

SEVERAL MEASURES TO ENCOURAGE WOMEN IN HO CHI MINH CITY IN TAKING PHYSICAL EXERCISES

Pham Thi Le Hang¹
To Xuan Thuc²

Abstract:

The movement of women's physical exercising in HCMC is now progressing better but there are still some certain obstacles. We have conducted a interview with 1,020 women who are practicing sports and physical exercises in groups, classes and sports clubs in some districts in Ho Chi Minh City to seek incentives, create favorable conditions for women to do exercises more often.

Key words: Women, measures, doing exercises.

INTRODUCTION

In Vietnam, the statistics show that more than 80% of women not only have to take on the social works but also household chores. Working as a worker, citizen, mother, first teacher of humanbeing, the ability and working conditions, health, life materials and spiritual life of women influence profoundly to the development of future generations. Therefore, the "Improving the quality of material and mental life of women ...", creating favorable conditions for women to participate in sports and physical training to maintain and improve health ... is very necessary and urgent which the government pay special attention to.

Conducting the research named; Several measures to encourage women in ho chi minh city in taking physical exercises, we look forward to seeking reasonable measures to encourage and facilitate the movement of doing exercises of Ho Chi Minh city's women to be more and more developed.

Research subjects include 1,020 women who are participating in regular physical training at sports teams, clubs, parks, cultural houses ... in the districts of Ho Chi Minh City.

RESEARCH METHODS

To solve the research task, the topic uses methods of analysis and synthesis of materials, indirect interview methods and statistical methods – SPSS

RESULTS AND DISCUSSION

The results of statistics of 850 valid questionnaires collected (through 1,020 votes) of the women participating in sports training showed that the measures to encourage physical exercising for women in HCMC are disposed according to the priority order (interviewees only selected one major measure):

The method of "Propagandize" (41.4%) and "Increase exercise facilities " (27.9%) were selected by the majority of women in sports training, the remaining measures accounted for quite low rate.

The above results showed that the solution "Promoting the propaganda on the benefits of physical training and sports" helps women understand the benefits, and the effects of exercise for themselves is the most important measure in encouraging women to participate in regular physical training. In addition, the solution to "expand and develop more exercise

1. PhD, Ho Chi Minh City University of Pedagogy

2. PhD, Bac Ninh Sport University

Table 1. Encourage solutions to promote exercise (n=850)

No.	Solutions	Frequency	Proportion
			(%)
1	Propagandize	352	41.40
2	Expand and develop more exercise facilities	237	27.90
3	Free initial training time	110	12.90
4	Reduce fee	51	6.00
5	Increase the number of competitions	37	4.30
6	Increase the number of coaches	27	3.20
7	Put on competing standards	20	2.40
8	Give tutorial on TV	11	1.30
9	Others	5	0.60
Total		850	100%

facilities" and "fee exemption and reduction ..." when practicing are also considered by many women as effective training encouragement measures. The remaining incentive measures of physical training and sports have a much lower selection rate.

In order to better evaluate the measures to encourage HCMC women to participate in

physical training and sports, we have examined the relationship between training measures and occupational factors, family background and the residences of women today. After collecting 850 valid responses and processing by the crosstables procedure with the support of SPSS statistical software, we received the following information:

