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## Status and measures to develop reading culture of students of the faculty of physical education and sports, university of education - Thai Nguyen University

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### **Abstract**

The study focused on examining the important role of the library in improving the quality of students' reading culture, especially in today's social context. The conclusion of the article emphasizes the undeniable role of the library of Thai Nguyen University of Education (Vietnam) for both students of the entire university and students of the Faculty of Physical Education and Sports in particular. At the same time, the article proposes 6 specific measures to improve reading culture among students of the Faculty of Physical Education and Sports and is the foundation for the Library to become a modern center.

**Keywords:** Status, measures, reading culture, students, pedagogy, sports

### **1. Introduction**

Books are an endless source of knowledge for humanity and have a direct impact on the quality of human life. The importance of books is that they can help readers develop their creativity and apply the knowledge in books to their own practical applications to handle different situations. In the context of today's 4.0 era, knowledge is not only contained in books, but has been streamlined in the form of "digitization" to facilitate storage, transmission and use.

Reading culture is a type of cultural activity, helping people's reading activities to be highly effective, thereby demonstrating the cultural level of each individual. Reading culture includes three elements: Reading needs, reading skills and attitudes towards documents. Reading culture plays an important role in society, contributing to the spread of knowledge, helping people in the work of building and improving society for comprehensive development in all fields. Reading culture helps students acquire knowledge, a system of scientific concepts, professional skills, and develop future professional personality qualities; Support for improving the level of learning and scientific research. Reading culture also enhances students' independent thinking, autonomy and creativity. However, the current general situation among students is that they are very indifferent to reading culture for many different reasons.

The University of Education is one of the affiliated units of Thai Nguyen University with 58 years of construction and growth, where it has trained tens of thousands of teachers for the Northern mountainous region of Vietnam. Along with the development of society, the School always focuses on improving the quality of training, adapting to social needs and requirements for educational innovation in many different forms. One of the highlights is the modern library system invested with a large budget with more than 20,000 documents (hard copies and digitized); adequate for training majors; Computer system with high-speed internet connection, E-learning production room,... to serve the needs of learning, looking up information and knowledge of staff, trainees and students in the unit .

However, through the current actual survey, the percentage of students across the university in general and students of the Faculty of Physical Education and Sports in particular using library services is not high; have not fully exploited the utilities and functions of the library

in their own study and research process due to many different reasons. From there, it has been essential to find out the causes and come up with measures to attract a large number of students to the library to read books, study materials and exploit information to serve the learning process.

## 2. Research methods

To survey and evaluate the current status of the research problem, thereby serving as a basis for proposing appropriate measures, the project used research methods such as: Method of analyzing and synthesizing documents; Interview method; Pedagogical observation method; Mathematical and statistical methods. The questionnaire survey was distributed directly to students who came to read at the library and in the lecture hall for 50 students of the Faculty of Physical Education and Sports, Thai Nguyen University of Education. Excel software is used to process the data after collection.

## 3. Research results

### 3.1. Current status and factors affecting reading culture of students of the Faculty of Physical Education and Sports, Thai Nguyen University of Education

#### 3.1.1 Current status of reading culture of students of the Faculty of Physical Education and Sports

From published research results, it shows that students' "reading culture" is expressed through three factors: reading needs; reading skills, exploiting and using digital learning resources; cultural behavior with books and newspapers. Survey results on the current status of these three factors for students of the Faculty of Physical Education and Sports are as follows:

#### Reading needs

**Table 1:** Reading needs of students of the Faculty of Physical Education and Sports for groups of learning materials

Education resources group	Number of votes (n=50)	Percentage (%)
Specializing in Physical Education	50	100.0
Economic - political - social	37	74.0
Science and technology	04	8.0
Recreational sports	43	86.0
Culture and arts	13	26.0
Natural Sciences	12	24.0

The survey results in table 3.1 show that 100% of students when asked had a need to read documents belonging to the specialized training group; The number of students with needs in other fields is not the same, such as the need to read about Sports and Entertainment documents, accounting for 86.0%; Economic - political - social accounts for 74.0%. This need comes from the purpose of serving the learning and scientific research of students in school. This shows that today's students have developed a sense of reading books and researching documents on their own. They help students' academic and career orientation.

