



PROCEEDINGS

INTERNATIONAL CONFERENCE ON SPORT SCIENCE

Conference Theme:
Recovery and tendency of the Sport industry
after the COVID-19 pandemic

Ton Duc Thang University
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THE STATUS OF ACTIVITIES, POSITIVE PERSONALITY IN THE PHYSICAL EDUCATION COURSE OF HUE UNIVERSITY STUDENTS

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ABSTRACT

By the method of interviewing experts and interviewing students of Hue University through 05 manifestations: expression in learning emotions, expression of attention, expression of willpower, expression of behavior, expression in the results obtained. The study has built 11 criteria to assess the status of positive self-discipline of Hue University students. The research results will serve as a basis for building a number of measures to improve students' positive self-discipline, thereby contributing to improving the quality of physical education hours at the Faculty of Physical Education, University of Science and Technology Hue.

Keywords: Self-conscious, positive, student, physical education, Hue University.

SUBJECT MATTER

The effectiveness of the teaching process depends not only on the content, programs, teaching methods, qualifications of teachers, teaching tools, but also on the learners. On students' ability to promote self-discipline, initiative and creativity. Through practice, the effectiveness of physical education training and teaching hours in schools is not high. Besides some students who are always proactive, self-disciplined, and positive, there are still many students who clearly show laziness, stress, fatigue, and depression, no interest in physical education subject. The main reason is that students' awareness is not really deep about the subject. Since then, students do not create their own interest in learning, do not promote self-discipline and positivity in practice. In addition, teachers have not clearly shown their role to help students promote self-discipline and positivity in practice. On the other hand, teachers have not really focused on solutions to promote self-discipline and active practice, understanding the evolution of physiological states and the effects of recovery methods after exercise is still limited.

So far in the country and in the world, there have been many topics referring to students' active self-discipline, but at Hue University, there has not been any research on students' self-discipline and positivity in class physical education. On that basis, we conduct a research on the current situation and propose some solutions to improve the self-discipline and positivity of learners in learning physical education in order to contribute to improving the quality of teaching hours in physical education physical education at Faculty of Physical Education, Hue University.

RESEARCH METHODS

To collect information to solve the research objectives, we used research methods including:

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discipline and activeness in learning also have a causal relationship with personality qualities such as self-discipline, independent thinking, initiative, and creativity. It also depends on interests, needs, motivations, abilities, willpower, health, learning environment. Learners are not only self-disciplined and active in activities, but also have to practice self-assessment ability. Self-study, self-study, and self-cooperation are associated with self-examination and self-assessment of the results obtained compared to the original goal. The process of doing your own research and doing it yourself may not be accurate. But, after receiving suggestions from teachers and friends, students self-assess their results, learn from their own experiences, supplement, and correct their own shortcomings. In school physical education activities, self-discipline and positivity in the practice process is a fundamental factor that directly determines learning efficiency. The nature of learning activities Physical education has specific characteristics compared to other subjects. It is the process of using means, including physical exercises, to act on the student's body in order to develop physical capacity and perfect the learner's personality. With other subjects, the use of media is the knowledge of human society in order to develop knowledge and perfect learners' personality. Therefore, if the learners themselves are not self-conscious, active and do not have an orientation for their activities, all organization and control will become meaningless and ineffective. Training activities during the main time to perform the technique of the exercise are very limited, which requires each individual's efforts. It is mainly expressed in the orientation, exploration, and development of creative thinking of students during internal and extra-curricular activities. A good grasp of basic knowledge and skills will be the premise to control the self-training process. At the same time, regular practice at home of the knowledge and movement techniques that have been learned will also be a necessary condition for students to absorb new techniques faster. Through self-assessment and through the teacher's review and assessment, students will feel themselves what they have done, have not done, and need to try more.

1.2. Criteria for assessing self-discipline and positivity of Hue University students in physical education class.

To determine the criteria for assessing the self-discipline and activeness of Hue University students during the PE class. The topic is based on the manifestations of positive self-discipline and provides the following specific criteria:

- Expression in learning emotions:

+ Criteria 1: Attitude towards the subject.

+ Criteria 2: Mood for course results.

- Manifestations of attention:

+ Criteria 1: Pay attention to the lecture, observe the teacher's and your friend's sample movements.

- Manifestation of will effort:

+ Criteria 1: Try to complete the homework assigned by the teacher in class.

+ Criteria 2: Participate in extracurricular exercises.

