

THE STUDY OF COMMUNITY FOR EXERCISE AND SPORTS PROMOTION IN SAMUTSAKHON PROVINCE

Wipoj Chansem, Yapaporn Singlumpomg, Arcom Bamrunglok,
Surabadin Pitchayapairat, Chutimaporn Phakdee
Faculty of Sports and Health Sciences, Institute of Physical Education,
Samutsakhon Campus

ABSTRACT

The purpose of this research was to the study of the community for exercise and sports promotion in Samutsakhon province. The sample group 400 people The analysis of data was frequency and percentage of general information, knowledge and understanding about exercise and sports of people in Samutsakhon province. Mean and Standard Deviation of opinions about the community for exercise and sports promotion in Samutsakhon province.

The result found that the sample were male (42.50 %) female (57.50%) There were aged 31-40 years old (33.25%) There were single status (50.25%) There were bachelor's degree (55.75%) There were government employees (27.25%) There were congenital diseases 345 (86.25%). There were exercise and sports, including running (33.25%) walking (16.00%) Knowledge and understanding about exercise and sports, They knew that the exercise improve the cardio-respiratory system, muscular system and other systems (99.50%). Exercise helps relieve tension and better sleep (99.50%) Exercise increases oxygen consumption and metabolism in the body (99.00%). The community for exercise and sports promotion, They thought that the community should had an exercise yard with equipment and facilities (Mean = 4.22, SD = 0.77) the community should have outdoor fitness equipment and facilities (Mean = 4.20, SD = 0.78) the community should had a football field with equipment and facilities (Mean = 4.09, SD = 0.78) the community should had a futsal field with equipment and facilities (Mean = 4.05, SD = 0.82) the community should had a recreation yard with equipment and facilities (Mean = 4.03, SD = 0.79) the community should had leaders of exercise sports and recreation (Mean = 4.04, SD = 0.81) the community should had members of exercise and sports on a regular basis (Mean = 4.04, SD = 0.77) the community should had publicity information about exercise and Sports (Mean = 4.02, SD = 0.79)

Key word: community, exercise and sports promotion

Corresponding Author: Wipoj Chansem, Faculty of Sport and Health Sciences, Institute of Physical Education, Samutsakhon Campus, Thailand, E-mail: drwipoj@gmail.com

Introduction

Based on the evaluation of the performance of the 5th National Sport Development Plan (2012 - 2016) in the areas of strategic development of exercise and sports for the mass found that it was still unable to drive to be successful Because the community lacks basic infrastructure exercise and sports facilities, Lack of exercise leaders, Lack of integration between various departments in the development of sports and exercise at the community, Lack of publicity thoroughly and lack of budget, so the community to lack the opportunity to access exercise and sports activities (Ministry of Tourism and Sports, 2016)

Assessment of sports development plans according to the 12th National Economic and Social Development Plan (2017-2021) found that the quality of life of Thai people was still below target and was not consistent with the direction of economic and social development, knowledge base especially health issues found that most Thais still had health risk behaviors People became more ill with chronic non-communicable diseases (NCD) due to lack of regular exercise. Therefore establishing sustainable development by using people as a center for development to improved Thai people to be an important force in creating national security was an important machine for driving economic development, society, natural resources, environment and management, In terms of society, focusing on the development of people of all ages and preparing to enter the elderly society with quality focus on giving people the potential and learning, creativity all-round capabilities and equal access to quality of education reduce inequality in society and improved the quality of life for people and families in strategy 2, encouraging the mass to exercise and participate in sports activities to promote exercise for all groups of people of all ages, this strategy was considered important for the general public. Because exercise and sports would make healthy and reducing the cost of medical treatment, reducing social problems, solving drug problems and abuses by creating opportunities for access to exercise and sports activities, Preparation of infrastructure and facilities for all groups of people thoroughly including encourage people to have public minds and develop sports volunteer systems (Ministry of Tourism and Sports, 2016)

As for Megatrends, there were important factors in driving sports and exercise, including promoting awareness of health care and increasing exercise, having good shape and personality Until being accepted by the media as a guide. Causing people to start to realize that health was a matter that need to be paid attention to always make them look good together with the increasing severity of disease and cost of disease treatment ,Therefore having to turn to take care of their health more pushing and promoting mass sports by the public sector especially in developed countries, most of them have a policy to promote sports for the population at all levels in every area and every dimension within the country.

