

The influence of recreational sports clubs on the physical health and confidence- social health development of participants: A study of recreational sport clubs a university

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ABSTRACT

The study aims to study the effectiveness of recreational sports clubs (RSC) for participants at a university. The study was carried out through a number of methods, namely research synthesis and evaluation of related documents, method of sociological investigation, modeling, pedagogical, medical and psychological testing, monk experiments and mathematical statistics. The author has demonstrated the effectiveness of the sports club model with the development of physical health and confidence, social health of participants. With specific, scientific and reasonable results. Key words: Recreational sport clubs, physical health, confidence, social health

1. Introduction

According to David and Năstase (2012), quality of life “is an evaluative concept, which is defined by setting the living conditions and the activities making up human life against human needs, values, and aspirations.” In other words, individuals can influence their quality of life, if by that we mean strictly the main features of their way of life, those feature being determined by the way in which they spend their *recreational* time.

There are many studies that have highlighted the role of sports activities in

influencing the body’s health status (Lindström, 2011), and the importance of those activities in the socialization of the younger generation (Min and Jin, 2010). As we all know, all societies are dependent on their members, on their intelligence and creativity, on their overall progress. The quality of each individual’s upbringing, development and education are in close relation with the way in which they spend their *recreational* time, and in that context sports activities can be genuine sources of health and energy for future activities.

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“For the spare time, *recreational* sports are the most ideal activities that can adjust body states, driving the harmonious development of bodies and minds. ... Compared with other *recreational* activities, *recreational* sports activities can help *recreational* subjects realize the unification and harmony of bodies and minds, which is more in accord with the leisure subjects’ requirements in modern society” (Li and Gao, 2008).

Participation in sport has become highly valued by governments and policymakers. In addition to its physical health benefits, it is often seen as an activity that has a positive social integrative function. It is not surprising that local and national governments with a diverse population have policies and programs that encourage the participation of populations that are underrepresented or marginalized in sport. In many countries sport participation is possible primarily under the auspices of voluntary sport organizations, many of which name demographic diversity as an organizational value (Ramón. S, et al , 2019).

The quality of life is an assessment concept, being the resultant of life conditions and of the activities which compose the human life related to the necessities, values, human goals, which refer to global evaluation of life (how good, satisfying is the life which different people, social groups, collectivizes live) as well as to the assessment of different conditions and areas of life, like environment, work conditions, interpersonal relations, family life (Păunescu. M, et al, 2013). The importance of this paper derives from the multitude of information with scientific character regarding the approach of life quality

through the effects of practicing recreational sport club in the free time which peoples nowadays have.

Le Q.P, et al (2017); Yeop K.S, Hoon Y.J, (2009) argue that recreational sport activities bring to people not only physical health, but they bring them confidence health and social health.

To improve physical health, confidence, healthy entertainment for participants of recreational sports clubs, and prevent social evils at university students and help students have a place for healthy communication, play sports and entertainment. The model of recreational sports club that the author has built, demonstrates the effectiveness of the physical health development of participants, through 12 criteria (Dao Chanh Thuc(a), 2019), At the same time, it also brings about the confidence, social health of the sports club participants.

2. Material and method

The study was carried out through a number of methods, namely research synthesis and evaluation of related documents, method of sociological investigation, modeling, pedagogical, medical and psychological testing, monk experiments and mathematical statistics.

Material: 200 students of An Giang University, Vietnam participated on the research team.

+ Control group: 69 students (34 males and 35 females) - Mixed sport club

+ Experimental Group :

- 64 students (32 males and 32 females) - Recreational sport club (club 1-GYM Minh Khoi)

- 67 students (32 males and 35 females) - Recreational sport club (club 2-Karate)

3. Research results

In this research tool, the survey form - sociological survey, for contents examining the influence factor of members when participating in RSC activities, because this is a question of behavior/attitude and answered according to Liker 5 levels (from 1 to 5 corresponding to the degree of not affecting influence very much): “5 = Strongly agree; 4 = Most agree; 3 = Disagree; 2 = Strongly disagree; 1 = No comments” (Dao Chanh Thuc(a), 2019).

The author used the Internal Consistent Reliability Analysis method to eliminate unreliable factors in the survey form.

+ *Evaluation of the confidence and social health benefits of members participating in the built recreational sports clubs.*

For the benefits of participating in various types of RSC, the author used the sociological survey survey of (Dao Chanh Thuc(a), 2019), to assess the influencing factors of active members in the types of developed RSC and experiment. This issue uses the statistical method with SPSS 20.0 to evaluate (Dao Chanh Thuc, 2018).

