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Studying orderly culture living for input students university of physical education and sports Ho Chi Minh city, Vietnam

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Abstract

The study used sociological investigation methods and statistical math; the article provides information on the current lifestyle of boarding students at Ho Chi Minh City University of physical education and Sports through the following topics: Study habits, daily routines, and communication and life. Emotional life. Thereby proposing 27 contents to build cultural lifestyles for university students.

Keywords: Cultural lifestyle, boarding students, physical education and sports

1. Introduction

Along with the strategy of "Economic growth", the strategy of "Selective development", then the "People" strategy has always been of special interest to our Party and State. The Resolution of the 8th Party Congress affirmed, "Taking care of education and training for the younger generation is the responsibility of the Party, the State, organizations in the political system, the family, the school and the all society. "In a socialist-oriented market economy under the control of the State, the education of political qualities, fostering morality and personality for students in general and for pedagogical students physical training and sports in particular, there are still many issues that have not been promptly and appropriately compared to reality. The market mechanism and international integration, besides positive great effects, have also revealed its negative side, negatively affecting the ideological consciousness, morality and lifestyle of our people. The lifestyle of outside enjoyment invades the lifestyle and is subject to change. Many students are still vague, bladder blurred music about the ideals, foreign cult, disdain for the cultural values of the nation, chasing pragmatic, personal and self-centered lifestyle. Endangering the nation's fine traditions and customs.

Students at the Ho Chi Minh City University of Physical Education and Sports (HUPES) are now very active, creative, vibrant, full of enthusiasm, but also very lacking in life experience, they are easily fluctuated leading to change a stance to live. So what is the lifestyle of pedagogical and sport students currently? Is that lifestyle suitable for a future socialist teacher? For these reasons, our team studying: "*Studying orderly culture living for input students university of physical education and sports Ho Chi Minh City*".

2. Research Methods and Content

The research project aims to find out about the current situation of lifestyle of boarding students at Ho Chi Minh City University of physical education and Sports. Thereby propose a cultural lifestyle for boarding students in the school.

To solve the content of the above study, we use the following methods: Methods of reference documents, interviews and statistical math.

Study object: 396 students in the residential area of HUPES.

3. Results

3.1. Situation of lifestyle of boarding students at HUPES

3.1.1. Identify criteria to assess the status of lifestyle

Proceed in 03 steps

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Step 1: Draft the initial preliminary questionnaire.

Step 2: Adjust the questionnaire questionnaire scale and determine the answer form

Step 3: Test the reliability of the questionnaire using the Cronbach's Alpha index.

Through 03 steps on the topic, the criteria have been built to assess the status of lifestyle for boarding students at HUPES. Ho Chi Minh City consists of 73 questions: sticky questions

(20 questions), routine (22 questions), communication (21 questions) and emotional life (10 questions).

3.1.2. Assess the status of lifestyle of boarding students at HUPES

Based on the content of the completed interview, we conducted a survey of 396 students; Of which, 285 male and 111 female, 252 undergraduate and 144 in-boarding systems have obtained results in Tables 2.1, 2.2, 2.3, and 2.4.

Table 1: Situation of learning habits of boarding students at HUPES (M±SD)

No	Survey content	M	SD
Theory			
1	Go to class early before studying	4.11	1.11
2	Prepare lesson, preview curriculum and materials before going to class	3.20	1.06
3	Make clothes to class according to the school rules	4.28	.830
4	Choose a sitting position above the classroom for easy focusing	3.82	1.20
5	Actively make statements and ask lecturers when they do not understand	3.09	1.17
6	Pay attention to lecture and record notes	3.83	1.01
7	Using technology (phone, laptop...) to access knowledge related to expertise	3.24	1.05
8	Go to the library to search for learning materials	2.40	1.25
9	Go to the school website to track academic results, timetable,...	3.80	1.12
10	Set aside self-study time every day	2.95	1.12
11	Solve knowledge difficulties when self-study with teachers, friends, older siblings	2.99	1.01
Practice			
1	Prepare equipment before class	3.95	1.15
2	Gather the class early before the teacher comes in	3.95	1.06
3	Pay attention and follow the instructor's instructions	4.10	.906
4	Help and support each other to progress together	3.81	1.03
5	Talk to the teacher to improve the technique	3.43	1.15
6	Join the market to build the lesson	3.29	1.18
7	Take the initiative in discipline and practice	3.81	.972
8	Actively participate in practicing and strictly comply with the lesson regulations	4.16	.941
9	Practice extra hours after school to improve the movement skills	3.62	1.03

Results of table 1 show;

Theoretical lesson students regularly implement well the school's regulations on clothing, time to class, choose a sitting position, take notes and monitor learning results. Besides, students often use technology to access knowledge, prepare lessons, formulate statements, self-study and solve learning difficulties. Students only occasionally go to the library. Classrooms practice students actively participate in practice, follow the rules, come to class early and prepare the

equipment, practice according to the instructions of the teachers and support each other. Students often participate in the field, talk with teachers and practice extra hours.

