

REALITY AND MEASURES TO INCREASE PHYSICAL EDUCATION LEARNING INTEREST FOR DA NANG UNIVERSITY STUDENTS

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Abstract:

Using the methods of reference, observation, sociological surveys, face-to-face interviews and statistical mathematics, the study has assessed the real situation of interest in the regular classes of Physical Education subject, from which learned the reasons affecting the learning interest by students at the University of Da Nang. Based on the situation, we have studied measures to increase student's interest in the Physical Education lesson, help them understand and have a correct view of the subject, from the research results, we apply the model to all students at University of Da Nang.

Keywords: Real situation, measures, interests, Physical Education, University of Da Nang.

INTRODUCTION

Interest is a psychological attribute - the personality of a person. Interest plays a very important role in study and work. Under the influence of interest, nothing people cannot do. Along with self-awareness, interest in creating cognitive activeness helps students to achieve high results and stimulate the source of creativity. Measures of creating interest come from three basic points. Firstly, the real effect of teaching is that students learn by themselves; self-improvement of knowledge and self-training skills. Secondly, the most difficult and important task for teachers is to make students enjoy learning. Thirdly, teaching must make students feel more knowledgeable in each lesson of each subject, more useful and interesting things from a life perspective. From the above-mentioned reasons, we have conducted the assessment: "Reality and measures to increase

Physical Education learning interest for Da Nang University student"

RESEARCH METHODS

We use the following research methods: Document research; sociological surveys; observation; interview, seminar; expert advice; pedagogical experiment and statistical mathematics.

RESULTS AND DISCUSSION

1. Actual situation of interest in regular Physical Education classes by Da Nang University students

1.1. Attitude of students on Physical Education subject

To understand the attitude of students, we have conducted random interviews with 400 students and the interview repeated 2 times after 2 weeks. We ask 2 questions at 3 levels: Very interested, interested, not interested, with the question:

Table 1. Interview results of students' interest in Physical Education subject (n = 400)

Interview	Interview results					
	Very interested		Interested		Not interested	
	m_i	Score	m_i	Score	m_i	Score
First time	40	120	50	100	310	310
Second time	38	114	52	104	310	310

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The results in Table 1 show that most of students at University of Da Nang are not interested in the subject, clearly shown through 2 interviews, no interest almost accounted for the majority of students interviewed.

In order to know the real status of the attitude of University of Da Nang students in the Physical Education classes, we have conducted an interview with 400 students of the course 2018-2021. Results presented in Table 2.

Table 2. Real status of student’s attitude in Physical Education class (n = 400)

No.	Interview content	Level 1		Level 2		Level 3	
		m _i	%	m _i	%	m _i	%
1	Entirely focus	70	17.50	100	25.00	230	57.50
2	Listen carefully to the teacher	80	20.00	126	31.50	194	48.50
3	Pay close attention and listen to the teacher and friend's sample movements	70	17.50	94	23.50	236	59.00
4	Be on time for class	146	36.50	206	51.50	48	12.00
5	Continue extra-curricular practice after regular classes	10	2.50	20	5.00	370	92.50
6	Good learning performance	10	2.50	50	12.50	340	85.00
7	Pay attention to information related to sports	0	0.00	36	9.00	364	91.00
8	Strive to complete the content assigned by teacher on class	10	2.50	100	25.00	290	72.50
9	Regularly ask teachers about the lecture	10	2.50	110	27.50	280	70.00
10	Enthusiastically help classmates	10	2.50	100	25.00	290	72.50
11	Do not miss Physical Education class	200	50.00	130	32.50	70	17.50
12	Be interested in practice when the teacher publishes the lesson	20	5.00	60	15.00	320	80.00

Table 2 shows that out of 12 interview questions, up to 10 were answered at level 3 with a very high percentage (from 48.5% to 92.5%). Two criteria "be on time for class and do not miss Physical Education class" were answered at level 3 with low percentage (12% and 17.5%). From this result, it shows that students of University of Da Nang are less interested in Physical Education. They are indifferent and not interested in this subject.

1.2. Real status of interest expressed by Da Nang University students in Physical Education class

We have observed 10 classes in the universities of the University of Da Nang studying the Physical Education with 400 students in the course 2018-2021 to assess their attitude in practice.