- Manifestations of behavior:

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- Methods of analyzing and synthesizing documents: The topic has approached information sources from published scientific documents, which helps to systematize and generalize theoretical documents related to research topic and collect more data to illustrate and compare with the data collected during the research.

- Survey method by questionnaire: Develop a set of questions on related issues to get opinions of experts on students about the criteria for assessing the self-discipline and activeness of Hue University students and other students. Students' opinions on the expression of students' learning emotions.

- Pedagogical observation method: We conducted direct observation of Hue University students in the process of studying Physical Education subject.

- Statistical mathematical methods: Statistical mathematical methods are used in the processing of data collected during the research process.

Research results and discussion

1. Selection of criteria for assessing self-discipline and positivity in physical education class of Hue University students.

1.1. Expression of self-discipline and positivity in the subject of Physical Education

Learning Physical Education is learning practical skills on the basis of scientific knowledge - imitation, finding ways to solve motor tasks. From there, leading to creativity, finding new unique and more effective solutions to accomplish the task of advocacy in the best way.

The activeness of learning Physical education is a self-disciplined and strenuous activity in order to complete learning and training tasks. Self-reliance is the highest form of positivity, which manifests itself through active activity to solve tasks by oneself generated by the inner stimulation of each person.

Self-discipline and active movement in physical education classes are also reflected in the amount of exercise, cooperative attitude to help in the practice group and in the class.

- Expressed in learning emotions: expressed in joy, enthusiasm, enthusiasm to participate in exercise, like to express their opinions before the problem raised, or ask questions, require solutions. Thorough understanding of the issues raised is not clear enough.

- Expression of attention: Paying high attention in learning, listening and monitoring every action of the teacher.

- Manifestation of will effort: Shown with perseverance, patience, overcoming difficulties when solving cognitive tasks, persistently completing motor exercises, determination, willpower efforts to rise Learning.

- Expressed by behavior: Actively participating in all forms of learning activities, being prompt in action and thinking manipulation.

- Manifested in the results of comprehension: Perform quickly, correctly, reproduce when needed, apply knowledge, and skills to different situations. In particular, students' self-

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+ Criteria 1: Do not miss the time to study physical education.

+ Criteria 2: Arrive to class on time.

+ Criteria 3: Actively borrow and return school supplies

+ Criteria 4: Excited to be assigned a task

+ Criteria 5: Discuss with the teacher about the content of the lesson.

+ Criteria 6: Enthusiastic help friends during class time.

+ Criteria 7: Pay attention to information related to physical education and sport.

- Manifestations in the results of acquisition:

+ Criteria 1: Academic results in general education

+ Criteria 2: General physical level

After giving specific criteria, the next step is to conduct interviews to select scientific and appropriate criteria. The interviewees were 30 experts in the fields of psychology, physical education, and sports coaching. The content through interviews with results with 80% or more people selected will continue to be included in the research process of the topic. The interview results are presented in the following table.

Table 1. The results of the interview on the criteria for assessing the self-discipline and activeness of Hue University students during the PE class. (n=30)

No	Interview content	Agree		Disagree	
		Quantity	Percentage (%)	Quantity	Percentage (%)
I	Expressed in learning emotions				
1	Attitude towards the subject	30	100.0	00	0.00
2	Mood for course results	24	80.00	06	20.00
II	Attention expression				
3	Pay attention to the lecture, observe the teacher's example and your own.	27	90.00	03	10.00
III	Manifestation of will effort				
4	Try to complete the assignments given by the teacher in class	25	83.34	05	16.66
5	Take part in extra-curricular practice	23	76.66	07	23.34
IV	Expression by behavior				
6	Do not miss the time to study general education	30	100.0	00	0.00
7	Come to class on time	30	100.0	00	0.00
8	Actively borrow and return school supplies	24	80.00	06	20.00
9	Excited to be assigned a task	25	83.34	05	16.66
10	Talk to the teacher about the content of the lesson	26	86.66	04	13.34
11	Enthusiastically help friends during class time	24	80.00	06	20.00
12	Interested in information related to physical education and sports	22	73.34	08	26.66
V	Expressed in the result of understanding				
13	Learning outcomes in physical education	26	86.66	04	13.34
14	General fitness level	21	70.00	09	30.00

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Through the results of Table 1 From 14 criteria, we have selected 11 appropriate criteria to evaluate the self-discipline and positiveness of Hue University students with 80% or more of them selected. Detail:

- + Criteria 1: Attitude towards the subject.
- + Criteria 2: Mood for course results.
- + Criteria 3: Pay attention to the lecture, observe the teacher's and your friend's sample movements.
- + Criteria 4: Try to complete the exercises assigned by the teacher in class.
- + Criteria 5: Do not skip physical education lessons.
- + Criteria 6: Arrive to class on time.
- + Criteria 7: Actively borrow and return learning materials.
- + Criteria 8: Excited to be assigned a task.
- + Criteria 9: Discuss with the teacher about the content of the lesson.
- + Criteria 10: Enthusiastic to help friends during class time.
- + Criteria 11: Learning results in physical education.

