



TABLE TENNIS MOVEMENT AMONG OFFICIALS AND EMPLOYEES AT SAIGON UNIVERSITY, VIETNAM

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Abstract:

Research using the method of synthesis, document analysis and interview has identified six criteria through which the evaluation application provides accurate and comprehensive information about the table tennis movements among officials and employees at Saigon University. In addition, the article also provided information on the form, organization method, time, number of training sessions, time and location, training costs of officials, employees, lecturers and table tennis coaches. The research results are a reference for managers, contributing to the development of the sport movement among officials and employees at Saigon University.

Keywords: table tennis movement; officials and employees at Saigon University

1. Introduction

Saigon University has 42 affiliated units including Departments, Departments, Middle Schools, Faculty; with a total of about 847 officials and employees (Female: 450, Male: 397). In recent years, Saigon University has been evaluated as one of the universities with a well-developed physical training and sports movement and achieved some remarkable results in the Education and Training block in Ho Chi Minh City. Besides, every year on the occasion of celebrating major national holidays (April 30 - May 1) and Vietnamese Teachers' Day Celebration November 20, the school organizes Sports Festivals for officials and employees and also attracts many officials and employees to participate. In addition, established and trained the team to participate in exchange competitions with schools; Sports festival of universities, colleges and educational units of Education and Training (Trade Union Award); Trade Union Sports Festival for Emulation Division 1, Sports Festival for Emulation Block 24, Self – Defense Cluster 7 Sport Festival, etc.. Through sports activities has contributed to improving health, building a healthy

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lifestyle, and improving the cultural and spiritual life for officials and employees. However, the number of participating officials and employees is still not significant compared to the total number of officials and employees in the school, in addition, it is also necessary to improve professional qualifications to improve technical and development factors the table tennis movement further. With the above importance, I chose the research direction with the article "Table tennis movement among officials and employees at Saigon University".

The purpose of the article is to provide information about the table tennis movement among officials and employees at Saigon University. This is the basis for proposing solutions to develop the table tennis movement among officials and employees at Saigon University.

In the process, the research team used the following methods: Synthesis Method and documents analysis; Methods of interview and discussion; Full-Statistical methods.

The research work was carried out for 2 years with a group of subjects to survey evaluation criteria and solutions: 12 experts and school sports managers at Saigon University were selected according to the technique judgmental and convenience sample selection.

2. Research Results

2.1. Determining criteria for assessing the current status of physical training and sports movements among officials and employees at Saigon University

The project proceeds in 2 steps:

Step 1. Statistical evaluation criteria of physical training and sports movements from documents, documents and research works of domestic and foreign authors such as Circular No. 02/2009/TT-BVHTTDL; Circular No. 08/2012/TT-BVHTTDL; Law on Physical Training and Sports, 2018; Circular No. 01/2019/TT-BVHTTDL; based on research purposes, object characteristics and practical conditions at Sai Gon University; The topic selects 06 criteria to assess the current situation of table tennis movement among officials and employees at Saigon University.

Step 2. Interview experts, managers, and physical education instructors. The process of developing a questionnaire and interviewing 12 experts twice a month, with the same assessment method, the same audience and the same content system, the answer is 'agree' and 'disagree'. As a result, we selected the criteria to evaluate the actual situation of the Table tennis movement among officials and employees at Saigon University, which are the criteria with the total number of votes agreeing from 75.00% of the respondents. Both interviews include 06 criteria with evaluation content:

Criterion 1: Number of officials and employees who regularly practice table tennis.

Evaluation content: Officials and employees who practice table tennis regularly are those who practice at least 2 times a week; each workout for at least 30 minutes; Criteria for the number of officials and employees who regularly practice table tennis is

determined by the percentage (%) of the total number officials and employees who regularly practice table tennis compared to the total number of officials and employees in the school.

Criterion 2: Number of table tennis units.