Table 3 shows that the percentage of students who do not pay attention to physical education

classes is much higher than the number of students with good awareness in the whole class. Only two criteria "Be on time for class " and " Do not miss Physical Education class" are high rates, accounting for 81.0% and 84.0%.

Summary: Through interviews and practical surveys, the results of both forms that we use to understand the students' interest in the Physical Education classes are relatively similar and quite logical. This confirms that most students of University of Da Nang are not interested in physical education. Students do not pay attention to this subject yet and have not seen the role and significance of the subject for health improvement to complete the study tasks of the subject in particular and the results of learning and training in general assigned by the University.

1.3. Real situation of movement density in physical training session of Da Nang University students

Table 3. Survey results of Physical Education classes for Da Nang University students (n = 400)

No.	Survey content	Attention		No attention	
		m _i	%	m _i	%
1	Good learning performance	170	42.50	230	57.50
2	Do not miss Physical Education class	336	84.00	64	16.00
3	Enthusiastically help classmates	152	38.00	248	62.00
4	Regularly ask teachers about the lecture	50	12.50	350	77.50
5	Strive to complete the content assigned by teacher on class	136	34.00	264	66.00
6	Entirely focus	90	22.50	310	77.50
7	Be interested in practice when the teacher publishes the lesson	162	40.50	238	59.50
8	Continue extra-curricular practice after regular classes	26	6.50	374	93.50
9	Be on time for class	324	81.00	76	19.00
10	Pay close attention and listen to the teacher and friend's sample movements	156	39.00	244	61.00
11	Listen carefully to the teacher	130	32.50	270	67.50
12	Pay attention to information related to sports	64	16.00	336	84.00

Table 4. Overall density of physical education classes by Da Nang University students

No.	Number of observations	Useful time during a training session			General density %
		Startup (15 minutes= 900 seconds)	Fundamental part (70minutes = 4200seconds)	Ending part (15 minutes = 900 seconds)	
1	15	488	2537	355	62.59
		3380			
2	15	525	2489	402	63.25
		3416			
3	15	495	2683	357	65.46
		3535			

By pedagogical observation, we have recorded the movement of the training session, thereby assessed student's interest in learning and the effectiveness of practicing the volume of movement.

Table 4 shows that the physical education class of students is not effective. Time used for training not guaranteed and only reaches from 62.59% to 65.46% of class time. Therefore, more than 30% of the training time considered useless for this subject. Meanwhile, in principle,

the general density of the training session must reach 100% of the training time.

Movement density during physical education classes of Da Nang University students

We use the following formula to calculate the movement density assessment during a physical education session:

$$\text{Movement density} = (\text{Time of direct training} / \text{Time of training session}) \times 100.$$

2. Causes affecting student's interest in Physical Education class



Table 5. Movement density during physical education class by Da Nang University students (photo by: upes1)

No.	Number of observations	Direct training time/1 training session (second)	Movement density (%)
1	15	1358	25.14
2	15	1355	25.09
3	15	1402	25.96

We conducted interviews with experts, managers, teachers and students to find out the reasons why students are not interested in physical education. We obtained the following result:

- *About Universities of Da Nang University, there are six reasons:* The universities do not pay attention and disregard this subject. Awareness of officials, teachers and students on physical education in schools is not good. Facilities for training are still lacking and sketchy. The organization and management of physical education is not appropriate. The content of the program, the training form and the teaching method of the subject are inappropriate. The physical education is not considered as important as other subjects are.

- *About the physical education teacher, there are six reasons:* Teacher shortage. Teaching methods and forms seem monotonous. Teachers are not enthusiastic in the class. The teacher's mentoring capacity is poor. Teachers do not regularly encourage and motivate students; Physical education teachers are not respected.

- *About the students, there are seven reasons:* Students' perception about the regular physical education classes is not good. Students are not interested in the subject. The physical education scores are not included in the grade point average, scholarship consideration. The arrangement of the classes is at inappropriate time for students. Students have no time for being busy with part-time work. Students are not aware of the importance of the subject. The students feel the strenuous physical training.

