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The role of physical training in nation building today

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Abstract

Physical education training is a matter of concern and should be carried out for all ages and people. Training knowledge, basic movement skills, forming the habit of practicing physical exercises and sports to improve health, helping to develop comprehensively in terms of physical strength, health, stature, physical culture education, helping to improve mental health, knowing how to adapt to life, society, living conditions and other environmental conditions, studying and working. Physical training brings many benefits and is especially important for each stage of human development. Those meanings are expressed in many aspects of benefits such as: physical training helps maintain health, improve physical strength, stature suitable for gender and age, helping each person's personal health develop healthily, contributing to the cause of national construction.

Keywords: physical, health, country

1. Introduction

Physical training through various sports requires individual physical, mental and will efforts. This is also useful in developing human moral qualities and personality naturally. The process of physical training will help people practice will, courage, team spirit, perseverance, collective consciousness, and high discipline. Therefore, the habit of physical training is a way to help build a healthy spiritual and cultural life, contributing to reducing social evils and building confidence and optimism for everyone. Physical training helps the brain relax, reducing stress and anxiety in people. In addition, studies have shown that regular exercise will affect many functions of the nervous system. Physical training plays an important role in human physical and mental health. Physical training has great significance for the development and nurturing of human factors and helps improve physical strength, perfect physical abilities, develop intelligence, educate personality and ethics build a healthy lifestyle.

2. Research content and results

2.1. Ho Chi Minh's thoughts on the role of sports training

President Ho Chi Minh gave birth to revolutionary sports and left behind thoughts on sports and physical training that have profound theoretical and practical significance. The Party needs to inherit and develop them in the current period, especially in the cause of national revival and building a prosperous and powerful country because people's health is one of the great factors determining the development of the country towards a rich people and a strong country.

After the call for physical training on March 27, 1946, President Ho Chi Minh also wrote "Letter to the Conference of Sports Cadres in the North" in March 1960, Letter to the Sports Congress of the New Rising Forces (GANEFO Jakarta Indonesia 1963). Previously, Uncle Ho visited the Central Sports College on December 14, 1961, and welcomed the national sports delegation (North) who competed successfully at the First Asian Games (GANEFO Phnom Penh November) at the Presidential Palace on December 19, 1966. In the works written about Uncle Ho by our Party and State leaders, documentary films and photos by journalists also recorded Uncle Ho's sports activities, partly showing his special interest in the country's sports work. Uncle Ho once advised: "To work well in production, work and study well, you need to be healthy. To maintain your health, you should exercise regularly."

"Uncle Ho's instructions were delivered in the early days of the first 5-year plan 1961-1965, a period of urgent production and construction, the whole country made efforts to build and strengthen national defense, enthusiastically studying culture and advancing in science and technology was an urgent demand and people's health was a major concern of Uncle Ho at that time. In his speech at the Trade Union Conference in March 1959, Uncle Ho taught: "We must respect people".

In the political report of the Party Central Committee at the 3rd National Party Congress, it was said: "People are the most valuable asset of the socialist regime, protecting and nurturing people's health is the noble goal of the health and sports sectors. In January 1946, that is, 4 months after taking power, the Democratic Republic of Vietnam was born. Uncle Ho signed Decree No. 14/SL dated January 30, 1946 on physical education and sports with the purpose: "Considering the issue of physical education is very necessary to improve national health and improve the race. Decree 14/SL defines the responsibility of our State and related sectors for physical education and sports, specifically the ministries: Interior, Health, Youth, Finance Education. The sectors must help the Government Council research methods and practice physical education and sports nationwide.

President Ho Chi Minh attached great importance to physical education and sports for the young generation because they are the future force of the country, including physical education for school children in a comprehensive education system. He pointed out the basic elements of a comprehensive education including physical education, intellectual education, moral education and aesthetic education. These are four basic factors that are closely related to each other in a unified whole of education and training for comprehensive human development. In which, physical education is placed at the top, as the first premise for developing other factors. In addition, He also noted that it is necessary to develop high-performance sports, both striving for national glory in terms of sports and promoting mass physical education and sports for the health of all people. In order for high-performance sports to develop, it is necessary to focus on education, improving the professional qualifications and moral qualities of cadres and athletes. He advised cadres: "Sports and physical education cadres must study politics, research their profession and be enthusiastic about their work". For athletes, they must constantly practice, learn and be modest in competition, not arrogant in winning and not discouraged in losing. In the cause of national revival, that is, making the country more prosperous and developed than before, not only expecting a rich and prosperous country but also peace, happiness, increasingly powerful and affirming its position in the international arena. The Party and the State have applied Ho Chi Minh's thought on mass sports and high-performance sports. The 13th National Congress of Delegates determined that it is necessary to: "Promote the development of sports, improve people's health in terms of physical, mental, stature, longevity as well as quality of life" to contribute to realizing the nation's aspirations for strength. These policies have been directed to be implemented in practice, opening up a new direction for the sports industry.

