

# **Scenario of Exercise, Fundamental Sports and Mass Sports in Thailand**

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## **Abstract**

The research aimed to study the scenario of exercise, fundamental sports and mass sports in Thailand in terms of input, process and output. The technique known as Ethnographic Delphi Future research was used in the study. The target groups were the experts concerned with sports: 18 sports administrators, academics and others involved in local sports. The research instrument was the interview format. Statistics used in data analysis were mean, median and quartile range.

The study found that the scenario of exercise, fundamental sports and mass sports in Thailand could be described as follows: Scenario of development of exercise, and fundamental sports in Thailand Input: personnel of physical education should be increased in line with the proportion of children and youths in educational establishments. It was necessary that teaching personnel in physical education in schools of all levels had to complete at least a degree in the physical education major. As regards administration, children and youths were to be encouraged to continually do exercises; there should be standardized criteria for physical faculty for children and youths; sufficient fund should be provided to be spent on the development of exercise and sports. In respect of process in developing the curriculum of physical education, it was necessary that the curriculum be in conformity with local conditions and targets; a body of knowledge and local wisdom should be integrated; an instructional process should be evaluated and followed up the results of educational quality evaluation

should be used to determine strategies to solve the problems and improve work performance. Output: in the future children and youths both inside and outside the schools should be equipped with knowledge, understanding of and a positive attitude towards doing exercises and playing sports. Focus should be on exercise to promote health. By comparing the shape and size of people from the developed countries that have standard exercise and sports, it was essential that physical ability of Thai children and youths must be on the same standard or close to the same standard accepted in the developed countries.

Scenario of exercise and mass sports in Thailand. Concerning an input, there should be volunteers who could lead a community to promote exercises and local sports. In administration, resources should be galvanized from all parties in a community. In order to get people interested and motivated to do exercises and play sports, media and innovations to disseminate information on exercise and sports were to be created; there should be modern and standardized sports facilities. In the process of developing exercise and sports, the sports bodies should function according to the national sports development plan, promote the mass sports activities, organize the local sports competition, control the quality of evaluation. Other factors which were crucial included a reform and amendment of laws, rules, regulations and relevant announcements. Database should be systematized to develop mass sports. As for output, in the future people from all walks of life were expected to have a chance to do exercise and play sports and take part in recreational activities. The goals were to promote good health, moral, harmony, faculty and discipline.

**Key Words:** Exercise; Fundamental Sports; Mass sports

## **Introduction**

Exercises and sports are important to the development of the country as they make people healthy physically, mentally, socially, intellectually and spiritually. The Thai government had realized the significance of exercise and sports, making these activities the policy of the national sports development. Sports could be a source of pride, inspiration, income, occupation and economic development.

Based on the researches, it was found that there were several problems and obstacles for developing exercises and sports. The Office of Health Promotion Fund (2008) found that although the government had a policy to develop sports continually, fewer youths did engage in exercises. It was found that only 32.47% of children and youths (6-18 years) engaged in exercises and sports. As the majority of Thais did not exercise and play sports, health problem resulted, which cost the country an estimated 96.36 billion baht in spending in the public health and an estimated 2.5 billion in medication each year.

Thus it can be said that exercises and sports are vital tools to be used to cut an enormous spending on health and to prevent diseases. Chuensiri and Khuanbunjan (2011) conducted a study on the youths' demands for support and promotion of sports in Bangkok. They found that the youths' demands for sports support and promotion was at a high level. The demands for tools, equipments, venues and budget, were at a maximum level. However, the government policy for budgetary support was unclear. Probably there might be a number of actors behind it: shortage of staff, budget, tools, equipment and venues, etc.

Silapa-anan (2006) studied the problems and solutions found in the project of developing sports and recreation for mass at the district level. They had found that the implementation of the project at the district level was relatively low. It was suggested that district authorities should give more time to sports and recreational activities. Muangkaew (2000) who studied the implementation of the sports development plan found that the cooperation from the relevant agencies was connected with the effectiveness of implementing a policy. The problems and obstacles as seen in the

implementation were insufficient budget, non-availability of information, of personnel and venues, equipments and facilities. Thus, the researcher was interested in studying the context relating to the development of exercises, fundamental sports and mass sports in Thailand. The researcher used the technique called EDFR. The aim was to predict the likely incidents or circumstances in the development of exercises, fundamental sports and mass sports in Thailand. It is expected that the present work would be a good guideline leading to a better development.

