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## Factors influencing Danang University students interest in physical education classes

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### Abstract

Through the use of routine scientific research methods, the study identified 5 main factors that affect the student's interest in the physical education classes. On that basis, the study evaluated the current status of the impact of each factor on Da Nang University students' interest in physical education classes.

**Keywords:** influencing factors, interest, physical education classes, Danang University students

### Introduction

Excitement in class is a type of cognitive interest, a specific expression of interest in learning, as well as the individual's choice to focus on subject awareness alongside positive emotions and actions to grasp knowledge, form skills, and techniques deeply and comprehensively. Base on their interest, individual has been actively involved, passionate about discovering new things and the nature of the subject to apply knowledge to solve the situations in learning and daily life.

Physical education classes at all grades and at universities have role of training, physical and moral development for pupils and students. However, in many cities throughout Vietnam, and particularly in Danang, students are not so interested in physical education classes. The question "How to build excitement for learning in general and in physical education classes for students?" is an issue that schools, families and society take concern and think about.

To answer the above question, we firstly assess the current situation of factors influencing Danang University students' interest in physical education classes, as the basis for selecting and impacting solutions to improve students' interest in learning.

### Research Methods

The research was conducted with the following methods: Document analysis and synthesis method; Discussion; Interview; Statistical method, Methods of determining the quality of opinions assessed on the Likert scale.

The survey was conducted on 900 students; 45 teachers and 200 management staffs at 5 member schools of Danang University, including: University of Technology, University of Science and Education, University of Foreign Languages, University of Economics, University of Education Technique.

### Results and Discussions

#### 1. Determine the factors influencing Danang University students' interest in physical education classes

Through analysis and synthesis documents, pedagogical observations and interviews the physical education teachers, management staffs, as well as conduct interviews on a large scale using questionnaires, the results indicated 5 groups with 16 main factors influencing Danang University students' interest in physical education classes, which includes:

**Teacher staff:** Professional qualifications of teachers; Teaching methods; Emotional and responsibility of teachers.

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**Teaching - learning technical, facilities:** Facilities; yards; practice tools; abundant curriculum resources and references; and modern teaching technical facilities.

**Contents of physical education subject:** The subject's position in the training program; the practicality and updating of the content; and the fit with students' ability to practice and perceive.

**Students:** Student motivation in Physical education subject (Career motivation, Social motivation, Self-affirmative motivation, Self-seeking motivation); Living capital, experience, wisdom; Students' ability to absorb and study methods; and study results.

**Objective social environment:** The attention and encouragement of the school leaders, family; the relationship between students at school/club, Psychological atmosphere in

class/practice session.

**The influence rate of factors influencing Danang University students' interest in physical education classes**

To determine the influence rate of the factors influencing Danang University students' interest in physical education classes, the study conducted a survey on 900 students; 45 teachers and 200 management staffs at 5 member schools of the University of Danang including: University of Technology, University of Science and Education, University of Foreign Languages, University of Economics, University of Education technique.

The survey was conducted on a 5-level of Likert scale.

4.21 - 5.00: Very interested

3.41 - 4.20: Interested

2.61 - 3.40: Moderate

1.81 - 2.60: Slightly interested

1.00 - 1.80: Not interested

The results are showed in Table 1:

**Table 1:** The influence rate of factors influencing Danang University students' interest in physical education classes

Order	Main factors influencing	Students (n = 900)					Total score	Average	Teachers (n = 45)					Total score	Average	Management staffs (n = 200)					Total score	Average
		5	4	3	2	1			5	4	3	2	1			5	4	3	2	1		
<b>Teacher staff</b>																						
1	Professional qualifications of teachers	128	705	5	10	52	3547	3.94	8	29	4	2	2	174	3.86	50	116	13	9	12	783	3.91
2	Teaching methods	256	423	29	71	121	3322	3.69	20	22	0	1	2	194	4.31	106	91	1	1			
3	Emotional and responsibility of teachers.	100	124	44	156	476	1916	2.12	13	27	1	1	3	181	4.02	107	51	22	10	10	835	4.17
<b>Students</b>																						
4	Student motivation in Physical education subject	101	751	4	6	38	3571	3.96	23	20	0	0	2	197	4.37	131	60	1	2	6	908	4.54
5	Living capital; experience; wisdom;	102	297	24	76	401	2323	2.58	5	25	2	5	8	149	3.11	31	101	17	31	20	692	3.46
6	Students' ability to absorb and Study methods	301	370	77	23	129	3391	3.76	6	31	2	3	3	169	3.75	61	101	18	13	7	796	3.98
7	Study results	205	382	213	62	38	3354	3.72	23	4	11	6	1	177	3.93	113	6	37	22	22	766	3.83
<b>Teaching - learning technical, facilities</b>																						
8	Facilities	75	300	7	13	505	2127	2.36	14	1	25	4	11	158	3.51	52	8	102	16	14	676	3.38
9	Abundant curriculum resources and references	99	221	80	187	313	2306	2.56	11	20	1	1	12	152	3.37	37	101	1	2	59	656	3.28
10	Modern teaching technical facilities	287	400	113	33	67	3507	3.89	9	18	7	1	10	150	3.33	17	102	13	37	31	637	3.18
<b>Contents of physical education subject</b>																						
11	The subject's position in the training program	273	201	87	13	326	2782	3.09	11	17	3	6	8	152	3.37	27	98	32	13	30	679	3.39
12	The practicality and updating of the content	171	200	115	65	349	2479	2.75	10	32	1	1	1	184	4.08	17	170	2	7	4	789	3.94
13	The fit with students' ability to practice and perceive.	203	372	110	94	121	3142	3.49	1	16	11	1	16	120	2.66	35	40	25	65	35	575	2.87
<b>Objective social environment</b>																						
14	The attention and encouragement of the school leaders	106	200	90	194	310	2298	2.55	7	13	2	6	17	122	2.71	32	77	21	34	36	635	3.17
15	The attention and encouragement of family	126	201	81	119	373	2288	2.54	3	9	5	15	13	109	2.42	31	60	25	25	59	579	2.89
16	The Psychological atmosphere in class, practice session	499	102	24	63	212	3313	3.68	17	8	11	2	7	161	3.57	52	1	2	9	136	424	2.12

