



Sports activities for high school students in tra vinh city, Vietnam

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Abstract

The objective of this paper is to shed light on the current situation of sports activities at high schools in Tra Vinh, Tra Vinh Province, Vietnam. The research utilized the method of survey to both experts and high school students in Tra Vinh City to select 11 sports that best suit pupils' characteristics, needs as well as practical situations in the high schools. The chosen sports are volleyball, badminton, athletics, Pétanque, football, basketball, table tennis, shuttlecock kicking, swimming, Aerobicss, and chess.

Keywords: current situation, sports, Tra Vinh city

Introduction

Sports are an essential practice in schools since they help pupils develop their talents, physical fitness, and willpower. Furthermore, sports can tremendously impact students' behavioral as well as psychological development (Cortês-Neto, Alchieri, Miranda, & Dantas Cavalcanti, 2010; Costa, p Torregrossa, Figueiredo, & Soares, 2021) [6, 7]. A number of studies have found that sports have a favorable influence on students' academic performance as well (Batista & Delgado, 2013; Bastos, Reis, Aranha, & Garrido, 2015; Maciel, Folle, Souza, Vaz, 2017) [5, 4, 8]. Hence, integrating athletic practice and learning is critical at all levels of school (Storm & Eske, 2021) [9].

It has been proved that youngsters who participate in athletics tend to have better health and greater spiritual life. Sports activities may assist nurture a person's morals and personality naturally, such as team spirit, patience, persistence, and discipline. As a result, it cannot be denied that athletic activities have a positive impact on students' spiritual lives and personalities.

Renovating the content of school sports activities in the direction of diversity and practicality based on the current conditions of schools, psychophysiological characteristics, and age of students is one of the most important tasks that is mentioned in the plan for the development of physical education and sports in schools for the period of 2016 - 2020, with a vision to 2025, being promulgated under the Prime Minister's Decision No. 1076/QĐ-TTg, dated June 17, 2016. Sports activities have a highly rich content that might go beyond what is listed in the physical education

curriculum, especially those favored by students such as Aerobicss, dance, athletics, badminton, shuttlecock kicking, chess, martial arts, wrestling, swimming, etc. – extracted from the list of sports included in the Phu Dong Health Competition and other physical programs. Furthermore, it is crucial to thoroughly understand the current situation in order to offer appropriate sports activities to students in a particular region, which is the reason why the researchers would like to conduct a study on:

"Sports Activities For High School Students In Tra Vinh City, Vietnam"

Research methodology: document synthesis, survey, and statistical analysis.

Interviewees: 1168 students (770 boys, 398 girls) and 05 experts at high schools in Tra Vinh City, Tra Vinh province.

Results

A questionnaire was delivered to 1168 students and 05 experts in order to collect their responses on the appropriate physical training and sports activities for high school pupils in Tra Vinh City, Tra Vinh province. The results are shown as follows:

1. Results of expert surveys about the selection of sports activities for high school students in Tra Vinh City, Tra Vinh province.

The researchers conducted direct interviews with 05 physical education experts at 4 high schools in Tra Vinh City and the Department of Education and Training of Tra Vinh province. Their responses are summarized in Table 1.

Table 1: Results of expert surveys about the selection of sports activities for high school students in Tra Vinh City, Tra Vinh province (n=5)

Contents		Survey results	
		Quantity	%
Sport	Football	05	100.00
	Basketball	03	60.00
	Martial Arts	05	100.00
	Aerobics	04	60.00
	Volleyball	05	100.00
	Badminton	05	100.00

	Swimming	02	40.00
	Table tennis	04	80.00
	Athletics	05	100.00
	Shuttlecock kicking	05	100.00
	Bodybuiding	00	0.00
	Others	00	0.00

Table 1 indicates that The sports chosen by a majority of experts are considered popular among high school students, including football, volleyball, martial arts, badminton, athletics, and shuttlecock kicking. Table tennis and Aerobicss are selected

by 80% of experts, followed by basketball (60%), and swimming (40%), whereas bodybuilding is not voted by any professionals. Chart 1 below illustrates the results of the survey.

