



ASSESSMENT OF THE ACTUAL SITUATION OF MEETING THE NEEDS OF KARATE-DO TRAINING PROGRAM FOR STUDENTS OF THE PEOPLE'S SECURITY ACADEMY

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Abstract:

Use the method of document reference, interview, sociological investigation and mathematical statistics methods to assess the actual situation of the extracurricular Karate-do training program for students of the People's Security Academy, and at the same time select criteria to assess the needs of the extracurricular Karate-do training program, on that basis, assess actual situation of meeting the needs of the extracurricular Karate-do training program for students of the People's Security Academy. As a result, the extracurricular Karate-do training program currently being used at the People's Security Academy is only satisfied in a moderate manner. Therefore, building an extracurricular Karate-do training program in the direction of meeting needs is a necessary and urgent matter.

Keywords: actual situation, program, satisfaction level, extracurricular training, Karate-do, students of the People's Security Academy

1. Introduction

According to the research results of many domestic and foreign authors, bringing martial arts into extracurricular teaching in schools at all levels is an effective form of physical training for practitioners, in addition, helps practitioners practice their will to overcome difficulties, awareness and especially discipline and "respect for teachers". This is also an issue that in education in general and in each school, in particular, want to train students. In Vietnam, the Party and Government as well as ministries and branches at levels have realized the effectiveness of bringing martial arts in training program at schools at all levels. In fact, martial arts in general and Karate-do, in particular, have been developing strongly in schools. However, besides the successes in developing the movement on a large scale, it is still necessary to pay more attention to the training program and practice

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for both meeting the goals of extracurricular sports and meeting social needs. To do so, accurately assessing the level of satisfying social needs of the current extracurricular karate-do program at the People's Security Academy is an urgent matter.

The research result is the practical basis for the adjustment and development of the extracurricular Karate-do training program for students of the People's Security Academy.

2. Research methods

The research process uses the following methods: material reference method; interview method; sociological investigation method and mathematical statistics method.

2.1 Research result and discussion

The extra-curricular practice of Karate-do for students without a training program, mostly based on the experience of lecturers and coaches, has not yet measured the effectiveness of the programs on students. The trainers and coaches of the team base themselves on the students' qualifications to offer appropriate content and exercises.

Karate-do extracurricular content mainly focuses on basic technique, there is very little time to spend due to practice, physical strength, etc. Different clubs use different teaching content. Different instructors and coaches also teach different content. Karate-do is a sport that is loved and practiced by many students. In order to effectively develop the extracurricular Karate-do movement for students, it is necessary and urgent to develop a detailed exercise program.

At the People's Security Academy, the extracurricular Karate-do training of students has had any training program, mostly based on the experience of lecturers, coaches, the effectiveness of the programs on the students of the University also has not been measured yet.

Karate-do is a sport that is loved and practiced by many students. In order to effectively develop the extracurricular Karate-do training movement for students, it is necessary and urgent to develop a detailed training program.

Through a survey, the thesis found that all 6 Karate-do clubs use the same extracurricular exercise content. The specific distribution of karate-do extra-curricular training content of students of the People's Security Academy is presented in Table 1.

Through Table 1, the thesis shows that: extracurricular Karate-do programs at clubs mainly practice basic techniques (nearly 70%) of the program duration. The other very important aspects such as sparring and stamina were not emphasized in the training program. This is a huge shortcoming of the extracurricular Karate-do program that Karate-do clubs at the People's Security Academy are applying. On the other hand, the very important issue of a program which is test and assessment is not mentioned in this program.

Table 1: Specific content of extracurricular Karate-do training program of students of the People's Security Academy

No.	Training content		Practice time		Total
			Quantity 60	Percentage %	
1	Theory	- Overview of Karate-do martial art	4/60	6.6	6.66
		- Thoughts of a Karate-do practitioner			
		- Rules for practicing Karate-do			
		- Moral education in Karate-do			
2	Practice				
2.1	Basic techniques	- Stance techniques + Attention stance: Mosubi-dachi, Heiko-dachi + Forward leaning stance: Zenkutsu dachi, Kiba dachi	20/60	33.3	93.33
		- Hand techniques + Punching technique: High, middle and low straight punches; combined with punching technique with Kiba dachi and Zenkutsu + Blow parrying technique: Gedan barai, Age uke; combine blow parrying with stance	21/60	35.0	
2.2	Savate	Taikyoku Shodan	5/60	8.0	
2.3	Sparring	Step forward and punch lower position, step back to parry a blow Gedan barai	6/60	10.0	
2.4	Stamina		4/60	4.0	
2.5	Check, assessment		0	0	
3	Discuss		0	0	0
4	Method		0	0	0

