

# ASSESS THE ACTUAL SITUATION OF THE AWARENESS AND FACTORS AFFECTING EXTRA-CURRICULAR SPORTS ACTIVITIES OF STUDENTS AT THE UNIVERSITY OF DA NANG

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## Abstract:

Through understanding the situation of awareness and motivation to participate in extra-curricular sports activities of the students at the University of Da Nang, and at the same time pointing out the basic factors that affect the extra-curricular sport activities of students and thus propose measures to improve the effectiveness of these activities.

**Keywords:** Extra-curricular; Sporst; Students; University of Da Nang.

## INTRODUCTION

Extra-curricular sports activities are very important for the physical and mental health training for students after stressful study hours. In addition, these activities also provide students with a healthy spiritual life, creating excitement and passion for research and study. This research aims to understand the actual situation of extra-curricular physical training and sports activities of students of the University of Da Nang (UDN), thereby offering measures to improve the effectiveness of these activities. We have conducted surveys on the students, from the collected data, the results have shown the basic factors affecting the extra-curricular sports activities of students in the school.

## RESEARCH METHODS

The methods used in the study are: Method of analyzing and synthesizing documents, interviewing method and statistical mathematics method.

## RESULTS AND DISCUSSION

### 1. Actual situation of students' awareness of participating in extra-curricular physical training and sports activities

In order to understand and evaluate the awareness and needs of UDN's students about sports training as well as the issues of motivation to train sports, we conducted an

interview with 950 students in the university. Interview issues are given to assess the needs and attitudes of students towards physical training and sports. In addition, the issue of motivation to practice sports and the sports that students want to practice are evaluated through interview questionnaires. Interview results on the demand for physical training and sports showed that the reality of UDN is that the demand for physical training is still low (54.84%), while the remaining 45.16% are hesitant, and are not practicing.

From the actual situation of the students' extra-curricular physical training needs, we continue to understand the motivation of the students through interviews. The results showed that UDN students are motivated to participate in a variety of physical training, 33.68% of students want to practice sports to complete the modules; 24.12% of students want to participate in sports and physical training to exchange and expand relationships; 18.63%, students want to practice sports to get a good body; 14.53% of students want to practice sports to improve their physical fitness. The rest want to practice sports because of their interest in physical exercise (9.05%).

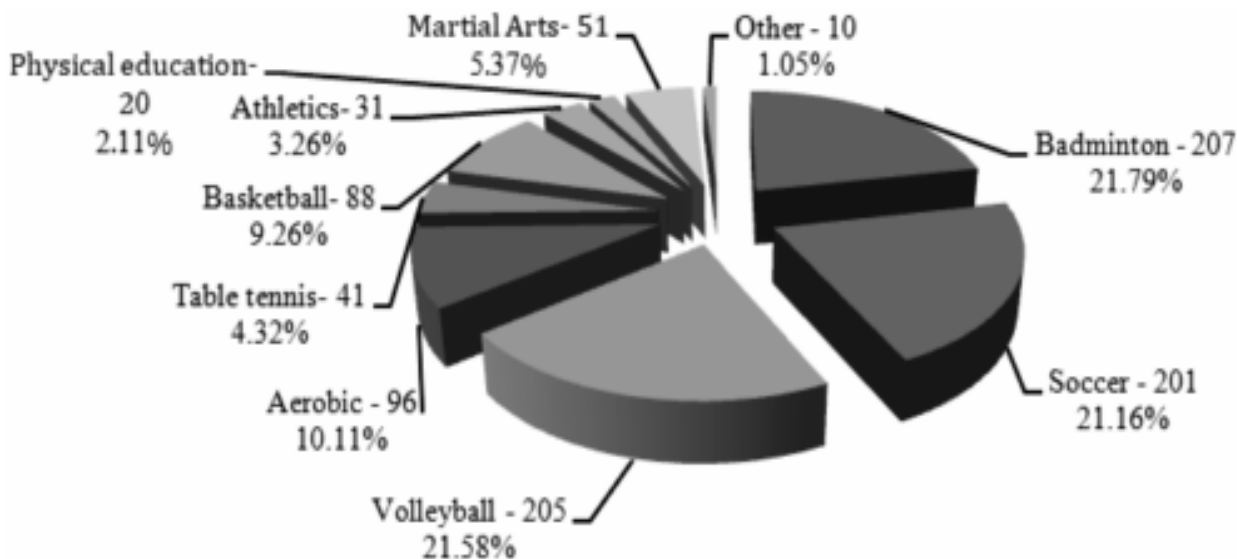
In fact, the motivation of students clearly reflects the characteristics of some universities such as the University of Economics - UDN,

