

# IDENTIFY THE BASIC REASONS FOR LIMITING SELF-AWARENESS AND MOTIVATION OF STUDENTS OF PEOPLE'S SECURITY ACADEMY DURING PHYSICAL EDUCATION CLASS

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## Abstract:

Through interviews with students and lecturers at the People's Security Academy, the topic identifies 14 main reasons that limit the self-awareness and activeness of students of the People's Security Academy in Physical education classes belong to 3 groups: The caused by student (05 causes), the Caused by teacher (05 causes) and the caused by the manager (4 causes).

**Keywords:** Causes, self-awareness, activeness, Education hours, People's Security Academy.

## INTRODUCTION

Physical education (P.E) in the University is an important educational aspect and indispensable in the course of education and training, contributing to the implementation of the goals: Enhancing the intellectual level, fostering human resources, training talents for country, as well as for every citizen, especially the young generation with high intellectual development, physical strength, spiritual richness, and morality to meet the needs of change, new career of socio-economic development of the country.

In order to improve the quality of education hours, self-discipline and active learning of students are extremely important. However, in reality, the public education at the People's Security Academy, students are not really self-conscious, actively learning, so the learning results are not high. In order to have an accurate basis to influence the solutions of improving students' self-awareness and activeness in general education classes, we proceed to identify the underlying reasons for limiting self-awareness and positive students of People's Security Academy during the P.E lesson.

## RESEARCH METHODS

The research process uses reference materials, pedagogical observation method, interview method, pedagogical test method and statistical math method.

Interviews and surveys were conducted on

256 students and 10 lecturers at the People's Security Academy, time of survey: School year 2017-2018.

## RESULTS AND DISCUSSION

Self-awareness and activeness play a very important role in the educational sector. This is one of the five principles in P.E (positive self-discipline is the leading principle, is a common premise to implement other principles of P.E). Because the education process can only be effective when the trainee has a good sense of hard work, actively learning, trying to self-consciously complete his / her tasks. This is an indispensable factor in doing educational work to improve the effectiveness of teaching.

Learning the basic causes will limit of self-awareness and positive behavior of the People's Security Academy students during the PE lesson. Based on the theoretical basis of self-awareness and being systematized in Chapter 1 and the above mentioned situations, the thesis has analyzed and synthesized according to the logic of the research process and gave 17 principles. We conducted interviews with students (256 people) and teachers (10 people).

Based on the results of interviews with students and teachers, the topic identified 14 reasons that limit the self-awareness and achievement of the People's Security Academy students during the P.E lesson into 3 groups.

### Group of causes belonging to students:

+ Not aware of the role of the subject.

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- + Not interested in the lesson.
- + Students do not really try to study, they learn to cope with exams.
- + Absences from school for no reason.
- + The awareness of self-training is not good.

According to the topic, this group of causes originates first from students' inadequate awareness of the subject, then it affects the psychology that makes them not interested in the lesson, lazy and do not want to study, just learn to cope with exams. Besides, some students are weak due to poor health, so the P.E becomes a burden ...

### Group of causes belonging to teachers:

- + The teacher is not strict
- + The method of organizing lessons of teachers is not reasonable.
- + Teacher's requirements for students in the class time is not high.
- + Teaching method is too hard and boring.
- + Teachers lack enthusiasm and attraction for students.

This group of causes has a significant influence on the problem of creating excitement as well as the positive self-discipline of students in the subject of compulsory education. This is due to the fact that the management mechanism of the higher management is not appropriate and partly because the teacher are not experienced enough in teaching, the position of the subject as well as the teacher of P.E considered. "Low" should directly affect the psychology of teachers so that they lessen the enthusiasm and passion for their career.

### The cause group belonging to the manager:

- + Students are less involved in the gymnastic movements of the Academy.
- + Optional content is not suitable for the interests and majority of students.
- + The conditions of facilities, equipment, and training tools are inadequate and obsolete.
- + The position of the subject is much lower than that of other subjects.

The group of causes greatly influences the students' self-discipline in the subject of compulsory education. At the same time it directly affects to the above two groups of causes.

According to the subject, whether the subject is preferred or not, whether it is of good quality or not depends on many factors. However, there are three main factors that determine the effectiveness (quality) of the subject and interaction with each others:

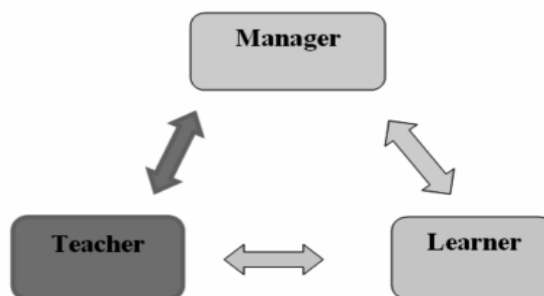


Diagram 1. Interaction in physical education

From the above analysis reasons, the topic is used as a basis for selecting appropriate measures to enhance self-awareness and positive learning in Physical Education classes of People's Security Academy students.

## CONCLUSION

The research process has identified 14 main reasons that limit self-awareness and self-motivation of the People's Security Academy students during physical education classes in 3 groups: Group of causes belonging to students (05 causes), group of cause belonging to teachers (05 causes) and group of causes belonging to managers (4 causes).

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