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IMPROVE PHYSICAL FITNESS, MENTAL AND SOCIAL HEALTH OF MALE STUDENTS IN 15 WEEKS OF RECREATIONAL SPORTS CLUB ACTIVITIES

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Abstract

The current research result is the effective experimental application of the recreational sport club activities model (RSCM) for male students from An Giang University-Vietnam National University-Ho Chi Minh City (Agu-VNUHCM), after 15 weeks of using volleyball club training. According to the unstructured recreational sports club activities model, improved physical health, mental health, and social health for the experimental group (EG) were superior to that of the control group (CG). CG the practice PE program according to the current program of A-VNUHCM. Results after 15 experiments, improvement in physical health was evaluated in 12 tests, in which 2 tests assessed form [Height (cm); Weight (kg)] EG increased by 2.37% on average, compared to CG 1.13 %; 6 physical fitness tests [Quetelet Index (g/cm); Body bending test (cm); standing long jump (cm); 30-m sprint(s); 5-min running (m); handgrip force (kg)], EG increased by an average of 12.90%, outperforming CG by 7.48%; 2 cardiovascular functions (HW) tests; Vital capacity (l)] EG increased on average 13.39%, compared to CG 0.24%; 2 psychological tests [LanDolt Open Loop (bit/s); Test Tapping (e)] EG increased by 2.35%, 1.22% CG. In terms of mental health and social health, the evaluation factors, EG also outperformed CG.

Keywords: *RSCM; Physical activities; Mental health; Social health; Physical health*

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Introduction

RSCM was established to create conditions in their spare time for students to participate in sports, exercise, and entertainment. In advanced countries, RSCM activities are actively responded to by the majority of young people (Yeop, K. S., & Hoon, Y. J. 2009). Research shows that over 70% of teenagers in their free time participate in RSCM activities. In addition, club activities, especially among students, are a form of voluntary participation in school as well as in society. The youth's need for RSCM activities has an important position in society and forms skills, sports techniques, and broad social communication abilities. Yeop, K. S., & Hoon, Y. J. (2009); Phuong, L.Q., et al. (2017).

In modern life, health goals are a top priority. Especially in the educational environment, for students and students participating in sports activities, the RSCMs will help them have healthy entertainment, and reduce bad habits such as drinking alcohol, and smoking. ... Studies in advanced countries UK, Australia...Hyoung LJ, Kye PS, Ok LM, (2000) said that "young people participating in RSCM activities Open clubs towards a healthy lifestyle, has very good physical and mental health and is also a place to find sports talents for the country."

The concept of RSCM comes from Western countries with developed economies that are part of leisure activities. During rest, people like to be active and exercise their body as they like, such as climbing, swimming, wrestling, or participating in games like tug of war, jumping rope, ... or conducting competitions according to its inherent rules. From there, a new concept was formed, which is the concept of RSCM. If from the perspective of "the origin of the sport is from entertainment", RSCM has a very long history. However, RSCM was officially focused from the 70s to the 20th century. In the late 80s of the 20th century, J.R. Jelly, a "leisure sociologist", commented on entertainment and sport as follows: "In RSCM, participants are free to choose the sport they like and feel comfortable playing it. that sport". From this definition, people participate in any sport, and that sport will be RSCM. The study of the role of RSCM in life, society, economy, and history... has important significance in

improving people's quality of life and social development. Currently, research works in this field are still interesting and regularly conducted in countries around the world.

Since joining the WTO on 11 July 2007, Vietnam has become one of the fastest-growing countries in the world (Toai, B.T. 2011). With the trend of global integration and development, more and more companies, corporations, and organizations around the world are investing in Vietnam, promoting the development of the country's economy, and people more and more, have the opportunity and need to enjoy the world's new technology in all fields in general and the field of culture - sport - entertainment in particular. Vietnam has a long history of developing mass sports for the sake of people's health, but RSCM is a relatively new field and tends to thrive in Vietnam according to the law of development, and global economic and social development. Because this is a relatively new field, there is not much scientific research in the field of RSCM, according to the published views and trends of globalization development. The idea and summary of RSCM have not been fully researched and summarized, and the people's RSCM participation activities have not been identified and classified. As a result, the leaders and macro managers have not yet set standards to build solutions to develop the RSCM field by the laws and trends of world integration in the current period. Phuong, L.Q., et al. (2017); Toai, B.T. (2011).