2.2. The role of human resources in the process of national development

The fourth industrial revolution is creating opportunities and challenges, requiring our Party and State to have the right strategies and policies to develop the country's socio-

economy quickly and sustainably. To achieve this goal, one of the key tasks is to focus on "building and promoting human resources". This is the most optimal strategy and policy and also an important, long-term solution to build and develop our Party and protect the socialist regime.

In the work Manifesto of the Communist Party (1848), C. Marx and F. Engels affirmed: "In place of the old bourgeois society, with its classes and class antagonisms, there will appear an association, in which the free development of each is the condition for the free development of all". Later, C. Marx continued to affirm: "The development of society is not due to any supernatural force, but it is humans who have created their own history - the history of human society" and "...in its reality, human nature is the sum of social relations". This means that human resources are the prerequisite for the success or failure of a nation. The problem is how to build and promote human resources. During his lifetime, President Ho Chi Minh believed that: "no matter what is done, it is done by humans...". People and work for people are considered the top national policy in Ho Chi Minh's thought.

In 1986, our country truly entered the stage of reform and innovation; abolishing the centralized, subsidized economy, shifting to a socialist-oriented market economy. It was also from here that the State began to make more focused investments in human resource development in general, as well as labor resources for specific industries, occupations, and fields. However, it was not until 1996 that the human resource development policy became truly clear, through Decision No. 874-TTg dated November 20, 1996 of the Prime Minister on the training and fostering of state officials and civil servants: "Equipping basic knowledge and skills, supplementing professional, technical and managerial knowledge to build a team of state officials and civil servants who are proficient in professional skills; loyal to the socialist regime, dedicated to public service; qualified, good at management, meeting the requirements of perfecting and improving the efficiency of the state apparatus; implementing the program of one-step reform of state administration". Next, in the 10-year socio-economic development strategy (2001-2010) proposed by the 9th Party Congress, human resource development is one of the important contents to bring our country out of underdevelopment and become a modern industrialized country.

Therefore, the Party and the State pay great attention to human resource development, reflected in many aspects and many different contents such as education, hunger eradication and poverty reduction, job creation, care and protection of people's health... contributing to further improving human resources to meet the requirements and tasks of national development. Specifically, in the field of education and training, it is reflected in Decision No. 500/TTg dated July 8, 1997 of the Prime Minister on building a strategy for education and training development in Vietnam until 2020; Decision No. 06/1998/QD-TTg dated January 14, 1998 of the Prime Minister on the establishment of the National Council of Education. In the population policy, it is reflected in Decision No. 147/2000/QD-TTg dated December 22, 2000 of the Prime Minister on approving the Vietnam Population Strategy for the period 2001-2010; Decision No. 35/2001/QD-TTg dated March 19, 2001 of the Prime Minister approving the Strategy for caring for and protecting people's health for the period 2001-2010... and many legal documents of the Party, the State as well as ministries, departments and branches to build and prepare for a

development strategy, promoting "quality" human resources to serve the task of building and developing the country. When talking about the human factor, we are talking about the human activity aspect, which is the most basic aspect, determining all attributes and all characteristic manifestations of humans. The impact of the human factor has a decisive meaning on the entire historical development process. The process of forming social progress is not an automatic process, but must go through the activities of everyone in society. Therefore, comprehensive human development is the highest and most important goal of each country, the driving force for social development. Humans are both the creators of all material and spiritual values, perfecting themselves and at the same time, humans are also the subjects who effectively use all those invaluable resources. In the productive forces, only people with knowledge can change the means of production, impact the objects of production, making production increasingly develop with high productivity, quality and efficiency. Humans are the masters and the most important factors that change production relations and other social relations, aiming to increasingly improve the material and spiritual life of humans and the whole society. In the process of existence and development, humans constantly impact nature, change nature, and thereby change humans themselves. Only humans have the ability to create culture and civilization, reform society and through social activities, humans reform themselves.