Results of assessment of confidence and social health benefits and related issues, the benefit factor of "Confidence" is the most chosen factor with an average value of 3.97, "Physical health promotion" is the second highest benefit for participants with an average value of 3.92, followed by " Relax" factor, and two factors "Reduce stress", "Reduce stress and anxiety" is located four and five. In addition, the benefits of "Friendly in social relations" are also highly appreciated by members with the average value of 3.56, and other benefit factors that bring to members when participating in the RSC activities are submitted. For details see table 1:

Table 1: Results of assessing the benefits of confidence and social health of people participating in RSC

N	EVALUATION FACTORS	No	M	SD
1	Confidence	200	3.97	.678
2	Physical health promotion	200	3.92	.956
3	Relax	200	3.91	.876
4	Reduce stress	200	3.89	.998
5	Reduce stress and anxiety	200	3.77	2.001
6	Friendly in social relations	200	3.56	1.124
7	Fight disease	200	3.09	1.083
8	Beauty or slimming	200	3.06	.873
9	Improve work efficiency	200	2.98	.289
10	Receive love and share	200	2.98	.997
11	Enjoy and cheerful	200	2.11	1.007
12	Due to the appeal of sports	200	1.99	.685
13	The influence of famous athletes	200	1.74	1.002

Comparison of assessment of confidence and social health benefits of members participating in RSC between men and women in the experimental group(EG) 1 & 2

that there is no statistically significant difference between the male and female groups of the experimental group 1 & 2 and related issues when participating RSC model built shown in Table 2 and chart 1.

Through the results of independent sample analysis (t-test), the results show

Table 2: Evaluation of confidence and social health benefits between experimental groups 1 and 2

N	EVALUATION FACTORS (n=131)	Male EG 1&2		Female EG 1&2		t	P
		M_{male}	SD_{male}	M_{female}	SD_{female}		
1	Confidence	3.98	.879	3.94	.818	.941	.000
2	Physical health promotion	3.87	.874	3.96	.906	1.786	.003
3	Relax	3.85	.824	3.81	.871	-.289	n.s
4	Reduce stress	3.82	.869	3.84	.978	.976	.002
5	Reduce stress and anxiety	3.84	.921	3.74	1.105	-.945	.000
6	Friendly in social relations	3.68	.976	3.55	1.122	-.590	.006
7	Fight disease	3.48	.891	3.21	1.073	1.231	.002
8	Beauty or slimming	3.16	.866	3.03	.873	1.053	n.s
9	Improve work efficiency	3.23	.862	2.97	.268	-.043	00.7
10	Receive love and share	3.08	.884	2.98	.987	-.589	n.s
11	Enjoy and cheerful	3.13	.882	2.77	.218	-.048	00.7
12	Due to the appeal of sports	3.10	.901	2.18	1.027	.663	.009
13	The influence of famous athletes	3.01	.896	1.95	.688	1.032	n.s

