

DEMAND FOR EXTRA-CURRICULAR SPORTS PARTICIPATION BY UNIVERSITY STUDENTS AT TECHNICAL UNIVERSITIES OF THAI NGUYEN CITY

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Abstract:

By conventional research methods, we conduct study to find the most objective conclusions about the actual situation of demand and the factors affecting the participation in extra-curricular sports of students at Technical Universities of Thai Nguyen city.

Keywords: Demand, extra-curricular sports, students, technical universities, Thai Nguyen city.

INTRODUCTION

Extra-curricular Sports Training is organizing sports activities in the spare time of students in a healthy and content manner, educating knowledge about how to use voluntarily different sports training facilities in daily life and activities. The extra-curricular sessions with different contents will help students grasp the content of sports curriculum, as well as meet the requirements of physical training standards, in addition to helping complete elective sports. The study of sports in general and extra-curricular sports for students in particular is no longer a new issue, but currently there is no in-depth research on the extra-curricular sports for university students at Technical Universities of Thai Nguyen city. From the mentioned problem, it is necessary to "Study on demand for extra-curricular sports participation by university students at Technical Universities of Thai Nguyen city", providing objective scientific bases to support the development of extra-curricular sports movement for university students at Technical Universities of Thai Nguyen city to be better in the future.

RESEARCH METHODS

The research process uses the following methods: Methods of document analysis and synthesis; Methods of interview and Methods of statistical mathematics on SPSS 22.0 software.

RESULTS AND DISCUSSION

1. Actual situation of student's participation in extra-curricular sports

We have surveyed the situation of participating in extra-curricular sports by university students at Technical Universities of Thai Nguyen city through interviewing 3152 students from 4 technical universities in Thai Nguyen City. Out of 3152 students surveyed, 1771 students participated in extra-curricular sports, accounting for 56.19% including 1011 male students accounting for 57.09% and 760 female students accounting for 42.91%. Up to 1381 students did not participate in extra-curricular sports, accounting for 43.81%, including 52.86% of male students and 47.14% of female students.

Regarding the actual situation of participating in extra-curricular sports of the students, the statistical results show that: 1771 university students at Technical Universities of Thai Nguyen city accounting for 56.19% have participated in sports and the sports include football, volleyball, swimming, badminton, athletics, shuttlecock, table tennis, chess and fitness. In particular, badminton has the highest percentage with 301 students accounting for 17%, followed by football with 254 students accounting for 14.34%, martial arts with 241 students accounting for 13.61%.

2. Actual situation of favorite sports by students

According to the survey, the sport that students like the most is Badminton accounting for 17%, followed by Football accounting for 14.34%, Martial Arts accounting for 13.61%, Volleyball accounting for 13.10%. However, the

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rate of practicing sports by gender varies significantly. Specifically: The most favorite sports for extra-curricular training in male students are Soccer (21.27%), Badminton (16.52%), Fitness (15.43%), Martial Arts (13.45%) and Athletics (12.27%). The most popular sports for extra-curricular training in female students are Badminton (17.63%), Fitness (16.05%), Volleyball (16.05%), Martial Arts (13.82%) and Athletics (13.29%). The large number of students participating in the extra-curricular sports is because most of them have easy-to-find and simple facilities and are easy to practice. They do not have too high requirement on facilities.

Swimming and other sports have a lower rate of students participating in, especially Swimming (male: 3.17%, female: 4.21%) because this is a difficult sport for new practitioner, there is a high risk without support; especially it is hard to find swimming pool.

3. Actual situation of organization of physical training and sport training activities

The survey results in Table 1 show that up to 66.74% of students doing extra-curricular sports without instructors. The percentage of students practicing with instructors and combining with and without instructors is less than 25%. Students practicing extra-curricular sports with instructors and the combination form are mainly concentrated in the students who practice in sports clubs and teams. Other forms of training are largely spontaneous.

4. Demand for extra-curricular sports of university students at Technical Universities of Thai Nguyen city

We have conducted a survey on demand for extra-curricular sports of university students at Technical Universities of Thai Nguyen city by interviewing 3152 students from 4 technical universities in Thai Nguyen city, including 1741 male students and 1411 female students.

