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## Research on measures to improve the physical health of students majoring national defense and security education at Ho Chi Minh city University of Education, Vietnam

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### Abstract

This study aims to evaluate the current situation and propose measures to improve the physical health of students majoring in defense and security education (NDSE), Ho Chi Minh City University of Education (HCMUP). Thereby, it serves as a basis for monitoring the physical quality of input and output to adjust and change the content and curriculum of NDSE subjects to suit the students being trained in the school, and at the same time contribute to meeting the needs of students. requires human resources for comprehensive development of society. Use interview questionnaires to survey and synthesize students' opinions, then use statistical processing to evaluate the current situation and come up with feasible measures to help improve the physical health of this population. An alarming situation is that up to 110/150 survey respondents (accounting for 73% of students) have ever used stimulants that are harmful to their health. However, one thing that is quite optimistic is that the majority of students have a positive awareness of the importance of exercise and improving physical health to serve their current studies (98% of surveyed students rated it that exercising and improving physical health is very important and important). The number of students wishing to participate in sports activities is quite high with 39% of students consciously exercising regularly and 53% of students occasionally participating in exercise in their free time to improve physical health. The main sports that students choose to practice are quite diverse but quite concentrated in soccer (accounting for 62%). The most frequent places to practice are: at home (24.7%), the park (20.7%), and the dormitory yard (16%). The common duration of physical exercise is from 15-60 minutes. This shows that the most frequent practice locations are that students choose to practice outside of school. The conditions of facilities and grounds for sports training activities are still limited. These are the main difficulties that hinder training activities to improve physical health for students. Through practical surveys and collecting students' opinions, 05 practical and feasible measures have been synthesized to contribute to improving the physical health of students majoring in defense and security education at HCMUE. Students all have similar positive perceptions about their health status. However, for many objective and subjective reasons, this issue has not received adequate attention. Therefore, there is a need for urgent and feasible measures to adjust the DFE curriculum and teaching methods and improve them for this situation.

**Keyword:** Measures, national defense and security, students, health, physical condition

### 1. Introduction

National defense and security education (NDSE) for students is an important part of NDFE work for the entire population, to serve the cause of building and protecting the Fatherland. Training NDSE teachers and lecturers is a major policy of the Party and State of Vietnam. The promotion and improvement of the quality of NDSE work for students is specified by Decision No. 472/QĐ-TTg, dated April 12, 2010. Project titled "NDSE teacher training for high schools, professional secondary schools and vocational secondary schools, period 2010-2016"<sup>[1]</sup>; Decision No. 607/QĐ-TTg, dated April 24, 2014 on approving the Project "Training NDSE teachers and lecturers for high schools, professional secondary schools, vocational secondary schools, vocational colleges and higher education institutions by 2020"<sup>[2]</sup>.

Currently, HCMUE is one of five training institutions assigned by the Prime Minister of Vietnam to train undergraduate NDSE teachers in a centralized formal form. Although there are still many difficulties, with the efforts of agencies, units, DFE faculties and the students themselves, the courses being trained at HCMUE have basically achieved the required goals. From there, it promises to provide a high quality NDSE teacher force for the country's education and training career [3].

Students studying at HCMUE are fully equipped with basic knowledge according to the program framework of the Ministry of Education and Training and the university's training program. In addition, students also regularly receive sports training activities from the DFE faculty to improve their health and develop basic physical qualities [4].

In fact, in recent years, physical training for NDSE majors has achieved certain results. Specifically, some students have strong bodies, strong, flexible, durable and ensure good health, ready to successfully complete all assigned tasks. A true NDSE teacher is not only good at knowledge, but must also ensure physical and mental health, meeting the requirements and tasks of protecting the Fatherland.

However, the physical health of NDSE majors still shows limitations. Specifically: Practice time is quite small; The arrangement of extracurricular sports activities is still spontaneous and emotional; The awareness, attitude, responsibility, self-discipline, and creativity in learning and

practicing sports of some students are still passive; The spirit of positivity, self-study, creativity, participation in activities, and studying national defense sports of some students is still not high, awareness is not good, and they are lazy to exercise. From the above reasons, we conducted research on measures to improve physical health for NSSE students of HCMUE. The research results will be the basis for monitoring the physical quality of input and output, enhancing after-school activities, creating a healthy playground, and helping to improve the physical health of students.