In addition, students in the Faculty are also interested in the fields of Arts and Culture (26.0%) and Natural Sciences (24.0%). Due to the characteristics of the major, the percentage of students interested in learning materials in the field of Science and Technology is quite low (5.0%). The interview results also show that the time spent on self-

studying documents by students of the Faculty of Physical Education and Sports outside of class is not much (70% of students spend less than 2 hours a day searching and studying materials).

Research results on the types of specialized documents that students of the Faculty of Physical Education and Sports often read show that the types of specialized documents that students mainly read are books and textbooks (94.0%). Electronic documents related to expertise are also used quite highly by students (74%). Especially when the multimedia reading room came into operation, many documents were digitized, creating favorable conditions for students. member during the search process. Theses and dissertations attract a lot of attention from students (54.0%). Specialized newspapers and magazines are also read by 52.0% of students. Other documents (such as foreign language books, reference materials, etc.) are not read by a high number of students (24%).

The survey process shows that there are many reasons that affect the reading needs of students of the Faculty of Physical Education and Sports such as spending a lot of time studying in class and not focusing; The number of documents is not enough to meet the demand; Time for extra study and extra work; English level; Personal habits and physical and economic conditions, etc.

#### Skills in reading, exploiting and using digital learning resources

The need to read is a factor that constitutes reading culture among students. However, the most important thing is what the reader has comprehended and applied what is in the book to study, work and life. Reading skills are formed and drawn from the reading process, in many ways such as: skimming, reading carefully, reading summaries and skills of exploiting and using digital learning resources to grasp the content of documents. However, no matter what skill or form, to fully comprehend the problem, the reader needs to know how to systematize the knowledge they have read.

Students of the Faculty of Physical Education and Sports study in a pedagogical environment, so it is important to build for themselves a method of researching and reading documents that brings the highest efficiency, to serve their learning as well as experience for teaching. Being born later is essential. According to statistics, up to 27.2% of surveyed students admitted that they do not have the habit of taking notes and systematizing knowledge they have read from books and newspapers. That has led to a lack of depth of knowledge in students. In fact, most students only focus on studying materials for a short time before the exam.

There are many foreign documents on Physical Education available today and are available on the internet or in digitized versions at the library. To exploit and effectively use this resource, students need to have certain skills. However, the current foreign language proficiency of students of the Faculty of Physical education and Sports is still limited. Only 15% of surveyed students know how to exploit documents in English and Chinese through online translation tools; In particular, no student can directly use these materials with their current foreign language skills... that will negatively affect their learning results, first of all there is not enough of them. The ability to read foreign documents meets the needs of research and self-study of new knowledge, updating modern scientific research projects in the world.

**Dealing with books**

Students' reading culture level is also clearly expressed through their attitudes toward books and newspapers in particular and learning materials in general. The author offers 3 levels of cultural behavior with books and newspapers based on behaviors such as cutting, tearing, drawing dirty on books, signing, creasing, etc. to interview 50 students of the Faculty of Physical Education and Sport. The results show that the majority of students surveyed have a respectful attitude towards books and newspapers. Only 2% of students often have bad behavior, 28% of students have bad behavior with books but not often, 70% never.

With the characteristics of being a pedagogical school, in general, students of the Faculty of Physical Education and Sports have a relatively high attitude towards books. Thus, most students are aware of the role of reading books, newspapers and researching documents. However, for many reasons, reading among students today is not frequent, reading skills and reading literacy levels are not uniform. Therefore, schools need to take measures to stimulate reading needs and at the same time create conditions to improve students' reading culture level through education and strengthening library activities.