To promote sports and exercise from the national, regional and community levels, the important factors that drive the policy and activities to promote sports and exercise were the elderly society who want to have a good retirement life. Having a longer life expectancy alertness and health care changes in values to sports in the public group and claims of equality among disadvantaged and disabled people changing the way of life of people today had changed from the original resulting in new form of exercise. Which was more suitable for living in a new generation such as exercise, yoga and exercise in a variety of services (Ministry of Tourism and Sports, 2016) and from chronic non-communicable diseases which was a major problem in the country and had a higher tendency to include diabetes, high blood pressure, cardiovascular disease, obesity, etc. There was a need to promote healthy behaviors and exercise urgently. But government agencies that promote exercise and sports, lack of budget and personnel to carry out Unable to work proactively to cover the target.

Targets, especially the Ministry of Tourism and Sports, which were directly responsible for promoting and encouraging people of all ages, exercise and sports There were

other government agencies. Which is implemented in promoting exercise and sports, including local government organizations (subdistrict) (Nittaya Phensiripha, 2010) but from studying in the promotion of exercise and sports in Samutsakhon province found that the project and activities and exercise and sports activities in the community not very comprehensive and thorough. Therefore is the source of community education in promoting exercise and sport in Samutsakhon Province, how people think that the community should promote exercise and sports. In order to find ways to develop as a community, promote exercise and play sports perfectly, Which will be healthy people in the community, Good physical fitness have a better quality of life was sustainable for the next strong community

Objective

To study the community in promoting exercise and sports in Samutsakhon

Methodology

The population is people in Samutsakhon province, 269,214 male, 288,298 female, including 557,512 people. The sample group consisted of 10 people in the community in Samutsakhon Province, each with a total of 400 people.

Research process

Step 1: Study and research related documents and research for creating research tools, including community education, exercise and sports promotion. Samutsakhon Province and pass the examination of tools from experts Get conformance (IOC) at .90 to improve tools and experiment using tools

Step 2 Collect data By coordinating with local administrative organizations such as municipalities and sub-district administrative organizations in Samutsakhon Province. Let the coordinator of the agency to collect data with questionnaires.

Step 3 Take the data for statistical analysis. Write a research report discussion and suggestions

Data analysis

1. Frequency and percentage of general information, knowledge and understanding about exercise and sports of communities in Samutsakhon Province

2. Mean and standard deviation of opinions about community building, promotion of exercise and sports in Samutsakhon Province

Results

Table 1 Number and percentage of general information of the sample group

	Items	Numbers (n = 400)	Percentage
Gender	Male	170	42.50
	Female	230	57.50
Age	below 20 years old	18	4.50
	20-30 years old	121	30.25
	31-40 years old	133	33.25
	41-50 years old	76	19.00
	51-60 years old	41	10.25
	More than 61 years old	9	2.25
Status	Single	201	50.25
	Marid	169	42.25
	Devoit	30	7.50

Items		Numbers (n = 400)	Percentage
Education	Primary school	43	10.75
	Secondary school	99	24.75
	Bachelor's degree	223	55.75
	Post graduate	35	8.75

Table 1 Number and percentage of general information of the sample group (continued)

General information		Numbers (n = 400)	Percentages
Career	Government officer	13	3.25
	Public officer	109	27.25
	Private officer	72	18.00
	General employee	102	25.50
	Business owners	45	11.25
	Farmer	43	10.75
	Other (Taekwondo teacher, Maids, Not a career)	13	3.25
Congenital disease	No congenital disease	345	86.25
	Congenital disease (Diabetes, High blood pressure, Obesity, Asthma, Allergy)	55	13.75
Exercise and sport activities			
	Jogging	133	33.25
	Walking	64	16.00
	Aerobic dance	42	10.50
	Football	27	6.75
	Fitness	18	4.50
	Badminton	18	4.50
	Bicycle	16	4.00
	Yoga	12	3.00
	Swimming	9	2.25
	Walking and jogging	8	2.00
	Swing arm	6	1.50
	Roping	5	1.25
	Hula-hoop	4	1.00
	Basketball	2	0.50
	Futsal	2	0.50
	Table tennis	2	0.50
	Tennis	1	0.25
	No exercise	31	7.75
	Total	400	100.00