Recreational sport in the Mekong Delta in general, especially Long Xuyen City in particular, although just beginning to form and develop, many recreational sport facilities organize RSCM activities. Health and entertainment clubs are formed in most of the recreational sport centers of the district, city, and recreational sport clubs because the sports industry of the city or district has RSCM activities. Amusement parks all bring appropriate RSCMs to serve different audiences participating in training. New residential areas all build sports centers combined with entertainment, or districts and towns in areas with river and hilly terrain take advantage of the terrain to organize suitable RSCMs. In recent years, in most districts and towns, there are recreational sport facilities invested by private enterprises for RSCM activities.

Agu-VNUHCM is located in the heart of the city. Long Xuyen is one of the political-economic - commercial centers of the Mekong Delta - in Vietnam. The university currently has about 13,000 students and students studying at all levels (undergraduate, graduate), conducting scientific works to survey and evaluate the current status of RSCM participation, as well as difficulties. – obstacles of participants in this activity are very necessary, as a basis for building RSCM here in general and for male students Agu-VNUHCM appropriately and scientifically.

Considering that the context of the demand for recreational sports activities at the Universities & Colleges of the Mekong Delta in general and of Agu-VNUHCM, in particular, is still limited, besides considering the need to participate in activities. RSCM activity among students, students, leaders, officials, and experts of An Giang University in the establishment of high RSCM.

Research Methods and Tools:

Participants: The current study was conducted on 61 male students at Agu-VNUHCM, all healthy male students were allowed to participate in RSCM activities. None of the participants smoked, drank alcohol, or used prescription drugs, and none of them got sick. Each student registers for a 15-week course (equivalent to one semester). The PE Agu-VNU-HCM program was attended by the remaining 31 students forming a control group. The experimental group was randomly selected 30 students, selected to participate in RSCM (RSCM Volleyball). Before giving written consent, they were informed of the test's protocols. The Agu-VNUHCM Board of Directors approved the use of people in this study (students). All participants were advised to maintain a regular diet and exercise regimen throughout the trial.

Procedure:

Each participant answered a quick baseline questionnaire about their personal information and previous sports injuries two weeks before practice (in case of any problems, contestants will be disqualified). Before starting the PE program a week later, all participants were assessed for fitness (first test). In this study, physical assessment tests were performed:

12 criteria of 3 groups include Form [Height (cm); weight (kg)], physical fitness [Quotelet index (g/cm); Standing flexible bending body (cm); Jump in place (cm); Run 30m XPC(s); Run according to your strength 5 minutes (m); Dominant squeeze force (KG)], psychological function [Landolt open loop (Bit/s); Tapping (score)] and physiological function [Heart function (HW); Vital capacity (liters)]. According to the Ministry of Education & Training (2008) Vietnam, these tests are suitable for assessing the fitness of amateur athletes such as our male students Agu-VNUHCM and suitable for assessing the fitness of annual PE course participants. as part of the PE program at Agu-VNUHCM (Thuc DC, 2019).

Then, both groups participated in each group's 15-week program under conditions that were identical in terms of hours of study, facility use, weather, and surroundings. Every Friday, the training class is held from 7:00 a.m. to 8:30 a.m. (once a week, same as in the PE program). The second physical fitness test was performed on the two groups after 15 weeks (same as the first test). Four elements make up the new 15-week RSCM (RSCM Volleyball): physical fitness, mental, and social health.

