



THE STATUS OF PARTICIPATION IN EXTRACURRICULAR SPORT TRAINING OF STUDENTS IN SOC TRANG PROVINCE, VIETNAM

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Abstract:

The method of sociological investigation is used in the article to survey students' opinions at colleges in Soc Trang province and provided information on the status of participation in extracurricular sports of students at colleges in Soc Trang province by gender, ethnicity and purpose.

Keywords: exercise, extracurricular sports, students, Soc Trang

1. Introduction

Extracurricular sport activities are very important for the students' mental and physical health training after hard working time. In addition, these activities also give students a healthy spiritual life and create excitement and passion in learning and research. Organizing extracurricular sport activities in schools to encourage students who are voluntarily participate in practicing sports and forming a habit of regular physical exercise for students is a requirement of the Ministry of Education and Training for schools [1].

Vietnam's Physical education and Sport Development Strategy to 2020 has set out important tasks including the task of developing extracurricular sport activities such as building various types of school sport clubs, encouraging students to spend 2-3 hours per

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week to participate in extracurricular sport activities at clubs or sports classes, consolidating and developing a system of sport competitions suitable for each school level, region and locality [6, p.9,12]. Therefore, it is very necessary to spend time practicing sports regularly every day according to a method suitable for health and hobby. Studies in many countries show that students participating in physical activities for one hour or more a day are appropriate and if they only took two hours of exercise per week is not enough [4]. From the above reasons, I conducted research on the topic "The status of participation in extracurricular sport training of the students in Soc Trang province".

2. Research methods

Synthesis and analysis of documents, interviews and statistical math. **Interviewees:** 1024 students (381 males, 643 females) in colleges in Soc Trang province.

3. Research results

The topic of assessing the reality of participating in extracurricular sport training of students at colleges in Soc Trang province, the topic of surveying students by gender and school and the purpose of students when participating in extracurricular sport activities.

3.1. The reality of students at colleges in Soc Trang province participating in exercising extracurricular sports

The interview results of students participating in extracurricular sport training by gender, ethnicity and colleges in Soc Trang province are presented in Table 1.

Table 1: The reality of the students participating in training extracurricular sports by gender and by school (n=2024)

School		Soc Trang Teacher's Training College		Soc Trang Community College		Soc Trang Vocational College		Total		
		Quantity	Percentage %	Quantity	Percentage %	Quantity	Percentage %	Quantity	Percentage %	
Extracurricular sports Gender	Usually	Male	60	5.86	8	0.78	36	3.52	104	10.16
		Female	71	6.93	10	0.98	10	0.98	91	8.89
		Total	131	12.79	18	1.76	46	4.49	195	19.04
Sometimes		Male	48	4.69	23	2.25	67	6.54	138	13.48
		Female	292	28.52	50	4.88	26	2.54	368	35.94
		Total	340	33.20	73	7.13	93	9.08	506	49.41
Never		Male	12	1.17	29	2.83	98	9.57	139	13.57
		Female	73	7.13	78	7.62	33	3.22	184	17.97
		Total	85	8.30	107	10.45	131	12.79	323	31.54
Total		Male	120	11.72	60	5.86	201	19.63	381	37.21
		Female	436	42.58	138	13.48	69	6.74	643	62.79
		Total	556	54.30	198	19.34	270	26.37	1024	100.00

The interview results of students participating in extracurricular sport training by school:

The total of 1024 students in Soc Trang province were interviewed (Teacher's Training college 556 students accounting for 54.30%, Community College 198 students accounting for 19.34%, Vocational College 270 students accounting for 26.37%). The number of 1024 students, there are 701 students participating in extracurricular sports training, accounting for 68.45%, 323 students never participating in practice accounting for 31.55%. Out of 701 students in Soc Trang province participated in extracurricular sports training (Teacher's Training College 471 students accounting for 45.99%, Community College 91 students accounting for 8.89%, Vocational College 139 students accounting for 13.57%); out of 323 Soc Trang students who did not participate in extracurricular sport training (85 Teacher's Training college students accounting for 8.30%, 107 Community College students accounting for 10.45%, 131 vocational colleges accounting for 12.79%).

