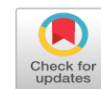




ORIGINAL ARTICLE



Factors affecting student participation in extra-curricular sport clubs activities

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Abstract:

The research has identified 10 factors affecting extracurricular sports activities in the form of clubs of students, including 03 subjective factors and 07 objective factors. The present study used scientific research methods such as document reference, pedagogical observation method, interview method, and statistical method. On that basis, analyze the current situation of subjective factors affecting the development of extracurricular sports movements in the form of clubs for research content.

Keywords: Actual situation, influencing factors, subjective factors, objective factors, extracurricular sports; clubs

Introduction

Physical activity and sport in childhood and adolescence appear to be an important tools for promoting the sustainable development of society and play an essential role in underpinning each of the eight Millennium Development Goals (MDGs) (Pérez-Ordás R, et al, 2019).

This has been recognized in many resolutions of the UN General Assembly; for example, resolution 70/1, adopted in 2015, titled “Transforming Our World: The 2030 Agenda for Sustainable Development”, recognizes the role of sport in promoting social progress (Lemke, W, 2016). Adolescence is the ideal period to reinforce an education that integrates

sustainable principles and values (Murga-Menoyo, M.A, 2015).

Extracurricular physical and sports activities, in addition to being a fundamental tool for promoting a healthy lifestyle, combined with a curriculum are necessary for a complete and sustainable education, aimed at achieving the various goals of modern education. By participating in the school's extracurricular and physical sports activities, students are exposed to fundamental sporting values including teamwork, fair play, respect for the rules and others, and cooperation; all the values and skills required in an individual's personal, professional and social life in the community and society. Encouraging access to and participation in the practice of a physical activity is a strategy that enables inclusive and equitable quality education and promotes learning opportunities for all, as defined by the goal fourth of the MDGs (Lemke, W, 2016).

Identifying factors that encourage an active lifestyle is important for future educational programs. These programs can provide people with the abilities, skills, and healthy lifestyle habits needed to achieve global sustainable development, striking a balance between economic and social sustainability, society, and the environment (Mitova, S et al, 2015).

The purpose of extracurricular sports activities is to organize sports activities in the students' free time in a healthy and content manner; Educating understanding and knowledge of using various means of sport and physical education in daily life and activities (MET, 2008). However, many students at some Vietnamese

universities have not paid enough attention to extracurricular sports activities.

Extracurricular sports clubs are the content that is loved by many Vietnamese students (Duong N.C, 2007). To have an impact on solutions to develop extracurricular sports activities in the form of clubs for students, students need to make their efforts to participate in the exercise. Therefore, the identification and accurate assessment of the current status of subjective factors affecting extracurricular sports activities in the form of clubs for research subjects is a necessary, urgent, and practical issue high. Therefore, this problem needs to be studied to have a suitable solution to spread widely.

Materials and Methods

In the research process, we use the following research methods: Document reference method, pedagogical observation method, interview method, and mathematical and statistical method. We use SPSS 20.0 software to analyze the results.

Survey subjects include 1200 students, and 124 experts, teachers PE, and managers.

Survey time: the academic year 2020-2021.

Results

1. Determining the factors affecting the extracurricular exercise movement in the form of a club.

Conduct to determine the factors affecting extracurricular sports activities in the form of clubs of Vietnamese students, based on analysis of references, related research works, direct and indirect interviews, received 45 experts in the field of sports science and lecturers at some

sports universities in the South, Vietnam. The results show that: Subjective factors and objective factors both have a great influence on extracurricular sports activities in the form of clubs for research subjects. The interview results have identified 10 main factors affecting the extracurricular exercise movement in the form of clubs for the research subjects.

In the process of assessing the current status of factors affecting extracurricular activities in the form of clubs of the research subjects, we conduct a detailed assessment of the actual status of each component.

2. Current situation of subjective factors affecting students' extracurricular sports activities

Conduct an assessment of the current situation of subjective factors affecting the subjects' extracurricular sports activities through a survey of 1200 students at some universities in the South, Vietnam. The results show that:

2.1. Current status of awareness and attitude to extracurricular exercise in the form of clubs

The current awareness and attitude to extracurricular sports practice have a great influence on the extracurricular practice in the form of clubs of Vietnamese students, in which it is necessary to mention the awareness of the management staff, teachers of physical education, teachers of other subjects are those who have a great influence on students' learning as well as the development of extracurricular sports practice.

Survey results on awareness and attitudes towards extracurricular sports activities of 16 managers, 29 teachers of physical education, 79 teachers of other subjects, and 1200 Vietnamese students. Through the interview by questionnaire presented in Table 1.