## Purpose of Research

To study a scenario of development of exercises, fundamental sports and mass sports in Thailand.

## Review Literature

### *Exercise and sports for health*

Exercise for health means physical work out or practice that require different parts of a body to work harder than usual in commensurate with age, sex and individual bodily conditions. The result is expected to change in a better direction. Strong and healthy bodily conditions enable a person to perform very effectively and live happily in society. Exercise contributes to muscular movement and growth.

Development of exercise and fundamental sports in Thailand Fundamental or basic sports means the sports in question aims to train and prepare physical and mental preparation through exercise and sports to enhance a positive attitude, harmony and sportsmanship for the young children and youths (Tourism and Sports Ministry, 2006). That is the essence of the national sports development plans.

The main strategies to develop basic sports could be carried out by: disseminating knowledge on sports, making the young children and youths know the importance of sports, providing an opportunity to all groups of people to play sports and do exercise, creating media and innovation to give better understanding, having an environment favorable to teaching and learning, coordinating with all parties concerned so that public members can

play sports and do exercise, organizing recreational activities, conducting a study and research, developing sports and recreation, and establishing a standard of sports faculty.

### ***Development of mass sports in Thailand***

The development of this kind of sports aimed to encourage all groups of people including the underprivileged to play sports and do exercise and participate in the recreational activity in consistence with the way of life. The goals were to promote health, faculty, virtue, moral, harmony and discipline of the individuals (Tourism and Sports Ministry, 2007).

The development of the mass sports could be undertaken by: 1) disseminating knowledge on mass sports, and supporting education and researches on sports and exercise for health, 2) making available sports venues, equipments, etc. 3) having a volunteer who can lead the exercise activity for all groups of people including the elderly and the physically challenged. Development of sports should be continually made through training, seminar and study. In addition, there should be a sports center at all levels of sub-districts. Sports facilities should be available to those desirous of playing sports.

## **Research Methodology**

The present study utilized the technique known as Ethnographic Delphi Future Research: EDFR based on the following methods.

Stage one : 18 well-learned informants were interviewed about the future development of exercises, fundamental sports and mass sports.

Stage two : information derived from interviewing the well-learned informants was used to create a five-layered rating scale questionnaire. It was also used to gather the information in round 2.

Stage three : Data acquired from the questionnaire administered on the experts were analyzed to find out median, range of quartile.

The items with the median value ranged from 3.51 to 5.00. Data were used to create the questionnaire in round 3.

Stage four : Consensus granted by the experts characterized a future development of exercises and sports in Thailand.

## **Research Instruments**

Research Instruments were the rating scale and interview format meant for the experts.

The research instrument used in data collection in round one was a structured interview to be used to interview 18 experts in sports. Which , cover both of expert in the center and provincial , compose , 5 executives person groups , 8 sport expert groups and 5 accessory sport group in locality. The interview was focused on 1) input: personnel, administration, budget, resources and basic sport structure, 2) process: development of a curriculum in learning and teaching sports, exercise development, quality control, evaluation and follow-up, 3) output.

The research instrument used in round two was the five-layered rating scale questionnaire.

The research instrument used in data collection in round three was the questionnaire that displayed the results of data analysis with the median value ranging from 3.51 – 5.00, which means the experts highly agree.

## **Results**

The study results could be summarized as follows: Scenario of development of exercise and fundamental sports in Thailand. Input: a standard criterion of physical faculty should be set up for children and youths. Physical capability should be tested. Process: a curriculum of physical education was to be evaluated and revised according to changes to enable learners to do exercises and play sports appropriately. Output: children and youths inside and outside the school system had knowledge of and a positive attitude towards health. Considering the quality of children and youths in comparing them to their counterparts from developed countries, their physical faculty must be on the same standard or be close to the same standard.

