

THE REALITY OF AWARENESS AND PHYSICAL ACTIVITY OF ETHNIC MINORITIES IN HA GIANG PROVINCE

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Abstract:

Through scientific methods, the thesis has assessed the status of awareness and physical activity of ethnic minorities in Ha Giang province. The results show that ethnic minority people are not fully aware of physical development, especially the conditions for regular physical training, which are still very limited. The main means of physical training and sport is ethnic sports, while modern sports are very limited in use.

Keywords: Awareness, physical strength, ethnic minorities, Ha Giang.

INTRODUCTION

Ethnic affairs have always been of special interest to the Party and the State, which is reflected in the Party's resolutions and the State's legal documents promulgated. Vietnam now has 54 ethnic groups with full names and places of residence, of which the Kinh ethnic group is the majority, the remaining 53 ethnic minorities. At present, some ethnic minorities are at risk of population decline in both manifestations of decline in size and quality decline (age structure, child malnutrition, health, child mortality, education, fitness ...). When looking at some aspects, it shows: Child malnutrition rate, when considered in 3 criteria (weight / age malnutrition, height / age malnutrition and weight / height), ethnic minority and mountainous areas still have high malnutrition rates compared to the whole country.

With the characteristics of ethnic minorities in Vietnam, they not only have difficult living conditions, poor nutrition, but also an unreasonable campaign regime, even without sports activities. From the perspective of physical development and physical perfection, this seriously affects the maintenance and development of our race. In order to influence the appropriate solutions to improve the physical condition of mountainous people and

ethnic minorities in general and ethnic minorities in Ha Giang province in particular, we conduct research on the status of awareness and activities of ethnic minority people in Ha Giang Province.

RESEARCH METHODS

The research process uses the following methods: Methods of analyzing and synthesizing documents, Methods of sociological investigation; Statistical mathematical methods.

RESULTS AND DISCUSSION

In order to understand the current situation of awareness and physical activity of ethnic minorities in Ha Giang province, the topic investigated 122 ethnic minority people in Ha Giang province at the ages of 19 and over 57. The survey was detailed about the characteristics of age, sex, residence, residence area, education level and occupation. The results obtained show that the sample is representative.

The reality of awareness and physical activity of ethnic minorities in Ha Giang province is presented in Table 1.

The results in Table 1 show:

- The awareness of physical development of ethnic minorities in Ha Giang province is very important, accounting for 21.31%, the important proportion is 22.95, the normal rate is the highest rate of 36.89% and the unimportant

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Table 1. Survey results on people's awareness and physical activity of ethnic minorities in Ha Giang province (n = 122)

No.	Content	Result	
		m _i	%
1	The role of physical development		
1.1	Very important	26	21.31
1.2	Important	28	22.95
1.3	Normal	45	36.89
1.4	Not important	21	17.21
2	Purpose of physical training		
2.1	Improving health	57	46.72
2.2	Competition	10	8.20
2.3	Improving motor capacity	26	21.31
2.4	Disease prevention	28	22.95
2.5	Others	1	0.82
3	The level of participating in physical training and sports		
3.1	Regularly	6	4.92
3.2	Sometimes	36	29.51
3.3	Never	80	65.57
4	Sports		
4.1	Football	34	27.87
4.2	Table tennis	2	1.64
4.3	Chess	0	0.00
4.4	Chinese chess	2	1.64
4.5	Shuttlecock kicking	1	0.82
4.6	Badminton	4	3.28
4.7	Volleyball	7	5.74
4.8	Swimming	1	0.82
4.9	Aerobic	5	4.10
4.10	Athletics	4	3.28
4.11	Basketball	2	1.64
4.12	Ethnic sports	59	48.36
4.13	Others	1	0.82
5	Forms of training		
5.1	Self-practice	45	36.89
5.2	Practise in team	5	4.10
5.3	Practise in group	60	49.18
5.4	Practise in club	7	5.74
5.5	Others	5	4.10
6	Local practising place		
6.1	Yes	12	9.84
6.2	No	110	90.16

level accounted for 17.21%. This shows that the ethnic minorities in Ha Giang province are not really aware of the role of physical development in life.

- The purpose of physical training and exercise of ethnic minorities in Ha Giang province to improve health accounts for 46.72%, the purpose to participate in competition accounts for 8.20%, the purpose to improve the athletic capacity to accounts for 21.31%, prevention of diseases accounts for 22.95% and other purposes - 0.82%. This result shows that the purpose of physical training and exercise of the people is quite diverse, but the exercise of sports with the purpose for health promotion is more than both. However, there is still a need to make people understand the effects of physical training and exercise on physical fitness and human health, which play a particularly important role in life.

- Participation in physical training and exercise of ethnic minorities in Ha Giang province at a regular rate of only 4.92%, occasionally accounting for 29.51% and especially not practicing, accounting for 65.57%. We know that only systematic physical training exercises will improve the body's

ARTICLES

functional ability and this means that the fitness of the trainee is raised. Thus, the ethnic minorities in Ha Giang province have not been trained to improve their physical strength through regular physical training and sports activities.

- Ethnic minorities in Ha Giang province mainly practice ethnic sports, accounting for 48.36%, while ethnic minorities are less involved in practicing modern sports, volleyball accounted for 5.74%, the rest of other sports accounted for 0 to 4.1%. Therefore, it is necessary to promote by attractiveness and suitability in the national sports, but besides that, it is also necessary to develop modern sports in accordance with practical conditions for ethnic minorities in Ha Giang province.

- The form of sport training for ethnic minorities in Ha Giang province is mainly group exercise, accounting for 49.18%, followed by self-training with 36.89%, team practice with 4.10. %, club practice - 5.74% and other forms of training accounts for 4.10%. From the fact that the forms of physical training and exercise that ethnic minorities in Ha Giang province choose show, it is necessary to combine a variety of forms of physical training to be able to attract a large number of people to participate in physical training.

- Practising areas for ethnic minority people in Ha Giang province in the locality is only 9.84%, the remaining 90.16% which mean that the locality does not have a private physical training area. This is a fact that Ha Giang authorities at all levels should pay special attention. It is necessary to increase investment, construction planning and equipment facilities for training and sports competition for people. Especially, it is necessary to ensure the criteria of culture and physical training for rural areas, where a large number of ethnic minorities live.

CONCLUSION

The research process shows that, ethnic minorities in Ha Giang province are not fully aware of physical development, especially the conditions for regular physical training and physical training are still very limited. The main

means of physical training and sport is ethnic sports, modern sports that are not often used. This is an important scientific basis in developing physical development solutions for ethnic minorities in Ha Giang province.

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