Evaluation content: A table tennis unit is a unit with a number of officials and employees who regularly practice table tennis and can establish a table tennis team with at least 2 people if the unit has from 6 or fewer employees and at least 3 people if the unit has 7 employees - employees more. Units with less than 6 employees, if there are employees, regularly practice table tennis are table tennis units; The criteria for the number of table tennis units is determined as a percentage (%) of the total number of table tennis units compared to the total number of units in the school.

Criterion 3: Number of table tennis coaches and collaborators.

Evaluation content: Number of table tennis coaches and collaborators who are qualified sports professionals who perform the task of mobilizing, organizing, and guiding people to practice table tennis, perform, competing in the development of table tennis movement in the school; The criterion for the number of table tennis coaches and collaborators is determined by the percentage (%) of the total number of table tennis coaches and collaborators compared to the total number of coaches and sports collaborators in the school.

Criterion 4: Number of clubs, groups, and teams of table tennis.

Evaluation content: Clubs, groups, and teams of table tennis are established and recognized according to the regulations of the school, with the function of propagating and mobilize employees with similar interests to organize and disseminate, guide training and table tennis competitions in order to satisfy the needs of physical training, entertainment, health promotion and life improvement. Cultural and spiritual life and improvement of table tennis achievements for officials and employees in the school; Criteria for the number of table tennis clubs, groups, and teams is determined by the total number of table tennis clubs in the school.

Criterion 5: Table tennis training and competition facilities.

Evaluation content: Total number of table tennis training and competition facilities including: Total number of table tennis training and competition facilities; the criterion for the number of table tennis practice and competition works is determined by the total number of table tennis practice and competition houses in the school.

Criterion 6: Number of table tennis tournaments held annually at the school.

Evaluation content: Criteria for the number of table tennis tournaments held annually is determined by the total number of table tennis tournaments held in the school.

2.2. Evaluate the current situation of table tennis movement among officials and employees at Saigon University

The topic assesses the current situation of physical training and sports movements among officials and employees at Saigon University through 6 criteria identified in Section 1, specifically as follows:

To evaluate criteria No. 1 and No. 2, the study conducted a survey of 361 officers and employees of Saigon University according to each unit, the results are presented in Table 2.1.

Table 2.1: Statistics of Saigon University’s officers and employees participating in regular table tennis practice

Ordinal	Unit	Practice table tennis regularly			Table tennis unit	
		Number of officials and employees surveyed	Quantity	Ratio %	Pass	Fail
1	Student Button Room	6	1	16.7		X
2	Training Department	8	1	12.5		X
3	Postgraduate Training Department	6	2	33.3	X	
4	Continuing Education Department	16	3	18.8	X	
5	Department of International Cooperation and Business	2	1	50.0		X
6	Financial Planning Division	11	0	0.0		X
7	Department of Examination and Education Quality Assurance	9	2	22.2		X
8	Scientific management room	11	4	36.4	X	
9	Department of Inspection – Legal	6	3	50.0	X	
10	Equipment Room	13	4	30.8	X	
11	Organization and Cadres Room	9	0	0.0		X
12	Office	8	3	37.5	X	
13	Clinics	3	1	33.3		X
14	Project and Infrastructure Management Board	14	10	71.4	X	
15	Dormitory	11	8	72.7	X	
16	Information Technology Center	11	6	54.5	X	
17	International Training Center	1	0	0.0		X
18	Student Support Center	2	0	0.0		X
19	Learning Resource Center	11	2	18.2		X
20	Center for Training and Testing of Foreign Languages	8	3	37.5	X	
21	Saigon Practical High School	21	10	47.6	X	
22	Saigon University Practical Primary School	3	0	0.0		X
23	Institute of Environmental Technology – Energy	1	1	100.0		X
24	Institute of Data Science – Artificial Intelligence	1	0	0.0		X
25	Faculty Of Information Technology	9	3	33.3	X	
26	Faculty Of Electronics and Telecommunication Engineering	4	2	50.0	X	
27	Faculty of Education	8	3	37.5	X	
28	Faculty of Political Education	3	1	33.3		X
29	Kindergarten Pedagogy	3	2	66.7	X	