Secondly, the number of techniques in the program is incomplete and many of the basic techniques of Karate-do are missing. Besides, through the actual survey, the thesis also found that: The training time during the week was inconsistent but depended on each club, usually from 2-3 sessions/week, each session from 90-120 minutes. The clubs also did not have a specific plan for teaching content for each session. Therefore, depending on the club, each coach would arrange the time and teaching content for each session. The professional qualifications of the coaches of each club were different, so the learning quality of each club was also very different.

In order for the teaching to be highly effective, the distribution of training programs with different specific content and requirements is suitable for cognitive characteristics, level and gender. Therefore, it is not really scientific for the coaches to build specific content to practice according to their own judgments of coaches. The need for a complete, unified, scientific and effective extracurricular karate-do training program for students of the People's Security Academy is necessary and urgent.

2.2 Selection of survey content to assess the satisfaction level of the extracurricular Karate-do training program for students of the People's Security Academy

The selection of survey content to assess the satisfaction level of the Karate-do training program for students of the People's Security Academy is carried out according to the following steps:

Step 1: Analyze and synthesize references and consult directly with experts to develop standards and evaluation criteria;

Step 2: Select survey content and build the survey form;

Step 3: Conduct mock interviews with 31 experts who are Professors, Associate Professors, PhDs in the field of physical education and Karate-do coaches to determine the importance of the selection standards, criteria, and at the same time test the built scale with Cronbach's Alpha coefficient to eliminate inappropriate criteria

Step 4: Re-normalize the standards and criteria and calculate the Cronbach's Alpha coefficient after removing the variable (if any).

As a result, we selected 18 criteria to survey the satisfaction level of social needs of the extracurricular training program for students of the People's Security Academy on the basis of 5 Levels of Maslow's Hierarchy of Needs, specifically including:

- Basic physiological need: To assess the satisfaction level of social needs of the extracurricular Karate-do training program, the main criteria of interest are the need for movement, including 3 criteria.
- Safety need: To assess the satisfaction level of social needs of the extracurricular Karate-do training program, the main criteria of interest are mainly safety need in practice and self-defense (self-protection), including 4 criteria.
- Love and belonging need: To assess the satisfaction level of social needs of the extracurricular Karate-do training program, the criteria of interest also belong to in the field of love and belonging, including 3 criteria.
- Esteem need: In order to assess the satisfaction level of social needs of the extracurricular Karate-do training program, the criteria of interest are mainly in the ethical category, including 4 criteria.
- Actualization need: To assess the satisfaction level of the extracurricular Karate-do training program, the criteria are mainly concerned with the issue of periodic testing, detecting students gifted and capable of practitioners, including 4 criteria.

3. Assessment of the actual situation of meeting the needs of the extracurricular Karate-do training program for students of the People's Security Academy

The assessment of the actual situation of meeting the needs of the extracurricular Karate-do training program of students of the People's Security Academy was conducted on the basis of a sociological survey on 250 students currently practicing extracurricular Karate-do at the People's Security Academy. The survey was conducted on a 5-level Likert scale. Specifically: Level 1: Strongly agree (5 points); level 2: Agree (4 points); level 3: Average (3 points); level 4: Disagree (2 points); level 5: Strongly disagree (1 point). The thesis will

calculate the average score for each achieved criterion to assess the satisfaction level of meeting social needs of the current program according to the 5-level Likert scale:

1.00 – 1.80: Strongly Disagree/ Very Dissatisfied

1.81 – 2.60: Disagree/ Dissatisfied

2.61 – 3.40: Average

3.41 – 4.20: Agree/ Satisfied

4.21 – 5.00: Strongly agree/ Very satisfied

The result is presented in Table 2.