**3.1.2. Factors affecting the reading culture of students of the Faculty of Physical Education and Sports**

Research results have shown that the following factors influence the reading culture of students of the Faculty of Sports and Sports, including:

\* The influence of entertainment media and the internet: The results of a survey on students of the Faculty of Physical Education and Sports at Thai Nguyen University of Pedagogy on the issue of using the Internet during self-study have clarified this situation.

**Table 3:** Purpose of using the Internet of students of the Faculty of Physical education and Sports (n = 50)

Purpose	Number of votes (n=50)	Percentage (%)
Search for economic, political and social information	41	82.0
Search for documents for study and research	37	74.0
Search for entertainment information	32	64.0
Play games, listen to music, chat, etc.	24	48.0

Through the data table above, it shows that the use of the internet for studying by students of the Faculty of Sports and Sports accounts for a quite high rate. However, besides that, students go online mostly to search for Economic, Political, Social and other entertainment information.

**Influenced by current teaching and learning methods in universities**

This factor has a great influence on students' reading literacy level. One of the important measures to innovate higher education is to innovate the way of teaching and learning in universities in a student-centered direction, creating opportunities for students to actively absorb knowledge; Take self-study and self-research as important activities in the self-study process. Innovating teaching methods at universities essentially means enhancing students' positivity,

self-discipline, and initiative in the learning process. Innovating teaching methods not only creates solid knowledge and practical skills for students, but also contributes to students changing their learning attitudes.

The current credit-based training method is one of the priority measures of the Ministry of Education and Training to implement innovation and integration in higher education in our country. The purpose of the university teaching method is to create a quality education and create generations of teachers, engineers, and doctors who have knowledge, skills as well as techniques, meeting the new requirements of the country. This method has brought many high efficiency results in students' learning: diligent study, self-study, etc. However, with the credit training method, students must have an active way of learning to acquire knowledge. If they remain passive, stereotypical, lazy to study, the quality of their learning will be reduced.

**Influenced by the quality of library operations**

The library in Thai Nguyen University of Education is one of the modern university libraries in the association of university libraries nationwide. Library activities have a significant impact on the reading culture of students in school. The library in Thai Nguyen University of Education was established in 1966, is a 5-storey building right on the school campus with an area of 2,934 m<sup>2</sup>, with the full scale of a university library with large documentary capital belonging to diverse types of documents such as books, tapes, magnetic disks, soft files,... have very rich content for the training majors in the university.

In 2019, the Library of Thai Nguyen University of Education was invested in modern facilities and equipment systems of the Electronic Library; the library was converted from a closed storage method (librarians take out books for readers to borrow) to an open service method (readers choose books for themselves and research books according to their needs).

The Library's resources include a print collection of 21,047 documents, with 290,993 volumes including books, newspapers and magazines; the digital collection includes 10,700 digital documents; In addition, external online resources are indexed through a database in the cloud computing environment with more than 3.5 billion records, updated regularly, with links to full text when available. available, from more than 1,200 content providers, including international and regional publishers, content aggregators, open access (green/hybrid) publications, digital learning resources from hundreds of universities around the world, with more than 90 different types of documents. All are exploited through the portal application layer that integrates knowledge and looks up a common, unified table of contents. Primo Discovery System meets all the research, teaching and learning needs of readers throughout the University.

In the 2022 - 2023 school years, the Library has served 11,079 readers coming to the Library; the total number of borrowed/returned books in circulation is 5,120; Serving 270 groups/ 2,900 readers coming to study, research, and visit the Library. The survey results also show that the library is the place that mainly meets the reading needs of students today, because most readers go to the library to look for materials to serve their studies. Among them, the number of students who think that the library best meets their specialized document needs is 69.4%. For the

remainder, regardless of form, the library is still the main provider of specialized documents for students.

