS AT THAI NGUYEN UNIVERSITY OF TECHNOLOGY

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Abstract:

By conventional research methods, we have conducted a study on the situation and factors affecting extra-curricular sports activities by students of Thai Nguyen University of Technology. The research results have identified the shortcomings such as the University leaders do not really pay attention to the extra-curricular activities of students. The facilities and services are still limited. The content and form of activities are not abundant. Student's practice is mainly spontaneous.

Keywords: Sports; Extra-curricular; Student; Factor.

INTRODUCTION

Strengthening physical education and school sports in the current period of national renovation is essential to improve the quality of human resource training for the cause of industrialization and modernization of the country. Physical education is not only a subject but also contributes to improving the physical fitness of students. However, according to the initial survey, students in the spare time do not participate in sports training and a significant part of the students think that sports is just a minor subject. Therefore, the research to improve the effectiveness of extra-curricular activities for students is necessary to improve the physical and mental health of students. From the above issues, we have studied the issue: "Situation and factors affecting extra-curricular sports by students at Thai Nguyen University of Technology".

RESEARCH METHODS

We have used the following conventional research methods to solve the tasks of the study: Methods of document analysis and synthesis; Methods of interview and discussion; Method

of social survey and Method of statistical mathematics.

RESULTS AND DISCUSSION

To find out the reality of extra-curricular sports of the University, the research has conducted on subjects such as sports leaders, teachers, 492 male students and 489 female students, regardless of their majors and academic year. The results show as below.

1. Actual situation of extra-curricular sports organization and management by students at Thai Nguyen University of Technology (TUNT) - Thai Nguyen University (TU)

1.1. Situation of facilities for regular and extra-curricular sports of Thai Nguyen University of Technology

The University facilities for both regular and extra-curricular sports are very limited in quantity and quality. With 1 stadium, 1 multi-function gymnasium, 1 volleyball court, 1 basketball court and 1 tennis court, the facilities fail to meet the requirements of training in regular activities. On the other hand, most of the training ground system is old and degraded, and

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away from the boarding area, which greatly affects the extra-curricular sports of students.

1.2. Propaganda and organization of extra-curricular sports of Thai Nguyen University of Technology

The propaganda about sports activities in universities plays an important role in developing the training movement for students. Through radio, panel, poster or website to guide students to practice in methods and forms suitable to individual circumstances. However, the reality shows that the propaganda for extra-curricular sports by the University still has many limitations and shortcomings. The form of extra-curricular practice is spontaneous by students without teachers to guide or organize the practice.

2. Health status and awareness of participating in extra-curricular sports by students

2.1. Health status of students

Each year the University regularly organizes student health assessments. Student bases on the test results and their own feeling of current health to answer the interviews. The results show that the current health of TNUT students is quite good (men with 36.3% - 60.5% are in good and normal health; women with 47.8% - 50.1% are in good and normal health).

2.2 Students' awareness about extra-curricular sports effect

The interview results show that, basically, students are aware of the effect of extra-curricular sports practice on physiology and psychology as well as human adaptation to society. In which the rate of students are clearly aware of the effects of sports training on health is highest, accounting for 91.1%; the second is

sports training enriching spiritual life, accounting for 84%. The effect of sports training on beauty, increasing confidence accounts for the lowest rate - 46%.

2.3. Students' awareness about relationship between extra-curricular sports training and health

Health is the pursuit of humankind and the result of many factors, in which extra-curricular sports activities have a strong relationship to health. According to the interview, 41.1% - 55.6% of male students and 45.7% - 50.2% of female students think that sports training and health have a great influence relationship. Thus, students are well aware of the relationship between extra-curricular sports training and the value of physical training on human health.

2.4. Students' awareness about their health improvement

The survey results show that to improve health, students have put the problem of sleep (79.6%), nutrition (74.9%), and moderate activities first (69.9%). Thus, the three issues are likely to be problematic, possibly due to the pressure of studying, living, applying for jobs after graduation. Students are aware of the impact of extra-curricular sports on health, knowing the great effect between extra-curricular sports and health activities but not yet taken as a major method to improve health, not putting sports on the top position. Therefore, on class, teachers should equip for students with knowledge about sports and health theory, meaning and value of sports training.

