

EVALUATE THE EFFECT OF EXPERIMENTAL EXERCISES ON THE QUALITIES OF KARATEDO ATHLETES IN VIETNAM NATIONAL YOUTH TEAM

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Abstract:

Based on the results of the research, the article highlights the positive effects of exercises for enhancing the qualities of Vietnamese young athletes after 10 months of experimentation in 2016. A scale (PYC-HK1) is used to measure athletes' qualities before and after the experimental.

Key words: Effects, Exercises, Qualities and will, Athletes, Karatedo.

INTRODUCTION

In order to develop a quality, an ability of an athlete one will design and apply appropriate exercises to influence the development of those elements. Exercises to improve the qualities of young Karatedo athletes are built and designed from the point of view above. The content and methods are directed towards the controlling process of exercising activities, emotional processes, volition and awareness to motivate athletes actively, thereby developing and completing personal characteristics necessary for intensive sports, enabling athletes to play steadily and persistently. In this article, we evaluate the effect of experimental exercise on the qualities of Karatedo athletes in Vietnam National Youth Team.

RESEARCH METHODS

The research methodologies used were: Theoretical research method; interview method; pedagogical experiments; pedagogical observation and mathematical statistics.

Measurement Tool: Using qualities measure scale PYC-HK1 consists of 59 variables that measure target aiming, self-control, decisiveness, patience; tenaciousness-bravery.

Assess method: Using the self-contrast comparison to test the average and ranking the qualities before and after experiments.

RESULTS AND DISCUSSION

- Describe sample

Statistical results of gender, age and level of the participants in the experiment show that gender ratio (male / female) in the sample is relatively equal ($\approx 50\%$). Gender distribution in the 16-year-old group only have females, no males, in the age group of 17 only have males, no females. The ratio of age groups in the experimental sample was similar ($\approx 25\%$). Athletes with no rank took the majority (77.4%), the rest of the athletes have ranks (22.6%).

- Average test before and after experiment (Table 1).

The average test results in Table 1 shows that:

The qualities average value before and after testing: Results analysis showed that the average differences (d) for all ages groups were positive ($d > 0$), indicating that the qualities average value after experiment is higher than before experiment (d from 0.35 to 0.91). From this result it was determined:

The average differences (x_d) of the qualities values were from 0.46 to 0.78, the highest was the target aiming ($x_d = 0.77$), the lowest was patience ($x_d = 0.47$), the other qualities had the average differences from 0.53 to 0.65.

The average differences of age-groups were from 0.54 to 0.69, with the highest is the 16-year-

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old-females ($x_d = 0.69$), followed by the 17-year-old-males ($x_d = 0.65$), the 15-year-old-female ($x_d = 0.55$), the lowest were 15-year-old-males ($x_d = 0.54$).

The average differences of the qualities all have $t_{\text{calculated}} > t_{\text{control}}$ ($P < 0.05$). This result shows

that after the experiment, the average differences of the qualities has a significant growth compared with the previous experiment with $P > 0.95$ reliability.

- Qualities ranking before and after experiment (Table 2).

Table 1. Average differences test results

Qualities	Gender - Age	Before	After	d	$t_{\text{calculated}}$	t_{control}	P
Target Aiming	Male 15 years old	3.23	3.98	0.75	9.82	2.36	<0.05
	Female 15 years old	3.12	3.73	0.61	9.87	2.45	<0.05
	Female 16 years old	3.65	4.47	0.82	9.93	2.36	<0.05
	Male 17 years old	3.2	3.97	0.91	6.46	2.36	<0.05
Self-control	Male 15 years old	3.29	3.81	0.52	5	2.36	<0.05
	Female 15 years old	3.09	3.65	0.56	8.62	2.45	<0.05
	Female 16 years old	3.38	4.14	0.76	11.25	2.36	<0.05
	Male 17 years old	3.3	3.97	0.67	9.38	2.36	<0.05
Decisiveness	Male 15 years old	3.26	3.68	0.42	3.07	2.36	<0.05
	Female 15 years old	3.19	3.66	0.47	7.56	2.45	<0.05
	Female 16 years old	3.54	4.13	0.59	7.3	2.36	<0.05
	Male 17 years old	3.35	3.97	0.62	9.5	2.36	<0.05
Patience	Male 15 years old	3.51	3.86	0.35	3.67	2.36	<0.05
	Female 15 years old	3.22	3.74	0.52	5.55	2.45	<0.05
	Female 16 years old	3.45	4.04	0.59	4.72	2.36	<0.05
	Male 17 years old	3.42	3.85	0.43	4.03	2.36	<0.05
Tenacious – Bravery	Male 15 years old	3.21	3.89	0.68	6.33	2.36	<0.05
	Female 15 years old	3.33	3.92	0.59	5.61	2.45	<0.05
	Female 16 years old	3.57	4.25	0.68	8.04	2.36	<0.05
	Male 17 years old	3.29	3.91	0.62	7.74	2.36	<0.05

The results of qualities ranking in table 2 show that the difference ($d > 0$) is "excellent" and "good", ($d < 0$) is "fair, weak, poor". This indicates that the "excellent" and "good" ratings post-experimental have grown, and the "fair, weak, poor" ratings have been reduced, specifically:

The 16-year-old-females "excellent" rating increased in all qualities, the highest was the target aiming quality (+100%), the remaining qualities increased from (+37.5%) to (+62.5%). The "good" and "average" rating dropped from (-12.5%) to (-87.5%).