## 2. Materials and methods

Methods used in the research include: Document analysis and synthesis; Sociological investigation (interview); Statistics mathematic [5, 6].

The research sample includes 150 students (78 male and 72 female), aged 18-21, majoring in NDSE in years of 1, 2, 3, 4 of courses 46, 47, 48, 49, at HCMUE.

## 3. Results and Discussions

### 3.1. Students' Physical health status

**Subjects participating in the survey:** The total number of students participating in the survey was 150 (78 male and 72 female), of which: 35 students in year I-course 49; 31 students of year II - course 48; 49 third year students - course 47; 35 students in year IV - course 46. The composition of the interview survey subjects is presented in Figure 1.

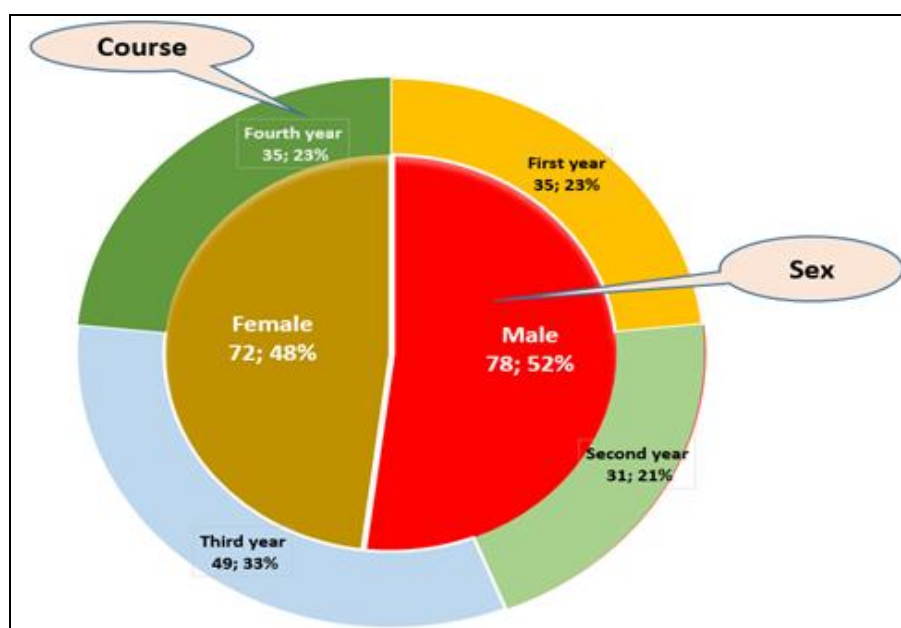


Fig 1: Distribution of survey participants

**Living habits affect students' health:** Along with daily jobs such as part-time jobs, tutoring, sales, etc., lifestyle and eating habits actually take up a lot of time and greatly affect such as beer, alcohol, cigarettes, and e-cigarettes; 23% of students use them occasionally; and 39% of students rarely use these substances. But overall, up to 110/150 survey questionnaires (accounting for 73% of students) have ever used stimulants that are harmful to their health. This is an alarming situation. Most of the necessary time during the day should be used by students for learning and research purposes. The survey results are presented in Figure 2.

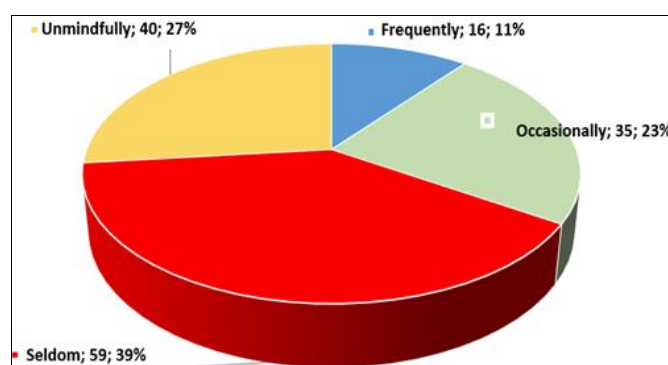
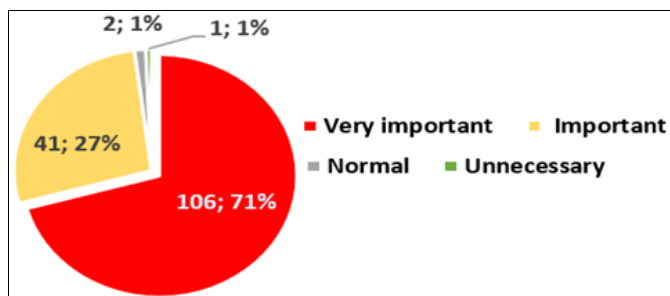


