

REALITY OF CONTENT, FORMS AND DEMAND FOR SPORTS EXTRA-CURRICULAR ACTIVITIES BY STUDENTS IN HANOI SECONDARY SCHOOLS

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Abstract:

Using the common scientific research methods, the study has assessed the real situation of content, form and demand for sports extra-curricular activities by students in Hanoi secondary schools. The results show that the content and form of extracurricular exercise of the students are diversified, plentiful and dispersed in both men and women, in which the degree of dispersion in men is higher than women. There is a high rate of students who have never participated in sports extra-curricular activities have demand for training. This is a positive factor for the development of extra-curricular sports at schools.

Key words: Real situation, extra-curricular activities, clubs, Karate, students, secondary schools, Hanoi...

INTRODUCTION

In recent years, sports movement at schools has made remarkable progress. However, besides the achieved results, in several education institutions, the physical education in the schools has not been paid appropriate attention. Sometimes, it is even slightly disregarded and unequal in comparison to other subjects. In order to have the basis for applying measures and solutions to improve the physical education performance in schools at all levels, evaluation of the real situation of the content, form and demand for extra-curricular activities for students is a necessary. Therefore, we conducted the research: "Reality of content, form and demand for sports extra-curricular activities by students in Hanoi secondary schools ", as the basis for the application of solutions to enhance the performance of sports extra-curricular activities for students in Hanoi secondary schools.

RESEARCH METHODS

The study has used the following research methods: Document references, pedagogical observation, sociological investigation and mathematical statistics.

The study has conducted the sociological investigation on 3,645 students of 44 secondary schools of 12 districts in Hanoi by questionnaires and through collaborators who are physical education teachers at schools

RESULTS AND DISCUSSION

1. Real situation of rate and content of sports extra - curricular training by secondary school students in Hanoi

We have conducted a survey on the real situation of sports extra-curricular training by students at secondary schools in Hanoi by interviewing 3,645 students in 44 secondary schools of 12 districts in Hanoi by questionnaires. The students include 1,877 male and 1,768 female. The results show that:

- The rate of students participating in sports extra-curricular training is about 54.60% of the total students, in which the rate of male students is higher than female (approximately 5%).

- The most popular sports for men and women are Shuttlecock, Martial Arts, Physical Education, Football, Volleyball, Badminton and Athletics. However, the rate of training the sports according to gender has significant difference. Specifically: The most favorite extracurricular

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sports by men is Football, Shuttlecock, Martial Arts, Badminton, Athletics and Physical Education. The most favorite ones by women are Shuttlecock, Physical Education, Martial Arts, Volleyball, Badminton and Athletics. Other sports have fewer students taking part in.

- When comparing the rate of students participating in sports training by the parameter, there is a difference between male and female students. We have gained a similar results as comparing comparing the rate of students participating in sports extra-curricular training ($P < 0.01$).

2. Real situation of form and organization of sports extra-curricular training by secondary school students in Hanoi

We have conducted an assessment on the real situation of form and organization of the sports extra-curricular training of secondary school students in Hanoi through interviews by questionnaires with 1,990 students participating in the training in 44 schools of 12 districts in Hanoi (including 1,076 male and 914 females). The results show that:

- The students have participated in the training under 6 forms: Morning practice, practice between classes, sports team, group - class practice, sports club and self- practice, in which self- practice is the most popular form. Forms of practicing in sports clubs and groups or class also have a large number of participants. The form has smallest number of students to participate in frequent training is practicing in sports teams.

- Analyzing the form of sports extra-curricular training by students by gender shows that the forms of morning practice, sports club and self- practice have rate of female participants more regular than male. Moreover, the form of practicing in groups or classes has the rate of male participants more regular than female. The forms of practice between classes and sports team has similar rate of male and female participants.