Specific results presented in Table 1.

Table 1 shows:

According to the statistics of the demand for extra-curricular sports, with 3152 students surveyed, 2456 students accounting for 77.92%

want to practice extra-curricular sports, 576 students accounting for 18.27% do not want to practice and 120 students accounted for 3.81% still confused. Thus, there are many students who want to participate in extra-curricular sports, if there are reasonable measures and find out the clear reasons that can attract more students to participate in training.

Through the analysis, we identified that students are interested in the sports such as Badminton (27.89%), Football (21.86%), Martial Arts (17.89%), Athletics (25.86%) and Fitness (15.13%), the rest of other sports accounts for a very low rate.

Extra-curricular sports that students have low demand to participate: According to statistics, these sports are mainly underdeveloped and difficult sports including Fitness, Sports with bar, Aerobic, Dance Sport, etc. In parallel, there are other sports already popular in Vietnam such as Chess, Shuttlecock, etc. but students still do not have enough conditions of time to participate. Besides, the training of some sports requires ground and high investment costs such as swimming.

However, extra-curricular sports that students are not eligible to participate are different between male and female students. Specifically, the number of male and female students who are not qualified to practice Fitness is the highest (accounting for 14.07% of males and females of 16.44% of females). Swimming is a subject male and female students want to participate but do not have the conditions to take the second highest rate (11.37% of males and 13.39% of females).

The survey results also show that university students at Technical University of Thai Nguyen city have very high demand for participating in sports clubs with instructors. Out of 3152 surveyed students, 2313 ones hope to practice in clubs with instructors accounting for 73.38% and only 839 students have no need of training in the club accounting for 26.62%.

Through the analysis, there is a difference between men and women in the need to participate in the sports club with instructors. Specifically, there are 71.51% of male students

Table 1. Demand for extra-curricular sports of university students at Technical Universities of Thai Nguyen city (n=3152)

No.	Interview content	Interview results							
		Total (n=3152)		Gender				Comparison	
				Male (n=1741)		Female (n=1411)			
		m _i	%	m _i	%	m _i	%	χ ²	P
Do you participate in sports training outside of regular physical education hours?									
1	Yes	1771	56.19	1011	58.07	760	53.86	4.51	<0.05
	No	1381	43.81	730	41.93	651	46.14		
	No answer	0	0	0	0	0	0		
Outside of regular physical education hours, do you want to participate in sports training?									
2	Yes, I do	2456	77.92	1345	77.25	1111	78.74	12.44	<0.05
	No, I don't	576	18.27	311	17.86	265	18.78		
	Hesitant	120	3.81	46	2.64	74	5.24		
Outside of regular physical education hours, which sports do you want to practice?									
3	Football	689	21.86	589	33.83	100	7.09	1968.03	<0.05
	Volleyball	497	15.77	289	16.6	208	14.74		
	Table Tennis	367	11.64	203	11.66	164	11.62		
	Basketball	332	10.53	213	12.23	119	8.43		
	Badminton	879	27.89	457	26.25	422	29.91		
	Athletics	815	25.86	425	24.41	390	27.64		
	Martial Art	564	17.89	453	26.02	111	7.87		
	Swimming	387	12.28	198	11.37	189	13.39		
	Shuttlecock	155	4.92	89	5.11	66	4.68		
	Chess (chess, Chinese chess)	198	6.28	90	5.17	108	7.65		
	Fitness	477	15.13	245	14.07	232	16.44		
Other sports	155	4.92	78	4.48	77	5.46			
Do you like participating in sports clubs with instructors?									
4	Yes	2313	73.38	1245	71.51	1068	75.69	1.09	>0.05
	No	839	26.62	434	24.93	405	28.7		

and 75.69% of female students want to practice in clubs with instructors. This proves that the form of training in clubs with instructors can develop in organizing extra-curricular sports for university students of Thai Nguyen City Technical Universities.