How RSCM (RSCM Volleyball) works, unstructured, the maximum duration of 90 minutes, groups of students practice according to their interests (including basic and advanced technical practice activities, organized friendly competition, guided by teachers of PE teachers of AGU-VNUHCM.

Statistical analysis

All data are expressed as mean (M) and standard deviation (SD). The obtained data were evaluated using SPSS 20.0 (Statistical Package for Social Sciences). Descriptive analysis was used to identify thematic features. Any difference between CG and EG in each trial was assessed by an independent sample t-test. Using paired sample t-test, the difference between the pre-test and post-test was calculated. At $p = 0.05$, statistical significance was declared to exist.

Regarding the assessment of mental and social health factors, the current study uses research tools such as sociological survey questionnaires and expert interview forms.

This sociological questionnaire is researched by the author based on scientific research topics, theses, and scientific reports in the world; in addition, the author also researches documents on sports and RSCM at home and abroad; refer to entertainment by Hyland, Sodergren, and Singh (1999); studying the theory of Maslow's hierarchy of needs (1943); and Alexandria and Carroll's theory of

obstacles to entertainment (1997); Maslow, A.H. (1954)

The application of the internal reliability analysis method to analyze the questionnaire items is only done on the behavioral/attitude questionnaires with a five-point scale (Likert 5-point scale). Therefore, in the sociological survey questionnaires, the study only analyzed the intrinsic reliability of the contents in Table 1:

Table 1: Overview of mental and social health assessment questionnaires

Question item	Total correlation of questions	Index α if omitted item
Reduce stress	.340	.785
Community integration	.332	.772
Friendly in social relations	.392	.771
Get love, share	.381	.773
Due to the appeal of sport	.349	.772
Improve mobility and physical fitness	.573	.774
Relax	.405	.809
Fight disease	.443	.812
Enjoy, cheer	.409	.789
Health promotion	.354	.803
Recreational mental	.365	.776
Beauty or slimming	.507	.803
The influence of famous athletes	.502	.778

The final results identified 13 items for the section on factors affecting the assessment of mental health, and social health to the participation of male students in Agu-VNUHCM RSCM.

Results:

Evaluation of the pre-experimental fitness level between EG and CG:

Pre-experiment test results showed that: In total 12 criteria of 3 groups including morphology (2 criteria), physical strength (6

criteria), psychological function (2 criteria), and biological function There was no significant difference between the 3 experimental groups (2 criteria). The calculated t values are all smaller than the table t, there is no statistical significance with $p > 0.05$. (See Table 2)

Table 2. Comparison of tests between CG and EG – before and after experiment

Tests	CG (n=31)				EG (n=30)				So sánh				W%-CG	W%-EG
	Pre-test		Post-test		Pre-test		Post-test		Pre-test		Post-test			
	M	SD	M	SD	M	SD	M	SD	t	P	t	P		
Height (cm)	168.75	2.96	168.91	2.93	168.666	2.42	169.56	2.53	0.12	>0.05	0.71	>0.05	0.09	0.53
Weight (kg)	55.44	1.92	56.66	1.86	55.33	2.71	57.70	2.48	0.19	>0.05	2.43	<0.02	2.17	4.20
Quetelet Index (g/cm)	328.07	12.56	335.99	12.33	330.02	11.71	340.57	11.83	0.66	>0.05	4.09	<0.001	2.39	3.15
Body bending test (cm)	13.04	0.85	14.73	0.60	13.09	0.68	15.43	0.40	0.26	>0.05	6.16	<0.001	12.18	16.40
standing long jump (cm)	206.06	12.41	214.97	12.31	206.47	4.74	228.19	4.79	0.18	>0.05	1.05	>0.05	4.23	9.99
30-m sprint (s)	5.41	0.29	4.96	0.29	5.40	0.27	4.46	0.27	0.14	>0.05	4.08	<0.001	8.70	19.24
5-min running (m)	930.15	69.84	987.68	67.29	940.38	80.69	1057.4	80.56	0.56	>0.05	6.86	<0.001	6.00	11.72
handgrip force (kg)	40.29	1.92	45.17	1.87	40.73	1.14	48.24	1.13	1.19	>0.05	2.83	<0.01	11.40	16.88
cardiovascular function (HW)	10.55	0.19	10.55	0.20	10.60	0.25	8.56	0.23	0.93	>0.05	3.75	<0.001	0.02	21.40
Vital capacity (l)	3.57	0.20	3.56	0.21	3.49	0.25	3.68	0.17	0.56	>0.05	3.52	<0.01	0.45	5.38
LanDolt Open Loop (bit/s)	1.55	0.22	1.51	0.20	1.61	0.32	1.59	0.26	0.34	>0.05	6.38	<0.001	2.42	1.14
Test Tapping (e)	135.57	0.17	135.55	0.22	135.49	0.21	140.40	0.67	0.21	>0.05	5.23	<0.001	0.02	3.55