Source: survey

Table 1 shown that The sample group was each community of Samutsakhon province, male, 42.50% female 57.50%, aged 31-40 years 33.25% aged 20-30 years 30.25% having single status 50.25% There were undergraduates 55.75% of the bachelor's degree. There were government

employees 27.25% General employees were 25.50%. There were congenital diseases 86.25%. Exercise and sports, including running 33.25%, walking 16.00%

Table 2 Knowledge and understanding about exercise and sports

List	Yes		No	
	Number	Percentage	Number	Percentage
1. Exercise improve cardiovascular, muscular and other system	398	99.50	2	0.50
2. Exercise increase oxygen uptake and metabolism	396	99.00	4	1.00
3. Exercise decrease stress and sleep well	398	99.50	2	0.50
4. Exercise have 3 steps are warm up, work out and cool down	380	95.00	20	5.00
5. Exercise duration for health is 15-30 minutes and 3 days per week	366	91.50	34	8.50
6. You can select Exercise activity suitable for gender and age	388	97.00	12	3.00
7. Exercise make span more money and nonessential	87	21.75	313	78.25
8. Elderly people should not exercise because make deteriorating health	83	20.75	317	79.25
9. Good health people nonessential exercise	89	22.25	311	77.75
10. Exercise regularly make refreshing and relaxing	377	94.25	23	5.75
11. Exercise make tired and sleepless	55	13.75	345	86.25
List	Yes		No	
	Number	Percentage	Number	Percentage
12. Exercise is complex activities	63	15.75	337	84.25
13. Exercise regularly make body firm	387	96.75	13	3.25
14. Congenital disease people must consult doctor before exercise	360	90.00	40	10.00
15. Exercise decrease risk of hypertension and heart disease people	357	89.25	43	10.75

Source:survey

Table 2 shown that knowledge and understanding about exercise and sports most knew Exercise improve cardiovascular, muscular and other system 99.50% Exercise decrease stress and sleep well 99.50% Exercise increase oxygen uptake and metabolism 99.00 %

Table 3: Public opinion on the community for promotion of exercise and sports

List	Mean	SD
1. The community should have a office worker to promote exercise and sports	4.05	0.77
2. The community should have the committee to promote exercise and sports	4.00	0.80
3. The community should have exercise, sports and recreation leader	4.04	0.81
4. The community should have consultants for promote exercise and sports	3.93	0.84
5. The community should have represent athletes to participate exercise and sports competition	3.80	0.84
6. The community should have sports competition manager	3.89	0.82
7. The community should have members of exercise and sports	4.04	0.77
8. The community should have football field and facilities	4.09	0.78
9. The community should have futsal field and facilities	4.05	0.82
10. The community should have sepak takraw field and facilities	3.90	0.87
11. The community should have volleyball field and facilities	3.89	0.90
12. The community should have basketball field and facilities	3.89	0.88
13. The community should have tennis court and facilities	3.74	1.02
14. The community should have athletics stadium and facilities	3.88	0.93
15. The community should have badminton court and facilities	3.93	0.85
16. The community should have swimming pool and facilities	3.85	0.98
17. The community should have exercise yard and facilities	4.22	0.77
18. The community should have playground and facilities	4.16	0.79
19. The community should have outdoor fitness equipment and facilities	4.20	0.78
20. The community should have physical fitness testing equipment	3.90	0.82
21. The community should have recreation yard and facilities	4.03	0.79
22. The community should have exercise and sport promotion unit	4.01	0.79
23. The community should have sport science center	3.75	0.89
24. The community should have variety exercise projects	3.98	0.80
25. The community should have sports competition projects	3.94	0.79
26. The community should have exercise and sports training projects	3.91	0.80
27. The community should have meeting exercise and sports committee	3.90	0.81
28. The community should have internal sports competition project	3.86	0.86
29. The community should have exercise and sports club	3.92	0.83
30. The community should have physical fitness testing	3.85	0.85
31. The community should have recreation activity	3.90	0.81
32. The community should have disseminated and publicized knowledge about exercise and sports	4.02	0.79