Table 2. Encourage solutions and Jobs

No	Solutions	Jobs							Total
		Retired women	State employees	Employees of joint ventures or foreign companies	Production workers or private service workers	Pupils and students	Agricultural production	Others	
1	Increase the number of coaches	1 (1.7%)	3 (1.6%)	7 (7.5%)	8 (5.3%)	6 (5%)	0 (0%)	2 (0.9%)	27
2	Propagand-ize	37 (62.7%)	75 (39.7%)	29 (31.2%)	57 (37.5%)	36 (30.3%)	3 (100%)	115 (49.1%)	352
3	Free initial training time	6 (10.2%)	18 (9.5%)	10 (10.8%)	21 (13.8%)	22 (18.5%)	0 (0%)	33 (14.1%)	110
4	Expand and develop more exercise facilities	13 (22%)	56 (29.6%)	35 (37.6%)	38 (25%)	35 (29.4%)	0 (0%)	59 (25.2%)	236
5	Reduce fee	1 (1.7%)	14 (7.4%)	5 (5.4%)	12 (7.9%)	11 (9.2%)	0 (0%)	8 (3.4%)	51
6	Increase the number of competitions	1 (1.7%)	12 (6.3%)	1 (1.1%)	7 (4.6%)	5 (4.2%)	0 (0%)	11 (4.7%)	37
7	Put on competing standard	0 (0%)	7 (3.7%)	3 (3.2%)	3 (2%)	3 (2.5%)	0 (0%)	4 (1.7%)	20
8	Give tutorial on TV	0 (0%)	2 (1.1%)	3 (3.2%)	3 (2%)	1 (0.8%)	0 (0%)	2 (0.9%)	11
9	Others	0 (0%)	2 (1.1%)	0 (0%)	3 (2%)	0 (0%)	0 (0%)	0 (0%)	5
Total		59 (100%)	189 (100%)	93 (100%)	152 (100%)	119 (100%)	3 (100%)	234 (100%)	849
chi_square χ^2 tests									
Value χ^2					Degrees of freedom			P	
76,372					48			0.006	



Regular physical exercise is good for women's health

2.1. Encourage solutions and Jobs

The analysis (Table 2) shows that the measure of Promoting propaganda about the benefits of sport training is the highest chosen by the group of farmers (agricultural production) (100%). The second position is the retired group with 62.7%, the Others ranked third with 49.1%. The remaining groups were arranged in descending order is the State employees group 39.7%, the production workers or private service workers group 37.5%, the Employees of joint ventures or foreign companies group 31.2%, 30.3% for Pupils and students. The above results show that besides being the high proportion of the retired group, the "Promoting propaganda" measure is vitally important to encourage women in agricultural production group to participate in physical training. It can be understood that the access to the information of the agricultural production group compared to other occupational groups is more limited, so that their awareness of the benefits of physical training for themselves is not sufficient. This is one of the important reasons that restrict their participation in regular physical training.

For the measure "Expand and develop more exercise facilities", the highest percentage chosen belongs to Employees of joint ventures or foreign companies group (37.6%), the second group is State employees (29.6%) and the one ranked third is the group Pupils and students

(29.4%). The other groups are Others (25.2%), Production workers or private service workers group (25%), Retired women (22%) and Agricultural production (0%).

To the Employees of joint ventures or foreign companies group, because most of them are young women, "health and beauty" sports such as aerobics, gymnastic ... are usually selected by this group. In the context of limited exercise facilities, it is understandable that the measure of expanding and increasing exercise facilities with the purpose of meeting the upsurge of needs of women of the Employees of joint ventures or foreign companies group are specially concerned by this group.

To the measure of 'Free initial training time,' the group selected the most (18.5%) is Pupils and students, the Others group (14.1%) ranked second and the the production workers or private service workers group (13.8%) ranked third. The next groups are Employees of joint ventures or foreign companies group (10.8%), Retired women group (10.2%), State employees (9.5%) and Agricultural production (0%).

As most of the students are still studying, living depends on the family, it is reasonable that the measure "free initial training fee" when participating in sports training take up the high proportion. Similarly, this result is also repeated for the "fee reduction" measure when the highest rate of selection also belongs to the group of students.

Table 3. Encourage solutions and family background (n=846)

No.	Measures	Family background		Total
		Single	Married	
1	Increase the number of coaches	16 (4.5%)	11 (2.2%)	27
2	Propagandize	119 (33.5%)	232 (47.3%)	351
3	Free initial training time	44 (12.4%)	65 (13.2%)	109
4	Expand and develop more exercise facilities	112 (31.5%)	125 (25.5%)	237
5	Reduce fee	24 (6.8%)	26 (5.3%)	50
6	Increase the number of competitions	20 (5.6%)	16 (3.3%)	36
7	Put on standard emulation	18 (5.1%)	2 (0.4%)	20
8	Give tutorial on TV	2 (0.6%)	9 (1.8%)	11
9	Others	0 (0%)	5 (0.6%)	5
	Total	355 (100%)	491 (100%)	846
chi_square χ^2 tests				
Value χ^2		Degrees of Freedom		P
44.12		8		0

For the State employees group, due to the fact that the mass activities are close-knit and more comprehensive than other groups, the measure of increase the number of competitions which has the high selection rate is also reasonable.