However, besides these positive aspects, through research and surveys, there are still following aspects exist:

- **Resource of documents:** The library has a large resource of documents, but most students want the library to add newly published documents, reference materials of the Physical Education major, etc. to better serve the self-study needs of students. Complete the retrospective work of the thesis department to put into the database and proceed to build a full-text database of theses and dissertations.
- **Reader service:** Most librarians have a gentle attitude towards readers, however there are still a few opinions about the library's service needs on weekends or evenings. Librarians need to constantly improve their computer skills, foreign languages, and professional expertise to meet the needs of readers and be suitable for modern libraries, meeting the school's credit training requirements.
- **Regarding information user training:** Currently the library is equipped with a multimedia reading room. However, not all readers know how to access it. Many students are still very confused in searching for documents on the search system. Therefore, guiding readers to look up documents using Libol 5.5 software is very important.
- **Search machine system:** The learning material search machine system for students is less equipped than needs, the multimedia reading room is still small compared to the training scale. Currently, the School Library is applying for funding to upgrade Libol 5.5 software to 6.0.

Thus, it can be seen that the library plays a very important role in the reading literacy level of students. Providing materials for students helps improve their cultural level, creates reading and research habits for highly effective learning. Therefore, the library has been carrying out activities to help students realize the role of the library in their learning.

### 3.1.3. Comments on the reading culture of students and the role of the library of Thai Nguyen University of Education in the development of reading culture of students of the Faculty of Physical Education and Sports

Through the results of surveying the current status of the research problem, the author makes some comments on this issue as follows:

- **Advantages:** In general, students of the Faculty of Physical Education and Sports have a high reading culture, which is shown through survey results such as: Having a need to read a variety of documents; Have good reading comprehension skills and develop reading skills; Have a good attitude when dealing with books and newspapers.
- **Disadvantages:** However, besides the positive aspects, there are still limitations such as: There are still students who are lazy to think and refuse to explore and be creative in studying; There are still a small number of students who have bad attitudes towards books and newspapers (cutting, tearing, creasing, etc.).
- **The role of the library in the development of students' reading culture:** The Library of Thai Nguyen University of Education plays a very important

role in developing students' reading culture, because the University Library is the place that provides provide extremely important resources to meet students' reading needs; The library creates an ideal learning environment for students when they come to the library to study; In the face of the current information explosion, finding reliable sources of information is difficult for students by themselves. The library can limit this because the documents put into use are documents that meet the needs of readers.

### 3.2 Proposing measures to develop reading culture among students of the Faculty of Physical Education and Sports, Thai Nguyen University of Education

From research results on theoretical and practical basis; Based on the results of consulting many different sources. The project has selected 06 measures to develop reading culture for students of the Faculty of Physical Education and Sports, Thai Nguyen University of Education, including: Innovating program content and teaching methods; Improve the quality of library activities; Strengthen library information resources; Diversify forms of student service; Strengthen user training; Educating reading culture for students.

Following that, the project conducted interviews with lecturers and administrators in the University about the feasibility of these solutions. The results show that all 06 measures were selected by the lecturers and managers of the unit as "Very feasible" and "Feasible". Thus, the project will use all 6 of these measures in the proposal process. The content of each measure is as follows:

#### 3.2.1. Innovate program content and teaching methods

It is necessary to continue to innovate teaching and learning methods in schools, associated with reading requirements for students in improving their professional qualifications and reading culture, thereby contributing to building and forming good habits for students. Implement innovative teaching methods, thoroughly grasp the learner-centered motto at all levels, which emphasizes self-study and self-research, gradually introducing the task of reading reference materials to reinforce Supplementing and expanding the knowledge of textbooks and syllabuses is a mandatory requirement for students, thereby forming reading habits for this group.

- Along with innovating teaching methods is adjusting study time appropriately. Studying in class all day, with scattered lessons, limits students' self-study time. Therefore, to further improve students' reading culture, schools need to pay attention to allocating class time appropriately.
- In innovating education and training programs, it is recommended to supplement educational content on knowledge - reading skills, information search skills and the use of libraries into official, compulsory content in the curriculum for students. The Faculty of Physical Education and Sports needs to further strengthen the requirements for students to self-search and look up information in the modules of the training program.