Source:survey

Table 3 shown that Public opinion about community for promoting exercise and sport found that The community should have an exercise yard with equipment and facilities (Mean = 4.22, SD = 0.77). Communities should have outdoor fitness equipment and facilities (Mean = 4.20, SD = 0.78). Communities should have a football field with equipment and facilities (Mean = 4.09, SD = 0.78), the community should have a futsal field with equipment and facilities (Mean = 4.05, SD = 0.82) the community should have a recreation yard with equipment and facilities (Mean = 4.03, SD = 0.79) the communities should have exercise, sports and recreation leaders (Mean =

4.04, SD = 0.81) the community should have exercise and sports members (Mean = 4.04, SD = 0.77). the community should have disseminated and publicized knowledge about exercise and sports (Mean = 4.02, SD = 0.79)

Results

The subjects in each community of Samutsakhon province were male 42.50%, female 57.50%, aged 31-40 years old were 33.25%, aged 20-30 years were 30.25%, single status were 50.25% bachelor's degree were 55.75% There were the government employees 27.25%. the general employees were 25.50%. There were congenital diseases people 86.25% there were exercise and sports, including running 33.25%, walking 16.00% there were had knowledge and understanding about exercise and sports, Most of them knew that exercise improve the cardio respiratory system, muscles and other systems 99.50%, Exercise helps relieve tension and help sleep well 99.50%. Exercise increases oxygen consumption and metabolism 99.00%. Public opinion about the community for promoting exercise and sports, Most found that the community should have an exercise yard with equipment and facilities (Mean = 4.22, SD = 0.77). the community should have outdoor fitness equipment and facilities (Mean = 4.20, SD = 0.78). the community should have a football field with equipment and facilities (Mean = 4.09, SD = 0.78) the community should have a futsal field with equipment and facilities (Mean = 4.05, SD = 0.82). the communities should have a recreation yard with equipment and facilities (Mean = 4.03, SD = 0.79). the community should have exercise, sports and recreation leaders (Mean = 4.04, SD = 0.81) the community should have exercise and sports members (Mean = 4.04, SD = 0.77). the communities should be disseminated and publicized knowledge about exercise and sports (\bar{x} = 4.02, SD = 0.79)

Conclusion

Most of people have known that the exercise and sports improve the cardio-respiratory, muscles and other systems, help relieve tension, make sleep well, increased oxygen consumption and metabolism. The exercise consists of 3 sessions: the warm-up period Exercise and cool down. In accordance with the 6th National Sport Development Plan (2017-2021) which had a development strategy In the first issue of the strategy of promoting knowledge and awareness of basic exercise and sports to provide children and youth both in the system and outside the educational system to receive quality physical education. The education thoroughly from physical education teachers with sufficient quality and amount of needs, there are exercises and basic sports correctly. They knew the rules and rules until be able to watch the sport as a sport have a good attitude, discipline and sportsmanship at present, there was a wide range of media, such as voice, newspapers, documents, brochures, radio, television, internet, etc., especially those who have a high level of education. To bachelor degree level can more easily access information on substances Thai people use the internet, increasing from 23.7% to 39.33%. During the year 2011-2015, internet connection can be done anytime, anywhere via mobile devices such as smart phones or tablets. the activities that are done on the online world of Thai people will be separated by childhood. Adolescents will use it for entertainment. Adult education will be used for work. Elderly people are used for health care. (Thai health, 2016)

The opinion of the public about the community for promoting exercise and sports found that the community should have a gym with equipment and facilities, outdoor fitness with equipment and facilities, football field with equipment and facilities, futsal field With equipment and facilities, recreation yard with equipment and facilities, exercise, sports and recreation leaders in the community, There should be regularly exercise and sports members, And should be published and publicized about exercise and sports knowledge, In accordance with the opinions of executives and the Sub-district Administrative Organization officials found that the community should have outdoor fitness equipment and facilities, fitness yard with equipment

and facilities, playground with equipment and facilities, published and publicized about exercise and sports knowledge and should have a recreation yard.

Community development guidelines to promotion exercise and sports;

1. Provide sports facilities and equipment to adequate and appropriate for the exercise and sports for all, Develop and maintain the fitness and sports infrastructure by considering and studying the area of development of sports facilities or equipment for exercise and sports, creating sports facilities or providing relevant equipment appropriately, Increasing access opportunities for people in the area, Supporting the maintenance of sports facilities throughout all areas and develop facilities to be appropriate and supporting the elderly and the disabled in all areas.