3. Features of students' participation in extra-curricular sports

Table 1. Student's attitude in extra-curricular sports participation

Sex	Statistics	Very interested	Quite interested	Normal	Not very interested	Not interested	Total
Male	m _i	193	221	55	17	6	492
	%	39.20	44.90	11.10	3.40	1.20	100
Female	m _i	62	243	102	71	11	489
	%	12.60	49.60	20.80	14.50	2.20	100

3.1. Student's attitude in extra-curricular sports participation (see table1)

The results of Table 1 show that: Attitude to participate in extra-curricular sports training by the University students is quite positive, in which the rate of female students' attitude towards this activity is somewhat limited. It reflects the organization, development of content, form and facilities for regular and extra-curricular sports that have not paid attention to the physiological and psychological characteristics of students, and have not taken any measures to increase the student's interest in sports training, not satisfying their needs of sports.

3.2. Student's motivation for extra-curricular sports participation (n = 981)

The survey results show that the motivations for student's participation are diverse, the majority of which comes from a clear, positive perception and the motivation for health (65.6%). Nevertheless, there is a significant rate of motivation participating in extra-curricular sports for achievements of

Physical Education subject (26.9%). Therefore, the University and the Department of Physical Education need to carry out research on reforming standards of examination and assessment accordingly for the students to determine the more appropriate motivation for participating in extra-curricular sports.

3.3. Number of students participating in extra-curricular sports

The survey results show that the rate of participation in extra-curricular activities of male students is 84.7% and female students is 76.8%. Thereby, it is also found that the attitude of awareness and behavior of students are very consistent in the extra-curricular sports practice, but besides, there are a proportion of male students (15.2%) and female students (23.1%) do not participate in extra-sports. Thus, during the class, teachers need to focus on raising the students' sense of participation in sports training, and fostering their interests and habits of extra-curricular sports training.

Table 2. Students' participation in extra-curricular sports in week

Sex	Statistics	Over 5 times	3-4 times	1-2 times	Unstable	Total
Male	m _i	45	136	176	60	417
	%	10.70	32.60	42.20	14.30	100
Female	m _i	56	96	129	95	376
	%	14.80	25.50	34.30	25.20	100

Table 3. Duration of each participation in extra-curricular sports by students

Sex	Statistics	Less than 15 minutes	16-30 minutes	31-45 minutes	46-60 minutes	Over 60 minutes	Total
Male	m _i	21	98	43	117	138	417
	%	2.00	23.50	10.30	28.00	33.00	100
Female	m _i	52	163	87	47	27	376
	%	13.80	43.30	23.10	12.50	7.10	100

3.4. Number and times of student's participation in extra-curricular sports in week

Interview results presented in Tables 2 and 3.

Tables 2 and 3 show that the average time for each participation in extra-curricular sports by female students is short. This mainly caused by the difference in physiological and

psychological characteristics between men and women. Therefore, it is necessary to enhance the ideological education for female students every day, take measures to encourage and bring appropriate and favorite content into the extra-curricular activities for female students.

3.5 Time and location of student's participation in extra-curricular sports

3.5.1 Time for student's participation in extra-curricular sports

Interview results show that students mainly practice extra-curricular sports in the afternoon (male students: 25.1%; female students: 19.6%) and evening (male students: 35.2%; female students: 36.1%). Because for this moment students often do not have class time and it is the best time of the day to practice. Practice in the early morning accounts for a smaller proportion (male students: 14.6%; female students: 11.1%). It caused by two problems: firstly, the heavy study task, and the current hectic student life, students often sleep late, get up late so cannot get up early to practice; secondly the University does not have regulations for morning exercise, students do not have the habit of getting up early to exercise. Especially, 13.6% of male students and 14.3%

of female students do not plan their extra-curricular training, which proves that many students have not yet formed an extra-curricular sports training routine or an unstable study time. The rest of the day students participate in practice is not much.

3.5.2 Location of student's participation in extra-curricular sports

Interview results show that students mainly practice in free places (63.8%) and spacious places in the University (56.8) but less practice in places with a fee inside and outside the University. The above results are consistent with the characteristics of the students' daily activities, choosing a free training space in the school that is both convenient and economical. Only a small number of students choose to practice in places with a fee, which shows that the economic condition of students is tight, mainly based on their parents, on the other hand, it also reflects the low students' investment in

Table 4. Content of student's participation in extra-curricular sports (n=793)

Content	%	Level	Content	%	Level
Jogging, running	84.90	1	Chess	9.50	8.00
Martial Art	34.80	2	Games	6.90	9.00
Volleyball	32.00	3	Swimming	5.60	10.00
Football	29.70	4	Aerobic	4.40	11.00
Badminton	15.30	5	Climbing	1.30	13.00
Basketball	13.60	6	Tennis	0.50	14.00
Fitness	12.70	7	Dance Sports	1.70	12.00

sports activities.