After experimenting with the PE program according to the Ministry of Education and Training (2008) with CG, and the results of applying the RSCM model for EG.

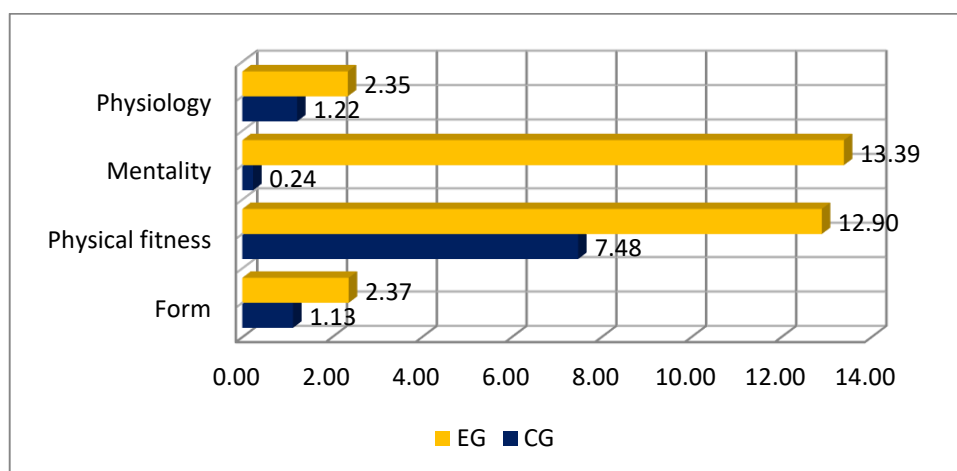


Figure 1: Average growth of EG and CG in form, corpuscular, psychological, and social evaluation criteria of the two groups after the experiment.

Form indicators: Height and weight indexes after the experiment both groups had growth; In which, the weight index in EG has a greater change than in CG, achieving statistical significance $p < 0.02$, while the height development index has not reached statistical significance with $p > 0.05$.

Physical fitness indicators: The physical fitness indicators of both groups after the experiment developed through the impact of RSCM activities. The indicators of running 30m, Quetelet index, body flexion, and 5-minute running depending on strength and dominant hand grip strength in EG have a clear change compared to CG. Which, the index of running inertia for 5 minutes and running 30m has a huge difference, reaching statistical significance with $p < 0.01$ to $p < 0.001$; The change in the spot bounce index has not been statistically significant, $p > 0.05$.

Physiological indicators: After the experiment, the physiological indicators of EG were superior to those of CG; In which, cardiac function index and vital capacity were statistically significant with $p < 0.001$ and $p < 0.01$. Compared with the index to assess cardiac function, both EG and DC are at an average level ($HW > 5$ and < 11). Psychological indicators: After the experiment, the changes in the indicators of Tapping and Landolt's open-loop index of EG have different differences, with statistical significance at $p < 0.001$; Compared with the standard for assessing information processing capacity, the Landolt EG1 index is good, while the CG is

only average (1.25 to 1.51 bit/s). Of the 12 indicators used in the survey.