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30	Faculty of Defense Education - Security and Physical Education	18	7	38.9	X	
31	Elementary Pedagogy	12	2	16.7		X
32	Environmental Science	9	1	11.1		X
33	Faculty of Law	4	2	50.0	X	
34	Faculty of Arts	6	2	33.3	X	
35	Foreign Language departments	12	1	8.3		X
36	Faculty of International Relations	8	1	12.5		X
37	Business Administration	14	5	35.7	X	
38	Faculty of Natural Sciences Pedagogy	24	5	20.8	X	
39	Faculty of Social Sciences Pedagogy	15	3	20.0	X	
40	Finance and Accounting department	2	1	50.0		X
41	Library and office department	8	1	12.5		X
42	Faculty of Mathematics and Applications	10	2	10.0		X
Total		361	109	29.9	21	21

The data in Table 2.1 shows that Saigon University has 361 staff members participating in the survey; in which there are officials and employees who participate in regular table tennis practice with 109 people, accounting for 30.19%.

The data in Table 2.1 shows that Saigon University has 42 units participating in the survey; there are 21 standard units of table tennis, accounting for 50.0%; Of the 21 units that meet the standards of table tennis, there are 06 units with 6 officials and employees, accounting for 14.28% and 15 units with 7 officials and employees, or more employees account for 35.72%. The percentage of the number of table tennis units at Saigon University is presented in Chart 2.1.

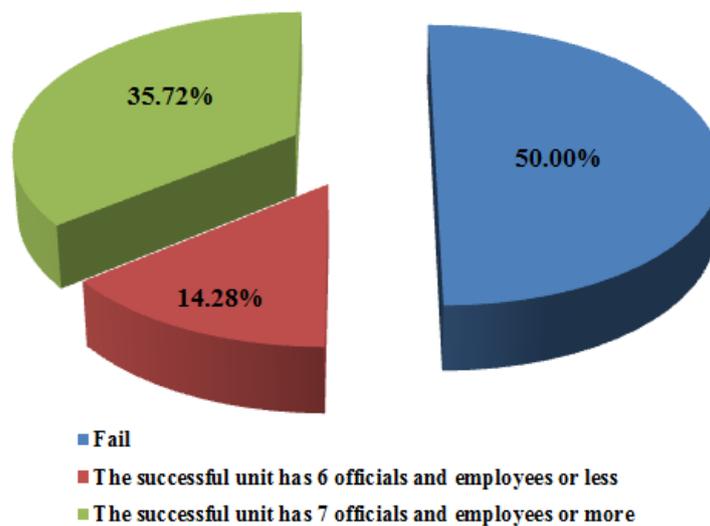


Chart 2.1: The percentage of the number of table tennis units at Saigon University

To evaluate criterion No. 3, the topic analyzed the composition of Physical Education lecturers participating in organizing training activities and playing table tennis at Saigon University, obtained the results in the Table 2.2.

Table 2.2: Analysis of composition of the teaching staff of physical education participating in the organization of table tennis practice and competition activities at Saigon University

Ordinal	Survey content		Quantity	Ratio %
1	Sex	Male	0	0.0
		Female	3	100.0
		Total	3	100.0
2	Ages	Under 30 years old	0	0.0
		From 30 years old to 40 years old	3	100.0
		From 41 years old to 50 years old	0	0.0
		Over 50 years old	0	0.0
		Total	3	100.0
3	Academic level	College	0	0.0
		University	0	0.0
		Postgraduate	3	100.0
		Total	3	100.0
4	Teaching seniority	Under 5 years	0	0.0
		From 6 to 10 years	0	0.0
		From 11 to 15 years	2	66.67
		From 16 to 20 years	1	33.33
		Over 20 years	0	0.0
		Total	3	100.0

The data in Table 2.2 shows that there are 3 teachers and coaches who organize training and table tennis competitions for staff, workers at Saigon University are all female, from 30 to 40 years old, qualified post-graduate education and working experience from 10 to 20 years.

