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## The reality and the demand for doing physical exercises and playing sports to entertain and stay healthy of people living in rural area

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### Abstract

Using reference materials, pedagogical observations, interviews and statistical math to assess the state of physical exercise and exercise to entertain and improve the health of people in rural areas concerning: the role and importance of physical training and exercise of rural people; Exercising form of rural people; Physical training and exercise organizing form of rural people; exercising rates, exercising time of rural people; Motivation to participate in physical training and exercise of rural people; Factors affecting physical training and exercise of rural people.

**Keywords:** Current situation, exercising needs, physical training and sports, entertainment, health, people in rural areas

### Introduction

#### Rationale

The task of developing sports in the countryside is not only important but also extremely difficult and complicated. Due to different characteristics of production conditions, customs, facilities, climate, weather, population density, physical strength and educational standards, physical training and sports in rural areas have regulations that differ from that of urban, industrial zones.

Basing this on the theoretical and practical analysis of the living conditions, physical and mental health characteristics, psychophysiological characteristics, practical conditions, recreational needs and enhancing the health of Vietnamese rural people; we conducted an assessment of the current situation regarding physical training needs to entertain and improve the health of rural people. In order to create a basis to form and develop training programs as well as materials to meet the needs of entertainment and improve general health of rural people, we conduct research as following: Current situation and demands for physical training and sports to entertain and improve the health of people in rural areas.

#### Research Methods

During the research process, we used the following methods: Reference documents; Pedagogical observation; Interview; and statistical math methods.

#### Research Results and Discussion

##### 1. Current situation of physical training and sports to entertain and improve the health of people in rural areas.

Researching the physical training practice of people in the selected areas. The results are presented in Table 1.

Through the survey results, it is recognizable that the number of people often doing physical training and playing sports by themselves accounts for 25.35% among the interviewed people; 34.93% exercising in groups; 18.79% exercising in clubs; 11.88% exercising with all the given forms from the topic.

To better understand the research matters, we conducted a survey of the exercising organization model of rural people. The results are presented in Table 2.

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Through Table 2, the form of exercises organizing is entirely spontaneous, in which the percentage of self-training without an instructor accounted for 49.65%; or practicing in both

forms (with instructors and without instructors); the lowest percentage here is the form of exercise with an instructor accounting for 20.21%.

**Table 1:** Forms of physical training and sport activities of people in rural areas

Object/Content	19 - 60 years old (n = 188)		Over 60 years old (n = 188)		7 - 18 years old (n = 188)		Overall (n=564)	
	n	%	n	%	n	%	n	%
Self-exercise (single)	80	42,55	40	21,28	23	12,23	143	25,35
Self-exercise (groups, teams)	75	39,89	45	23,94	77	40,96	197	34,93
Club	8	4,26	66	35,11	32	17,02	106	18,79
In-house	0	0	0	0	3	1,60	3	0,53
Extracurricular	0	0	0	0	45	23,94	45	7,98
Others	0	0	0	0	3	1,60	3	0,53
All of the above	25	13,30	37	19,68	5	2,66	67	11,88

**Table 2:** Forms of physical training and sport activities of people in rural areas

Object/Content	19 - 60 years old (n = 188)		Over 60 years old (n = 188)		7 - 18 years old (n = 188)		Overall (n = 564)	
	n	%	n	%	n	%	n	%
Without instructor	125	66,49	107	56,91	48	25,53	280	49,65
With instructor	34	18,09	7	3,72	73	38,83	114	20,21
Both	29	15,43	74	39,36	67	35,64	170	30,14

## 2. Current situation of physical training and sport training needs to entertain and improve the health of people in rural areas.

Researching the training needs of rural people in the topic of conducting interviews about the level of exercise and the time people spend practicing. The results are presented in Table 3.

**Table 3:** Interview results regarding the rates of exercise, and physical training time of rural people.

Object/ Content	Over 60 years old		19-60 years old		7-18 years old		Overall	
	n	%	n	%	n	%	n	%
<i>The weekly rate of physical training and exercise</i>								
0 sessions / week (no exercise)	0	0,00	18	9,57	0	0,00	18	3,19
1 -2 sessions / week	8	4,26	23	12,23	5	2,66	36	6,38
3 -4 sessions / week	87	46,28	84	44,68	91	48,40	262	46,45
5 -6 sessions / week	68	36,17	54	28,72	86	45,74	208	36,88
≥ 7 sessions / week	25	13,30	9	4,79	6	3,19	40	7,09
<i>Daily time frame for physical training and sports</i>								
5 to 6 (morning)	98	52,13	77	40,96	41	21,81	216	38,30
17h to 19h (afternoon)	78	41,49	62	32,98	102	54,26	242	42,91
20h to 22h (evening)	9	4,79	36	19,15	7	3,72	52	9,22
Other	3	1,60	13	6,91	38	20,21	54	9,57
<i>Daily exercise time</i>								
<30 minutes / day	41	21,81	9	4,79	11	5,85	61	10,82
30 - 45 minutes / day	73	38,83	90	47,87	62	32,98	225	39,89
46 - 60 minutes / day	63	33,51	79	42,02	72	38,30	214	37,94
>60 minutes / day	11	5,85	10	5,32	43	22,87	64	11,35

Through table 3 we see: The physical training and exercise rate of rural people is high, they often practice from 3 to 6 sessions / week (46.45% of people practice 3-4 sessions / week and 36.88% of people practice 5-6 sessions / week). The number of people who do not exercise is very low (3.19% of the total number of interviewees); the number of people practicing 1-2 sessions / week is 6.38% and the number of people exercising daily is 7.09%.