EG has a much superior transformation than CG. In which, the criteria of form (weight), Quetelet index, body flexibility, physical fitness index running 30m, running for 5 minutes depending on strength, dominant hand squeeze; Landolt open-loop sentiment index, Tapping; 2 physiological indices of vital capacity and cardiac function reached statistical significance at the level of $p < 0.02$ to $p < 0.001$; The remaining indicators of form (height) and physical indicators (standing long jump) in EG 1 had a superior change than CG but there was no statistical significance $p > 0.05$.

Thus: After the experimental period, EG has a superiority of 10/12 criteria compared to CG ($P < 0.02$ to $p < 0.001$); This result shows that: in CG, although it operates mainly in the form of self-activity, there is no organizer, guide or regular activity, but there is also a period of activity in the sports delegations of the faculty, The school should be thanks to the impact of RSCM activities, but after the experiment, the indicators of morphology, physical strength and indicators of psycho-physiological function also changed and developed. At EG, with the model of RSCM in which students can carry out organized activities, guidance and activities are maintained regularly, especially with reasonable operating conditions, it has created a remarkable development for most students. all indicators

of test parameters were compared with CG after the experiment.

Evaluation of the effectiveness of CG and EG's advantages for mental and social health.

According to authors Gang, N. (2015); Vella, S.A., et al. (2022), RSCM activities not only help participants improve physically, but also educate and train them in personality, aesthetics, and moral values, which will... help them form a habit of regularly engaging in RSCM activities.

Yeop, K. S., & Hoon, Y. J. (2009); Phuong, L. Q., et al. (2017); and Yeop, K. S., et al. (2009) said that RSCM activities bring people's mental and social health in addition to their physical health. Studying uses a survey approach to poll students' sociology participating in RSCM and managers, coaches, and guides in RSCM to evaluate the

development of mental health, society, and associated concerns for students engaging in RSCM.

As a result of the assessment of the benefits of mental health, social and related issues, the benefit factor "Recreational mental" is the most chosen factor with an average value of 3.97, "Increase in the value of 3.97". health improvement" is the second highest chosen benefit of the participants with an average value of 3.92, followed by the factor "Relaxation", and the two factors "Reducing stress" and "Community integration" are located. Wednesday and Thursday. Besides, the benefit factor "Friendly in social relations" is also widely agreed by students with the average value of 3.56, and other beneficial factors for students when participating in traffic communication activities are presented. Details are given in Table 3:

Table 3: Results of the assessment of mental and social health benefits of EG

No.	ASSESSMENT FACTOR	n	M	SD
1	Recreational mental	30	3.97	.678
2	Physical health promotion	30	3.92	.956
3	Relax	30	3.91	.876
4	Reduce stress	30	3.89	.998
5	Community integration	30	3.77	2.001
6	Friendly in social relations	30	3.56	1.124
7	Fight disease	30	3.09	1.083
8	Beauty or slimming	30	3.06	.873
9	Improve mobility and physical fitness	30	2.98	.289
10	Get love, share	30	2.98	.997
11	Enjoy, cheer	30	2.11	1.007
12	Due to the appeal of sport	30	1.99	.685
13	The influence of famous athletes	30	1.74	1.002

Comparison of assessment of mental and social health benefits of participants in 2 groups

The analysis results show that there is a statistically significant difference between the CGs and experiments with the following contents:

"Recreational mental" (p=0.001<0.01), and "Physical health promotion; Relax" (P= 0.008

and 0.000), were more chosen by EG than CG. "Reduce stress" and "Community integration" are highly rated by EG CG. Particularly, the criterion "Friendly in social relations" is highly appreciated by EG, superior to CG. Other factors have no statistically significant difference between EG and CG, presented in Table 4 below:

