



SOLUTIONS FOR DEVELOPING THE PÉTANQUE MOVEMENT FOR STUDENTS AT TRA VINH UNIVERSITY, VIETNAM

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Abstract:

Pétanque is a sport originating from France, characterized by technique, strategy, and high concentration, while also being easy to organize and requiring minimal facilities. In Vietnam, the pétanque movement among students is developing through clubs, extracurricular activities, and school sports competitions. The purpose of the research is to select solutions for developing the pétanque movement for students at Tra Vinh University, Vietnam. The research uses methods of synthesizing and analyzing documents, interviews, and statistical mathematics to address the research objectives. The research subjects include: 12 managers and experts (the university's board of directors, officials of the Ho Chi Minh Communist Youth Union, and the Student Union of Tra Vinh University) and 20 physical education teachers and managers at Tra Vinh University, Vietnam. The research results have selected 5 solutions to develop the pétanque movement for students at Tra Vinh University, Vietnam.

Keywords: solution, pétanque movement, student at Tra Vinh University, Vietnam

1. Introduction

Physical education and sports in schools play an important role in the strategy for comprehensive human development, contributing to the improvement of health, physical development, the formation of character, and the establishment of a positive lifestyle for students. The Communist Party and the State of Vietnam have identified the development of school sports as a key task through various policies and resolutions, such as Resolution No. 08-NQ/TW of the Politburo on strengthening the Party's leadership,

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creating a strong development in physical education and sports by 2020; Decision No. 1076/QĐ-TTg approving the overall scheme for the development of physical education and school sports for the period 2016–2020, with a vision toward 2025; the 2018 amended and supplemented Law on Physical Education and Sports, which emphasizes the role of extracurricular sports activities for learners [1], [2], [3].

In the context of higher education reform, extracurricular sports activities not only meet the need for physical training but also foster the development of social skills, enhance interaction, and enrich students' spiritual life. Many studies show that regular participation in sports activities helps improve physical fitness, reduce academic stress, and enhance the quality of life for university students (World Health Organization, 2020; UNESCO, 2015) [4], [5]. Therefore, developing the school sports movement is becoming an urgent requirement to enhance the overall quality of education in higher education institutions.

Pétanque is a sport originating from France, widely developed in many countries due to its simplicity, ease of organization, minimal facility requirements, yet still demanding coordination of technique, strategy, concentration, and competitive mindset [6]. In Vietnam, pétanque has gradually developed within the system of mass sports and high-performance sports, and it has also been included in many student sports competitions and local movements [7]. With characteristics suitable for organization in schools, pétanque has the potential to become an extracurricular sport that helps diversify physical education activities and attract students to participate in training.

Tra Vinh University is a multi-disciplinary higher education institution with a large training scale in the Mekong Delta region and always focuses on developing physical education and school sports. In recent years, the school has maintained many clubs and student sports movements. However, the pétanque movement has not yet developed in proportion to its potential; the number of participating students is still limited, activities are not regular, and the organization, communication, facilities, and support mechanisms are not coordinated. Currently, in-depth studies on the development of the pétanque movement in the university environment, especially at Tra Vinh University, are still relatively few, lacking a comprehensive scientific basis to propose solutions suitable to the practical conditions of the school.

Based on the aforementioned theoretical and practical significance, the implementation of the project "Solutions for developing the pétanque movement for students at Tra Vinh University, Vietnam" is necessary, scientifically and practically meaningful, contributing to enhancing the effectiveness of school sports activities, diversifying extracurricular activities, and promoting the physical training movement for students in the current period.

2. Research Method

2.1. Research Subject

2.1.1. Survey Subjects

Survey on solutions to develop the pétanque movement for students at Tra Vinh University includes: 20 management staff and physical education lecturers at TVU and in Tra Vinh province, Vietnam.

Surveying the feasibility of the solution to develop the pétanque movement for students at TVU includes: 12 management officials, experts (School Board, Youth Union officials, Student Association of Tra Vinh University) and 20 Physical Education teachers, Physical Education management officials at TVU, Vietnam.

2.2. Research Method

2.2.1. Method of Literature Review

The research uses this method to synthesize information from various sources to identify the theoretical basis of the research problem, determine the purpose, objectives, tasks, methods, and organization of the research, forecast research outcomes, and select solutions to develop the pétanque movement for students at TVU, Vietnam.