3.6. Content of student's participation in extra-curricular sports

Understanding the content of students' extra-curricular sports is very important in the management and organization of this activity. The above results show that student's participation in jogging and running (84.9%) are the most and the contents of tennis (0.5%), aerobic (4.4%) and climbing (1.3%) are the least.

3.7. Forms of student's participation in extra-curricular sports

Interview results of students' extra-curricular sports show that: Students mainly do extra-curricular activities in groups (55.7%), in clubs (27.8%), alone (10.4%), outside held by social

organizations and individuals (5.9%). Especially, the University does not organize extra-curricular sports for students to register. This is a problem for the students' extra-curricular sports activities.

3.8. Expenditure for student's participation in extra-curricular sports

The interview shows that the investment for extra-curricular sports activities of students is very limited to less than VND 50,000. The main reason is the limited economic conditions of students who mainly come from rural, mountainous areas, and poor families. From the above results, we continue to study the specific monthly expenses of students for sports activities. Result: Students mainly use money

for buying shoes, clothes, sports shoes, accounting for 71.5%, followed by club or association participation fee accounting for 14.3%; sports equipment accounting for 10.5%; Fees for attending sports training courses accounting for 1.8%; Tickets to sports tournaments accounting for 1.0%; Newspapers, magazines of sports accounting for 0.6%.

4. Factors affecting extra-curricular sports of students

4.1. Subjective factors affecting extra-curricular sports of students

The interview results showed that subjective factors affecting students' extra-curricular sports activities are as follows: Time: 67.7%; Interest in sports: 60.2%; Have knowledge of health: 46.0%; Training avoiding disease: 31.9%; Have economic conditions: 16.2%. From the above results, the factors of time and interest in sports

are very important to the participation in extra-curricular sports activities by students.

4.2. Objective factors affecting extra-curricular sports of students

The survey results showed that the major objective factors affecting the extra-curricular sports training of students mainly come from the content of activities (56.9%) and influence by teachers (51.9%). Students are less affected by factors such as the influence by famous athletes (4.2%) and propaganda policies on sports (3.1%). The results reflect the initial achievement of changing the form of training from year to credits. Students have the right to choose their favorite learning content; thereby gradually improving the learning activeness of the student, to some extent also affecting the enthusiasm of students participating in extra-curricular sports.

Table 5. Survey results of factors affecting students' non- participation in extra-curricular sports (n = 793)

Factors	Rate %	Level
Have no sports training movement	53.40	1
Hard study, do not have time for sports practice	52.80	2
Have no organization of sports training	48.10	3
Be not interested in sports	39.50	4
Poor facilities	35.70	5
No aptitude for sports	23.00	6
Be away from the training place	15.50	7
Influence of the outdated concept that being healthy does not require sports training	6.00	8
Scared of friends' mock	4.70	9
Economic difficulties	4.10	10

4.3 Factors affecting students' non-participation in extra-curricular sports

The results shown in Table 5.

The results of Table 5 show that the main factors affecting students' non-participation in extracurricular physical training activities are intense study time (52.8%), have no sports training movement (53.4%), Have no organization of sports training (48.1%). Other

factors such as the influence of outdated concept and scared of friends' mock and economic difficulties account for a small proportion.

CONCLUSION

1. Awareness of students about the effects of sports is relatively comprehensive. Students are interested in extra-curricular sports, expressed by there are 84.8% of male students and 76.9% of females of students participating in. Students



Basketball is one of the most popular sports for students to participate in extra-curricular exercises (photo by: upes1)

mainly choose content that does not require high equipment and is easy, including jogging and running. The motivation for participating in extra-curricular sports activities of students is mainly health promotion, while 26.9% of students participate because of the achievement of Physical Education subject. University leaders are not fully interested in extra-curricular activities of students. The University's facilities are still poor. The content and form of activities are not abundant. Students mainly practice spontaneously.

2. Subjective factors affecting the extra-curricular sports of students include Have time; Interest in sports; Have knowledge about health; Training avoiding diseases; Good economic conditions. The objective factors affecting the extracurricular physical training activities of students include Sports teachers; Content of activities; Participate in sports activities organized by the University and Department; Watch sports practice and competitions; Read newspapers, magazines, watch programs of sports; Influence of the family; Influence of friends; Influence of famous athletes; Propaganda policy on sports.

3. The main factors affecting students' non-participation in extra-curricular sports include

No interest in sports; Hard study, do not have time for sports practice; No aptitude for sports; No organization of sports training; Poor facilities; Economic difficulties; No sports movement; Influence of the outdated concept that being healthy does not require sports training; Scared of friends' mock and Be away from the training place.

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