

CURRENT SITUATION OF MASS PHYSICAL TRAINING AND SPORT ACTIVITIES AND CRITERIA FOR PHYSICAL TRAINING AND SPORT ACTIVITIES OF PEOPLE IN HANOI CITY

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Abstract:

The topic is based on the research results of current situation of Mass Physical Training and Sport (MPTS) activities and demand for MPTS services of people in Hanoi in the previous period. The research proposes development solutions for MPTS in order to meet people's demand in Hanoi City. Then through expert-interviewing method and verify interview results by statistical math method, the research has proposed 8 solutions

Keywords: Services, Mass Physical Training and Training services, Mass Physical Training and Sport (MPTS), solutions.

INTRODUCTION

Developing sustainable MPTS is one of the important goals of the Party, the State, the physical training and sport sector and localities. In Hanoi where has a high density of people living and working, the residents have limited free time; so, the development of MPTS becomes even more important. Therefore, it is necessary to study the current situation, find out shortcomings and limitation. The topic approaches the people's demand perspective to

conduct a survey of the situation of participation and expenditure trends for sport activities of people in Hanoi, as a basis for proposing solutions to meet the people's demand and promote people physical activity in Hanoi.

RESEARCH METHODS

The methods used in the research include: Document analysis and synthesis method, interview methodology (interviewing 480 people - 264 men and 216 women in districts of Hanoi city), statistical mathematical method.

Table 1. The trend in using free time to participate in PTS activity of residents in Hanoi (n = 480)

No	The trend	PTS-participating days		Using free time for PTS	
		Quantity	Rate	Quantity	Rate
1	Increase much	25	5.2	27	57
2	Increase	85	17.5	92	19.2
3	Not change	299	62.3	281	58.5
4	Reduce	33	6.9	42	8.8
5	Reduce much	17	3.5	16	3.3
6	Not doing any sport	22	4.6	22	4.6

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Table 2. The place used for PTS activity of residents in Hanoi (n = 480)

No	Place or construction for PTS	PTS-participating days	
1	Enterprise's sport constructions	104	21.67
2	Home business's sport constructions	154	32.08
3	Service Delivery Unit's sport constructions	89	18.54
4	Government office's sport constructions	37	7.71
5	Local town's sport constructions	138	28.75
6	Open public space constructed by government (training equipment available)	78	16.25
7	Open public space constructed by government (no training equipment)	46	9.58
8	Open public space established by local people from existing space (village/residential area level)	50	10.42
9	Open public space established by local people from existing space (residential group level)	51	10.63
10	At home	170	35.42

RESULTS AND DISCUSSION

1. The trend in using free time to participate in Physical Training and Sport (PTS) activity of residents in Hanoi

Interview result about the trend in using free time to participate in PTS activity of residents in Hanoi, is presented in Table 1.

The result shows that the majority says that they continue to maintain the same number of PTS-participating days, even increasing the number of days participating. Accordingly, the general trend is that people continue to maintain and increase the use of leisure time for PTS activities.

2. The selection of place used for PTS activity of resident in Hanoi

Interview result on the places where Hanoi residents choose to do PTS, is presented in Table 2.

high. People often self-equip the physical training devices/tools and mostly do physical activity at home. Additionally, the fee-paying place is the most chosen place. And in the public space (both governmental and non-governmental; training equipment available or

not), although they are financial-benefit, they are less selected (<10%)

3. Situation of living income and expense for MPTS activities of people in Hanoi

The result of interviews on income levels and expenditure trends for MPTS activities of people in Hanoi, is presented in Table 3, Figure 1 and Figure 2.

Interview result presented in Figure 1 shows that the majority of respondents said that they are still maintaining the expense spent for PTS activities and up to 22.01% of respondent said they tend to increase the expenses for participating in MPTS activities.

The result in Figure 2 shows that the majority of expenditure for PTS services mainly focus on purchasing sharpened utensils, equipment, tools, costumes ... for physical training (72.9%). Next is the cost of renting a training venue (42.9%), and the cost of hiring instructor (36.6%).