Out of 701 students (68.45%) in Soc Trang province participated in extracurricular sport training, the students who exercised regularly including 195 students accounting for 19.04% (Teacher's Training college 131 students accounting for 12.79%, Community College 18 students accounting for 1.76%, Vocational college 46 students accounting for 4.49%) and the students who sometimes exercised including 506 students accounting for 49.41% (Teacher's Training college 340 students accounting for 33.20%, Community College 73 students accounting for 7.13%, Vocational college 93 students accounting for 9.08%).

3.2 Results of interviewing students participating in extracurricular sport training by gender

Out of the total 1024 students interviewed in Soc Trang province, there are 381 male students accounting for 37.21% (Teacher's Training college 120 students accounting for 11.72%, Community college 60 students accounting for 5.86%, Vocational college 131 students accounting for 12.79%), and there are 643 female students accounting for 62.79% (Teacher's Training College 436 students accounting for 42.58%, Community College 138 students accounting for 13.48%, Vocational College 69 students accounting for 6.74%).

Of the 701 students (68.45%) participating in practicing extracurricular sports, there are 242 male students, accounting for 23.64% (Teacher's Training college 108 students accounting for 10.55%, Community college 31 students accounting for 3.03%, Vocational college 107 students accounted for 10.06%), and there are 459 female students accounting for 44.83% (Teacher's Training college 363 students accounting for 35.45%, Community college 60 students accounting for 5.86%, Vocational College 36 students accounting for 3.52%). Thus, in 701 students participating in practicing extracurricular sports, the percentage of female students (44.83%) is higher than the rate of male students (23.64%). Among 242 male students participating in extracurricular sport training, the students who practiced regularly consisting of 104 accounting for 10.16%, 138 students practice occasionally accounting for 13.48%. Out of 459 female students who practice

regularly consisting of 91 students accounting for 8.89%, 368 students practice occasionally accounting for 35.94%.

The number of 323 students (31.55%) who had never took part in practicing extracurricular sports, there were 139 males accounting for 13.57% (Teacher’s Training college 12 students accounting for 1.17%, Community college 29 students accounting for 2.83%, Vocational college 98 students accounting for 9.57%), 184 females accounting for 17.97% (Teacher’s Training college 73 students accounting for 7.13%, Community College 78 students accounting for 7.62%, Vocational College 33 students accounting for 3.22%). Thus, among 323 students who never took part in practicing curricular sports, the proportion of female students (17.97%) was higher than that of male students (13.57). (%). The percentage of students in Soc Trang province participating in the extracurricular sports is shown in Figure 1.

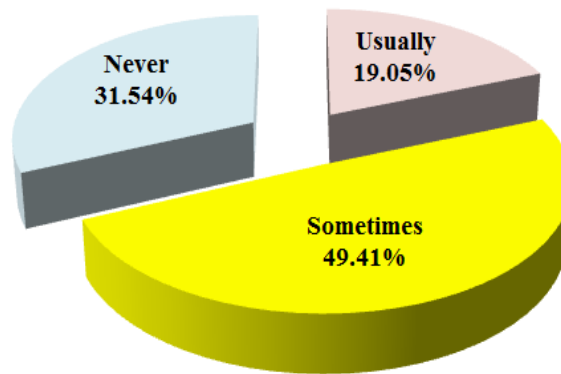


Figure 1: Percentage of students in Soc Trang province participating in extracurricular sports

Table 2: Students participating in extracurricular sports by ethnicity and school (n=1024)

Extracurricular Sports Gender	School	Soc Trang Teacher’s Training College		Soc Trang Community College		Soc Trang Vocational College		Total	
		Quantity	%	Quantity	%	Quantity	%	Quantity	%
Usually	Kinh	77	7.52	18	1.76	40	3.91	135	13.18
	Ethnics	54	5.273	0	0.00	6	0.586	60	5.859
	Total	131	12.79	18	1.76	46	4.49	195	19.04
Sometimes	Kinh	226	22.07	31	3.03	27	2.64	284	27.73
	Ethnics	114	11.13	42	4.10	66	6.45	222	21.68
	Total	340	33.20	73	7.13	93	9.08	506	49.41
Never	Kinh	57	5.57	99	9.67	115	11.23	271	26.46
	Ethnics	28	2.73	8	0.78	16	1.56	52	5.08
	Total	85	8.30	107	10.45	131	12.79	323	31.54
Total	Kinh	360	35.16	148	14.45	182	17.77	690	67.38
	Ethnics	196	19.14	50	4.88	88	8.59	334	32.62
	Total	556	54.30	198	19.34	270	26.37	1024	100.00
The ratio of ethnic students		196	58.68	50	14.97	88	26.35	334	100.00