Fig 2: Students' habits of using stimulants such as beer, alcohol, cigarettes, and e-cigarettes

**Awareness of the importance of exercise and improving physical health for students of NDSE department:**

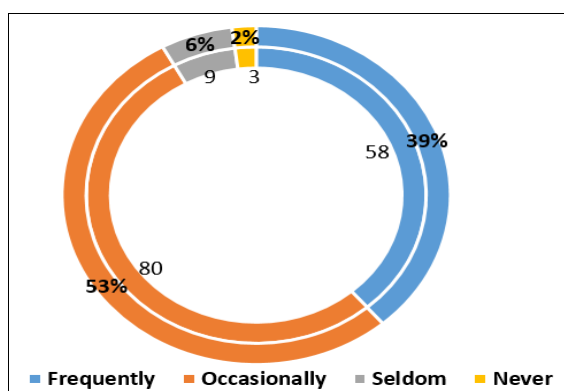
Effort when participating in sports activities helps naturally train each person's morality and personality. Such as helping them train their will, team spirit, patience and perseverance, sense of discipline, etc. It can be said that sports activities help students have a healthy spiritual life and improve their personality.

In general, students have a correct awareness of the importance of exercise and improving physical health to serve their current studies. Specifically, 71% of students surveyed rated exercising and improving physical health as very important; 27% of students think that exercising and improving physical health is important. (Data are presented in Figure 3).



**Fig 3:** The importance of exercise and improving physical health for students of NDSE department

Diligently practice and improve the physical health of students of NDSE department: Recognizing the importance of exercise and improving physical health, NDSE students through the survey showed a high awareness of exercising to improve physical health. Specifically, 39% of students consciously exercise regularly to improve physical health; 53% of students occasionally participate in exercise in their free time; 6% of students rarely practice and only 2% of students never practice voluntarily.



**Fig 4:** Level of diligence in practicing and improving physical health of students of NDSE department

Participating sport, time and location of practice: The main sports that students choose to practice are quite diverse but focus most on ball sports (accounting for 62%), followed by badminton (accounting for 10.7%), and martial arts. (accounting for 22%). The most frequent places to practice are: at home (24.7%), the park (20.7%), and the dormitory yard (16%). Common workout duration is from 15-60 minutes. This shows that most students have to choose to practice outside of university. The number of students practicing in the university yard is quite limited (only 16%).

**Table 1:** Participation sports, duration and place of practice to improve physical health of students of NDSE department

No.	Survey content	Subject	Quantity	%
1	Main exercise sport	Basketball	12	8
		Volleyball	38	25.3
		Football	34	22.7
		Ping pong	14	9.3
		Badminton	16	10.7
		Taekwondo	9	6
		Martial medicine	9	6
		Vovinam	8	5.3
		Karate	7	4.7
		Jogging	5	3.3
		Total:	150	100
2	Regular practice location	Gymnasiums	17	11.2
		Gym	12	8
		At home	37	24.7
		Park	31	20.7
		Dormitory yard	24	16
		Outside	4	2.7
		Secondary School	7	4.7
		Stadiums	5	3.3
		Yoga room	4	2.7
		Dojo	6	4
		Non	3	2
		Total:	150	100
		3	Exercise duration	< 15 minutes
15 - 30 minutes	56			37.33
>30 - 60 minutes	61			40.67
> 60 minutes	24			16
Non	1			0.67
Total:	150			100

**Conditions of facilities and grounds for sports training activities:**

About 14.7% of students surveyed said that the facilities and grounds serving sports training activities were at a good level; 16.6% rated it as good. It is worth noting that the rest (about 69%) of the opinions assessed that the necessary conditions for facilities and grounds to serve students' sports training activities were only average or below. This shows that these are the main difficulties that hinder exercise activities to improve students' physical health.