Table 1. Current awareness and attitude toward extracurricular sports practice in the form of clubs

Contents	Managers (n=16)		Teachers PE (n=29)		Other lecturers (n=79)		Students (n=1200)		Compare	
	m _i	%	m _i	%	m _i	%	m _i	%	X ²	P
Understanding the effects of sports activities										
Very important	15	93.75	29	100	47	59.49	429	35.75	394.68	<0.05
Important	1	6.25	0	0	26	32.91	550	45.83		
Not important	0	0	0	0	6	7.59	221	18.42		
Understanding the effects of sports activities on clubs										
Very important	13	81.25	29	100	41	51.90	453	37.75	141.201	<0.05
Important	3	18.75	0	0	27	34.18	549	45.75		
Not important	0	0	0	0	11	13.92	198	16.50		
Find out and choose the effects of sports activities on the clubs										
Good for health	13	81.25	29	100	55	69.62	431	35.92		

Physical fitness development	14	87.5	29	100	53	67.09	416	34.67	19.78	>0.05
Beautiful body image	15	93.75	29	100	56	70.89	413	34.42		
Make friends	15	93.75	28	96.55	52	65.82	409	34.08		
Relax	13	81.25	28	96.55	41	51.90	360	30.00		
Waste of time and effort	0	0	0	0	9	11.39	125	10.42		
Not working	0	0	0	0	8	10.13	104	8.67		
Attitude to practice extracurricular sports in the form of clubs										
Favorite	13	81.25	29	100	25	31.65	324	27.00	204.79	<0.05
Normal	2	12.5	0	0	35	44.30	657	54.75		
Don't like	1	6.25	0	0	9	11.39	219	18.25		

Table 1 shows that: The awareness and attitude of sports practice in general and extracurricular sports in clubs, in particular, are very different in different subjects. The best awareness and the most appropriate attitude to extracurricular sports belong to the group of PE teachers, and then to the group of managers (who have a decisive voice in directing the development of the exercise movement), (extracurricular sports activities), then to teachers of other subjects (who have a great influence on student decisions), and finally to a group of students, who decide whether or not to practice extracurricular sports myself. When comparing the results of the interview on the awareness and training attitude of the groups, there was a statistically significant difference at the threshold of $P < 0.05$. Specifically :

For managers: 93.75% of managers are aware of the importance of extracurricular sports activities in the form of clubs and 81.25% of managers love and enthusiastically practice, have 12.5% of the interviewees have a normal attitude towards physical training and 6.25% of the respondents do not like to practice in the form of a club. Thus, even among administrators, despite having accurate

awareness of the role and importance of extracurricular physical training, there are still many people who do not like to practice. This is also a limiting factor in the development of extracurricular sports training movements in the form of clubs at universities in the South, Vietnam.

On the subject of teachers: If 100% of PE teachers are rightly aware of the importance of physical training, love, and enthusiastically practice, in other subjects, there is 7.59% of the total number of lecturers. There are 11.39% of other teachers interviewed who do not like to participate in extracurricular sports practice in the form of clubs.

Among students: 18.42% of students are not aware of the importance of extracurricular sports activities and 16.50% of interviewed students do not like to exercise. With the perception that extracurricular sports are not important, students easily spend time on many other activities because they think they are more important. This is a factor that greatly affects the development of extracurricular sports movement of students. This requires the impact of appropriate and effective solutions to raise the awareness of target

groups about the importance of extracurricular sports and their impact on the consciousness of the target groups. in extracurricular sports.

Awareness of the effects of extracurricular exercise in the form of clubs: Although there are still students who are not aware of the effects of extracurricular exercises in the form of clubs, the number is not much. When comparing the difference, the results of

interview responses of the groups of subjects did not show a statistically significant difference ($P>0.05$).

2.2. The reality of the need for extra-curricular sport in the form of a club

Surveying the current situation of students' need for extracurricular sports training in the form of clubs by interviewing 1200 students with questionnaires. The results are presented in Table 2.

Table 2. Survey results on training needs in the form of extracurricular clubs for Vietnamese students

No.	Interview contents	Interview result	
		m_i	%
1	The need to participate in extracurricular sport in the form of a club (n=1200)		
	Have a need to participate	328	27.33
	There is no need to participate	635	52.92
	Confused	237	19.75
2	The need extracurricular sport activities clubs (n=328)		
	Yes	314	95.73
	No	14	4.27

Table 2 shows that: Up to 27.33% of the interviewed students need to participate in extracurricular exercises in the form of clubs, proving that in the form of clubs, Vietnamese students love to practice. Among students who need to participate in an exercise in the form of extracurricular clubs, up to 95.73% of students need to participate in training in the form of extracurricular clubs in the form of clubs. Thus, when organizing extracurricular sports activities for Vietnamese students, using the form of a sports club is appropriate.

2.3. Actual situation of motivation for extra-curricular exercise in the form of a club

Conduct an assessment of the current status of motivation for participating in an exercise in the form of extracurricular clubs for Vietnamese students by interviewing 1200 students with questionnaires. With a group of students who did not participate in extracurricular exercises in the form of clubs, the authors investigated the reasons for not participating in the exercise. The results are presented in Table 3.