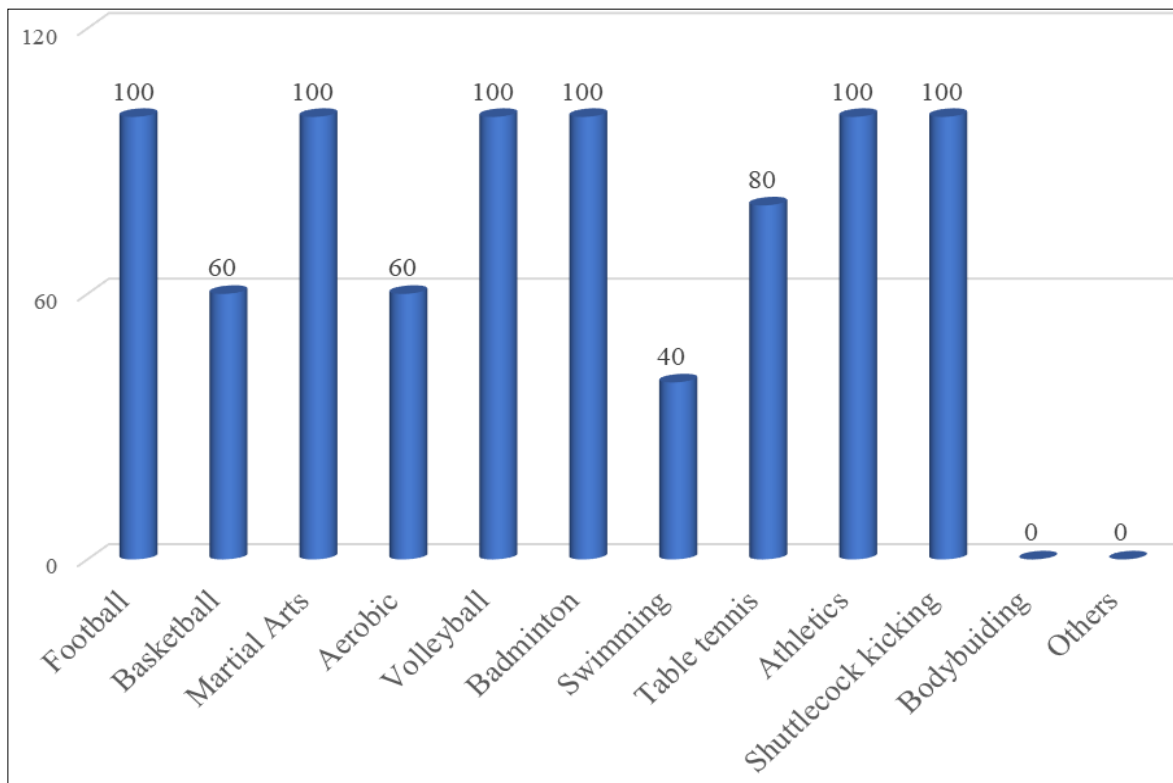


Fig 1: Results of expert surveys about the selection of sports activities for high school students in Tra Vinh City, Tra Vinh province

2. Results of student surveys about the selection of sports activities for high school students in Tra Vinh City, Tra Vinh province.

The research employed methods of sociological investigation to explore the current situation of sports

activities among high school students in Tra Vinh City, Tra Vinh province. After distributing questionnaires to 1,200 students from four schools (300 students in each school), the study obtained 1168 valid responses. The information about the involved students is presented in Table 2.