**Table 2:** Students' assessment of the conditions of facilities and grounds for sports training activities

Evaluation criterion	Level of assessment	Quantity	%
Conditions of facilities and sports training grounds	Good	22	14.7
	Rather	25	16.6
	Medium	76	50.6
	Weak	19	12.67
	Least	8	5.33
Total:		150	100

**3.2. Selecting measures to help improve physical health for students of HCMUE's NDSE department**

Through a practical survey and consultation with 150 NDSE students at HCMUE, the results have summarized a number of scientific and objective measures to help improve the physical health of students as follows:

- (1) Diversify forms of propaganda about the meaningful role of improving physical health for students of HCMUE's NDSE department. Choosing forms of propaganda through consulting sessions and study sessions is necessary. Use mass media and social networking tools such as Facebook, Zalo,... to post propaganda articles about physical health to make it easier to reach students.

- (2) Innovating management methods to guide students to improve their physical health. Building the Faculty's management organizational structure, assigning specific tasks to each individual and lecturers to ensure successful completion of assigned tasks in organizing and guiding sports practice movements to improve students's physical health. It can be concretized through workshops, collective activities and integration into classroom sessions and on the field.
  - (3) Promoting students to participate in training to improve physical health through elective sports. Through this measure, students can choose for themselves a sport such as volleyball, football, martial arts,... that suits their health conditions, thereby helping them improve their health. physically healthy. The Department of NDSE can coordinate with the Department of Physical Education to organize and establish sports clubs to attract students to participate in order to create a useful playground after stressful studying hours. In addition, this is also a place to exchange experiences so that students can improve their physical health.
  - (4) Strengthen facilities and funding for activities to improve the physical health of students majoring in NDSE. Improving the quality of facilities, consider whether current facilities are suitable or not suitable for NDSE students. From there, we can repair and replace to improve the quality of training conditions for students to be more precise and responsive than currently.
  - (5) Strengthen the organization of sports competitions to improve the physical health of students of the NDSE department. Creating an environment for students to collide, compete with each other in the spirit of learning through popular sports or physical training exercises in a military environment. This will help students become more mature and more confident in the process of studying military subjects.
2. Prime Minister of Vietnam. Decision No. 607/QĐ-TTg, dated April 24, 2014 on approving the Project Training teachers and lecturers in defense and security education for secondary Schools high school, professional secondary school, vocational secondary school, vocational college and higher education institutions by 2020; c2014.
  3. Politburo. Resolution 08-NQ/TW dated May 2, 2012 “On strengthening the Party's leadership, creating strong development in physical education and sports until 2020”; c2012.
  4. Ministry of Education and Training. Decision No. 72/2008/QĐ-BGDĐT dated December 23, 2008 promulgating Regulations on organizing extracurricular sports activities for pupils and students; c2008.
  5. Duong Nghiep Chi, Tran Duc Dung, Ta Huu Hieu, Nguyen Duc Van. Sports measurement. Sports Publishing House, 2004, 98.
  6. Trong H, Ngoc CNM. Analyzing research data with SPSS. Publishing House Hong Duc. 2008, 152.

#### 4. Conclusions (Times New Roman, 12, Bold)

Students (male and female) of HCMUE's NDSE department all have similar, positive perceptions about the importance of physical exercise. However, for many objective and subjective reasons, this issue has not received adequate attention; There are still many difficulties in terms of facilities and training grounds.

The research results have proposed 05 urgent and feasible measures (including: (1) Diversifying forms of propaganda about the meaningful role of improving physical health for students of NDSE department of HCMUE; (2) Innovating management methods to guide students to improve their physical health; (3) Promoting students to participate in training to improve physical health through elective sports; (4) Strengthen Facilities and funding for activities to improve the physical health of NDSE major students; (5) Strengthen the organization of sports competitions to improve the physical health of NDSE students) to contribute to improvement for this situation.

#### 5. Acknowledgments

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#### 6. References

1. Prime Minister of Vietnam. Decision No. 472/QĐ-TTg, dated April 12, 2010 on approving the Project Training