Saigon University has 19 officials and employees of Faculty of Defense Education - Security and Physical Education, so the percentage of the total number of table tennis coaches, table tennis collaborators compared to the total number of coaches and sports collaborators in the school is 15.79%.

To evaluate criterion 4, criterion 5, and criterion 6 topics to conduct a survey of teachers and coaches participating in the organization of table tennis training and competition activities at Saigon University showed that:

Criterion 4: Number of clubs, groups, and teams of table tennis.

- Saigon University has 4 table tennis teams: 2 teams with instructors practice in the afternoon and evening, 2 teams without instructors practice in the free time of officials and employees.
- Saigon University has 3 table tennis clubs: 1 club at Saigon University with instructors to practice in the evening, 1 club in the dormitory and 1 club at Saigon Practical High School of Saigon University does not have an instructor to practice in the evenings.
- Saigon University has 2 table tennis teams (male and female) that regularly practice to participate in competitions in the education and training system.

Criterion 5: Table tennis training and competition facilities.

- Saigon University has a Table Tennis gym at the main campus with 3 tables, 2 practice areas in the dormitory with 2 tables and Saigon Practical High School with 1 table tennis table.
- About equipment, racquet equipment equipped by the practitioner, 200 balls, 6 nets.

Criterion 6: Number of table tennis tournaments held annually at the school.

- Every year, Saigon University organizes 02 table tennis tournaments to celebrate Vietnamese Teachers' Day and celebrate Vietnam Sports Day with about 50 officials and employees participating each turn.
- The school table tennis team participates in the annually table tennis tournament organized by the City Labor Union. Ho Chi Minh City organizes for officials and employees in the education industry.
- The results of the school table tennis team in 2019 and 2020 are as follows:

The Sports Workshop Block of Universities, Colleges, Education and Training Units in 2019: 3rd place in women's team, 2nd place in Women's Doubles, 3rd place in Men's Doubles and 2nd place in Men's Singles over 45 years old.

The Sports Workshop Block of Universities, Colleges, Education and Training Units in 2020: The draw was completed on the competition tree but then canceled due to the Covid-19 epidemic.

2.3. Actual situation of organization of table tennis practice and competition among officials and employees at Saigon University

The exam conducted a survey of 109 officials and employees participating in the exercise and 03 teachers and coaches teaching and training table tennis at Saigon University, and obtained the results in Tables 2.3 and 2.4.

Table 2.3: Actual situation of table tennis practice of officials and employees at Saigon University (n = 108)

Ordinal	Survey content	Quantity	Ratio %	
1	Form of training	Team	10	9.2
		Group, class	55	50.5
		Club	12	11.0
		Self-study exercise	32	29.4
		Total	109	100.0
2	Method of organizing training	Instructor	14	12.8
		Without an instructor	69	63.3
		Both	26	23.9
		Total	109	100.0
3	Training time	Under 30 minutes	2	1.8
		From 30 minutes to 1 hour	29	26.6
		From 1 hour to 2 hours	76	69.7
		Over 2 hours	2	1.8
		Total	109	100.0

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4	Number of training sessions per week	01 session	8	7.3
		02 sessions	25	22.9
		03 sessions	40	36.7
		Over 3 sessions	36	33.0
		Total	109	100.0
5	Time to practice	Morning	0	0.0
		Afternoon	22	20.2
		Afternoon after work	28	25.7
		Free time	59	54.1
		Total	109	100.0
6	Training location	At school	76	69.7
		Outside of school	9	8.3
		Both	24	22.0
		Total	109	100.0
7	Training Costs	The school pays 100%	79	72.5
		Personal spend 100%	27	24.8
		The school supports 1 part	3	2.8
		Total	109	100.0

The data in Table 2.3 shows that:

- **Form of exercise:** Actual situation of staff officials, group workers, class accounted for the highest rate of 50.5% and the lowest percentage was for the team, accounting for 9.2%, followed by the club training which accounts for 11% and self-study. exercise accounts for 29.4%.
- **Training organization method:** The reality of officials and employees practicing without an instructor is the highest 63.3% and the lowest is with an instructor 12.8%, officials and employees' practice. according to both accounts for 23.9%.
- **Training time:** The reality of officials and employees who practice from 1 to 2 hours accounted for the highest rate of 69.7% and the lowest rate of training under 30 minutes and over 2 hours was 1.8%, including cadres, officials and employees practice for from 30 minutes to 1 hour, accounting for 26.6%. The percentage of time spent doing abdominal exercise of the staff and employees of Saigon University is presented in Chart 2.2.