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University of Foreign Languages Studies - UDN and University of Education - UDN with a large number of female students. Students want to go through sports activities to exchange, make friends, and most female students are afraid to

exercise, afraid of physical content so students also practice to finish the exam.

On this basis, we continue to investigate to find the sports that students in the school like and choose. Results are shown in chart 1:



**Chart 1. Sports which students are interested in practicing extra-curricular sports at school (n=950)**

The results in chart 1 show that we have identified a group of sports that students like and care about including: Badminton (21.79%), Volleyball (21.58%), Soccer (21.16%), Aerobic (10.11%), the rest of other sports accounts for a very low rate. This may partly be due to the fact that students have learned too much athletics and physical education during their time at lower study levels, on the other hand, due to the lack of attractiveness of these subjects to most practicers.

Regarding the number of times students participate in extracurricular sports activities during the week: The number of times and the amount of time in each time they participate in

extracurricular sports activities of the week is the first important criterion in developing an extra-curricular activities environment in school, which is also the base condition to ensure the physical development of students. The interview results are presented in Table 1.

Thus, the number of students participating in activities only 1-2 times / week and without a certain number accounted for over 70% has shown us the actual situation of the extracurricular physical training and sports activities of UDN's students is very low.

About the location of extra-curricular sports activities of students. Interview results show that students practicing at free sports areas in the school accounted for (38.74%); at the areas

**Table 1. Results of interviews about the number of sessions students participate in extra-curricular activities during the week**

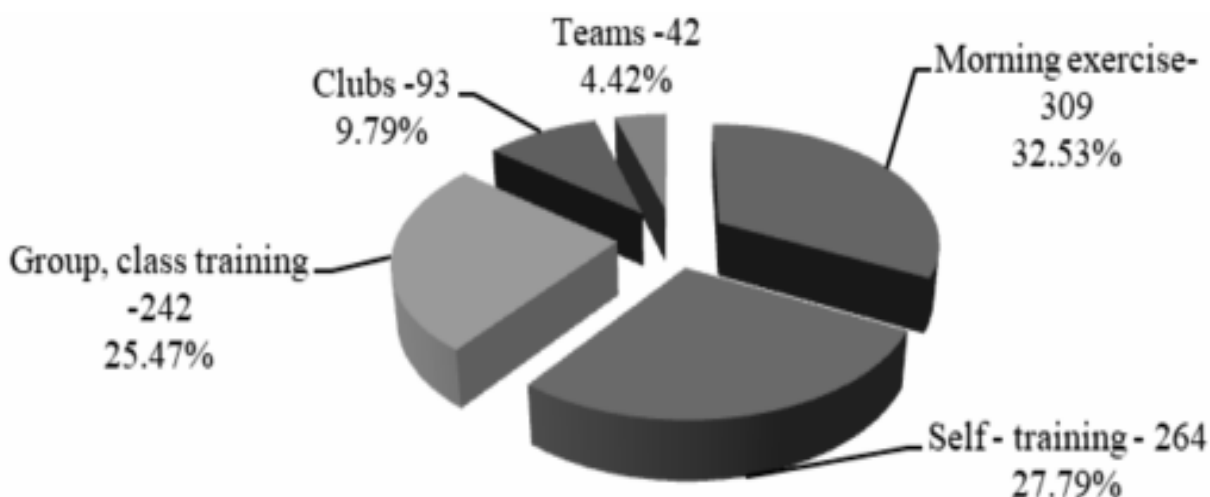
No.	Number of participating times	Male (n=400)	%	Female (n=550)	%	Total (n=950)	%
1	More than 5 times	40	10.00	36	6.55	76	8
2	3 – 4 times	78	19.50	85	15.45	163	17.16
3	1 – 2 times	199	49.75	331	60.18	530	55.79
4	No certain number of times	83	20.75	98	17.82	181	19.05

