

SITUATION OF MASS PHYSICAL TRAINING AND SPORT IN URBAN AREAS OF VIETNAM

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Abstract:

Through regular scientific research methods, we have researched the real situation of Mass Physical Training and Sport (MPTS) in urban areas of Vietnam. The results show that PTS activities of people in urban areas are mainly spontaneous, self-practicing in form of individuals or groups of individuals without guidance. People mostly choose free public open space near their home. The percentage of people who choose the fee-paying and instructor available is small.

Keywords: Physical Training and Sport, mass, urban areas, Vietnam.

INTRODUCTION

Mass Physical Training and Sport (MPTS) is an indispensable activity in the cultural life of human society. MPTS not only improve people's physical strength, improve workforce quality, but also enrich people's cultural and spiritual life. and it is an effective way of educating ideology and personal quality. Therefore, MPTS plays an extremely important role in the development of modern society.

Facing the pressing requirements of the development of MPTS in the new period, in 2017, the Ministry of Culture, Sports and Tourism implemented a scientific program: "Research about Mass Physical Training and Sport for a sustainable development." ". The program consists of 11 branch projects and is implemented in 2 years. In this paper, we report the research results on the situation of Mass Physical Training and Sport in urban areas of Vietnam.

RESEARCH METHODS

During the research, we use the following methods: document analysis and reference, sociological investigation method and statistical mathematical method.

The study was conducted on 54 wards and towns representing 6 types of urban areas of Vietnam. Survey and interview subjects were 54 officers in charge of socio-culture and 3455 people in 54 selected wards.

RESULTS AND DISCUSSION

Basic statistical indicators about MPTS in urban areas are presented in Table 1 and Figure 1.

The results in Table 1 show:

The criteria for evaluating the PTS activities in urban areas are much higher than the national average. The figures also tend to be high in urban areas having well-developed socio-economic levels and lower in the corresponding urban types.

The number of sport clubs in residential areas is higher than the national average (4.78), at least 1.5 times, even some up to 3.4 times. This shows that PTS activities of people in urban areas are not only more active than the national average but also more organized and professional. Especially, the higher the level of urban socio-economic development level (special urban area, urban grade I), the higher the number of PTS-related business. This number and proportion tend to be gradually lower in the rest.

The statistical results also show that the number of private/individual-established clubs accounted for up to 2/3. The number of clubs, which are established and managed by social organizations such as Youth Union, Elderly Association, Women's Union, accounts for ¼ of total clubs (25.10%). The number of government-established sport clubs accounts for a very modest rate (only nearly 11%). It shows

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Table 1. Statistical indicators about MPTS in 6 types of urban areas

No	Indicator	Special city	Urban city Type I	Urban city Type II	Urban city Type III	Urban city Type IV	Urban city TypeV	The whole country
1	The rate of regular practitioners (%)	41.2	40.3	38.6	37.8	35.4	34.7	32.53
2	The rate of sport family (%)	35.8	34.6	33.5	31.7	30.8	30.2	23.75
3	Number of sport prize/year (x)	12.6	11.2	10.4	9.3	7.5	6.9	-
4	Number of sport clubs in residential area (x)	4.67	6.17	6.50	8.83	4.67	4.33	-
5	Number of sport clubs in office/organization/enterprise (x)	3.50	3.50	3.83	2.67	2.67	1.83	-
6	Number of sport clubs in PTS-related business (x)	11.67	9.17	8.16	4.26	2.16	2.00	-

that the PTS activities of urban people, although more organized, are mainly private/spontaneous-organized. The role of social organizations as well as state agencies is limited.