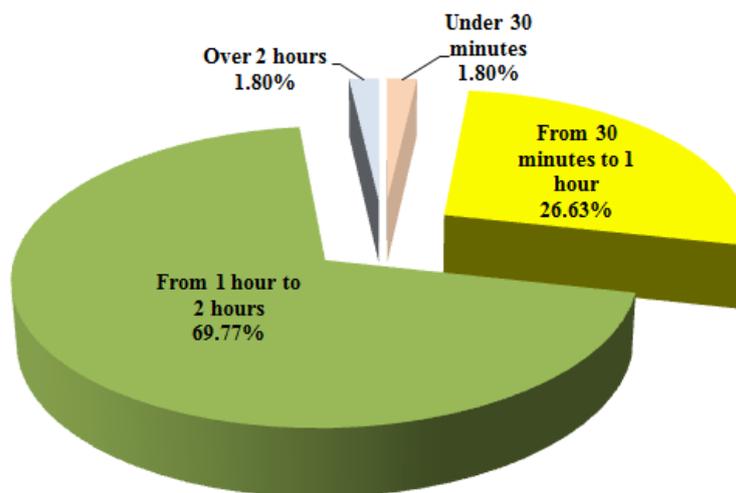


Chart 2.2: The percentage of time spent doing abdominal exercise of the staff and employees of Saigon University

- **Number of training sessions per week:** actual situation of officials and employees practicing the most is 3 sessions, accounting for 36.7% and the lowest was 1 session accounted for 7.3%, followed by 2 sessions accounted for 22.9% and over 3 sessions accounted for 33.0%.
- **Time to practice:** actual situation of officials and employees practicing the most in their free time accounted for 54.1% and the lowest is 0.0% in the morning; followed by 20.2% in the afternoon and 25.7% in the afternoon after work.
- **Training location:** actual situation of officials and employees, worker practice the most at school accounted for 69.7% and the lowest is outside school, accounted for 8.3%, practice both 24.0%.
- **Expenses for training:** actual status of staff, the school's staff and employees trained for the most part by only 100% ,accounting for 72.5%, and the lowest part of 2.8% by the University; followed by individuals spending 24.8%. Percentage of expenditure on table tennis practice of Saigon University's officials and employees is presented in chart 2.3.

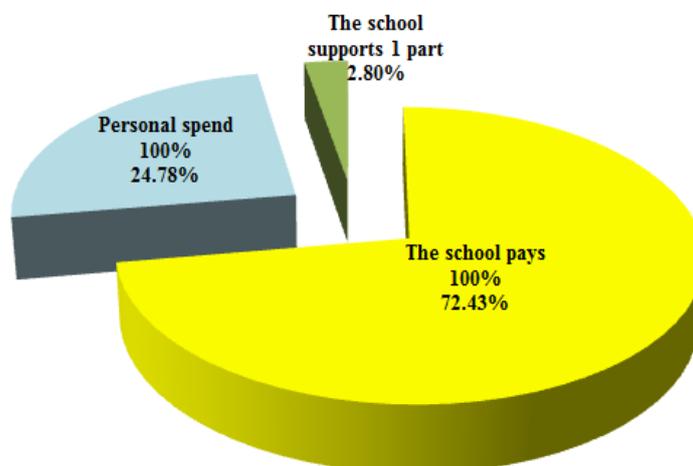


Chart 2.3: Percentage of expenditure on table tennis practice of Saigon University's officials and employees

Through the above analysis, it shows that the reality of table tennis training of officials and employees at Saigon University. Most of the training sessions in Sai Gon group, class and self-practice (79.9%), no instructor (63.3%), training for 30 minutes - 2 hours (96.3%), training for 3 or more sessions (69.7%), practice at school (69.7%), practice in the afternoon after work and anytime free (79.8%).