## ARTICLES

which cost fee in school accounted for (7.89%); in areas where there is space in school accounted for (25.68%); at the areas which cost fee outside the school accounted for (6.11%); at free areas outside of school like a park accounted for (21.58%). The above results are consistent with the conditions and characteristics of the daily life of students, they mainly choose free training space in school, which is both convenient and economical. Only a small number of students choose a fee-based training place, this also shows that the economic

condition of students is tight, mainly relies on their parents, on the other hand, it also reflects the investment in sports activities of the student is very low.

Regarding the form of participating in the exercise is presented in Figure 2: Due to the difficult conditions of courts and yards, the reality is that the most frequent practice form students choose is the morning exercise (32.53%), followed by self-training (27.79%) and group, class training (25.47%). As for other forms of training such as practicing in clubs,



**Chart 2: Participation forms in training (n=950)**

specialized teams accounted for a very low rate.

From the above survey results, we can see the fact that the extracurricular physical training and sports activities of our students are not really high. Although every year, the Youth Union Executive Committee and the Students Association Executive Committee also launch and organize school-wide sports competitions in subjects such as Soccer, Badminton, Volleyball ... Besides, in each department there is a separate sports tournament to facilitate students to interact, learn and entertain after stressful study hours. However, these common and private activities have not really attracted the participation of the majority of students.

### **2. Factors affecting extracurricular physical training and sports activities of students**

The survey results show us that both subjective and objective factors have great influences on extracurricular physical training

and sports activities of UDN's students, specifically as follows:

**Subjective factors:** The subjective factors that have the biggest impacts on the students' extracurricular physical training and sports activities are the students' needs and motivations for these activities. Based on the results of random interviews of 950 students showed that only 54.84% of the students interviewed were willing to practice sports and up to 33.68% of the students asked said that they practice sports only for the purpose of taking the final exam. Thus, even the students themselves are not aware of the role and effects of sports practice on their physical fitness and spiritual life. This is the biggest subjective factors affecting extracurricular physical training and sports activities of students.

**Objective factors:** The survey results presented in Figure 3 show that the factors that are considered to affect extracurricular physical

training and sports activities of the student are firstly the lack of time (18,42%) because part of the school curriculum is time-consuming and the students have to work part time, followed by courts and yards conditions (17.47%) and training equipment (15,26 %) This is still a difficult issue for the school now. Next is the lack of guiding force in exercising activities, which are trainers and instructors of sports and physical education (13.58%). Next is the lack of funding (11.16%), so the survey results showed that up to 38.74% of students asked chose a free training place in the school, which is both

convenient and economical. Therefore, investing in facilities for extra-curricular physical training and sports activities of students is also a matter of attention and investment. In addition, there are other objective factors affecting extra-curricular activities of students such as the influence from the media, the influence from family and friends, the influence from famous athletes ... Therefore, Students have the right to choose the content they like, which gradually enhances their learning motivation. To some extent it also affects the enthusiasm of students participating in extra-