2.2.2. Interview Method

In order to consult experts and scientists in the field of sports and the sport of pétanque. The interview subjects include 04 instructors of pétanque, 01 pétanque coach from Tra Vinh province, 02 referees, 03 management officers, and 02 experts. The issues that the project focuses on are the selection and evaluation of the feasibility of some solutions to develop the pétanque movement for students at TVU.

2.2.3. Statistical Method

This method aims to select and systematically record relevant research data, in an organized and accurate manner. From there, subgroup statistics, processing, analysis, and comparison of results are carried out using relevant statistical formulas. To process the data obtained from the research, data processing was done using SPSS 22.0 software.

3. Research Results

To select some solutions for developing the pétanque movement for students at TVU, the research will proceed with the following steps:

- **Step 1:** Legal basis for selecting solutions,
- **Step 2:** Practical basis for selecting solutions,
- **Step 3:** Principles for selecting solutions,
- **Step 4:** Selecting solutions,
- **Step 5:** Implementation roadmap for the selected solutions,
- **Step 6:** Feasibility assessment of the solutions.

3.1. Legal Basis for Choosing the Solution

The legal basis for proposing solutions to develop physical education and school sports is built on the viewpoints and policies of the Party and State regarding the development of sports in the new era. The Resolution of the 10th Party Congress emphasizes the need to promote sports activities, develop mass sports, and improve the quality of physical education in schools [8]. Resolution No. 08-NQ/TW dated December 1, 2011, of the Politburo identifies the task of strengthening the physical training movement, diversifying grassroots sports activities, and paying attention to land planning and facilities for training in schools [1].

The Law on Physical Education and Sports affirms that extracurricular sports activities are voluntary activities aimed at meeting the needs for play, entertainment, and the development of students' talents [3]. In addition, the Vietnam Sports Development Strategy until 2020, according to Decision No. 2198/QĐ-TTg, has clearly defined the responsibilities of the Education and Training sector regarding physical education [9]. Documents such as Decree No. 11/2015/ND-CP [10], Decision No. 1076/QĐ-TTg [2], Directive 03/UBTDTT-QC [11], and Decision No. 1589/QĐ-UBTDTT [12] continue to create a legal framework for the development of physical education, sports activities, and sports clubs in schools.

Additionally, the Resolution of the Student Union Congress, The 11th Congress of the Student Union of Tra Vinh University, also emphasized improving the quality of sports activities, supporting sports clubs, and organizing "Healthy Student" movements to develop the physical and spiritual well-being of students.

3.2. Practical Basis (Ensuring Conditions, Difficulties, Obstacles, Student Needs)

According to the research results of Nam, T. Q., & Hau, K. (2024) [14] and Tram Quoc Nam et al. (2025) [15], the percentage of TVU students participating in pétanque training is 17.1%, a relatively low rate of less than 20% of the total number of students in the entire school. This indicates the need for policies and mechanisms to encourage, motivate, and promote the participation of all students in the pétanque movement.

Regarding the teaching staff, management, and coaches of pétanque, there is a shortage in quantity, and they do not meet the required standards in terms of qualifications. It is necessary to supplement and standardize, as well as enhance the professional qualifications of the school's physical education faculty.

The area of the facilities serving for pétanque activities at TVU does not yet meet the regulations. In the near future, it is necessary to implement solutions to expand the area of pétanque practice courts for students, diversifying social activities to provide more practice courts for students.

TVU students have a correct understanding and agree on the purpose and significance of participating in the pétanque movement, which is to improve health, and that physical education is beneficial, supports good performance in physical education classes, and do not agree that physical activities are meaningless, dangerous, prone to injuries, time-consuming, exhausting, costly, or inappropriate.

Obstacles and difficulties when participating in the pétanque movement of TVU students regarding facilities, training grounds, and training times (objective) and lack of time and sports talent (subjective) are issues that need to be considered in choosing solutions to develop the pétanque movement for students at Tra Vinh University.

3.3. Principles for Proposing Solutions

To align with the state's policy of innovation and improving the quality of education, and to selectively approach solutions for developing the pétanque movement for TVU students, when proposing research solutions based on fundamental characteristics.