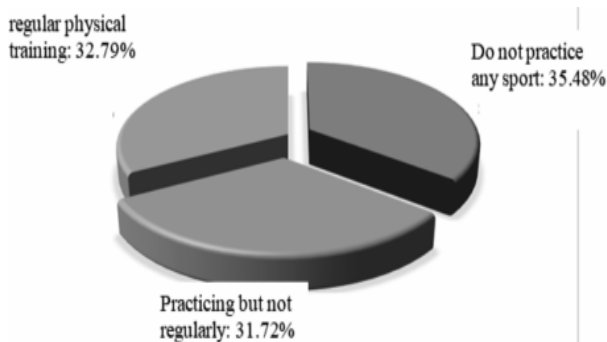


Chart 1. The PTS training of people in urban areas

Survey results in Figure 1 show that, on average, up to 35.48% of urban people do not practice any sport; 31.72% of people admit to practicing but not regularly. Only 32.79% of people meet the standards of regular physical training.

Here are some analysis and summaries of irregular and regular physical exercise. The following will be collectively referred to as "people who practice physical exercises" with a total of 2229/3455 (64.52%) of the people surveyed.

Characteristics of the age and gender of people

participating in PTS activities in urban areas.

The survey results show that the proportion of males participating in PTS accounts for nearly two-thirds of the participants in urban areas, while women only account for one-third. This can easily be explained by cultural traditions of the Vietnamese, which women usually spend time looking after their families after work and have very little time for personal/sport activities. The age characteristics of people participating in PTS in urban areas are presented in Table 2.

Table 2. Age characteristics of people participating in PTS in urban areas (n = 2229)

Age range	m _i	%
< 22 years old	735	32.97
23 - 45 years old	289	12.97
46 - 60 years old	391	17.54
61 - 75 years old	624	27.99
> 75 years old	190	8.52
Total	2229	100.00

The results in Table 2 shows that the number of people participating in PTS activity in urban areas is mostly concentrated in two age range - the under-22 years old(32.97%) and 61-75 years old (27.99%), while the low rate are the age of 23 - 45 years old (12.97%) and over 75 years old (8.52%). Thus, it is necessary to pay

attention to the two age groups having low rate of people participating in PTS activity, especially the age of 23 - 45. Breaking the habit of participating PTS activity which has been formed and maintained throughout the school life is a pity.

Characteristics of favorite sport of people participating in PTS activity in urban areas

About the favorite sport of urban people, the first choice is Walking and Jogging. Next is the ball sports, bare-handed gymnastics. The healthy and beautiful sports such as Gym, Yoga, Aerobic, Zumba are ranked in the 3rd position. Swimming, Martial Arts, Badminton, Bicycles, Dancing, Nursing - Qigong - Tai Chi, Tennis in turn occupies the next position with no significant difference.

Characteristics of training methods of people participating in PTS in urban areas

The most popular form of physical training and exercise for urban people is "practicing with friends and family", accounting for 72.85%. Next is the form of "self-training alone" with the rate of 51.49%. The proportion of urban people practicing sports at sports clubs is only about one fifth (20.77%). Worriedly, the proportion of urban people participating in sports activities organized by agencies or residential areas accounts for a very modest proportion, at 14.58% and 9.83%. It shows that the PTS activities of urban people are mainly self-training, spontaneous, not yet organized and properly managed. The role of agencies and residential areas is very limited.

Characteristics of training space of people participating in PTS activity in urban areas

Only 13.82% of people in urban areas prefer participating PTS activity in fee-paying places. The majority of people (86.18%) choose to practice sports at free sites. These free sites are usually free grounds near their house, spacious sites such as parks, squares, riversides, lakeside or even sidewalks

Characteristics of expenditure spent on PTS activities of people participating in PTS activity in urban areas

The urban people's expenditure on PTS is still very modest - averagely less than 1/100 of

the total annual income. In addition, the proportion of expenditure on PTS in different urban types is also different. The proportion of expenditure on PTS tends to decrease from the highly-developed urban type to the low-developed urban type (the figures are 0.93%, 0.89%, 0.84%, 0.81%, 0.76%, 0.68 corresponds to the type of urban area from special to urban city type-V).

CONCLUSION

The reality of MPTS in urban areas is better than the average level of the whole country. 64.52% of people participate in PTS activity, of which 32.79% participates regularly. PTS activities of people in urban areas are mainly spontaneous, self-training in form of individual or groups of individuals without instructors. People mostly choose free public sites near their home. The percentage of people who choose fee-paying and instructor available is limited.

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