Scenario of development of exercises and mass sports in Thailand. Input: local administrators had a positive attitude towards exercises and developed a policy to promote exercise and sports. Volunteers should lead the activities for all groups of the public members. Regarding budget,

resources and basic sports structure, media and innovation were essential to disseminate knowledge on exercise and sports. There should be modern and standard sports facilities. There should be a health park in a community, a sports club, a sports leader club. Process: sports activities should be held at the levels of villages, sub-districts and districts. As for quality control, evaluation and follow-up, reform and correction should be made on laws, rules, and regulations. Research and innovation in sports were necessary. Local administrative organizations were to introduce guidelines to promote fundamental sports and mass sports. Information technology should be put in place to follow up and evaluate database for further development. Output: All groups of people could play sports, exercise and participate in recreational activities in line with their daily life to develop a life quality and promote faculty, virtues, harmony and discipline.

## **Discussion**

Based on the research, the following could be discussed. As regards further development of exercise and fundamental sports, experts predicted that the personnel should be increased in proportion to children and youths in educational establishments. The personnel should at least hold a degree with a physical education major. The prediction made by the experts was probably due to the current circumstances. There were fewer teachers holding a degree in physical education. Some schools did not have a qualified teacher for the subject. A teacher tasked to teach could not perform satisfactorily. The finding was consistent with the research conducted by Kritpet (2004) who found that the development of the Nation's sports should start from the basic sports. The main goal was children and youths. The following projects should be held: a curriculum based on physical education, interschool sport competition, physical education activities for recreation, development for excellence.

Considering the administration of fundamental sports, children and youths were to be encouraged to continually exercise at all levels. All agencies concerned had to cooperate by gathering resources from all sources concerned to make sports development effective and successful. Yenjet

(2005) found that the basic sports administration should consist of committee members from different agencies, for example the local administration bodies, local sports authority.

As far as budget, resources and basic sport structure were concerned, experts predicted that the state should allocate more budget for the development of sports to educational places. It should make special investment and support in an instructional process of a physical education. The prediction was due to a present day condition in which budget, resources and basic sports structure were inadequate. As a result, there should be funds for research and development of sports. Funds were to be acquired from the private and public sectors. Concerning the development of the curriculum and instruction of physical education, experts held that the preliminary education place were required to develop a specific curriculum. This was probably due to the fact that many educational establishments focused on core subjects or academic subjects. The aims they focused on were high achievement and high ratio of university admission. The focal points in question deprived students of an opportunity in studying physical education. An appropriate period would give students time to exercise and move adequately.

With regard to output, experts held that children and youths should be equipped with knowledge of and a positive attitude towards sports and exercise. The quality should be more on exercise to promote health. As compared to the shape and structure of children in developed countries, the children must have physical faculty similar to or be on the same standard. As regards the development of exercise and mass sports in the future, experts viewed that local administrators had to develop a positive attitude towards exercise. They should encourage personnel to be seriously engaged in sports. The administrators should support volunteers to play a leading role in exercise and sports activities. The prediction possibly came from the current trend in that more people were interested in exercise and sports. The idea was that exercise and sports could make them physically strong and immune from diseases. Besides, exercise could get rid of physical and mental illness.

According to experts, administration, budget, resources and sports structure should be more systematized to make it favorable to development. The local organization should be made responsible for local mass sports. There should be continual budget. That was because at present the sport body and private agencies that support sports were sufficient, but they were not well cooperative. It was essential that there be coordination among the agencies. In light of output, the experts predicted that all groups of people had a chance to play sports and do exercise and take part in recreational activities, which was consistent with their daily life. The prediction probably came from a combination of current situations, development of mass sports and popular interest.

## **Conclusion**

The present study could be utilized as guidelines in developing and planning the nation's exercise and sports activities. To do so, a consideration is to be given to the input, budget, resources and basic sports structure. In respect of the process, a consideration is to be given to the development of a curriculum, the instructional process, quality control, evaluation and follow-up. In output, all groups of people should be encouraged to do exercise and play sports with the goal to promote health.

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