Table 2: Actual situation of meeting the needs of the extracurricular Karate-do training program for students of the People's Security Academy (n = 250)

No.	Criteria	Response Result					Total score	Average score
		5	4	3	2	1		
Movement need								
1	The amount of exercise is suitable for the age and gender of the practitioner	32	50	102	32	34	764	3.05
2	Well satisfy with the improvement of basic skills such as walking, running, jumping, coordination of motor activities	34	52	98	36	30	774	3.09
3	Have fun in a healthy manner, develop physically	72	56	74	22	26	876	3.50
Safety need								
4	Safe practice activities, no injury to the practitioners	42	38	132	20	18	816	3.26
5	Students are equipped with knowledge to protect themselves during practice	46	32	132	16	24	810	3.24
6	Students are fully equipped with protective equipment during practice	30	56	110	20	34	778	3.11
7	Students learn self-defense techniques in dangerous situations	32	54	110	20	34	780	3.12
Communicate need								
8	The training program helps learners communicate well with their fellow practitioners inside and outside the club	62	64	72	30	22	880	3.52
9	Enhance confidence in communication of students	64	66	72	28	20	876	3.50
10	Meet the need for belonging to the club and make the students feel they are part of the club	72	60	66	22	30	872	3.48
Respected need								
11	Educate ethical aspect, respect for teachers	52	64	72	30	32	824	3.29
12	Educate I will and determination of students	50	66	72	28	34	820	3.28
13	Receive the coach's respect and encouragement	62	42	66	22	58	778	3.11
14	Receive respect of their fellow practitioners	54	42	90	12	10	748	2.99
Self-actualization need								
15	Satisfy the exam contents, periodical tests	30	28	31	14	22	405	3.35
16	Help detect gifted students	23	22	46	19	15	394	3.36
17	Takes good care of gifted students	20	29	56	9	11	413	3.32

18	Help students confidently show their full potential in the learning process	26	22	48	8	21	399	3.30
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Table 2 shows that the result of the interview to assess actual situation of meeting social needs of the extracurricular Karate-do training program for students of the People's Security Academy on the Students studying extracurricular Karate-do, most of the criteria are assessed as meeting the needs at an average level (with scores at 2.99 - 3.52). Specifically:

- In the group of Movement Need, except for the criterion "Have fun in a healthy manner and develop physically" assessed as satisfied by the students, the rest of the criteria were assessed as average by the students.
- In the group of Safety Need, all 4 evaluation criteria are assessed by the practitioner as average, none of which is assessed as satisfied or very satisfied.
- In the group of Communicate Need, is the group of criteria assessed by the students as most satisfied, reflected in the average score in the range [3.48 - 3.52]. This is the best-assessed needs group of the current extracurricular Karate-do training program.
- In the group of Respected Need: all 4 criteria are assessed at an average level by all students. None of the criteria were assessed as satisfied or very satisfied.
- In the group of Self-realization Need: all 4 criteria are assessed as average by the students, none of which is assessed as satisfied or very satisfied.
- Thus, except for all 3 criteria of the group Love and Belonging Need and the criterion "Have fun in a healthy manner and develop physically", the participants assessed the satisfaction level as satisfied, all criteria belong to the remaining groups, the assessments of students only stopped at an average level. Therefore, it is necessary and urgent to develop an extracurricular Karate-do training program in the direction of meeting the needs of practitioners.

4. Conclusion

- 1) The actual situation of the extracurricular Karate-do training program for students of the People's Security Academy shows that: this is a program that is generally applied to all Karate-do martial arts clubs at the People's Security Academy, there is no specific distribution of practice time for each content as well as specific training content and training time for each school year, which causes inadequacies for the coaches in the teaching process.
- 2) Select 18 criteria to assess the satisfaction level of social needs of extracurricular Karate-do training method of students at the People's Security Academy belonging to 5 groups of needs according to Abraham Maslow's hierarchy of needs.
- 3) Conduct an assessment of the actual situation of meeting the needs of the extracurricular Karate-do training program for students of the People's Security

Academy on the basis of selection criteria. The result shows that the Extracurricular Karate-do exercise program currently being used by students of the People's Security Academy only meets the needs at an average level. Therefore, building an extracurricular Karate-do training program in the direction of meeting needs is a necessary and urgent matter.

Source of the Article

The article is quoted from the topic of PhD thesis *"Research and Development of Extracurricular Karate-do Training Programs for Students of the People's Security Academy"* authored by MSc. Nguyen Trac Linh.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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