Table 3. Current status and motivation for extracurricular exercise in the form of clubs of Vietnamese students

No.	Interview contents	Interview result	
		m_i	%
1	Current of participating sport activities in the form of a clubs (n=1200)		
	Regular sport club activities	215	17.92
	Irregular sport club activities	237	19.75
	Do not participate in sport activities of clubs	748	62.33
2	Motivation to participate (n=452)		
	Favorite	256	56.64
	Improve physical fitness	234	51.77
	Have a nice body	246	54.42
	Xchange and expand relationships	241	53.32
	Express yourself	37	8.19
	Enticing friends	43	9.51
	Free time	33	7.30
3	Reasons for not participating (n=748)		
	Do not like	214	28.61
	Do not have time	187	25.00
	Futile	268	35.83
	Dangerous, prone to injury	99	13.24
	Costly	143	19.12
	Boring, uninteresting	302	40.37
	The organization method is not suitable	234	31.28

Table 3 shows that:

Regarding the number of students participating in training in the form of extracurricular sports clubs: 17.92% of the surveyed students participate in regular exercise in the form of extracurricular clubs and more than 19.75% of the surveyed students participate in practice in the form of an occasional extra-curricular sports club. If comparing the number of students who need to practice is more than 35%, there are still many students who have the need but have not participated in the practice; Many students have

participated in the practice but have not practiced regularly. This is an advantage in continuing to develop the extracurricular exercise movement in the form of clubs in universities in the South, Vietnam.

Regarding the motivation of students to practice in the form of extracurricular sports clubs: Most students practice extracurricular activities in the form of clubs according to positive reasons such as Interest in the form of clubs; properly aware of the effect of exercise in the form of a club with health (exercise to improve physical strength, exercise to be in good

shape), practice to exchange and expand relationships. These reasons account for more than 50% of the interviewees; renewing the form and content of extracurricular exercise in the form of a club.

Discussion

This study is part of measuring the quality, value, satisfaction, and future intentions of students with extracurricular sports activities in the form of clubs organized by educational institutions. education provides, which according to the UN General Assembly is an important tool to promote the sustainable development of society. It also investigated whether aspects related to the evaluation of extracurricular sports services were related to the intention to continue these activities. The results show a good assessment of the need for extra-curricular sports activities in the studied contents. A relationship exists between some of the variables studied and students' future intentions towards the sports and educational services received, making these results consistent with the sustainability goals. that the United Nations Education has identified.

Satisfaction with extracurricular sports activities in the form of clubs provided by educational institutions is the most appreciated result, consistent with the results of other studies (Bernal, A et al, 2014). This may be because quality-specific characteristics are an opinion that persists over time, while satisfaction is a temporary opinion referring to a particular service (Nuviala, A et al, 2013). This indicates that satisfaction is to a large extent dependent on emotional aspects (Olsen L, et al 2003) and post-use and/or post-use evaluation may vary within each

transaction and that is the outcome. outcome of psychosocial cognitive and affective processes. This is an aspect that those responsible for extra-curricular sports activities offered by educational institutions, and should strive to relate physical activity to the development and improvement of emotional processes. feelings and perceptions in adolescents.

Conclusions

The study results have identified 10 main factors affecting extracurricular sports activities in the form of clubs of students of some universities in the South-VietNam, in which there are 3 subjective factors and 07 factors. objective factor. The results of the analysis of subjective factors affecting extracurricular sports activities in the form of the club of the research subjects showed that: To develop of the exercise movement in the form of extracurricular clubs of students at some regional universities, in the southern region, of Vietnam, is necessary to renew the content and form of organizing extracurricular exercises in the form of clubs and raise students' awareness of the role, importance and effects of exercise in the form of clubs.

Practice in the form of a club, corresponding to the number of nearly 50% of the students who practice in the form of a regular practice club. However, there are still nearly 20% of students with unsustainable motivation to exercise, which leads to not practicing in the form of regular extracurricular clubs, such as exercise with friends, exercise to reduce free time. Self-actualization is the pinnacle of need and cannot be classified as an unsustainable or inactive motive. For these target groups, it is necessary to have

appropriate solutions to turn the motivation of students to practice in the form of extracurricular clubs into sustainable motivation.

About the reasons for not participating in exercise: The main reason why students do not participate in extracurricular exercises in the form of clubs is that the content of the training program is boring, does not cause excitement, and the way to organize outdoor exercises. the course is not suitable (accounting for more than 30% of the students who did not participate in the selection exercise). The reason for dislike in the form of a club is only chosen by nearly a quarter of people who do not practice. Other causes are due to incorrect awareness of the influence and impact of extracurricular training in the form of clubs such as Time-consuming exercise; dangerous exercise, prone to injury; expensive workouts; Exercise having no effect. Therefore, it is necessary to apply solutions to raise students' awareness of the importance and effects of extracurricular sports in general and in the form of extracurricular sports clubs.

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