The proposal for developing the pétanque movement for students at Tra Vinh University needs to ensure the principles of goal-oriented, systematic, synchronized, inherited, practical, and feasible. The solutions must align with the comprehensive educational goals according to the 2019 Education Law [16], have mutually supportive relationships in school sports management, and meet the practical conditions regarding facilities, personnel, and resources of the school. In addition to inheriting effective solutions, it is necessary to supplement new appropriate solutions to enhance the quality of the pétanque movement, ensuring effective and sustainable implementation in practice [17].

3.4. Choose Some Solutions to Develop the Pétanque Movement for Students at TVU, Vietnam

Based on the legal basis, practical foundation, and the aforementioned principles, the research gradually perfects and refines the system, proposing 5 solutions to develop the pétanque movement for TVU students. Conduct the construction of the survey and interview 20 experts, managers, and physical education lecturers at TVU and Tra Vinh province twice, one month apart, using the same evaluation method, the same content system, and the same subjects, with responses rated on a 5-point scale: (1) Strongly disagree, (2) Disagree, (3) Neutral, (4) Agree, (5) Strongly agree. The Wilcoxon signed-rank test for two dependent samples was used to assess whether there is a difference between the two interviews, with the results presented in Table 3.1.

The results in Table 3.1 show that the observed significance levels of the questions from experts, managers, and physical education lecturers in this test all have $\text{Sig} > 0.05$. This indicates that the differences are not statistically significant. So we can conclude that there is no difference between the two interviews or that the results of the two interviews are equivalent.

Table 3.1: Results of the interview on solutions to develop the pétanque movement for TVU students (n = 20)

Solution	First time (n = 20)		Second time (n = 20)		Comparison	
	Mean	Std.	Mean	Std.	Standard deviation unit - Z	Asymp.Sig. (2-tailed)
1 Enhance propaganda and education to raise awareness about the role, position, significance, and importance of school sports.	4.93	.252	5.00	.000	-1.732 ^b	0.083
2 Mechanisms and policies facilitating the management, organization, and implementation of the pétanque movement activities in schools	4.93	.252	4.96	.208	-.577 ^b	0.564
3 Diversifying the content and forms of organizing extracurricular pétanque activities according to the needs and practical conditions of the school.	4.91	.288	4.93	.252	-.378 ^b	0.705
4 Investing, upgrading, repairing, building additional fields, and purchasing more equipment to better meet the training needs of students in pétanque.	4.91	.288	4.89	.318	-.378 ^d	0.705
5 Develop a recruitment and training plan to enhance the professional qualifications and skills of the management staff, physical education teachers, coaches, and guides, ensuring they meet the required quantity, structure, and standards as per regulations.	4.87	.344	4.82	.387	-.632 ^d	0.527

The interview results selected solutions with an average score of respondents over two rounds of interviews at an agreement level of more than 3.40. The research results selected 05 solutions to develop the pétanque movement for TVU students, including:

- **Solution 1:** Strengthen propaganda and education to raise awareness about the role, position, significance, and importance of school sports.
- **Solution 2:** Mechanisms and policies to facilitate the management, organization, and implementation of the pétanque movement activities in schools.
- **Solution 3:** Diversify the content and forms of organizing extracurricular pétanque activities according to the needs and practical conditions of the school.
- **Solution 4:** Invest in, upgrade, repair, and build additional facilities, and purchase more equipment to better meet the training needs of students in pétanque.
- **Solution 5:** Develop a recruitment and training plan to enhance the professional and technical qualifications and develop a team of management staff, physical education teachers, coaches, and pétanque instructors to ensure sufficient quantity, consistent structure, and standardized qualifications in accordance with regulations.

3.5. Roadmap for Implementing the Solutions

To implement the above solutions, an appropriate time and a suitable roadmap are needed for the Board of Directors, the Student Union Secretary, and the Department of Physical Education to carry out the following solutions:

a. Board of Directors

- Build and perfect mechanisms, policies, organizational management structures, planning, recruitment, training, and development of the team to implement and organize the pétanque movements in the School.
- Develop and finalize the school's commendation and reward regulations for the pétanque movements to encourage, motivate, and create enthusiasm for students to participate in the pétanque movements.
- Create policies and mechanisms to promote, sponsor, and socialize pétanque movements in schools to encourage student participation.
- Develop and issue documents on policies and regulations for physical education lecturers, coaches, and instructors participating in organizing pétanque movements in the school.