Note: n.s There is no statistically significant difference

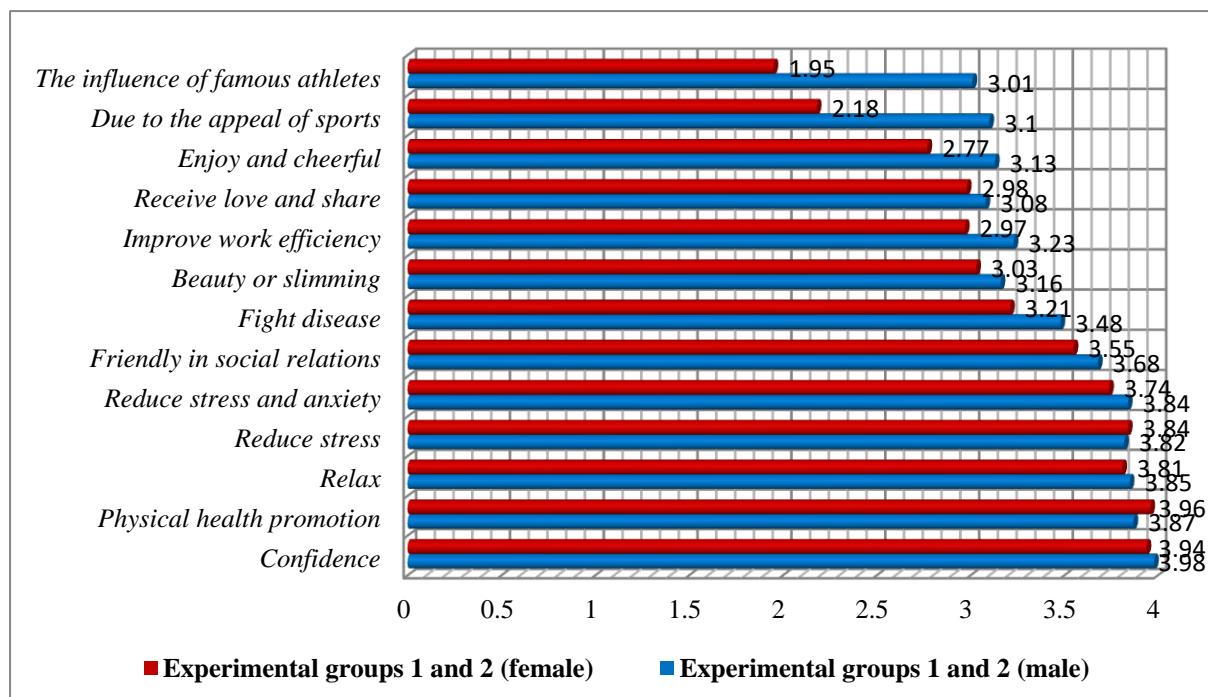


Chart 1: Mean confidence and social health benefits between experimental groups 1 and 2

+ Compare and evaluate the confidence and social health benefits of participants in 3 types of recreational sports

The analytical results show a statistically significant difference between the control groups, EG1 and EG2 with the following contents:

"Confidence" ($p = 0.001 < 0.01$) was agreed higher than EG1 group and GYM club members and Karate club members.

" Physical health promotion; Relax " ($P = 0.008$ and 0.000), selected more by EG1 and EG2 group than the control group.

"Reduce stress" was selected more by the group of Karate club members than GYM club group and control group. On the contrary, "Reduce stress and anxiety" is highly appreciated by GYM club grouper than Karate clubs and a mixed group.

"Friendly in social relations" is GYM club group; Karate appreciates superior to the mixed group (Control group). Other factors have no statistically significant differences between groups of recreational sports of participants, presented in the following table 3:

Table 3: Comparison of mental and social health benefits in 3 types of recreational sports

EVALUATION FACTORS (n=200)	F	P	Post-hoc (Scheffe)
Confidence	6.702	.001	$\mu_1 > \mu_2 > \mu_3$
Physical health promotion	5.021	.008	$(\mu_1, \mu_2) > \mu_3$
Relax	5.018	.000	$(\mu_1, \mu_2) > \mu_3$
Reduce stress	4.984	.006	$\mu_2 > \mu_1 > \mu_3$
Reduce stress and anxiety	4.056	.003	$\mu_1 > \mu_2 > \mu_3$
Friendly in social relations	3.092	.032	$(\mu_1, \mu_2) > \mu_3$
Fight disease	1.231	n.s	
Beauty or slimming	2.003	n.s	
Improve work efficiency	1.091	n.s	
Receive love and share	2.063	n.s	
Enjoy and cheerful	1.523	n.s	
Due to the appeal of sports	.764	n.s	
The influence of famous athletes	.789	n.s	

Note: n.s: There is no statistically significant difference μ_1 - EG1; μ_2 - EG2; μ_3 - The control group

4. Conclusion and Discussion

About the state of training Recreational Sports club of students a university: the Extracurricular Recreational Sports activities of students now are mainly in the form of self-training activities (32.22%) and (21.67%); The

Extracurricular Recreational Sports activities are mainly organized and guided by teams of schools and faculties (9.08%), spontaneous clubs (24.45%) and at sports socialization facilities in and outside a university (14.72%). (Dao Chanh Thuc (b), 2019).

In recent years, the number of people practicing sport at the clubs of An Giang

University has increased dramatically, typically in GYM, Futsal, volleyball, Karate... However, the number of participants is very low in comparison with the population in the area. (Dao ChanhThuc(b), 2019).

Training physical education and RSC model of the students at An Giang University are very diversified. The main form is self-training (self-training 36.41%, self-training group 23.83%). Training in physical education and sport clubs are unprompted 1.88% and training in other sport organizations is 16.64%. (Dao Chanh Thuc, et al 2018).

Demand for establishing RSC of students and the leadership of An Giang University is 74.9% and 97.5%. (Dao Chanh Thuc(a),2019).

The study has confirmed that research and models of recreational sports clubs are appropriate and effective for the physical development of students a University, through actual test results. Results of assessment of 12 criteria for physical health, strength and physiology of students at An Giang University during one year of experience (Dao Chanh Thuc(a),2019). At the same time it brings many other benefits such as Confidence, Physical health promotion, Relax, Reduce stress, Reduce stress and anxiety, Friendly in social relations, Fight disease, Beauty or slimming, Improve work efficiency, Receive love and share, Enjoy and cheerful, Due to the appeal of sports, the influence of famous athletes,... for RSC participants.

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