3.3 Results of interviews students participating in extracurricular sport training by ethnicity and school

Out of the total 1024 students in Soc Trang province were interviewed, 690 Kinh students accounting for 67.38% and 334 ethnic students accounting for 32.62% (Teacher's Training college 360 Kinh students accounting for 35.16% and 196 ethnic students accounting for 19.14%, Community college 148 Kinh students accounting for 14.45%. and 50 ethnic students accounting for 4.88%, Vocational College 182 Kinh students accounting for 17.77% and 88 ethnic students accounting for 8.59%).

Out of 334 ethnic students, Teacher's Training college has 196 students accounting for 58.68%, Community college has 50 students accounting for 14.79%, and Vocational college has 88 students accounting for 26.35%.

701 students participated in extracurricular sport training accounting for 68.45% (419 Kinh students accounting for 40.91% and 282 ethnic students accounting for 27.54%), and 323 students didn't participate in extracurricular sport training accounting for 31.55% (271 Kinh students accounting for 26.46% and 52 ethnic minority students accounting for 5.08%).

Out of 701 students (68.45%) in Soc Trang province participated in extracurricular sport training (Teacher's Training college has 303 Kinh students accounting for 29.59% and 168 ethnic students accounting for 16.41%, Community college has 49 Kinh students accounting for 4.79% and 42 ethnic students accounting for 4.10%, Vocational college has 67 Kinh students accounting for 6.54% and 72 ethnic students accounting for 7.03%). Out of 323 students (31.55%) in Soc Trang province who did not participate in extracurricular training (Teacher's Training college has 57 Kinh students accounting for 5.57% and 28 ethnic students accounting for 2.73%, Community college has 99 Kinh students accounting for 9.67% and 08 ethnic students accounting for 0.78%, Vocational college has 115 Kinh students accounting for 11.23% and 16 ethnic students accounting for 1.56%).

701 students (68.45%) in Soc Trang province participated in extracurricular sport training, the students who practiced regularly consisting of 195 students accounting for 19.04% (135 Kinh students accounting for 13.18% and 60 ethnic students accounting for 5.86%) and 506 students who sometimes practiced accounting for 49.41 % (284 Kinh students accounting for 27.73% and 222 ethnic students accounting for 21.68%). The comparison of the percentage of ethnic and Kinh students participating in extracurricular sports is shown in Chart 2.

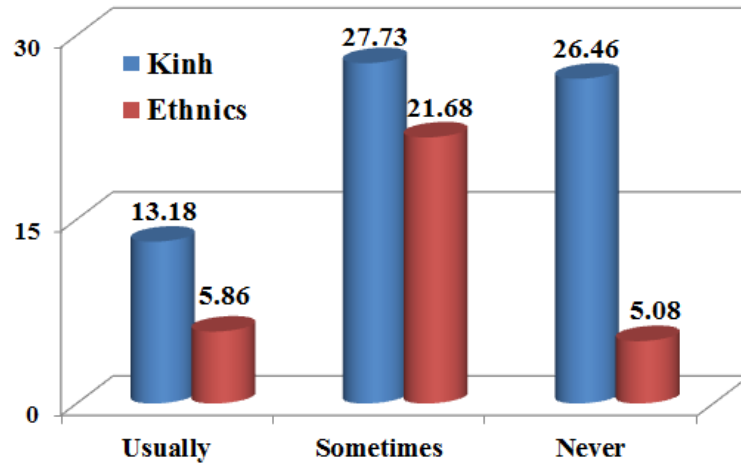


Figure 2: Comparison of percentage of ethnic and Kinh students participating in extracurricular sports

3.4 The purpose of students when participating in extracurricular sport activities

The results of the survey on the purposes of students when participating in extracurricular activities are presented in Table 3.