2.2. Actual situation of self-discipline and positivity of Hue University students in physical education class.

To find out the expression of positive self-discipline in learning of Hue University students for the subject of physical education, the topic conducted an interview using a questionnaire of 256 students using 11 selected criteria:

The topic offers a total of 14 questions, each question has 3 answer options. The results of the interviews are presented in detail in Table 2.

Through the results of Table 2, we see that through 14 questions the topic has given to survey the self-discipline and activeness of Hue University students towards the subject of physical education, the vast majority of students choose the answer options are "normally", "sometimes". When we examine the study results of 256 Hue University students, we find that students are mainly in the average score threshold. This proves that students' awareness of their subject of physical education is still very superficial. From the analysis results on the topic, it is found that currently Hue University students still lack positive self-discipline towards the subject of physical education. This is demonstrated through emotional learning, focused attention, and willpower effort, as well as behavior. This leads to poor comprehension (test scores at the end of the course) (test scores are mainly at the threshold of 5-6 points, the percentage of pretty good scores is still low, and especially there are still some students who have debt. With the above situation, it is extremely urgent to take specific measures to improve self-discipline and positivity in the physical education class of Hue University students.

Table 2. Interview results on expression in learning emotions of Hue University students for the subject of general education (n=256)

No	Interview content	Options	Result		
			Quantity	Percentage (%)	Level
I	Attitude towards the subject				
1	The level of interest in the subject of general education?	Enjoy	55	21.48	3
		Normal	124	48.44	1
		Dislike	77	30.08	2
2	How necessary is physical education?	required	80	31.25	3
		Normal	94	36.72	1
		Unnecessary	82	32.03	2
II	Mood for course results				
3	The mood when the result of the physical education subject is "Pass" or higher?	delighted	126	49.22	2
		Normal	130	50.78	1
		unhappy	0	0.00	3
4	The mood when the results are not satisfactory in physical education?	Sad	110	42.97	2
		Normal	116	45.31	1
		Not sad	30	11.72	3
III	Attention expression				
5	Pay attention to the teacher's lecture during physical education class?	Attention	80	31.25	2
		Normal	106	41.41	1
		Uninterested	70	27.34	3
6	Pay attention to the teacher's example and yours?	Attention	95	37.11	2
		Normal	131	51.17	1
		Uninterested	30	11.72	3
IV	Manifestation of will effort				
7	Try to complete the assignments given by the teacher in class?	Try	107	41.80	2
		Normal	112	43.75	1
		Do not try	37	14.45	3
V	Expression by behavior				
8	Learning status?	Not absent	81	31.64	2
		absent 1-3 lesson	170	66.41	1
		absent >3 lesson	05	1.95	3
9	Being late to school?	Not late	86	33.59	2
		Late 1-3 lesson	111	43.36	1
		Late >3 lesson	59	23.05	3
10	Actively borrow and return school supplies?	Frequent	12	4.69	3
		Sometimes	80	31.25	2
		Never	164	64.06	1
11	Excited to be assigned a task?	Interest	60	23.44	3
		Normal	114	44.53	1
		Not interested	82	32.03	2
12	Talk to the teacher about the content of the lesson?	Frequent	53	20.70	3
		Sometimes	82	32.03	2
		Never	121	47.27	1
13	Enthusiastic to help friends during class time?	Frequent	40	15.63	2
		Sometimes	95	37.11	2

No	Interview content	Options	Result		
			Quantity	Percentage (%)	Level
14	Learning outcomes in physical education?	Never	121	47.26	1
		From 7 to 10 points	80	31.25	2
		From 5 to 6 points	164	64.06	1
		Less than 5 points	12	4.69	3

CONCLUSION

Through research results. Through 05 expressions (Expression in learning emotions, Expression of attention, Expression of will effort, Expression in behavior, Expression in results of comprehension) the research has systematized the expressions. of self-discipline, positivity; identified 11 evaluation criteria and based on those criteria, the study has built 14 questions to clarify the status of active self-discipline in physical education lessons of Hue University students as a basis proposed measures in the next research chapter.

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