CONCLUSION

The research result shows that the demand for participating in PTS activities of Hanoi people tends to increase and people are willing

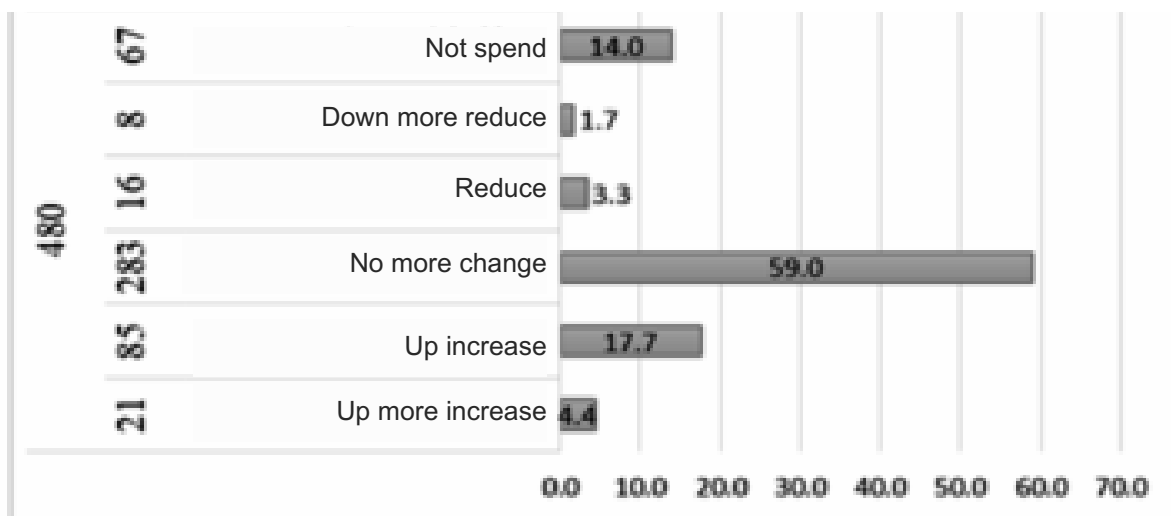


Figure 1. The trend in expense spent for PTS activities of people in Hanoi (n = 480)

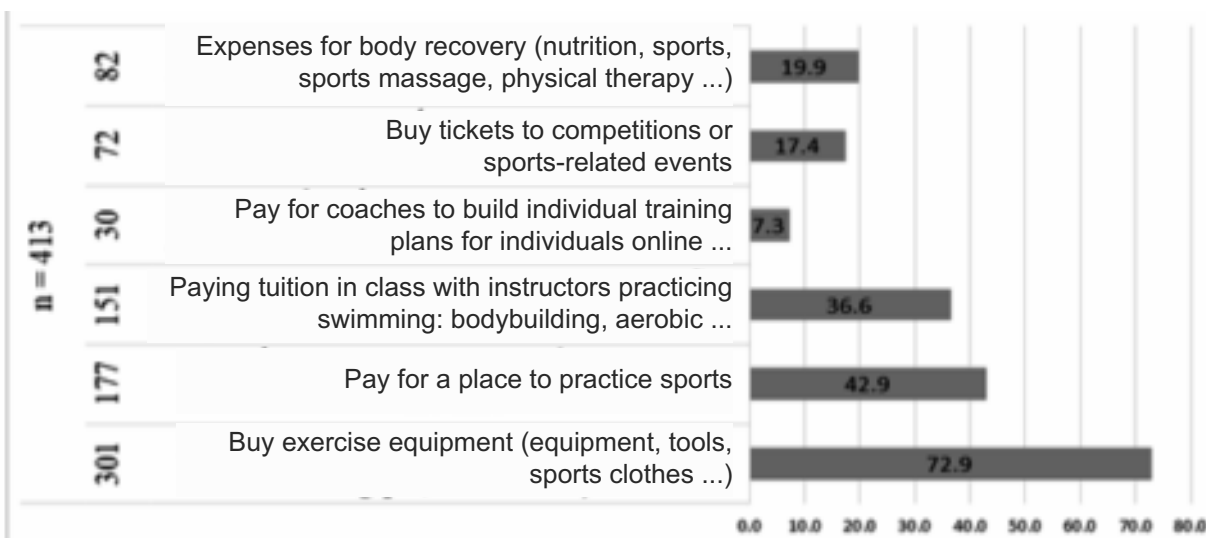


Figure 2. Expenditure for PTS services of people in Hanoi (n=413)

to spend and increase expenses for PTS activities. In particular, expense spent for PTS activities of the people focuses on equipment purchase, venue renting and instructor hiring. These are important bases for Hanoi People Committee to offer appropriate solutions to meet the demand of the people, contributing to promote the people’s PTS activities.

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