2.2 Encourage solutions and family background

The analysis (Table 3) shows that the proportion of married women is higher than that of the unmarried group in the practice encourage solutions such as: Propagandize (47.3%), Free initial training time (13.2%), Give tutorial on TV (18%), Others (0.6%).

Unmarried women (single group) accounted for the highest percentage of the remaining workout encourage solutions: 31.5% Increase exercise facilities, 6.8% Reduce fee, 4.5% Increase the number of coaches, (5.6%) and practice in standard emulation (5.1%)

The above results show that married groups are more interested in making enquiries about the benefits of exercise than married couples, the evidence is married group take a high proportion of "propaganda" and "Give tutorial on TV" measures. In addition, due to the calculation for the family's expenses, the "free initial training time" measures in the workouts are also more interested in this group.

In contrast, that the unmarried group has a high rate of choice of " Increase the number of coaches ", " Increase exercise facilities " and " Increase the number of competitions " proves that this group is more concerned with the condition and the quality of doing exercise.

Inspection results also show that the differences between the proportion of those measures to encourage exercise practice and family background factors is statistically significant ($P < 0.05$). Therefore, it can be concluded that there is a relationship between family circumstances and measures to encourage women to participate in physical exercise.

2.3 Encourage solutions and residences

Analysis of research results (Table 2.4) shows that the measure of "Promoting propaganda" on the benefits of doing exercises were highest among the women in District 7 (58.1%) and followed by the Cu Chi District (53.45%) and District 1 (48.2%). The remaining groups were arranged in descending order is District 5 (45.5%), Thu Duc District (42.2%), Districts 4 (40%) and Phu Nhuan District (29.8%).

The highest percentage of women in the suburban districts (District 7) and the suburbs (Cu Chi) for the "Promoting propaganda" measures shows that the difference in the

Table 4. Incentive measures and residence (n=850)

No	Solutions	Residences							Total
		Cu Chi District	Phu Nhuan District	District 1	District 4	District 5	District 7	Thu Duc District	
1	Increase the number of coaches	4 (5.5%)	11 (3.7%)	4 (2.3%)	0 (0%)	4 (4.5%)	0 (0%)	4 (4.8%)	27
2	Propagandize	39 (53.4%)	88 (29.8%)	84 (48.3%)	30 (40%)	40 (45.5%)	36 (58.1%)	35 (42.2%)	352
3	Free initial training time	10 (13.7%)	36 (12.2%)	25 (14.4%)	17 (22.7%)	11 (12.5%)	7 (11.3%)	4 (4.8%)	110
4	Increase exercise facilities	8 (11%)	114 (38.6%)	47 (27%)	13 (17.3%)	20 (22.7%)	9 (14.5%)	26 (31.3%)	237
5	Reduce fee	5 (6.8%)	18 (6.1%)	1 (0.6%)	10 (13.3%)	7 (8%)	7 (11.3%)	3 (3.6%)	51
6	Increase the number of competitions	5 (6.8%)	10 (3.4%)	7 (4%)	2 (2.7%)	5 (5.7%)	1 (1.6%)	7 (8.4%)	37
7	Put on standard emulation	0 (0%)	14 (4.7%)	1 (0.6%)	0 (0%)	1 (1.1%)	0 (0%)	4 (4.8%)	20
8	Give tutorial on TV	2 (2.7%)	1 (0.3%)	5 (2.9%)	1 (1.3%)	0 (0%)	2 (3.2%)	0 (0%)	11
9	Others	0 (0%)	3 (1%)	0 (0%)	2 (2.7%)	0 (0%)	0 (0%)	0 (0%)	5
	Total	73 (100%)	295 (100%)	174 (100%)	75 (100%)	88 (100%)	62 (100%)	83 (100%)	850
chi_square χ^2 tests									
Value χ^2				Degrees of Freedom				P	
127.92				48				0	

development of the economic, politics and society .. between urban districts and peripheral and suburban areas affects the limited information and awareness of people in the peripheral and suburban districts about health. Therefore, it is reasonable that the need to "promote propaganda ..." about the benefits of training sports occupies a high proportion in District 7 and Cu Chi District.

