

CURRENT PARTICIPATION IN RECREATIONAL SPORTS ACTIVITIES AMONG HIGH SCHOOL STUDENTS IN HUE CITY

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Summary

This study evaluates the current state of participation in recreational activities, with a specific focus on recreational sports, among high school students in Hue City. The findings provide a scientific basis for proposing solutions to promote recreational sports, contributing to the improvement of the quality and effectiveness of Physical Education for high school students in Hue City.

Keywords: Recreational sports, exercise, high school students, Hue City.

INTRODUCTION

For students, especially those in high school, recreational activities are crucial for both mental and physical development. These activities help students acquire knowledge, develop life skills, shape their personalities, and provide essential relaxation. A lack of awareness about the importance of recreational activities has contributed to the excessive academic pressure students face, leaving them with little time and few opportunities for leisure. Moreover, their engagement in physical recreational activities remains limited. Many students spend significant amounts of time on video games, online entertainment, TV, and movies.

Recreational sports in Hue City, though still in the early stages of development, have shown promising progress with the establishment of various recreational sports centers. Health and fitness clubs have been formed in most sports centers and high schools across the city. Recreational establishments have also incorporated suitable sports activities to attract many participants. Therefore, it is essential to accurately assess the current state and impact of recreational sports activities to develop effective strategies for encouraging greater student participation.

RESEARCH METHODS

In this study, the following research methods were employed: literature review and synthesis; pedagogical observation; interviews; and statistical mathematical methods.

RESULTS AND DISCUSSION

1. Current participation in recreational activities by high school students in Hue City (Table 1)

The survey of 800 high school students from several schools in Hue City, as shown in Table 1, reveals that only 452 students engage in different kinds of recreational sports to varying extents—ranking 5th out of the 7-activity categories. This highlights that participation in recreational sports is still relatively low compared to other leisure activities.

2. Time spent on studying and school activities by high school students in hue city (Chart 1)

Survey results from 452 high school students in Hue City who participate in recreational sports (as illustrated in Chart 1) reveal that 60% of students spend 6 or more hours per day studying and participating in other school activities (excluding physical education). Only 39.8% of students spend less than 6 hours per day on these activities. This suggests that the significant amount of time students devote to studying and school-related activities limits their participation in recreational sports.

3. Timing and duration of participation in recreational and sports activities among high school students in hue city

The survey conducted among 452 high school students in Hue City on the timing and duration of their participation in recreational and sports activities revealed several key insights:

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Table 1. Participation in recreational activities by high school students in Hue City (n=800)

No	Type of recreational activity	Number of students	%	Rank
1	Watching movies	421	52.63	4
2	Listening to music	316	39.5	6
3	Reading books and newspapers	423	52.88	3
4	Playing video games	518	64.75	2
5	Browsing the internet	625	78.13	1
6	Engaging in recreational sports	452	56.5	5
7	Other activities	205	25.63	7

Time Spent by High School Students in Hue city on School Activities

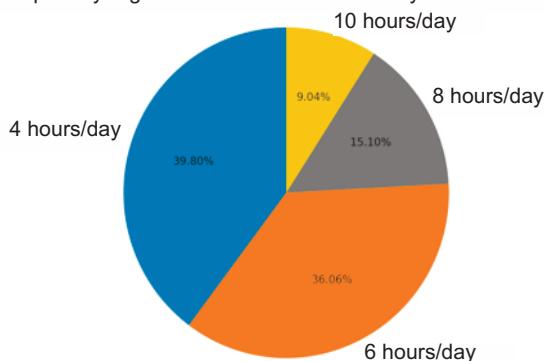


Chart 1. Time spent on studying and school activities by high school students in Hue City

- The most frequent time for students to engage in recreational activities is between 5:00 PM and 8:00 PM, with 65.04% of respondents indicating this time slot as their preferred participation period. The second most common time is after 8:00 PM, accounting for 22.57% of student responses. Morning participation ranked third, with 8.85% of students selecting this period. The least preferred time for recreational and sports activities was midday, with a mere 3.54% of students engaging during this period.

- Student participation is highest on weekends: Sunday (54.42%) and Saturday (37.41%). The remaining days of the week have a much lower participation rate, reflecting the reality in Hue City high schools where students follow a fixed schedule from Monday to Friday. This low participation during weekdays suggests a need for greater focus on increasing

opportunities for students to engage in sports activities throughout the week, not just on Saturdays and Sundays.

- The highest percentage of high school students in Hue City (42.53%) reported engaging in recreational sports for 60 to 90 minutes per session. This was followed by 36.25% of students, who participated for 30 to 60 minutes per session. A smaller proportion (16.35%) reported engaging for 90 to 120 minutes. The shortest duration of participation, less than 30 minutes, was the least common, with only 4.87% of students reporting engagement for this duration.

4. Current status of participation in recreational and sports activities among high school students in Hue City (Table 2)

Statistical findings presented in Table 2 indicate that among 11 recreational sports, five disciplines are most frequently engaged by high school students in Hue City: football (59.29%), basketball (47.79%), badminton (46.90%), running (34.95%), and swimming (27.43%). This data provides a foundation for selecting appropriate recreational sports club models with high participation rates, enabling further investigation into the impact of recreational sports on the physical development of high school students in Hue City.

CONCLUSION

The survey results highlight that the current level of student participation in recreational sports activities needs to be improved compared

Table 2. The types of recreational sports that high school students in Hue City participate in (n = 452)

No	Sport	Number of Participants	Percentage %	Rank
1	Football	268	59.29	1
2	Volleyball	20	4.24	10
3	Table Tennis	112	24.78	7
4	Basketball	216	47.79	2
5	Running	158	34.95	4
6	Martial Arts	60	13.27	8
7	Cycling	15	3.31	11
8	Badminton	212	46.9	3
9	Swimming	124	27.43	5
10	Gym/Fitness	55	12.17	9
11	Shuttlecock Kicking	120	26.55	6

to other forms of entertainment. So, it is essential to implement well-structured, diverse, and engaging recreational sports programs to attract more student involvement.

The majority of students opt to participate in recreational sports activities between 5:00 PM and 8:00 PM, with Saturdays and Sundays being the most preferred days for such activities. Consequently, in establishing recreational sports clubs, careful consideration must be given to selecting optimal time frames and days to ensure the effective promotion and development of recreational sports within this demographic.

The focus of high school students in Hue City is predominantly on a few sports, particularly football, basketball, badminton, and running. Therefore, it is critical to ensure the availability of adequate infrastructure and resources to support student engagement in these sports. Additionally, there is a need to broaden the range of recreational sports offerings to further stimulate student participation and foster a more comprehensive engagement in physical activities.

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