2. Develop safety and appropriate measures for exercise and sports by creating guidelines and setting rules to promote safety in exercise and sport, provide advice and publicize guidelines for exercise and safety sports for people through various media, pushing owners of sports venues in both the public and private sectors, measures to maintain regulations with a warning or punishment measure for violators.

3. Encourage educational institutions to cooperate in the use of sports fields and exercise yard for the public. Developing cooperation between the Sub-district Administrative Organization and educational institutions in organizing sports fields and exercise yard to increase opportunities for exercise and sports, both before and after work hours Increase access to fitness facilities and sport of people in the area and develop guidelines for managing places and equipment that meet sports standards extend the service time to the people with studying the needs of people in each community to encourage people to exercise and play more sports Publicize the service period and organize activities to attract and increase the interest of people to come to use the service during that period.

4. Create a sense of ownership maintain fitness facilities and facilities to publicizing and organizing useful activities to create consciousness and sense of ownership for the people to use with properly maintenance of public places and sports equipment including supporting volunteer programs to assist in the maintenance of places and equipment and prescribing measures to warn or prevent the use of sports facilities and equipment incorrectly.

5. Disseminate knowledge to create awareness about exercise, sports and health care for people, establish a knowledge dissemination center use of communication via digital media or social media to increase access to new generation groups in creating awareness about exercise and sports.

6. Provide continuous exercise and sport activities for the general public, develop cooperation with relevant agencies in both the public and private sectors to push for regular exercise and sports, publicize using famous athletes as models to attract people to participate in activities through digital or social media channels.

7. Organize activities and facilities that suitable for the elderly group, manage physical fitness tests for the elderly to create understanding of the importance of exercise and sports and disseminating basic knowledge about health care to apply the knowledge of sports science to benefit organize activities and facilities that suitable for groups of people with disabilities and disadvantaged people.

8. Develop volunteers and sports personnel for the mass, create public mind and provide sports volunteers and exercise leaders for the mass that encouraging people in the community to apply as community sports volunteers, train personnel to be leaders in exercise and regular sports activities in the community, financial support for activities and consider appropriate compensation and welfare and establish a network of exercise leaders to share and exchange ways to improve fitness

9. Develop sports personnel for exercise and sport activities at the community level, promote and develop trainers, referees and sports administrators in the community, provide training courses to learn knowledge and understanding about performing duties in exercise and sports for the mass and support the appropriate budget.

References

- Nittaya Phensiripha. (2010). Local government organization and support of exercise groups in the area. Booklet Health Sciences, Vol. 1.
- Narin Muensaen and Suchada Kraipibun. (2014) Community participation in health promotion of Elderly Thung Luk Village Chiang Dao District Chiangmai Province. Nursing Substance, Year 41, Issue 1 January – March.
- Sinsakchan Oonprommee (2013). Important development of health promotion. World-class meeting report Health promotion matters. Academic welfare program Praboromarajchanok Institute. Ministry of Public Health.
- Mahidhon Chittakasem Santipong Plangsuwan and Somphot Anesuk. (25). Exercise promotion model And playing sports in communities according to the sufficiency economy philosophy. Burapha University Journal.
- Ministry of Tourism and Sports. (2016). National Sports Development Plan No. 6 (2017-2021). Office of the Veterans Organization Printing Office
- Samut Sakhon Provincial Office. (2560). Briefing Samut Sakhon Province. www.samutsakhon.go.th.
- Thai Health 2016 (2016). Institute for Population and Social Research Mahidol University. Amarin Printing and Folding Liching.
- Preeyachat Boonharn. (2011). The study of the perception of motivation of people who exercise with aerobic dance. Academic Journal of the Institute of Physical Education.
- Kradamat Khaworayor. (). A study of exercise behavior adjustment according to the concept of model simulation. Behavior change. Academic Journal of the Institute of Physical Education Pi No. ()
- Sasithon Puksrisuk, Darunwan Suksom and Ratre Reungthai. (2011). Study of the effect of running and exercise. A small pitch game on smoking volume, nicotine addiction levels and cardiac system performance Breathing of male students who smoke. Journal of Sport and Health Science, Year 12, Issue 2 (May-August)
- Condition and needs for exercise and compare the exercise needs of personnel Ministry of Science and Technology 2009