b. The Student Union Secretary

- Diversify and regularly promote to students the benefits and importance of pétanque and sports activities at Tra Vinh University, both domestically and internationally.
- Encourage the school's leadership, Youth Union leaders, and Student Union leaders to actively participate in practicing pétanque at the university to raise awareness and increase participation among students in various faculties at Tra Vinh University.
- Promote the campaign "All people practice physical exercise following the example of the great Uncle Ho," and launch the emulation movement "Healthy to build and protect the Fatherland" by organizing for students to respond and actively participate in sports events commemorating major holidays (April 30 & May 1); celebrating Vietnam Teachers' Day on November 20; and participating in expanded friendly pétanque tournaments, especially the city-wide and provincial pétanque tournaments in Tra Vinh and other extended tournaments.
- Direct, inspect, urge, and encourage the Faculty/Center Associations to effectively implement the pétanque movements within the School.
- Issue regulations for coordination with the School Board and organizations, individuals, and units both inside and outside the school to support the pétanque movements.

c. Physical Education Department

- Advise the school on organizing the pétanque movements among students.
- Develop a plan to organize the pétanque movements in the school annually in a scientific, reasonable manner that meets the needs of the students.

- Physical Education instructors develop training plans for pétanque teams and clubs to maintain regular physical exercise for students and select talented students to join the pétanque teams.
- Physical Education lecturers continuously nurture and self-improve their professional expertise, serving as role models for pétanque training in the school.
- Diversifying activities by maintaining traditional sports festivals; establishing multiple teams and pétanque clubs; enhancing the organization of community-oriented sports events. The Physical Education Department closely collaborates with the school's Student Union to annually organize pétanque tournaments to commemorate major holidays (April 30 & May 1) and to celebrate Vietnam Teachers' Day on November 20; they also coordinate and connect with units both inside and outside the school to organize large-scale pétanque exchange tournaments.

3.6. Testing the Feasibility of Some Solutions to Develop the Pétanque Movement for Students at TVU, Vietnam

To assess the feasibility of developing a sports center for TVU students, the research team reviewed literature and consulted 12 managers and experts (including the school board, Youth Union officials, and student union members of Tra Vinh University) and 20 physical education teachers and managers at TVU via interviews rated on a scale from 1 to 5 as follows: (1) Very infeasible, (2) Infeasible, (3) Average, (4) Feasible, and (5) Very feasible. Testing the difference in interview results between experts, management staff, and physical education lecturers led to results in Table 3.2.

Table 3.2: Survey results on the feasibility of solutions for developing the pétanque movement for TVU students, Vietnam

Solution	Managers and Experts (n = 12)		Physical Education teachers and Managers (n = 20)		Comparison	
	Mean	Std.	Mean	Std.	χ^2	Sig
1 Enhance propaganda and education to raise awareness about the role, position, significance, and importance of school sports.	4.17	.408	4.14	.501	0.03	0.73
2 Mechanisms and policies facilitating the management, organization, and implementation of the pétanque movement activities in schools	4.13	.516	4.19	.490	0.05	0.95
3 Diversifying the content and forms of organizing extracurricular pétanque activities according to the needs and practical conditions of the school.	3.50	.348	3.60	.392	0.09	0.91
4 Investing, upgrading, repairing, building additional fields, and purchasing more equipment to better meet the training needs of students in pétanque.	4.13	.408	4.06	.492	0.17	0.68

5	Develop a recruitment and training plan to enhance the professional qualifications and skills of the management staff, physical education teachers, coaches, and guides, ensuring they meet the required quantity, structure, and standards as per regulations.	3.67	.416	3.55	.435	0.10	0.67
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The data in Table 3.2 shows that the observed significance levels of the questions asked by managers and teachers in this test all have Sig > 0.05 indicates that the differences are not statistically significant. So we can conclude that there is no difference between the survey results of experts, specialists, teachers, and administrators regarding the feasibility of the solutions for developing the pétanque movement for TVU students, Vietnam. The survey results show that both experts and administrators, as well as physical education teachers, evaluate all the solutions as feasible (>3.40).

4. Conclusion

Five solutions have been selected to develop the pétanque movement for students at Tra Vinh University, Vietnam. The research has developed content and a roadmap to implement the solutions in practice. The evaluation results show that the five solutions are feasible for implementation in practice.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

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