

# REALITY OF PROFESSIONAL SPORTS MANNERS OF YOUNG ATHLETES IN VIETNAM

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## Abstract:

Through theoretical research on relevant issues and the reality of training at the Da Nang National Sports Training Center, the research results have generalized the status of professional sports manners of young athletes. This is the basis for building and selecting educational solutions, professional sports style training for athletes.

**Key words:** Professional sports style, young athlete, Danang National Sports Training Center.

## INTRODUCTION

Professional behavior is a necessary condition for the progress and success of every human beings. When having professional manners, athletes are always proactive, ready and active according to the standards recognized by everyone in their activities, training and competitions.

Research on professional sports manners of Vietnamese athletes currently has not been mentioned specifically and clearly. In Vietnam studies are mainly about the psychological, ethical and athletic characteristics of athletes.

Therefore, the study and assessment of the actual situation of professional behavior of athletes is very necessary and is the basis for choosing educational solutions, practicing professional sports manners for sports activities in the current context of international integration.

## RESEARCH METHODS

To solve the proposed research problem, it is necessary to use research methods such as: Methods of analysis and synthesis of documents, methods of interviews and practical surveys, statistical mathematical methods.

The object of the study is the real manners of young athletes.

The study subjects were officials, coaches and athletes of 14 national youth sports teams training at the Danang National Sports Training Center in 2018.

## RESULTS AND DISCUSSION

### 1. Theoretical research results on relevant issues

Based on the research of the concept of professionalism and professional sportsmanship is “outward expressions of attitude, behavior, communication, working style, routine in activities, training and competition to create a unique feature of professional athletes”.

The factors that create a professional style are appearance, manner of communication and behaviors, competence and attitude. In particular, attitude is the most important and prerequisite factor to show professionalism. These factors always exist in sports activities, competitions and activities of athletes.

### 2. Results of assessing the reality of professional manners of young athletes

Applying a scale to assess the level of professional behaviors of young athletes at the Danang National Sports Training Center [3] and through the survey of 85 subjects who are leaders like deputy leaders of department, service personnel and coaches working at Danang National Sports Training Center in 2018 show:

The overall assessment of the level of professional behaviors of young athletes is summarized in Table 1.

Table 1 shows:

- For the composition of the scale of "Health, Recovery": 67.05-78.82% of respondents rating the athlete's expression

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Table 1. Summary of survey results assessing the reality of professional manners of young athletes (n = 85)

No	Survey contents (according to a scale evaluating the degree of professional sports style of an athlete)	The average value	Evaluating professional sports manners				
			Completely unprofessional	Not professional	Neutral (not clear)	Relatively professional	Professional
			Ratio %	Ratio %	Ratio %	Ratio %	Ratio %
1	Health care and recovery	4.05	0	2.35-3.54	4.70-15.29	67.05-78.82	11.76-24.71
2	Planning and goals	3.76	0	1.17-21.18	7.05-51.76	30.58-74.11	8.24-23.52
3	Ethics, political thought	4.05	0	0	9.41-18.82	64.70-78.82	15.30-27.06
4	Communication relations, behavior	3.86	0	2.35	8.24-44.70	40.00-77.65	8.24-15.30
5	General expression of professional sports style	4.08	0	0	7.07-17.64	62.35-69.41	20.00-23.52

(Source: Research results at level [3])

level to be "relatively professional" (average value is 4,05). There are 2,35-3,54% of the reviews as "not yet professional". The contents concerned are: Athletes have not used food, drinks reasonably and suitably for sports; not actively taking measures and therapies to promote the recovery process to improve health; lack of coordination with physicians for healthcare, recovery and treatment.

- For the scale of "Planning and goals ": The opinion evaluation at the "relatively professional" level ranging from 30.58-74.11% (the average value is 3.76 ). There are 1,17-21,18 reviews " Not professional" .The contents concerned are: Athletes do not know how to suppress personal emotions and self-adjust state to create a relaxing and optimistic spirit; yet to show the tidiness in daily life; Not paying attention to the clothes and costumes that make up the beautiful image of a professional sports athlete.

- For the scale of "Politics, Thought": 64.70-78.82% of comments assessing athletes' level of behaviors "relatively professional" (average value is 4.05 ). There are no "unprofessional" reviews.

- For the scale of "Behavior, communication": Opinion rating at "relatively professional" accounting for 40.00 to 77.65% (the average value is 3.86 ). There are 2.35% of the reviews "not professional". The contents concerned are: Athletes have not really shown good friendliness, cohesion, exchanges with domestic and international friends; haven't focused on posture, style, relationship, communication; sometimes using bad words in communication, do not know how to handle situations gently, skillfully.

- Regarding the scale "General expression level": 62.35-69.41% of comments assessing the athlete's expression level is "relatively professional" (average value is 4.08). There are no "unprofessional" reviews.

**CONCLUSION**

1. The results of the study evaluated the status of professional behaviors of young athletes through researching athletes of 14 youth teams at the Danang National Sports Training Center. The overall level of professional



**Professional sportsmanship greatly influences the effectiveness of training athletes, especially young athletes (Photo by: upes1)**

behavior of young athletes is "relatively professional", the average value is 4.08.

As follows:

- Athletes do not have high professionalism in healthcare and recovery, do not really care about the quality of sleep and resting recovery; there is also the phenomenon of skipping meals; unreasonable use of food and drink; has not cooperated well with physicians, nurses, healthcare and injury treatment ...

- Not really professional in obeying time; There is no clear plan and goals; lack of confidence and the will to conquer goals; not know how to self-control personal emotions, self-adjust state in practice and competition; not really interested in learning and fostering; lifestyle is not neat and tidy.

- Thought, morality and politics have not shown high professionalism, there are still phenomenon of violating internal rules, not promoting the spirit of sport "Fair Play", the teamwork is not good, individualism, the understanding of culture is limited.

- Lack of professionalism in relations, communication and behaviors; lack of modesty, arrogance; not active in exchanging with friends in the country and internationally; not dedicated to helping young athletes; sometimes using bad words, not cleverly handle situations when conflicts arise; posture, behavior, relationships, communication; sometimes lack of professionalism

2. The research results are the basis for selection and application of professional education and training solutions for athletes, especially young athletes.

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