Table 4: Comparison of mental and social health benefits in EG and CG

ASSESSMENT FACTOR	F	P	Post-hoc (Scheffe)
Recreational mental	6.702	.001	$\mu_1 > \mu_2$
Physical health promotion	5.021	.008	$\mu_1 > \mu_2$
Relax	5.018	.000	$\mu_1 > \mu_2$
Reduce stress	4.984	.006	$\mu_1 > \mu_2$
Community integration	4.056	.003	$\mu_1 > \mu_2$
Friendly in social relations	3.092	.032	$\mu_1 > \mu_2$
Fight disease	1.231	n.s	
Beauty or slimming	2.003	n.s	
Improve mobility and physical fitness	1.091	n.s	
Get love, share	2.063	n.s	
Enjoy, cheer	1.523	n.s	
Due to the appeal of sport	.764	n.s	
The influence of famous athletes	.789	n.s	

Note: n.s: No statistically significant difference; μ_1 : EG; μ_2 : CG

After the experiment, CG had a uniform development ($P < 0.05$) and was different from EG. There are 10/12 indicators in the test criteria (physical, psychological, physiological) showing superiority with $p < 0.02$ - $p < 0.001$. Through the above results, it can be confirmed that the RSCM of the present study has a clear effect compared to EG.

The results of the study on the growth of experimental groups showed that: At EG 7/12, the indicator achieved statistical significance with $p < 0.05$ - 0.001 . Meanwhile, all 12/12 indexes of the indicators tested at EG, all achieved the probability significance with $p < 0.001$. Overall, the above results are reflected in EG, although the current PE program is according to the regulations of the Ministry of Education and Training (2008), so the growth results of EG are also positive compared to the growth results of CG in all 12 tests. 12 of the indicators all had a growth that reached probabilistic significance with $p < 0.001$, showed that the high efficiency of RSCM with uniform physical health development was superior to that of EG.

Discussions

Practice shows: Current RSCM activities are very diverse and take many different forms, including individual and collective activities that apply means in the direction of cleaning activities, restoring abilities, and practicing healing. These forms can be individual (morning hygiene exercise, daily schedule, forms of exercise, etc.) or group activities with the help of teachers.

The research results of domestic and foreign authors are similar to the conclusions and evaluations of many studies on entertainment activities and RSCM. Recreational activities and RSCM in the form of self-activity also provide comprehensive development, but their effectiveness is low compared to other forms of activities, operating under organized forms of instruction in each form, giving different effects. The difference in the effectiveness of RSCM activities, in addition to continuity, depends on the guidance and help of instructors and facilities.

Authors Jung KK and Seok CY (2009) Recognize the motivation to participate and the satisfaction of RSCM activities for teenagers in the comprehensive development of Korean youth and students. Many authors believe that recreational activities and the RSCM positively affect stress and improve the learning ability and social relationships of students when implemented in the form of school clubs. study Korean. Kim, K. J., & Chun, Y. S. (2009); Kim, S. T. (2010); Iulian-Doru, T., & Maria, T. (2013)

Author Nguyen Van Hoa (2004), when researching the topic: "Effect of physical activities on physical fitness and learning quality of students at Can Tho University" also concluded: "EG physical activities are organized physical development guidance, which is much higher than EG". Author Nguyen Ngoc Viet (2006) also commented: "Of all the forms of extracurricular activities, the form of extracurricular activities guided by teachers in elective subjects for students is the most effective. Through extracurricular sports activities, the lack of movement has been

overcome, positively affecting the physical strength and stature of primary school students. Author Tran Thi Xoan (2006) also gave the research results that: "Physical activities that are well organized, regardless of the form of activities, will have a good effect on physical health. Physical activities that are not organized will have the opposite effect. The tight organization will not guarantee significant physical development for female students. Not only that, there are indicators such as waist circumference, endurance running, and fast running that have not only not improved but also decreased significantly. Lam, L.V., and Thanh, P.X. (2008).

It can be affirmed that RSCM is a possible solution to accumulate and develop comprehensive training goals among AGU students. Science has proven that to improve physical fitness, you must be active and regular. One of the principles of the PE method is related to the regularity of activity and the alternation of the amount of movement with rest, as well as the sequence of activities and the interrelationship between the activities.