#### 3.2.2. Improve the quality of library operations

It is time for libraries to become the pride of universities, the focus of all school activities, and a reliable testing place for lecturers and students in the teaching and learning process.

It is impossible to talk about innovating higher education and improving the quality of Vietnamese education to regional and international levels without the basic and profound new features of the university library system. Libraries have now become a mandatory condition in the accreditation and evaluation of universities in Vietnam. Therefore, improving the quality of library operations today is an inevitable issue.

### 3.2.3. Strengthen library information resources

The library's information resources must be consistent with the school's training goals, with the needs and usage habits of lecturers and students, and oriented towards the needs of society. The library of Thai Nguyen University of Education needs to improve some aspects of its activities to stimulate students' reading needs, as well as improve students' reading culture level.

As a pedagogical school, the main fields of training are natural sciences and social sciences, so the amount of materials for training is quite large and stable. With the current form of credit-based training, it is necessary to have new documents suitable for training systems. Therefore, in addition to increasing the supply of books and textbooks, the library needs to add more reference books for training majors to meet the in-depth research needs of students. It is necessary to pay attention to internal information resources such as these, dissertations, scientific reports, school yearbooks, etc., especially for the Physical Education major, which is sorely lacking today.

- Develop policies to develop information resources, focusing on appropriate supplementation, diversifying document types, and further developing electronic document sources. Organize information sources scientifically and reasonably to facilitate the provision of quality, complete, quick and accurate information.
- Increase the number of computers along with expanding the area for the multimedia reading room to attract more readers.
- Enhance the sharing of information resources between libraries of pedagogical universities; between the school's library, sports training schools, and information agencies, ensuring maximum reader needs. In the context of a limited economy, sharing information resources among domestic libraries is essential. The inter-library program through portal Z39.50 has been widely developed in recent times and has achieved many positive results. Accordingly, readers of this library can borrow materials from other libraries if their library does not have them. However, to do this, it is necessary to build a rich source of electronic documents and move towards building an electronic library.
- Further promote the application of information technology in library activities, network connection to exploit information sources inside and outside the library. It is necessary to develop a project to upgrade equipment, request more funding, and invest more in the library. Every year, the school needs to provide a fixed budget for the Library to proactively handle its work.
- Improve the qualifications of Library staff, train them to become information experts. In particular, more attention needs to be paid to the field of information about Physical Education.

### 3.2.4. Diversify forms of student service

The library needs to propose a plan to serve readers every day of the week. The library needs to further strengthen existing activities and improve poor operations:

- Build a rich and diverse document warehouse, especially further develop open warehouses. There must be many good books in the warehouse, good books about sports and updated regularly.
- Build an effective search engine, including a table of contents system, search document warehouse, bibliographic databases, etc.
- Organize a book service system to fully and promptly meet all needs of readers - information users.
- Continuously build the library's cultural environment, a green, clean, beautiful, quiet environment that attracts readers.
- Every year, the library needs to organize book introduction conferences on major holidays of the year (especially Vietnamese Sports Day) in order to attract more and more students to participate, helping propaganda and introduction sessions to be more meaningful.
- Well organize the work of serving readers in all forms: borrowing books home, reading on the spot, etc.
- Further improve the qualifications of librarians. Continuously improve foreign language and information technology skills as well as professional expertise to meet readers' needs and be suitable for modern libraries, meeting the school's credit training requirements.
- The library needs to accelerate the retrospective work of the thesis department to include it in the database and proceed to build a full-text database of theses and dissertations in various majors.
- Organize exhibitions, display information and library products and services, organize library tours combined with question and answer and personal consultation, etc.