Summary: From the above interview results, Da Nang University students are not currently interested in physical education subject for various subjective and objective reasons. These causes are responsible for the University teachers and students. From the above situation, there should be specific measures to increase interest in regular physical education classes for students of the universities of Da Nang University.

3. Selection of measures to increase student's interest in physical education class

Table 6. Interview study of the measures to improve the interest in physical education class for officials, teachers and students

No.	Content	Officials, teachers (n=30)		Students (n = 400)	
		Necessary	%	Necessary	%
1	The University needs to pay more attention to the physical education subject	18	60.00	184	46.00
2	Constantly propagating the role and significance of sport training	25	83.33	74	23.50
3	Equipping full training facilities, grounds and tools	22	73.33	58	24.50
4	Reorganizing the system of organization and management of physical education activities	15	50.00	176	44.00
5	Improving the content, curriculum, and teaching methods accordingly	23	76.66	36	9.00
6	Arranging more physical education teacher	17	56.66	126	31.50
7	Teachers need to show enthusiasm on class	19	63.33	134	33.50
8	Teachers need to improve their mentoring capacity	16	53.33	166	41.50
9	Teachers need to regularly encourage and educate students about physical education	15	50.00	178	44.50
10	Physical education teachers need to respect students	18	60.00	160	40.00
11	Introducing physical education knowledge	15	50.00	200	50.00
12	Improving the number and qualifications of teachers, upholding the sense of responsibility by managers, officials and teachers of physical education, having appropriate remuneration for the officials and teachers	30	100	96	24.00
13	Arranging appropriate time for the physical education classes	18	60.00	154	38.50
14	Teachers create a competitive atmosphere in the class	17	56.66	156	39.00
15	Organizing games and competitions in class	25	83.33	70	27.50
16	Teachers regularly encourage and motivate students in learning	20	66.66	136	44.00
17	Regularly and periodically examining the student's physical fitness	15	50.00	126	31.50
18	Teachers set targets for each content and the whole class	17	56.66	184	46.00
19	Teachers are a good example of physical training	18	60.00	176	44.00
20	Bringing some new sports into the physical education classes	15	50.00	136	44.00
21	Establishing sports clubs for students in the universities	23	76.66	96	24.00
22	Organizing more University-level tournaments, regularly participating in outside sports competitions	28	93.66	54	13.50
23	Having appropriate remuneration for physical education officials and teachers	19	63.33	176	44.00
24	There is priority for students who are good at physical education subjects	17	56.66	200	50.00
25	Teachers set targets for each content and the whole class	15	50.00	156	39.00
26	After the practice, teachers assign tasks at home for students	18	60.00	184	46.00
27	Teachers regularly encourage and motivate students in learning	19	63.33	126	31.50
28	Arranging different lesson plans with high training value interested by students	15	50.00	154	38.50



**Outdoor activity gives children the highest learning interest
(Image source: <https://news.zing.vn>)**

We have studied relevant documents, based on the principles and basis of developing the measures on the causes that affect students' interest in learning physical education, opinions of experts and managers, teachers and students are directly teaching and learning physical education subjects. The results presented in Table 6.

The results in Table 6 show that the measures with the number of approved votes for 70% or more are 7 measures we selected. Namely, Measure 1: Constantly propagating the role and significance of sports training, Measure 2: Equipping full training facilities, grounds and tools, Measure 3: Improving the content, curriculum, and teaching methods accordingly, Measure 4: Improving the number and qualifications of teachers, upholding the sense of responsibility by managers, officials and teachers of physical education, having appropriate remuneration for the officials and teachers, Measure 5: Organizing games and competitions in class, Measure 6: Organizing more University-level tournaments, regularly participating in outside sports competitions, Measure 7: Establishing sports clubs for students in the universities.

CONCLUSION

From the study results, we came to some conclusions: The most students at the

universities of Da Nang University do not like (be interested in) studying Physical Education. This presented by their attitude to the subject, they do not pay attention in the learning process and the learning performances of the subjects are low. There are 19 subjective and subjective reasons cause student's lack of interest in Physical Education, which are responsible for the University, teachers

and students. We have selected 7 measures to enhance the interest in the regular physical education classes for students of the universities of Da Nang University.

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