Table 2: Composition of the interviewees participating in physical training and sports by school and gender

No.	Contents	Quantity	Percentage (%)
1	School		
	Tra Vinh City High School	295	25.26
	Pham Thai Buong High School	299	25.60
	Nguyen Thien Thanh High School for the Gifted	277	23.72
	Pedagogical Practice High School	297	25.42
	Total	1168	100.00
2	Engagement in sports activities		
	Yes	928	79.45
	No	240	20.55
	Total	1168	100.00
3	Gender		
	Male	770	65.92
	Female	398	34.08
	Total	1168	100.00
4	Grade		
	Grade 10	412	35.27
	Grade 11	467	39.98
	Grade 12	289	24.74
	Total	1168	100.00

Table 2 indicates that: Pham Thai Buong High School has the largest number of pupils participating in the survey, with 299 students accounting for 25.60%, while Nguyen Thien Thanh High School for the Gifted has at least interviewees, with 277 students inquired, accounting for 23.72%. The others are

Pedagogical Practice High School, which has 297 students and accounts for 25.42%, and Tra Vinh City High School, which has 295 students and accounts for 25.26%. Figure 2 depicts the number of Tra Vinh City’s high school students involved in the survey.

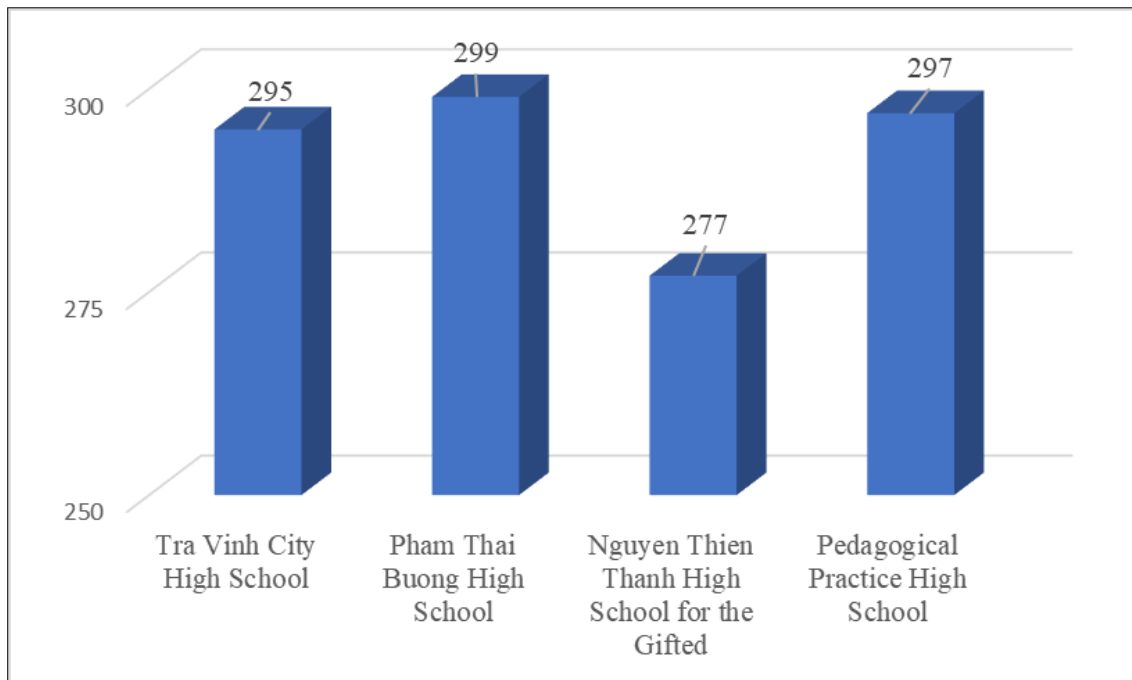


Fig 2: Number of Tra Vinh City’s high school students participating in the survey

Regarding grades, Grade 11 has 467 students, accounting for 39.98%, Grade 12 has 289 students, accounting for 24.74%, and Grade 10 has 412 students, accounting for 35.27%.

Regarding gender, 770 males and 398 females get involved in the survey, accounting for 65.92% and 34.08% respectively.

Furthermore, among the 1168 students, 928 people claim that they have engaged in physical training or a sports activity (79.45%), whereas the 240 left do not participate in it, accounting for 20.55%.

Table 3 below presents the responses of 928 high school students engaging in physical training and sports in Tra Vinh City, Tra Vinh province.