### 3.2.5. Enhance user training

Libraries need to have measures to help students have scientific reading methods and good reading skills such as: Supporting students with document selection skills; Support students to form and further improve their reading skills scientifically through various measures, etc. At the beginning of each school year, schools need to organize library introduction sessions for new students. Readers can search for documents quickly and conveniently with many different methods such as:

- Provide students with general information about the composition of document repositories, about the system of information-library products and services (lookup services, multimedia services on the content of using library).
- Training and instructions on how to use the search engine, including the library's catalog system and reference document warehouse.
- Training and instructions on how to use multimedia documents and services; Use computers to search for documents through bibliographic databases, and to access information sources on the internet.
- Organize instruction and training classes for readers when using and fully exploiting the library's utilities. Promote information finding support and information

finding guidance services for students. The library needs to coordinate with the Department of Physical Education and Sports to periodically organize practice sessions, open computer training classes, and provide information-finding instructions to equip the most necessary knowledge and skills for students.

- Provide general knowledge to students through talks, introducing readers to the library's information finding methods. Thereby, they can understand ways to find information quickly and accurately.
- The multimedia reading room has officially come into operation. Therefore, regular training is provided for readers to understand information services, how to use the search engine and existing databases.
- In addition, the library can develop instructions for using the library and library services into videos to play continuously throughout the day in the library's reference areas. With specific instructions, readers will be fluent in using the library in general and looking up documents in particular without needing anyone's help.

### 3.2.6. Educating reading culture for students

Forming the habit of reading books and newspapers in students is an important task. That is the goal of the project to develop reading culture in the community for the period of 2011 - 2020, with a vision to 2030, which has been developed by the Ministry of Information, Culture and Tourism, a step to concretize the implementation of the cultural development strategy to 2030 of the Party and state. From this perspective, the topic offers the following directions:

- Right from the time they are in high school, it is necessary to educate students on how to choose books and read books. Fully aware of the role and effects of books and reading. From there, it helps students have basic skills when entering the university gate.
- Educate students to know how to behave culturally, appropriate to the library environment; know how to self-determine the best reading method suitable for each individual, in accordance with the training major, etc. Regularly improve reading skills and habits; Understand and follow hygiene rules when reading books, etc.
- Currently, reading culture does not have a standard and unified definition. Most students do not understand what "Reading Culture" is. Therefore, competent authorities need to issue systematic documents on some concepts and contents of reading culture, along with propaganda and dissemination work so that students can better understand "Reading Culture".
- Need to coordinate with book companies and publishers to organize book fairs to introduce and promote books, and at the same time need to have promotions and discount book sales programs for students to Encourage students to buy books and documents, maintain and develop a reading culture.
- Strengthen union activities, regularly have meetings and seminars with students about the quality of the library's service, to thereby grasp the needs of readers. In addition, the library should organize propaganda sessions and introduce valuable books, books written by leading professors and lecturers on majors in the school so that students are more interested in reading;

Coordinate with bookstores and relevant agencies to organize reading days more effectively.

- Develop a reading skills education program in traditional and electronic environments to teach not only at universities but also to teach children as soon as they go to school (in fact, elementary schools had library lessons during the week) until university.

It can be affirmed that reading culture is always a beauty in social and cultural life, contributing to identifying and honoring spiritual values, being a measure of intellectual level, as well as an effective tool to nurture and support the human soul. To protect and enhance reading culture, we must know how to make readers aware of books, properly perceive the goodness and beauty of works and receive them more self-consciously.

### 4. Conclusion

The library of Thai Nguyen University of Education plays a very important role in improving the quality of reading culture for students of the entire university in general and students of the Faculty of Physical Education and Sports in particular. Especially in today's developed society, the role of libraries is even more undeniable. To further improve the reading culture for students of the Faculty of Physical Education and Sports, as well as constantly strive to become a modern library in the system of Pedagogical schools in Vietnam today, the Library of Thai Nguyen University of Education needs to pay attention and effectively implement the following 6 measures:

- Innovate program content and teaching methods;
- Improve the quality of library activities;
- Strengthen library information resources;
- Diversify forms of student service;
- Strengthen training for user information;
- Educating reading culture for students.

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