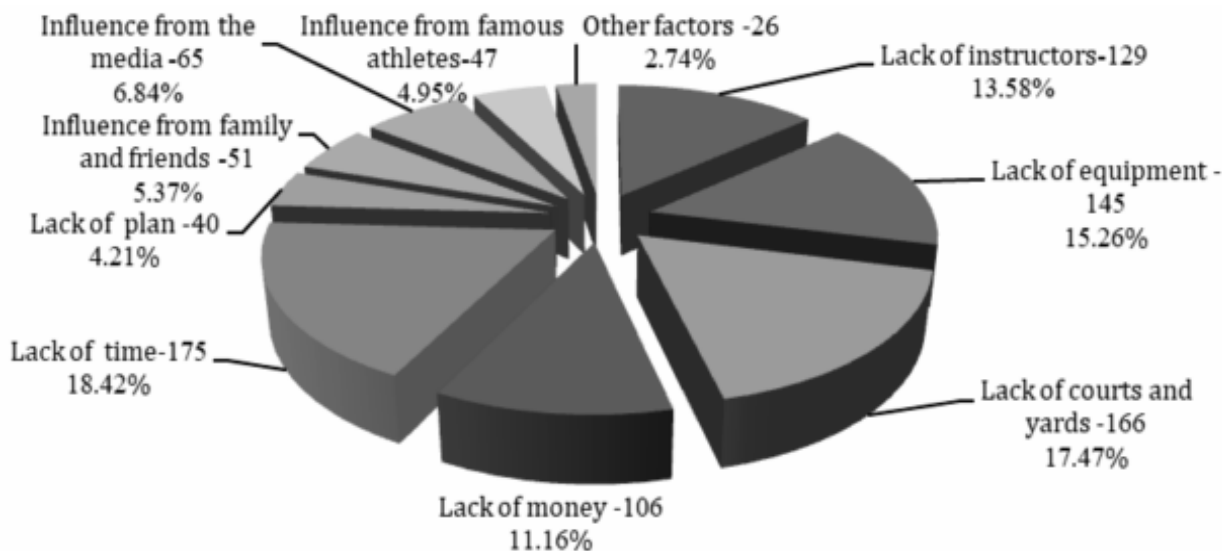


Chart 3. Factors affecting extra-curricular activities of students

curricular activities.

**3. Measures to enhance extracurricular physical training activities for UD's students**

From the above reasons, we have shown two groups of basic measures suitable to the actual conditions of the school, specifically as follows:

**The first group of measures:** Actively propagating and raising awareness about the role and effects of sports for students to help students understand and properly be aware of the role, position and meaning of sports in comprehensive human development. From that students will consciously participate in the training to improve health and build a healthy lifestyle. Closely coordinating with Departments, Boards, organizations such as Training Department, Student Affairs Department, Youth Union ... organizing political politics and ideology education classes, propaganda to raise students'

awareness about the role, meaning, effects of sports activities on human health. Communicate further about the responsibility of the younger generation in improving health, develop physical fitness, train and develop basic exercising skills in life, contributing to the formation of personalities, moral qualities, will and build a civilized and healthy lifestyle; Organizing contests to learn about sports and physical education on the occasion of Vietnam Sports Day, March 27, launching the contest "Studying and training the body following the example of Ho Chi Minh" ...; Strongly propagating sports and physical exercises in various forms by publishing information and photos of the school's physical training activities on the news of the school, faculties, websites to create a positive physical training environment, stimulating the practice spirit of students.



**A volleyball class at Bac Ninh Sports University (photo by: upes1)**

**The second group of measures:** Diversify sports activities, establishing sports clubs according to students' interests and in accordance with the University's facilities. These clubs operate under the direction of the PE lecturers, Youth Union, Students Association, operate on a weekly schedule and in accordance with the club's general regulations, thereby attract students to the favorite sports activities as desired. Promote the sports movement of the school to become more and more developed and strong. Develop a plan to organize annual competitions in the year at the department and school levels. Through these activities, students are attracted to practice and compete in physical education and sports competitions, and talented athletes are selected as the core of the school's sports and physical education teams. There is a timely reward policy for individuals and collectives that have contributed to the school's sports movement. Strengthen the organization of exchanges with other schools, sending teams to participate in tournaments to promote the position of UDN.

### CONCLUSION

The actual situation of students' awareness of the needs and motivations to participate in extracurricular activities of UDN's students is not high. This is the biggest subjective factor

affecting extra-curricular physical training and sports activities of students. Extra-curricular physical training and sports activities of students are not regular, has not yet become a habit of many students. Objective factors such as lack of time, lack of courts, yards and equipment ... are one of the causes of this situation. To improve the quality of extra-curricular activities of the school, we have identified two groups of basic measures suitable with the actual conditions of the school.

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