The high rate of selection of the "Increase exercise facilities" measure is mostly in urban districts. The specific rates arranged in descending order are Phu Nhuan District (38.6%), Thu Duc District (31.3%), District I (27%), District 5 (22.7%), District 4 (17.3%), District 7 14.5%) and Cu Chi (11%). This shows that due to the high density of population in the urban districts which leads to the proportion of people participating in physical training is often high, so the need to build and expand more facilities to meet the movement is sensible.

With the "Free initial training time" method, the women's group in District 4 had the highest percentage of respondents (22.7%), followed by District 1 (14.4%), Cu Chi (13.7%), District 5

(12.4%), Phu Nhuan (12.2%), District 7 (11.3%) and Thu Duc (4.8%). It can be state that the majority of women participating in regular physical training in District 4 are workers with limited income, so the demand for "free" is more interested in other districts. This is also repeated for the "Reduce Fee" incentive, when District 4 had the highest rate of 13.3%.

The incentive measures such as: Increase the number of coaches, Give tutorial on TV, Put on standard emulation ... also affect the regular exercising of women, however they do accounts for a more lower rate than others.

Inspection results showed that the difference of the measures to encouraging workout and residence is statistically significant ($P < 0.05$). Thus, there is a link between the incentives and the residence of the women who participate on doing exercises.

CONCLUSION

From the above analysis, it is possible to draw the following conclusions:

1. Encouraging women in HCMC to participate in physical training and sports can be used in a variety of ways, including "Promoting

the propaganda and education about the benefits of physical training" which is a highly effective measure (41.4%). Other measures are arranged in the following order:

Expanding and developing more physical training and sport establishments

Setting up more free training classes for the first time

Reduction of training fees for sports training classes

Regularly organizing competitions and sports events for women

Increasing the number of coaches for training

Including regular sports training contents in the standards of emulation

Promoting instruction on physical training and sports on television

2. The relationship between exercise encouragement and other factors:

- For jobs factor: "Promoting the propaganda and education about the benefits of physical training" is more appreciated by women in agricultural production and retirement than in other groups. "Expanding and developing more physical training and sports establishments", "Increasing the number of guides for training" and "Promoting instruction on physical training and sports on television" are the measures chosen by employees of joint ventures or foreign companies. "Regularly organizing competitions and sports events for women" and "Including regular sports training content in the standards of emulation" are two selections of state employees. Students have a tendency to select "Setting up more free training classes for the first time" and "Reduction of training fees for sports training classes".

- For family background factor: "Expanding and developing more physical training and sport establishments", "Reduction of training fees for sports training classes", "Regularly organizing competitions and sports events for women", "Increasing the number of guides for training" and "Including regular sports training content in the standards of emulation" are chosen by a large group of unmarried women; in addition, with the group of married women, "Promoting the propaganda and education about the benefits

of physical training", "Setting up more free training classes for the first time" and "Promoting instruction on physical training and sports on television" has a higher rate of choice.

- For the residences factor: "Promoting the propaganda and education about the benefits of physical training" and "Promoting instruction on physical training and sports on television" are the two highest rated options selected by women living in District 7, "Increasing the number of coaches for training" is the most chosen measure of women living in Cu Chi District, the "Setting up more free training classes for the first time" and "Reduction of training fees for sports training classes" have the highest rate of selection by women living in District 4, "Expanding and developing more physical training and sport establishments" was selected most by women living in Phu Nhuan District, women living in Thu Duc district tend to choose following measures: "Regularly organizing competitions and sports events for women" and "Including regular sports training content in the standards of emulation".

REFERENCES

1. Do Van Thang, Phan Thanh Huan (2003), SPSS curriculum, VNU-HCM Publishing House.
2. Nguyen Thiet Tinh (1993), Scientific research methodology in sports, Sports Publishing House, Ha Noi.
3. Do Vinh – Huynh Trong Khai (2008), Statistics in sport, Sports Publishing House, Ha Noi.

(Received 19/6/2017, Reviewed 16/8/2017,
Accepted 28/11/2017

Main responsible: Pham Thi Le Hang
Email: phamlehang66@yahoo.com)