

# THE VALUE OF RECREATIONAL SPORTS ON THE PRACTITIONER'S PHYSICAL HEALTH IN URBAN DISTRICTS IN HANOI

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## Abstract:

In this study, we surveyed 180 men and women, of all ages in the urban districts in Hanoi, about the impact of recreational sports on the physical health of practitioners. The results show that recreational sports practice has positive effects in terms of body morphology, mind function, physiology, motor sensation ...

**Keywords:** Recreational sports, health, physical, Hanoi ...

## INTRODUCTION

Nowadays, as the society develops, the role of sports and entertainment is increasingly enhanced. Recreational sport is a form of public sport awareness, beneficial to the physical and mental health of people, and it is conducted during free time outside working hours. Recreational sport firstly manifests itself most clearly in physical health, which is the health of organs and body systems.

## RESEARCH METHODS

The author uses the following methods: document analysis and synthesis method, investigation - survey method, statistical mathematics method.

## RESULTS AND DISCUSSION

The survey about physical health value of 180 people of all ages participating in regular recreational sport activities. The result is presented in Table 1.

The result shows:

**For body shape:** Practitioners have positive changes in physique and weight. Specifically, about physique, most are slender with the rate of 56.1%. About weight, the rate of people losing weight (50.6%) predominated over the rate of people gaining weight (11.1%) with  $P < 0.001$ .

**About physiological function:**

*About eating and sleeping:* Most of

practitioners feel better such as eating better and sleeping better.

*About breathing and blood pressure:* There is a better improvement and easier breathing.

**Sensory function:** The study deals with visual, auditory and tactile abilities (through hand tremor). The result shows that there is not much change in visual acuity when comparing the number of people with better vision and the number of people with hearing loss ( $P > 0.05$ ). And the hearing and tremor level have significantly different between the better and the worse ( $P < 0.001$ ), in which better hearing increased to 27.8%, hearing loss is not available, and the majority remains the same (72.2%). About hand tremor, the less shaking is 11.1%, no one increases more shaking and most of people were in the same situation (88.9%).

**About some common sicknesses:**

- Osteoarthritis: Most of them are in the same state (61.1%), the rest are in the decreasing trend (38.9%) and no one has increased symptoms.

- Regarding headaches, the rate of people having improvement is still large (50%), some are the same (47.2%), and the worse headache is less (2.8%).

- Overall assessment of the sickness, the remission still accounts for a significant proportion (44.4%), compared to the rate of worse illnesses (5.6%), while the rate of non-changes accounts for the larger proportion

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**Table 1. Physical health indicator of people participating in recreational sports in Hanoi districts (n = 180)**

TT	Aspect	Level	Quantity	Rate	X <sup>2</sup>
1	Body shape	Slender	101	56.1	81
		The same	72	40	
		Chubbier	7	3.9	
2	Weight	Lose weight	91	50.6	47
		Gain weight	20	11.1	
		The same	69	38.3	
3	Eating	Well-tasted	112	62.2	106
		The same	65	36.1	
		Poor-tasted	3	1.7	
4	Sleeping	Better	110	61.1	83
		Normal	60	33.3	
		Worse	10	5.6	
5	Breathing	Easier	130	72.2	130
		The same	49	27.2	
		Harder	1	0.6	
6	Blood pressure	Better	80	44.4	80
		The same	100	55.6	
		Worse	0	0	
7	Seeing	Clearer	10	5.6	1.7
		Normal	165	91.7	
		Worse	5	2.7	
8	Hearing	Better	50	27.8	50
		Normal	130	72.2	
		Worse	0	0	
9	Hand tremor	Less shaking	20	11.1	20
		Disappear	0	0	
		The same	160	88.9	
		More shaking	0	0	
10	Bones & Joints	More aching	0	0	70
		The same	110	61.1	
		Less aching	70	38.9	
11	Headache	Less aching	90	50	73
		The same	85	47.2	
		More aching	5	2.8	
12	Sickness	Better	80	44.4	54
		The same	90	50	
		Worse	10	5.6	
13	Balance ability	Better	109	60.6	109
		The same	71	39.4	
		Worse	0	0	
14	Movement	Easier	70	38.9	45
		Harder	9	5	
		The same	101	56.1	
15	Motion reactivity	Better	118	65.6	118
		The same	62	34.4	
		Worse	0	0	
16	Moving activities	Active	120	66.7	120
		Normal	60	33.3	
		Less active	0	0	
17	Body status	Exhaust	3	1.6	88
		The same	80	44.4	
		Strong	97	54	
18	Training activities	Enjoyable	150	83.3	150
		Normal	30	16.7	
		Bored	0	0	
19	Health	Better	85	47.2	76
		Normal	92	51.1	
		Worse	3	1.7	

(50%). Differences in disease change are significant and completely statistically significant (P <0.001).

**About motor function:** it is shown on the following criteria: the balance ability, walking ability, reaction ability and motor activity. Self-assessment of balance ability, most of them considered to be better (60.6%), remained the same 39.4% and no one gets worse. Regarding the walking ability, the rate of people remaining the same is dominated (56.1%), while the rate of people having easier movement is also not small (38.9%), while the rate of people having difficulty only accounts for 5%. Self-assessment of reaction ability, the majority is people considering to be better (65.6%), the rate of people remaining the same is 34.4%, and the rate of people feeling worse is absent.

Self-reflection on the movement activities, the majority of people said that recreational sport made them more agile and skillful (66.7%). No one feels less active, the rest feels it unchanged (33.3%). The analysis of difference between feeling better and feeling worse is statistically significant with P <0.001.

General assessment of health: The study considers 3 aspects: physical state, emotions for movement and health status in recreational sport practitioners

Self-assessment of body condition, the practitioners, who think that they are more tired, only account for 1.6%. the rate of people feeling the same is 44.4%, and the rate of people feeling less tired is majorly 54%. In terms of emotion (demanding) for movement, most



Many recreational sports have been developing strongly in Vietnam, especially in big cities and crowded provinces (Image source: <https://nguoidanang.vn/>)

people enjoy exercising (83.3%), the rest feels normal (16.7%) and especially no one does not like to practice. General health self-assessment, the rate of people feeling worse is very small (1.8%), the rate of people feeling better is 47.2% and the rest of people considering health normal is 51.1%. Comparing the number of people whose general health is good and the number of people whose health considers to be worse, is completely statistically significant with  $P < 0.001$ .

### CONCLUSION

The recreational sport practice of people living urban districts in Hanoi has positive effects on physical health. This is manifested not only in morphological and basic physiological function, sensory function, motor function, but also manifested in the remission of common diseases; thereby promoting the fight against fatigue, contributing to improving health. And it is important and continuous demand. That is the value of recreational sport to physical health of recreational sports practitioners.

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