Results in Table 1 show

The students' assessment of the influence rate of factors influencing students' interest in physical education classes is as follows

- The factors belonging to the student factor group have an average score of 2.58 - 3.96 (ranked 1<sup>st</sup>). In this group,

student motivation in Physical education is rated at the highest level (3.96 points). This is also completely understandable, indicating that this is an internal subject factor that has a direct impact on their interest in learning.

- The factors belonging to the Teacher staff factor group have an average score of 2.12 - 3.94 (ranked 2<sup>nd</sup>).

Professional qualifications of teachers are the most valued factor by students in this group (3.94 points). Many students, however, believed that whether lectures are appealing or not is determined by teaching methods as well as the emotional and responsibility of teachers.

- The factors belonging to the Contents of physical education subject factor group have an average score of 2.75 - 3.49 (ranked 3<sup>rd</sup>). In this group, The fit with students' ability to practice and perceive is the factor that students value the most (3.49 points).
- The factors belonging to the Teaching - learning technical, facilities factor group have an average score of 2.36 - 3.89 (ranked 4<sup>th</sup>). In this group, modern teaching technical facilities is a factor highly appreciated by students (3.89 points).
- The factors belonging to the objective social environmental factor group have an average score of 2.55 - 3.68 (ranked 5<sup>th</sup>). In this group, The psychological atmosphere in class, practice is the most remarkable factor (3.68 points).

#### **The teachers' assessment of the influence rate of factors influencing students' interest in physical education classes is as follows**

- The factors belonging to the objective social environmental factor group have an average score of 2.42 -3.57 (ranked 5<sup>th</sup>). In this group, the psychological atmosphere in the classroom is a factor that is more interested by teachers (3.57 points).
- The factors belonging to the Contents of physical education subject factor group have an average score of 2.66 - 4.08 (ranked 4<sup>th</sup>). In this group, the practicality and updating of the content are also highly valued by the teachers (4.08 points).
- The factors belonging to the Teaching - learning technical, facilities factor group have an average score of 3.33 - 3.51 (ranked 3<sup>rd</sup>). In this group, the factor that teachers value the most in this group is facilities (3.51 points). In fact, the majority of teachers supposed that: Infrastructure has not been focused and invested properly.
- The factors belonging to the students factor group have an average score of 3.11 to 4.37 (ranked 2<sup>nd</sup>). The teacher evaluates student motivation to learn the Physical Education subject at a very high level in this group (4.37 points).
- The factors belonging to the teacher staffs factor group have an average score of 3.86 - 4.31 (ranked 1<sup>st</sup>). Teacher confirmed that: Teaching methods have a very strong impact on students' learning interest (4.31 points).

#### **The management staff's assessment of the influence rate of factors influencing students' interest in physical education classes is as follows:**

- The factors belonging to the objective social environmental factor group have an average score of 2.12 - 3.17 (ranked 5<sup>th</sup>). The school leaders' attention to the quality of teaching - learning has the most significant influence factor on Danang University students' interest in physical education classes.
- The factors belonging to the Teaching - learning technical, facilities factor group have an average score of 3.18 to 3.38 (ranked 4<sup>th</sup>). Management staffs are most concerned with the facilities, training equipment, and yard (3.38 points).

- The factors belonging to the Contents of physical education subject factor group have an average score of 2.87 - 3.94 (ranked 3<sup>rd</sup>). In this group, The practicality and updating of the content are also highly valued by the management staffs (3.94 points).
- The factors belonging to the student factor group have an average score of 3.46 -4.54 (ranked 2<sup>nd</sup>). The student's motivation is the factor assessed by the student's managers at the highest level (4.54 points). However, according to management staff, many students have determined their motivation incorrect, mainly because of the score, certificate or personal interests
- The factors belonging to the teachers' staff factor group have an average score of 3.91 - 4.50 (ranked 1<sup>st</sup>). Teaching methods are also highly valued (4.50 points).

#### **In summary**

- The assessment of the research subjects on the influence rate of the group factors as well as influence rate of each component of factors influencing Danang University students' interest in physical education are relatively consistent.
- Among the research objects, there are differences in the influences of subject contents, Teaching - learning technical, facilities and social environment impacts. However, the different rates are actually negligible.
- In the student factors group, students' motivation in physical education has a strong impact (with scores ranging from 3.96 -4.54). In the teacher staff factors group, teaching method has a strong impact (3.69 - 4.50).
- The results of determining the influence rate of factors influencing students' interest in physical education classes are used for selecting and impacting solutions to improve students' interest in learning.

#### **Conclusions**

1. Identify 5 groups with 16 main factors influencing Danang University students' interest in physical education classes.
2. The study's results show that: Danang University students' interest in physical education classes is influenced by many factors, in which, student factor group and teacher staff factor group have the strongest impact. The assessment of the research subjects on the influence rate of the group factors as well as influence rate of each component of factors influencing Danang University students' interest in physical education are relatively consistent.

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