Table 3: Sports engagement of high school students in Tra Vinh City, Tra Vinh province (n=928)

Sport	Institution	Tra Vinh City High School		Pham Thai Buong High School		Nguyen Thien Thanh High School for the Gifted		Pedagogical Practice High School		Total	
		Quantity	%	Quantity	%	Quantity	%	Quantity	%	Quantity	%
Football	Male	25	2.69	25	2.69	16	1.72	13	1.40	79	8.51
	Female	20	2.16	8	0.86	13	1.40	16	1.72	57	6.14
	Total	45	4.85	33	3.56	29	3.13	29	3.13	136	14.66
Basketball	Male	4	0.43	2	0.22	4	0.43	13	1.40	23	2.48
	Female	2	0.22	0	0.00	0	0.00	3	0.32	5	0.54
	Total	6	0.65	2	0.22	4	0.43	16	1.72	28	3.02
Martial Arts	Male	12	1.29	20	2.16	9	0.97	23	2.48	64	6.90
	Female	9	0.97	7	0.75	5	0.54	7	0.75	28	3.02
	Total	21	2.26	27	2.91	14	1.51	30	3.23	92	9.91
Aerobics	Male	9	0.97	7	0.75	6	0.65	6	0.65	28	3.02
	Female	7	0.75	10	1.08	5	0.54	12	1.29	34	3.66
	Total	16	1.72	17	1.83	11	1.19	18	1.94	62	6.68
Volleyball	Male	22	2.37	28	3.02	30	3.23	22	2.37	102	10.99
	Female	19	2.05	23	2.48	16	1.72	18	1.94	76	8.19
	Total	41	4.42	51	5.50	46	4.96	40	4.31	178	19.18
Badminton	Male	18	1.94	23	2.48	22	2.37	19	2.05	82	8.84
	Female	7	0.75	6	0.65	10	1.08	5	0.54	28	3.02
	Total	25	2.69	29	3.13	32	3.45	24	2.59	110	11.85
Swimming	Male	13	1.40	17	1.83	18	1.94	17	1.83	65	7.00
	Female	7	0.75	4	0.43	6	0.65	5	0.54	22	2.37
	Total	20	2.16	21	2.26	24	2.59	22	2.37	87	9.38

Table tennis	Male	9	0.97	21	2.26	14	1.51	12	1.29	56	6.03
	Female	6	0.65	5	0.54	2	0.22	5	0.54	18	1.94
	Total	15	1.62	26	2.80	16	1.72	17	1.83	74	7.97
Athletics	Male	8	0.86	14	1.51	9	0.97	25	2.69	56	6.03
	Female	10	1.08	7	0.75	4	0.43	8	0.86	29	3.13
	Total	18	1.94	21	2.26	13	1.40	33	3.56	85	9.16
Shuttlecock kicking	Male	10	1.08	7	0.75	7	0.75	7	0.75	31	3.34
	Female	2	0.22	5	0.54	4	0.43	1	0.11	12	1.29
	Total	12	1.29	12	1.29	11	1.19	8	0.86	43	4.63
Chess	Male	4	0.43	5	0.54	8	0.86	11	1.19	28	3.02
	Female	1	0.11	3	0.32	1	0.11	0	0.00	5	0.54
	Total	5	0.54	8	0.86	9	0.97	11	1.19	33	3.56
Total	Male	134	14.44	169	18.21	143	15.41	168	18.10	614	66.16
	Female	90	9.70	78	8.41	66	7.11	80	8.62	314	33.84
	Total	224	24.14	247	26.62	209	22.52	248	26.72	928	100.00

Table 3 presents the following details: *In terms of gender and sport*: The contents of sports are distributed fragmentedly, as the proportion of students opted to take part in a particular sport varies greatly. However, it is clear that over 10% of the total students most enjoy volleyball 19.18% (10.99% male, 8.19% female), football 14.66% (male 8.51%, female 6.14%), badminton 11.85% (male 8.84%, female 3.02%); the sports favored by nearly 10% of the total students are martial arts 9.91% (6.90% male, 3.02% female), swimming 9.38% (7.01% male, 2.37% female) and 9.16% (6.03 % male) athletics, female 3.13%); whereas, the sports that students tend to practice less are table tennis 7.97% (male 6.03%, female 1.94%), Aerobics 6.68% (male 3.02%, female 3.66%), shuttlecock kicking 4.63% (male 3.34%, female 1.29%), chess 3.56% (male 3.02%, female 0.54%) and basketball 3.02% (male 2.48%, female 0.54%).