Through RSCM, we will maintain sustainability for physical training, entertainment, and RSCM among students and lecturers and mobilize the whole society to participate. Therefore, the regular and continuous activities under the influence of oriented and selective physical exercises according to the science of activity have positively changed the morphology and function of students in the RSCM, as shown through experimental results. With this point of view, author Luu Quang Hiep determines that "regular and systematic physical activities will create impacts on the physical and physical condition of people."

Physical activities in any form have an impact on physical development, but with organized forms of activities under strict and scientific guidance, the effects are more effective. Author Huynh Trong Khai (2006), in a research on the topic "Physical Activities with the Development of Students' Body Stature," concluded: The nutritional status of female students from 7 to 11 years old will have positive changes. more extreme under regular physical activities. Khai, H.T. (2006).

Thus, it can be determined that EGs operating according to the RSCM that have been

developed, organized, guided, and operated regularly and continuously have had positive effects on students' physical health. EG has a uniform development and is superior to CG. At CG, students have the stage of guided activities according to the school's delegations, so the results of physical growth also have positive changes, but the activities are seasonal, not regular. , consistently resulted in a performance that, although positive, was significantly lower than that of the EGs.

Effective discussion of mental and social health of EG RSCM

It can be said that, in any type of RSCM organization, if there is stability and growth in the number of students, it can be affirmed that the RSCM meets the needs and aspirations of the students. The positivity of students is often expressed through voluntary and voluntary activities to complete the learning and training tasks. Besides the satisfaction with facilities, the quality of club activities is an important factor. important to maintain and develop the club. Self-reliance is one of the highest forms of positivity, which manifests itself in the vigorous activity of self-solving tasks created by one's inner stimulation. It is clear that the effectiveness of the pedagogical process largely depends on how self-disciplined and positive the educated person himself is towards his or her work. Understanding the nature of tasks as well as how to perform them with interest and enthusiasm will help learners learn faster and better and improve the effectiveness of the movements to be performed. Self-discipline and positivity are expressions that come from excitement. From RSCM's point of view, students' interest originates from many directions and many different factors; however, first, it is necessary to mention the motivation to participate and other measures derived from the coach, person instructions, conditions, environment, and operating facilities. The motives that stimulate activity are very diverse; maybe it is an instant sensation, it may be due to the attractiveness of external appearance, the desire to have a beautiful body, or to enjoy sports.

By Wang-Sung Myung and Chun-Ho Yang (2016) Recognize that the relationship between the interest in the facility and the satisfaction of the people's RSCM activities is a condition for the club's sustainable

development. It brings holistic health to students while also benefiting the club. Myung, W. S., & Yang, C. H. (2016). Building sustained interest: enabling students to exhibit self-discipline, interest, and positivity throughout participation. Therefore, how can we help students understand the meaning and effects of RSCM? That will give students positive self-discipline during the activity. Building positive self-discipline requires more specificity. It is necessary to make students aware of the specific meaning of the tasks that need to be performed. Make students more and more aware of the nature of their work and become helpers for teachers and coaches in determining their upcoming tasks and how to improve their physical fitness...

Students in RSCM have individual needs and may already have a keen awareness of the sport involved. The author, Deutsche Sporthochschule Köln (2016), asserts that RSCM participants are willing to pay fees to the clubs in which they participate.

Conclusion

The study RSCM has a distinct feature of the kind of organized activities guided by the coach, and tour guide; Conducted voluntarily, in leisure time, group activities, and selective classes of physical activities, ensuring systematic continuity. The form of organization of activities is diverse, ensuring excitement in RSCM. Different from the current PE program, from this feature, students can interact and interact with many objects and sectors in society. In addition, the forms of picnics, sightseeing, exchanges, and performances enrich activities, increase positivity in activities and activities, and these are also factors that increase operational efficiency.

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