Table 3: Students' goals when participating in extracurricular sport activities (n=1024)

No	Purpose	Male		Female		Total	
		Quantity	%	Quantity	%	Quantity	%
1	Health training	139	19.83	279	39.80	418	59.63
2	Entertain	63	8.99	94	13.41	157	22.40
3	Support the content of main course	14	2.00	47	6.70	61	8.70
4	Have a good figure	19	2.71	27	3.85	46	6.56
5	Expand community	7	1.00	8	1.14	15	2.14
6	Cultivate the will and quality	0	0.00	2	0.29	2	0.29
7	Become a celerity	0	0.00	2	0.29	2	0.29
8	Total	242	34.66	459	65.48	701	100.0

The results in Table 3 show that among 701 students participating in extracurricular sport activities, the purpose for health training is the highest with 418 students accounting for 59.63%, entertainment 157 students accounting for 22.40%, supporting the content of the main course 61 students accounting for 8.70%; having a good figure 46 students accounting for 6.56%, expanding communication 15 students accounting for 2.14%, training the will and quality is the lowest and becoming a celebrity 2 students accounting for 0.29%.

The highest purpose of Soc Trang students participating in extracurricular sports is shown in Figure 3.

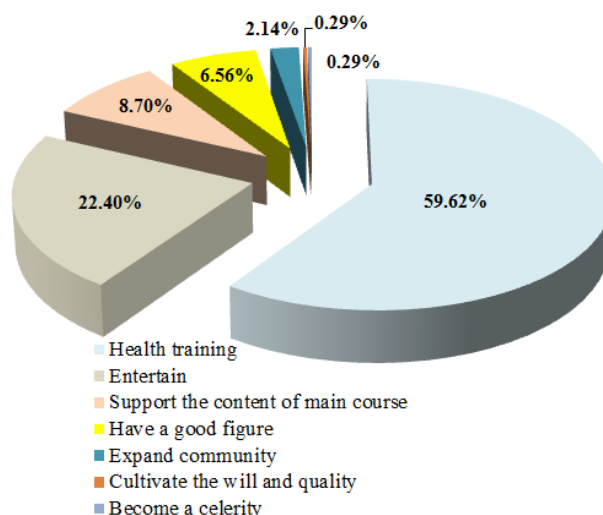


Figure 3: The highest purpose of Soc Trang students participate in extracurricular sports

The reality is that the number of students in Soc Trang province participating in extracurricular sport training is not much (68.45%) and the students' practicing diligence in Soc Trang province is very low (19.04%). The percentage of female students (44.83%) participating in exercise is higher than that of male students (23.64%). However, if we consider the practicing diligence, the percentage of male students (10.16%) is higher than the rate of female students (8.89%). In other words, the extracurricular physical activity of students at colleges in Soc Trang province is quite low and has not yet become a habit. This situation is similar to the research results of Nguyen Duc Thanh and Phung Xuan Dung [2], [5].

It can be seen that the number of students in Soc Trang province participating in extracurricular sport training is still low and has not met the target set by the schools' sports and physical education developing project, at least 85% of students participating in activities regularly. TTNK [7, p.2].

4. Conclusion

In 1024 (381 male students accounting for 37.21%, 643 female students accounting for 62.79% and 690 Kinh students accounting for 67.38% and 334 ethnic students accounting for 32.62%). Out of the 701 students participated in extracurricular sports accounting for 68.45% and 323 students who did not participate in extracurricular sport training accounting for 31.55%. Out of the 701 students who participated in extracurricular sport training, 195 students practiced regularly accounting for 19.04% and 506 students sometimes practiced accounting for 49.41%.

The goal which students took part in extracurricular sports because of health training is the highest 418 students accounting for 59.63%, and the goal of the will and quality training is the lowest and the one of becoming a celebrity 02 students accounting for 0.29%.

Conflict of Interest Statement

The authors declare no conflicts of interests.

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