2.3. Physical training contributes to the current national construction

With the goal of improving people's health, at the same time responding to the aging population, transforming the disease model from infectious to non-infectious to share the burden on health, the 12th Congress, at our Party, determined: "Developing physical education and sports for the whole people to contribute to improving people's health and at the same time serving as a basis for developing high-performance sports". Resolution No. 20-NQ/TW, dated October 25, 2017 of the 12th Central Executive Committee on "Strengthening the work of protecting, caring for and improving people's health in the new situation" also emphasized: "Building and organizing the synchronous implementation of projects and programs on improving the health and stature of Vietnamese people", "Fundamentally innovating physical and psychological education, increasing the number of elective training subjects in schools, closely combining with training outside of school. Strongly develop physical training movements".

In Resolution No. 21-NQ/TW, dated October 25, 2017 on "Population work in the new situation", our Party also identified the tasks and solutions: "Promoting propaganda and mobilization work, arousing the movement for all people to regularly practice physical exercise and sports, have a healthy lifestyle, and a reasonable diet to improve the health, stature and physical strength of Vietnamese people". Continuing with the viewpoints and policies that have been unified and developed through the Congresses, the 13th Party Congress determined: "Well implement the "Overall Project on Developing the Physical Strength and Stature of Vietnamese People for the 2011-2030 Period". Developing physical exercise and sports for all people to improve people's health, as a basis for developing high-performance physical exercise and sports". After more than 77 years of accompanying the country, with the ideology of "People are

strong, the country is prosperous" of President Ho Chi Minh, under the leadership of the Party, generations of cadres, civil servants, public employees, coaches, athletes, referees and those working in physical education and sports nationwide have always overcome all difficulties, overcome challenges, excellently completed all assigned tasks, contributing greatly to the cause of fighting for national independence, national unification, building and defending the fatherland.

The propaganda and education work to raise awareness of the effectiveness of daily physical exercise and sports training is not regular, not continuous and has not reached remote areas. Many places have launched physical exercise according to the movement, glorifying achievements, lacking infrastructure and physical exercise equipment without specific initiatives for people's health. In order for physical education and sports to develop substantially and deeply into people's lives, it is necessary to have strong participation from all levels and sectors, the most important of which is the spirit of setting an example and self-training of each person". Although the development of mass physical education and sports movements has been focused on, the effectiveness is not high, not extensive and has not attracted a large number of people to participate, especially in rural areas, mountainous areas, ethnic minority areas or in industrial parks and export processing zones. School physical education has been invested in and developed but the results have not been as expected. The work of mobilizing socialization to develop physical education and sports still has limitations, leading to limited investment resources for physical education and sports. Therefore, the facilities and equipment for physical education and sports activities in schools as well as in residential areas are still lacking, not meeting the health training needs of the people.

Therefore, it is necessary to strengthen the leadership and direction of the Party and the effectiveness, Effective state management of physical education and sports. Party committees and authorities at all levels continue to pay attention to leading and directing physical education and sports, especially grassroots physical education and sports; at the same time, continue to promote propaganda and education work, creating profound changes in the awareness of all levels, sectors and the whole society towards physical education and sports. Focus on inspection, supervision, preliminary and final reviews and assessments of the implementation of the resolution at all levels, sectors and localities. The Government and agencies pay attention to, lead, direct, build, review and perfect mechanisms and policies for the development of physical education and sports, institutionalize and concretize the guidelines of the 13th Party Congress in this field. Party committees and local authorities continue to pay attention to leading and directing mass physical education and sports work and promote training for collaborators who are union officials, women's unions, and the elderly in developing physical education and sports clubs to guide people in exercising and contributing to the current national construction.

3. Conclusion

Thus, it is necessary to improve the effectiveness and efficiency of state management, especially the capacity to implement strategies, policies and plans for physical education and sports development. Supplement and perfect mechanisms and policies to encourage organizations and individuals to participate in the cause of physical education

and sports development, contributing to mobilizing social resources to participate in the development of this field. Promote administrative reform and decentralization of physical education and sports management; expand international exchanges and cooperation on the basis of equality and mutual assistance to develop physical education and sports in order to practically train people's health, contributing to the cause of building and defending the socialist Vietnamese fatherland today.

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