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## Research on the influence of sports - level sports participation in the positive emotion of lecturers of Bac Ninh University of Physical Education and Sports

**Dr. Dinh Khanh Thu, Dr. Dinh Hung Truong and Master Dau Thi Loi**

### Abstract

The analysis of linear regression between the level of active sports and the positive emotion of the lecturers of Bac Ninh University of Physical Education and Sports and found the location and the times to train had a small correlation (3% - 4%) to positive emotions. In contrast, the time for training and spending funding for entertainment activities is more correlated with positive emotion (8%).

**Keywords:** Entertaining sport, positive emotion, university lecturer

### Introduction

*The positive emotion* (well-being) is the emotions that we have in our life - specific enjoyment of life in three aspects including life satisfaction; confidence in self-abilities and confidence in health and fitness. The level of participation in the entertaining sports activities shown in four aspects such as the times of exercise/week; the fund for the average operation of 1 month; the time for participation in entertaining sport and training locations.

A study on the level of entertaining sports activities to the positive emotion of the Bac Ninh University of Physical Education and Sports's lecturers in order to promote factors affecting positive emotion, creating the basis of improving the life of spiritual life for the development of schools.

**Research method:** Methods of analysis and synthesis of documents; methods of social learning and statistical methodology.

Methods of sociological investigation on the subjects 109 lecturers of 15 practical subjects and 5 theoretical subjects to assess the positive emotions of lecturers at Bac Ninh University of Physical Education and Sports.

Statistical mathematical method using software R analyzes linear regression analysis. The function  $lm$  (short for linear model) in R can compute values of  $\alpha$  and  $\beta$  With two parameters  $\alpha$  and  $\beta$  can be estimated correlation by a linear equation:  $\hat{y}_i = \alpha + \beta x$

### Research results

According to the results of the author's study, Dinh Khanh Thu with the topic "the influence of entertaining sports training to the positive emotion of the lecturers of the Bac Ninh University of Physical Education and Sports" 100% of the lecturers of Bac Ninh University of Physical Education and Sports participate in entertaining sport. Favorite content is running (45%); tennis (41. 3%); ~30% walking. ~20% Football, volleyball. ~10% Golf; badminton; yoga; Zumba; fitness. Ping pong, dance, rope, gas, bike, gym <10%. The ratio of three sessions or more and at least 6 months >66. 2%. Each training session is about 30 '- 120'. The cause affects training due to insufficient leisure time and limited economic conditions. The place of favorite training at the schoolyard and at the venue. Expenses for activities of entertaining sport takes 8. 6% total income.

The instructor's positive feelings are assessed above three aspects include: the satisfied with life (1) expressed in ideal in all aspects; The confident in self-capacity (2) reflected in the sense of being a valuable person, having many good qualities, being able to do everything well;

The confident in health and the body(3) is a person who confidently can maintain his physical condition and physique, can participate in physical activities that require physical strength and comfort in a training environment.

**Evaluate the impact of the number of times participating in exercise and the positive emotions of the lecturers of Bac Ninh University of Physical Education and Sports**

We analyzed the linear regression between the number of times participating in entertaining sport training a week from 3 to 7 sessions with positive feelings of 109 school faculty members.

**Table 1:** The results of the analysis of linear regression between the number of times during the week and the positive emotion of the lecturers of Bac Ninh University of Physical Education and Sports (n = 109)

Parameters Criteria		The degree of correlation with positive emotions		
		(1)	(2)	(3)
R <sup>2</sup>	Number of participation exercise s / week	0.032	0.01001	0.003579
t		1.8942	1.040	0.620
p		0.0609>0.05	0.301>0.05	0.537>0.05
α (Number of training times)		2.26	2.5232	2.73947
ββ (Pleased)		0.23	0.1369	0.7731
Conclusion		Explain about 3.2% of the differences	Explain about 1.0% difference	Explain about 0.4% of the differences

Look at the results, recognizing the number of active and positive episodes of the lecturers' participation in <4%. In which the highest correlation between exercise/week with the satisfaction of (1) life is 3. 2% differences; followed by the correlation with self - confidence in the capacity (2) reached the correlation from 0.1%, the lowest relative to the health and body (3) of 0. 4%. There is no statistically significant correlation.