The daily practice time frame of rural people is mainly in the early morning (5:30 am to 6:00 am 38.30%) and in the late

afternoon (from 17:00 to 19:00 is 42,91%).

Daily exercise time varies from 30 minutes to 60 minutes, specifically: <30 minutes / day is 10.82%, 30 - 45 minutes / day is 39.89%, 46 - 60 minutes / day is 37.94% and > 60 minutes / day is 11.35%.

After learning about the rates and duration of physical training and exercise of the researched subjects, we continued to look at the motivation of physical training and exercise of the people. The results are presented in Table 4.

**Table 4:** Motivation to participate in physical training and sports of rural people

Object/Content	Over 60 years old		19-60 years old		7-18 years old		Overall	
	n	%	n	%	n	%	n	%
Health improvement	138	73,40	153	81,38	117	62,23	408	72,34
Losing weight, avoiding obesity	15	7,98	77	40,96	19	10,11	111	19,68
Curing diseases	91	48,40	37	19,68	1	0,53	129	22,87
Preventing diseases	108	57,45	131	69,68	33	17,55	272	48,23
Entertainment	40	21,28	82	43,62	32	17,02	154	27,30
Communications	17	9,04	38	20,21	4	2,13	59	10,46

Favorites	35	18,62	23	12,23	36	19,15	94	16,67
Other purposes	5	2,66	0	0	2	1,06	7	1,24
All above	8	4,26	13	6,91	109	57,98	130	23,05

Through table 4 we see: The motivation to participate in the training of rural areas citizen is extremely diverse in all the topics given, which are all selected. Health improvement (72.34%), diseases prevention (48.23%), entertainment (27.30%), diseases treatment (22.87%), all combined

purposes (23)

We also conducted surveys on sports subjects and sports activities to meet the entertainment needs and improve the health of people in rural areas of Vietnam. The results are presented in Table 5.

**Table 5:** Subjects, contents of physical training and sports of countryside people

Object/Content	Over 60 years old		19-60 years old		7-18 years old		Overall	
	n	%	n	%	n	%	n	%
Table tennis	6	3,19	9	4,79	6	3,19	21	3,72
Soccer	0	0	31	16,49	142	75,53	173	30,67
Leather volleyball	2	1,06	66	35,11	39	20,74	107	18,97
Spike volleyball	117	62,23	124	65,96	15	7,98	256	45,39
Gymnastic	0	0	56	29,79	13	6,91	69	12,23
Fitness supplements	94	50,00	23	12,23	0	0	117	20,74
Badminton	37	19,68	74	39,36	89	47,34	200	35,46
Jogging	149	79,26	143	76,06	16	8,51	308	54,61
Running	11	5,85	38	20,21	58	30,85	107	18,97
Folk games	68	36,17	108	57,45	138	73,40	314	55,67
Aerobic	0	0	67	35,64	97	51,60	164	29,08
Swimming	37	19,68	54	28,72	110	58,51	201	35,64
Basketball	0	0	0	0	4	2,13	4	0,71
Yoga	16	8,51	77	40,96	0	00	93	16,49
Biking	10	5,32	12	6,38	0	0	22	3,90
Chess	0	0	1	0,53	39	20,74	40	7,09
Chinese chess	49	26,06	3	1,60	11	5,85	63	11,17
Wrestling	0	0	26	13,83	21	11,17	47	8,33
Martial arts	64	34,04	9	4,79	89	47,34	162	28,72
Others	99	52,66	47	25,00	35	18,62	181	32,09

Through table 5 we see: The subjects chosen by the rural people to practice are very diverse and selective. However, sports that are simpler and more popular are more likely to be chosen.

## Conclusion

- Forms of physical training and sport activities of people in rural areas are extremely diverse: With different ages, the form of exercise has a clear difference showcasing the specific characteristics of each age period; The rates of exercise of all subjects had a clear difference: For people aged 7-18 and over 60 years old, they exercise more regularly than people aged 19-60. With the exercise index of 3-7 sessions/week, the age group of 19-60 years old has a significantly lower level. The daily practice schedule of rural people is mainly in the early morning (5am to 6pm) and early evening (17h to 19h); Exercise time of the day is mainly from 30 minutes to 60 minutes.
- The motivation to participate in physical exercises of all subjects depends on the individual's needs and is suitable for each age group: For people over the age of 60, the main purpose of exercise is to focus on improving health, healing, and entertainment; At the age of 19-60, the purpose of exercise mainly focuses on health improvement, weight loss, anti-obesity, disease prevention, entertainment and communications; At the age of 7-18, they participate in physical training and sports with high motivations.

## Article source

The article is retrieved from the results of the ministerial-level scientific research thesis: "Research and develop programs

and professional training manuals for physical training and sports to meet the entertainment needs and improve the health of people in rural areas.", securing 2019

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