Table 2.4: Current status of teaching and training methods of table tennis by teachers and coaches at Saigon University (n = 3)

Ordinal	Survey content	Quantity	Ratio %	
1	Form of teaching and training	Team	1	33.3
		Group, class	1	33.3
		Club	1	33.3
		Attached separately	0	0.0
		Total	3	100.0
2	Teaching and training time	Under 30 minutes	0	0.0
		From 30 minutes to 1 hour	0	0.0
		From 1 hour to 2 hours	1	33.3
		Over 2 hours	2	66.7
		Total	3	100.0
3	Number of teaching and training sessions	01 session	0	0.0
		02 sessions	0	0.0
		03 sessions	1	33.3
		Over 03 sessions	2	66.7
		Total	3	100.0
4	Time of teaching and training	Morning	0	0.0
		Afternoon	1	33.3
		Afternoon after work	2	66.7
		Total	3	100.0

The data in Table 2.4 shows that:

- **Form of teaching and training:** The current situation of teachers, teaching coaches, coaching table tennis in groups, classes, teams and clubs are the same, one person each accounted for 33.3%.
- **Teaching and training time:** The current situation of teachers, coaches teaching and coaching table tennis for more than 2 hours accounted for the highest rate of 66.7% and training from 1 hour to 2 hours accounted for 33.3%.
- **Number of teaching and training sessions:** Actual situation of teachers, coaches teaching and coaching table tennis over 3 sessions accounted for 66.7% and 3 sessions accounted for 33.3%.
- **Time of teaching and training:** Current situation of teachers, coaches teaching and training table tennis in the afternoon accounted for 33.3% and in the afternoon after work accounted for 66.7%.

Through the above analysis, it shows that the current situation of teachers, teaching coaches and training table tennis in groups, classes, teams and clubs are the same (33.3%), over 2 hours, over 3 sessions and in the afternoon after work (66.7 %).

3. Conclusion

The results of the study give the following conclusions:

Criteria have been selected: the current situation of the table tennis movement among officials and employees at Saigon University are:

- **Criterion 1:** Number of officials and employees who regularly practice table tennis.
- **Criterion 2:** Number of table tennis units.
- **Criterion 3:** Number of table tennis coaches and collaborators.
- **Criterion 4:** Number of clubs, groups, and teams of table tennis.
- **Criterion 5:** Table tennis training and competition facilities.
- **Criterion 6:** Number of table tennis tournaments held annually at the school.

The Evaluation results show that the current situation of physical training and sports movement among officials and employees at Saigon University who participate in regular table tennis practice is 109 people, accounting for 30.19%; 21 standard ping pong units accounted for 50.0%; there are 3 teachers, coaches accounting for 15.79% of the total number of coaches and sports collaborators in the University; there are 4 teams, 3 clubs and 2 table tennis teams (men and women); there are 1 gymnasium, 2 table tennis practice areas with 6 ping pong tables, 200 balls and 6 nets. Every year, the school organizes 2 table tennis tournaments with about 50 staff and employees participating in each turn.

The actual situation of table tennis training of officials and employees at Saigon University is mostly in group, classes and self-practice (79.9%), without an instructor (63.3%), training for 30 minutes - 2 hours (96.3%), training for 3 or more sessions (69.7%), practicing at school (69.7%), practicing in the afternoon after work and at any free time (79.8%). The actual situation of teachers and teaching coaches and coaching table tennis in groups, classes, teams, and clubs are the same (33.3%), practicing for more than 2 hours, over 3 sessions and in the afternoon after work (66.7%).

Conflict of Interest Statement

The authors declare no conflicts of interests.

About the Author

Nguyen Thi Hoang Anh a lecturer of Faculty of National Defense Education and Physical Education. She held an M.A degree in Education majoring in Physical Education. Her research interests are mainly about the issues related to teaching and learning physical education.

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