The above shows that students who have a learning routine are good implementation of the regulations of the school and teachers during class time and have a good sense, actively study well, but have not shown the initiative - actively in learning.

Table 2: Actual situation of daily life of boarding students at HUPES

No	Survey content	M	SD
Community activities			
1	Join the week of citizen activities	4.41	.922
2	Attend the flag salute ceremony at the beginning of the month and the school's common activities	4.32	.898
3	Participate in school organized sports events (dormitory, traditional sports ...)	4.03	1.19
4	Respond to 7 volunteer days in a year (youth works, 7th volunteer, ...)	3.39	1.37
5	Join Club-Teams (Mart-Lenin Club, Scientific Research Club, School teams ...)	2.63	1.43
6	Join cultural-arts movements (singing contest, ring the golden bell, beauty of HUPES students ...)	2.67	1.35
7	Join extracurricular activities, topic activities, camping	3.36	1.36
8	Take part in Green Summer Campaign, volunteer spring, Relay for Exam Season.	2.95	1.48
9	Participate in city / district activities (skill classes, volunteer days ...)	2.52	1.39
10	Sociable, casual, dynamic, ...	3.63	1.25
11	Live for everyone, community, ...	3.68	1.05
Personal activities			
1	Sleep before 11:00 P.M	3.08	1.38
2	Wake up before 06:00 A.M	2.91	1.37
3	Doing morning excercises	2.44	1.33
4	Snooze	3.62	1.17
5	Train more practice, join clubs, teams in the afternoon (05:00 - 06:30 P.M)	3.20	1.06
6	Watching movies, reading books, listening to music, playing sports in free time	3.65	1.12

7	Spend free time working part-time jobs	3.29	1.15
8	Set personal spending limits	3.51	1.28
9	Set a schedule for the week / month	3.00	1.28
10	Clean the room	3.93	.978
11	Discipline, with rules	3.94	.984

Table 2 results show;

About community activity Students often perform compulsory activities of the school such as saluting the flag, etc. Often participating in volunteer activities of the Union - Union, living a simple and active life for everyone; occasionally join the Youth Union Club - the school and the guild level.

About personal activity students often live off and on, neat, clean, spend properly, read sports books during free time and lunch break; usually build a schedule in the week / month,

work more free time, join the team club, sleep before 11:00 P.M and wake before 06:00 A.M; exercise occasionally in the morning.

Through the above analysis, it shows that the routine of students to participate in the implementation of mandatory activities and planned living, with principles; not actively participating in volunteer activities for the community; Little morning exercise.

Table 3: Situation of communication behavior of boarding students at HUPES

No	Survey content	M	SD
Communication topic (student with student)			
1	Study	3.65	1.06
2	News and politics	3.05	1.29
3	Sports	3.87	.98
4	Work	3.29	1.06
5	Entertainment, beauty, interested visiting	3.83	1.02
6	Other	3.27	1.46
Communication subject (student with lecturer)			
1	Learning (theory, practice)	3.42	1.12
2	Life's problems	2.99	1.22
3	Counseling (school selection, psychology,...)	2.80	1.22
4	Interested in visiting	3.21	1.16
5	Depending on the situation	3.17	1.29
Communication (students with other subjects: lecturer, guests, Students of other schools,...)			
1	Bowed, Greeted, acquainted	2.83	1.25
2	Ignoring as unknown or unknown	2.35	1.47
3	Bow your head and going	2.49	1.42
Means of communication			
1	Technology (email, social networks, phones, etc.)	3.64	1.20
2	Communicate directly	3.29	1.18
3	Letter of hand	3.03	1.20
Time is spent with close friends			
1	Weekend afternoons	3.08	1.30
2	Night	3.10	1.29
3	Noon and break between classes	2.99	1.23
4	In free time	3.26	1.21

The results in Table 3 show how and the means used in student communication are consistent with the trends of the times. Topic topics in communication are study, sport and daily life's interests. Not many students come to meet face-to-face to discuss topics they are interested in with teachers. And some students are not active in communication situations,

especially when they meet teachers and guests. There is a small part of students who do not really care about communication, maybe because they have to work part-time so they do not have time, or because they do not have the habit, or have a closed timid lifestyle. The time you spend is varied, often in your free time and in the evening.