Regarding different high schools, the sports that are most selected by students are volleyball, football, badminton, martial arts, swimming, and athletics. The proportion of each content varies in different schools, especially in Tra Vinh high school (football 4.85%, volleyball 4.42%, badminton 2.69%, martial arts 2.26%, swimming 2.16%), Pham Thai Buong high school (volleyball 5.50%, football 3.56%, badminton 3.13%, martial arts 2.91%, table tennis 2.80%, swimming 2.26%, athletics 2.26%), Nguyen Thien Thanh High School for the Gifted (volleyball 4.96%, badminton 3.45%, football 3.13%, swimming 2.59%), Pedagogical Practice High School (volleyball 4.31%, athletics 3.56%, martial arts 3.23%, football 3.13%, badminton 2.59%, swimming 2.37%). The other sports account for a very low rate, less than 2%. The results are also shown in Fig 3.

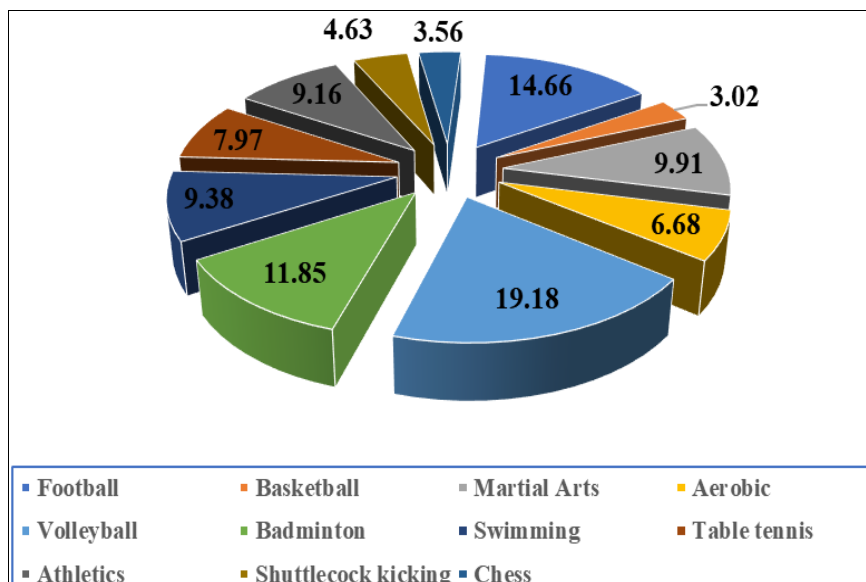


Fig 3: Results of student surveys about the selection of sports activities for high school students in Tra Vinh City, Tra Vinh province

It is widely believed that selecting sports activities is a critical step. To attract a large number of students to engage, the activities need to correspond to multiple factors such as the student's needs, interests, gender, age, and well-being, as well as the current facility and teachers' expertise. Overall, the sports content of high school students in Tra Vinh City is typically diverse and scattered out depending on the training conditions and gender. However, regardless of those elements (by school or gender), the sports content that

students prefer to practice the most involves volleyball, football, badminton, martial arts, swimming, and athletics.

Conclusion

The research has identified 11 sports training contents suitable to the characteristics and needs of students and practical conditions in high schools of Tra Vinh City, Tra Vinh province, involving: volleyball, badminton, athletics, pétanque, football, basketball, table tennis, shuttlecock kicking, swimming, aerobics, and chess.

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