**Table 3:** The results of analysis of linear regression analysis between the time of operation of entertaining sport and the positive emotion of the lecturers of Bac Ninh University of Physical Education and Sports (n= 109)

Parameters Criteria		The degree of correlation with positive emotions		
		(1)	(2)	(3)
R <sup>2</sup>	Operation time	0.0279	0.08112	0.007207
t		1.753	3.073	0.881
p		0.0825>0.05	0.00269<0.01	0.38>0.05
α (Time)		64.218	49.952	69.045
ββ (Pleased)		3.448	6.710	2.000
Conclusion		Explain about 2.8% of the differences	Explain about 8.1% difference	Explain about 0.7% of the differences

The study results indicate that the time period of the lecturer's entertaining sport is relatively large with confidence in the capacity of self (2) about 8,1%, but for the degree of satisfaction with the life (1) and with the health and body(3), on the contrary, there is only a very small correlation <3%.

**Table 4:** The results of analysis of linear regression analysis between training place of entertaining sport and the positive emotion of the lecturers of Bac Ninh University of Physical Education and Sports (n= 109)

Parameters Criteria		The degree of correlation with positive emotions		
		(1)	(2)	(3)
R <sup>2</sup>	Training Place	0.02167	0.01435	0.0008271
t		-1.54	-1.248	0.298
p		0.127>0.05	<b>0.215&gt;0.05</b>	0.767>0.05
α (Place)		1.85677	1.84190	1.58215

**Evaluation of the impact of the training and positive effects of the lecturers of Bac Ninh University of Physical Education and Sports**

Training funds have 4 levels: 0 USD; 13 USD; 26 USD; 43 USD; 86 USD. Here are the results of regression analysis between training and overall satisfaction.

**Table 2:** The results of analysis of the linear regression between entertaining sport and positive emotion of the university of the lecturers of Bac Ninh University of Physical Education and Sports (n = 109)

Parameters Criteria		The degree of correlation with positive emotions		
		(1)	(2)	(3)
R <sup>2</sup>	Funding for entertaining sport	0.01909	0.07772	0.0527
t		1.443	3.003	2.440
p		0.1519>0.05	0.00333 <0.05	0.0163<0.05
α (amount of USD)		443.38	39.00	126.13
ββ (Pleased)		93.01	207.3	174.11
Conclusion		Explain about 1.9% of the differences	Explain about 7.8% difference	Explain about 5.3% of the differences

Research results show that the fee of entertaining sport activities and positive feelings of the lecturers were correlated at <8%. Including 2 correlation reached statistical reliability at threshold probability P< 0.05 is the correlation between funding and self-confidence in the self-explanatory capacity (2) of 7.8%; the correlation between funding and (3) body difference.

**Assessment of impacts of the time of operation of entertaining sport and positive emotion of the lecturers of Bac Ninh University of Physical Education and Sports**

Operating time lasts from 30 minute to 120 minute. Here are the results of regression analysis between the entertaining sport and the general gratification.

**The assessment of impacts of entertaining sport places and positive emotions of the lecturers of Bac Ninh University of Physical Education and Sports:**

Places of training include places with fees and charges. Here are the results of regression analysis between ttgt and general satisfaction.

$\beta$ (Pleased)		-0.06418	-0.05553	0.0134
Conclusion		Explain about 2.2% of the differences	Explain about 1.4% difference	Explain about 0.08% of the differences

Through table 4 shows the location of the entertaining sport (have a fee or without fee) of lecturers is very small to the positive emotion of lecturers at the <3% level.

### Conclude

The practice of entertaining sport has an effect on the positive emotion of lecturers at the <10% threshold, but the level of positive correlation with positive emotion is uneven. The most significant effect is that the operating cost of ttgt is reliable in two thirds of the positive emotion. That positive emotion is confidence in self (7.8%); health and body (5.3%). The operating time in an exercise from 60'- 90' influences 1/3 of the positive emotion is confidence in self reliance, but the level of correlation is at 8. 1%. It means that entertaining sport costs ranging from 13 USD to 86 USD have a strong correlation confident about the capacity of the practitioner self (7.8%). In other words, those who spend a lot of time and money on entertaining sport activities will feel that they are valuable, have many good qualities, can do well in everything, reaching a correlation of about 8%.

Other positive emotion factors such as satisfaction with life and confidence in health and fitness are smaller than the number of exercise/weeks, funding or time and the location of the training.

Therefore, the school needs to take measures to increase the income to lecturers who have more time to exercise entertaining sport to improve the positive emotions for school lecturers.

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