Table 4: Reality of emotional relationships of boarding students at HUPES

No	Survey content	M	SD
With your lover (close friend)			
1	Meet	2.90	1.34
2	Sharing will support each other in learning and practicing	3.17	1.36
3	Sharing will support each other in life	3.38	1.27
With family			
1	Call and ask	3.80	1.10
2	Visit one's family	3.57	1.19
3	Send gifts, send mail, send mail	3.14	1.21
With a job as a physical education teacher			
1	Honor, pride	4.14	1.17
2	Love the job, dedicated to the job	4.26	.98
With school rules and regulations			
1	Follow school rules and regulations	4.32	.92
2	Implement rules and regulations of boarding area	4.36	.88

Surveys results in Table 4 show that; students having male and female relationships within the permitted limits; Family relationships of students are quite stable: Most students often contact and visit their families when possible. Students are always honored, proud of their profession and strictly follow the school's regulations.

3.2 Proposing a cultural lifestyle for students of HUPES

Based on the current situation of student life in HUPES

analyzed above, we propose 27 contents to shape the cultural lifestyle for students. Surveyed 396 students; of which 285 male and 111 female, 252 university and 144 college system in the boarding school at 5 levels 1: strongly disagree, level 2: disagree, level 3: normal, level 3: VND ideas and level 5: strongly agree to obtain results in table 5.

Table 5: Surveys results of contents forming cultural lifestyle boarding school for students of HUPES

No	Survey content	M	SD
Studying			
1	Prepare lesson, preview curriculum and materials before going to class	4.33	.753
2	Go to class early, prepare equipment before class	4.41	.668
3	Implement well regulations on class promotion (costumes, taking notes, listening to lectures, making speeches, etc.).	4.29	.715
4	Actively participate in training and visualization	4.12	.757
5	Regularly going to the library, accessing the internet for professional related knowledge	4.02	.794
6	Take the time to self-study and practice every day	4.04	.716
7	Proactively discuss with lecturers, friends, classmates before having difficulties in learning	4.05	.784
Community activities			
8	Live for everyone, community,...	4.24	.684
9	Actively participate in activities of Youth Group - Student Association	4.06	.695
10	Actively participate in activities of academic / cultural, art / sports team clubs	4.02	.690
11	Actively participate in extracurricular activities, picnics, volunteer activities	4.14	.713
Personal activities			
12	Always tidy, clean, tidy,...	4.36	.665
13	To live with discipline, to have principles,...	4.20	.667
14	Wake up before 6:00 A.M, go to bed before 11:00 P.M	4.01	.675
15	Do physical exercises in the morning	4.04	.659
16	Exercising physical strength and sports techniques in spare time	4.06	.684
17	Spend free time working part-time jobs	4.01	.664
18	Develop a schedule for the week	4.02	.634
19	Set spending levels for the week	4.16	.774
Communication			
20	Sociable, casual, active with friends	4.43	.610
21	Courtesy to teachers	4.56	.569
22	Being polite with students of other schools, with guests, etc.	4.51	.626
Affection			
23	There is a role model to follow (idols,...)	4.31	.692
24	Always proud, love the job and enthusiasm with the career of physical education teachers	4.39	.709
25	Love men and women pure	4.38	.648
26	Regularly call, send mail, send mail to visit family	4.40	.666
27	Taking care of everyone, living by the motto "I am for everyone, all for me".	4.41	.683

The results of the survey in Table 5 show that the students have a high consensus with 27 contents forming the cultural lifestyle for the students on average.

The results we choose the content with an average of 4.0 or higher (the agreed level) includes 27 contents to form a cultural lifestyle for boarding students at HUPES

4. Conclusion

- The reality of students' learning routine is to well implement the regulations of the school and teachers during class time and be aware of and actively study well but have not shown the initiative - actively in learning. The reality of student's routine is to participate in the implementation of mandatory activities and live a plan, with principles; not actively participating in volunteer activities for the community; Little morning exercise. The reality of the communication routine shows how and the means used in the communication of students are consistent with the trend of the times. Topic topics in communication are study, sport and daily life's interests. Not many students come to meet face-to-face to discuss topics they are interested in with teachers. And some students are not active in communication situations, especially

when they meet teachers and guests. The time you spend is varied, often in your free time and in the evening.

The reality of students' emotional relationships is the relationship between men and women in the allowed limit; Family relationships of students are quite stable: Most students often contact and visit their families when possible. Students are always honored, proud of their profession and strictly follow the school's regulations. - Selecting 27 contents to build a cultural lifestyle for students of HUPES

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