5. Actual situation of factors affecting extra-curricular sports by university students at Technical Universities of Thai Nguyen city

As evaluating the factors affecting extra-curricular sports by university students of Thai

Nguyen City Technical Universities, the study paid attention to the following factors: Situation of students' perceptions of the role, effects of extra-curricular sports; Situation of facilities for extra-curricular sports practice; Situation of teachers and instructors guiding extra-curricular sports; Situation of extra-curricular sports programs and difficulties in extra-curricular sports training.

The results presented in chart 1.

Figure 1 shows that the factors affecting the students' participation in extra-curricular sports

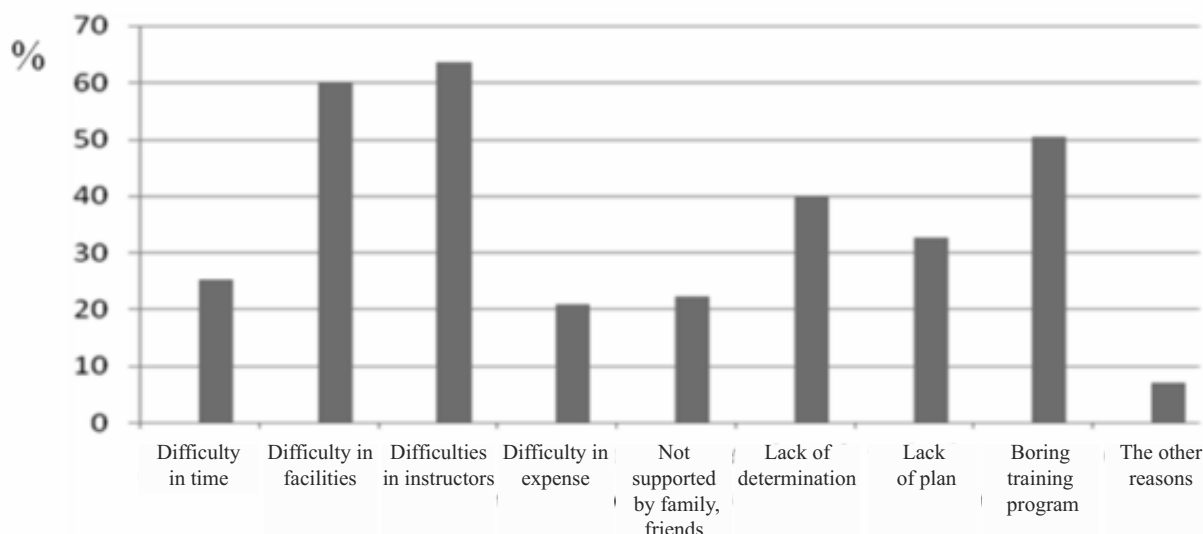


Figure 1. Difficulties of students at Thai Nguyen City Technical Universities in extra-curricular sports training

are difficulty in facilities (59.96%), difficulties in instructors (63.48%), boring training program (50.52%), lack of determination (39.78%) and lack of plan (32.46%) and lack of time for training are also one of the difficulties but these factors have less proportion (from 25.22%), other causes account for less percentage.

Difficulties when participating in extra-curricular sports training are subjective reasons such as lack of instructors, lack of money, unscientific training program, lack of determination, plan, etc. and objective reasons such as lack of training grounds and equipment and other causes make up a lot less.

CONCLUSION

The results of the study have evaluated the current situation of participation in extra-curricular sports by university students of Technical Universities in Thai Nguyen city such as the situation of participating in sports training, the situation of participating in sports by students, the situation of their favorite extra-curricular sports and the situation of organizing extra-curricular sports training. Especially, the study also found 77.92% of students wishing to participate in extra-curricular sports. Their favorite sports include Badminton (27.89%), Football (21.86%), Martial Arts (17.89%), Athletics (25.86%), Fitness (15.13%) and 73.38% of students choose to practice clubs

with instructors. Besides, the factors affecting students' participation in extra-curricular sports are difficulty in facilities (59.96%), difficulties in instructors (63.48%), boring extra-curricular sports program (50.52%) and lack of determination (39.78%), lack of plans (32.46%) and lack of time for training are also one of the difficulties but these factors is less (from 25.22%). The research results provide objective scientific bases for managers and teachers in organizing and developing extra-curricular sports for students in the University to contribute to the training of students more effective in the following years.

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