- In all forms of sports extra-curricular training as considered by specific gender or both male and female, the rate of frequent participants still smaller than the rate of infrequent

participants (sometimes or never practice). The difference have statistical significance at the threshold $P < 0.001$ when compared by parameter , exceptionally the form of morning practice, the difference have statistical significance at the threshold $P < 0.05$.

- There are 66.73% of students participating in sports extra-curricular training in the form of practice without instructor. The rate of students practicing in form of practice with instructor and combination form of practice with and without instructor is less than 25.00%. The participants of the form practice with instructor and the form of combination have mainly focused on the number of student practicing in sports clubs and sports teams. Other forms primarily practice in spontaneous manner.

3. Real situation of demand for sports extra-curricular training by secondary school students in Hanoi

The research has conducted the survey on the demand for sports extra-curricular training by secondary school students in Hanoi through interviewing by questionnaires with 3,645 students in 44 secondary schools of 12 districts in Hanoi, including 1,877 male and 1768 female students. The results show that:

- The rate of students who want to participate in sports extra-curricular training is much higher than the rate of students practicing the training in both men and women. The difference is over 20%. Thus, many students want to participate in the training but have not participated in. Having well known the reasons and proposed appropriate measures can attract more students to participate in the training. The rate of students who want to participate in the training and do not want to participate in training, as well as do not express clear opinion have different. This difference have statistical difference at threshold $P < 0.001$ when compared by parameter .

- The number of students who have demand for sports extra-curricular training is also much higher than the number of students practicing the training in both men and women. The rate of students who have demand for sports extra-curricular training also dispersed among subjects. The difference have statistical

significance at threshold $P < 0.001$ when compared by parameter.

- The demand for sports extra-curricular training by male students focuses on Football, Shuttlecock, Martial Arts, Athletics and Physical Education. Other sports have a lower degree of dispersion and. The lowest belongs to the Chess.

- The demand for sports extra-curricular training by male students focuses on Football, Shuttlecock, Martial Arts, Athletics and Physical Education. Other sports have a lower degree of dispersion and. The lowest belongs to the Chess.

- The largest demand for sports extra-curricular training by female students focuses Shuttlecocks, Martial Arts, Physical Education, Athletics and Volleyball. The difference between these sports is lower than of men.

- The demand for sports extra-curricular training by secondary school students have generally non-sexually concentrating in Shuttlecocks, Martial Arts, Athletics, Football and Physical Education, and other sports have smaller rate of demand. Especially, when examining the demand for participating in swimming, it is much higher than the number of people participating in actual practice. At the same time, each student often wants to participate in many sports. This is one of the special points as studying the demand for sports extra-curricular training by secondary school students in Hanoi.

- On the demand for practicing in sports clubs: The majority of male and female students (over 70%) has demand for practicing in sports clubs, demonstrating that this form of practice can develop in organizing the extra-curricular training for secondary school students in Hanoi. As comparing the difference in the results of the survey between men and women by the parameter, there is no statistically significant ($P > 0.05$).

CONCLUSION

1. Rate of students participating in sports extra-curricular training at secondary schools in Hanoi accounts for 54.60% of students on average, in which the rate of male students participating in the training is higher than that of females (approximately 5%). The most popular

sports for both men and women are Shuttles, Martial Arts, Physical Education, Football, Volleyball, Badminton and Athletics.

2. Secondary school students in Hanoi practice extra-curricular sports in 6 forms: Morning practice, practice between classes, sports team, group- class practice, sports club and self- practice, in which self- practice is the most popular form. The most frequent participants are self-training. The most common form of training organization is practice without instructor.

3. Analysis of the demand for sports extra-curricular training by secondary school students in Hanoi shows, the rate of students who has demand for sports extra-curricular training, (including those who have participated and want to participate) is relatively high. The favorite sports for practice by male students are Football, Shuttlecock, Martial Arts, Athletics and Physical Education. The favorite sports for practice by female students are Shuttles, Martial Arts, Athletics, Football and Physical Education. Students like to participate in sports extra-curricular training in the form of sports clubs with instructors.

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