The 17-year-old-males "excellent" rating increased in all qualities, the highest was self-control (+50%), the remaining qualities increase from (+12.5%) to (+25%). The "good" rating

increased sharply and evenly, the highest was the tenaciousness - bravery (+62.5%), the remaining qualities increased from (+25%) to (+37.5%). The "fair and weak" ratings dropped from (-12.5%) to (-62.5%).

The 15-year-old-males "excellent" rating slightly increased, only in self-control and tenaciousness-bravery (+12.5%). The "good" rating strongly increased, the highest was the target aiming quality (+100%), the other qualities increased from (+37.5%) to (+75%). The "fair and weak" rating dropped sharply from (-12.5%) to (-100%).

The increase in 15-year-old-females rating was very small, only in tenaciousness – bravery (+28.6%). The "good" rating increased strongly in all of the qualities, the highest was self-

Table 2. Ranking qualities rates before and after experiment

Ages	Ratings	Target Aiming		Self-Control		Decisive		Patient		Tenacious Brave	
		Before %	After %	Before %	After %	Before %	After %	Before %	After %	Before %	After %
Male 15 (n=8)	Excellent				12.50						12.50
	Good		100.00	12.50	87.50	25.00	100.00	62.50	100.00	12.50	75.00
	Fair	100.00		87.50		62.50		37.50		87.50	12.50
	Weak					12.50					
	Poor										
Female 15 (n=7)	Excellent										28.60
	Good	14.30	85.70		85.70	71.40	85.70	14.30	85.70	42.90	57.20
	Fair	85.70	14.30	100.00	14.30	28.60	14.30	85.70	14.30	57.20	14.30
	Weak										
	Poor										
Female 16 (n=8)	Excellent		100.00		62.50		37.50		37.50	12.50	50.00
	Good	87.50		50.00	37.50	87.50	62.50	62.50	62.50	50.00	50.00
	Fair	12.50		50.00		12.50		37.50		37.50	
	Weak										
	Poor										
Male 17 (n=8)	Excellent		25.00		50.00		12.50		12.50		12.50
	Good	37.50	75.00	50.00	50.00	37.50	75.00	62.50	87.50	25.00	87.50
	Fair	50.00		50.00		62.50	12.50	37.50		62.50	
	Weak	12.50								12.50	
	Poor										
Difference		d		d		d		d		d	
Male 15 (n=8)	Excellent			12.50						12.50	
	Good	100.00		75.00		75.00		37.50		62.50	
	Fair	-100.00		-87.50		-62.50		-37.50		-75.00	
	Weak					-12.50					
	Poor										
Female 15 (n=7)	Excellent									28.60	
	Good	71.40		85.70		14.30		71.40		14.30	
	Fair	-71.40		-85.70		-14.30		-71.40		-42.90	
	Weak										
	Poor										
Female 16 (n=8)	Excellent	100.00		62.50		37.50		37.50		37.50	
	Good	-87.50		-12.50		-25.00					
	Fair	-12.50		-50.00		-12.50		-37.50		-37.50	
	Weak										
	Poor										
Male 17 (n=8)	Excellent	25.00		50.00		12.50		12.50		12.50	
	Good	37.50				37.50		25.00		62.50	
	Fair	-50.00		-50.00		-50.00		-37.50		-62.50	
	Weak	-12.50								-12.50	
	Poor										



Psychological training plays a very important role in the training of Karatedo athletes at all levels

control (+85.7%), the other will qualities increased from (+14.3%) to (+71.4 %). The "fair" rating dropped sharply from (-14%) to (-85.7%).

- Discuss the research results

By comparing, analyzing and testing average qualities, it shows that the average growth rate of males and females aged 15 is lower than the other two groups (16-year-old-females, 17-year-old-males). The reason can be explained by the following point: Majority of 15 year old athletes are new to training in the national team so it is difficult to adapt to living environment, living conditions, training programs, the amount of exercises, fatigue should affect the effectiveness of the exercises. In the process of training individual, characteristics such as age, experience also affect the effectiveness of the exercises, such as training one's patience needs long duration of training, equivalent to ages and a number of years of practice, psychological exercises will be more effective to people with more experience than young people with little experience, especially in qualities such as self-control, patience.

The discussion of the strong growth of target aiming quality vs. other qualities can explain this reason with the following point: From practical training shows the average reality of the pre-test objective is relatively low, the results of direct interviews on individual goals of athletes such as dreams, long-term goals, short-term goals, control, pursuit of goals. Most

athletes do not know how to define goals, and plan to achieve goals. From this practical point of view the topic has designed appropriate exercises to solve these problems. Early successes in accomplishing short-term goals motivate the athlete to continue to pursue long-term goals. The remarkable growth of the target aiming quality from the researcher's perspective is perfectly fitting.

CONCLUSION

The average growth and post-experimental PCYC ratings demonstrated the effect of exercise enhancements after 10 months of experiment, which influenced and improved the qualities and willpower of Karatedo athletes. National Youth Team of Vietnam.

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