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Ho Chi Minh Ideologies on Educating Young Generation - and Training Solutions for Health in New Era with Digital Transformation

Abstract

Educating the youth in developing and developed countries such as Vietnam is receiving lots of concerns from the public and government.

President Ho Chi Minh, a talented leader of Vietnam and the world has emphasized so much on the youth education as they are the future generation and the owner of the nation. In the relationship between individuals and society, Ho Chi Minh requires young people to ask themselves what they have done for the country, not what the country has given them? Must educate young people to have love and responsibility for everyone. Young people must regularly practice self-criticism and serious criticism to help each other progress.

Authors main use qualitative analysis, synthesis and inductive methods. We also use experiment test methods and experiences.

Beside, physical exercise and sport training for students also are in a main concern, as Tuan, N.A (2017) also mentioned in Quang Binh University, many students prefer soccer and volley ball as their favorite sports to train.

Through study, authors indicated traditional and modern values need to be mixed in educating young generation and need to keep good traditional values, morality with physical health training via physical exercises and sport games.

Keywords: Educating Young Generation, Sport Training and Benefits, Digital Technology in Education, Digital Education, Vietnam.

JEL classification: M53, M54, I11, I15, M50.

Introduction

Ho Chi Minh regularly reminds the young generation to cultivate themselves in all aspects: morality, revolutionary ideals, cultivate and improve their cultural and professional skills, and train their will and courage, physical training etc..

For young children, he advised: "You need to practice the virtues of honesty and courage".

For young people, Ho Chi Minh requested: "Youth must be trained and imbued with socialist ideology"; "Must cultivate the morality of revolutionaries"

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Educating young generation is main issue in any country in the world. Cocoran and Osano (2009) mentioned almost half of the human population is under the age of 25. If young people's resources of energy, time, and knowledge are misdirected towards violence, terrorism, socially-isolating technologies, and unsustainable consumption, civilization risks destabilization. Yet, there is a powerful opportunity for society if young people can participate positively in all aspects of sustainable development. In order to do so, young people need education, political support, resources, skills, and hope.

Also in the concept of digital transformation, Sport training in the new era will become hot issues for both teachers and students at schools in many nations.

The diversification of education types not only helps to increase the thinking ability but also increases the ability to develop comprehensively the cognitive aspects, including the physical body. In the context of increasing digital transformation, enhancing skills training for learners through the application of digital technologies plays an important role. The issue of attaching importance to moral and physical education towards comprehensive human development plays an important role. Therefore, it is necessary to ensure the conditions on staff, science, technology, facilities and especially in terms of organization and management for sports training. Sports coaching is a rather specific concept, geared towards the training of skills specific to a given sport. The main goal of sports training is not great achievement but through sports training courses that will help learners gain more self-knowledge. At the same time, learners will enhance their ability to learn and be equipped with a broad base of motor skills that are not limited to specific movements in a given sport field.

Research Question

Question 1: What are ideologies of educating the youth from Ho Chi Minh views?

Question 2: What are values of educating young generation in term of educating knowledge, moral values, technology, revolution traditional values and physical health and sports?

We structure our study with introduction, previous studies, methodology, main findings, discussion and conclusion.

Literature Review

President Ho Chi Minh said: "Learning is something that must continue throughout life. No one can claim to know enough, know it all". He said and set an example about learning: "I am 71 years old this year, I have to study every day... the work keeps going. If you don't study, you won't be able to keep up, work will put you behind". He also repeated Lenin's words: Study, learn more, study forever, "you must learn while you live", "study for life". (Source: Ho Chi Minh complete volume, vol 10).

Stemming from the point of view of "learning to work", therefore, in terms of learning content, the claimant must be practical, associated with the requirements of his own work, with the requirements of the country, not fantasizing, running according to personal preferences. In terms of methods, he is very focused on how to learn. He pointed out: "Self-study must be taken as the core. Due to discussion and guidance, it is necessary to enter into", that is, the combination of 3 stages: Individual self-study must be the core, group discussion and instructor's guidance are only added. Discussing the Party's training work, he instructed: "Must improve and guide self-study", "must know how to learn automatically", it is not necessary to have a teacher to learn, but to find books to read and get books by yourself. be a teacher.

(source: www.qdnd.vn, access date 26/7/2021).

Next, we summarize related studies in below table.

Table 1.

Previous Studies

Authors	Year	Content, result
Dahab and Teri	2009	Found Children can improve strength by 30% to 50% after just 8 to 12 weeks of a well-designed strength training program. Youth need to continue to train at least 2 times per week to maintain strength.
Ostrowski et al	2009	Found The Applied Sport Psychology for Athletic Trainers educational intervention effectively increased psychology-of-injury knowledge (29-point increase from baseline to intervention week 6; $F_{2,23} = 29.358, P < .001, \eta^2 = 0.719$) and skill usage (50-point increase from baseline to intervention week 6; $F_{2,23} = 5.999, P = .008, \eta^2 = 0.343$) in undergraduate ATSS.
Carter and Miceli	2011	Stated The number of children and adolescents participating in organised athletic activities worldwide is increasing. However, physical fitness levels among youth are lower today than in previous decades.
Tuan, N.A	2017	Stated that thee are several critical reasons affecting students' physical health such as: sport facilities and tools, equipment, places, program content unsuitable, lack of teacher guides, etc. (In Quang Binh university)
Huy, D.T.N., Hanh, N.T.T., Hang, N.T., Nhung, P.T.H., Thao, N.T.P., Han, L.T., & Sang, D.T.	2021	Also mentioned important roles of teachers in training and teaching quality solutions at schools in new era.

Methodology

The method used in this research is qualitative analysis, combined with synthesis and inductive methods, and explanatory research. The analysis process was carried out by using historical information and with historical and dialectical materialism methods.

Authors also use experiment test methods and experiences.

Through study, authors aim to provide suggestions for good sport training and for students and children to improve physical health and mind.

Results and Discussion

Benefits of Sports Training Programs for Children and Students at Schools

Table 2.

Advantages of different sports game for the youth

	For Young Generation
Volleyball	Volleyball is a sport that is not too heavy but requires a lot of movement. This is very good for blood circulation, reducing the risk of blood vessel blockage. In addition, regular exercise of the body when playing volleyball increases the efficiency of the heart and reduces diseases such as myocardial infarction. It also helps the youth to practice team spirit in sport games.
Soccer	Playing football regularly helps you to stabilize your heart rate and improve blood circulation in your body. This ensures that you won't have heart problems in the future. Playing soccer is a faster calorie-burning exercise, giving you a more attractive body shape in just a few days without having to go through the heavy workouts in the gym. Another benefit is: Strengthen muscle strength, make muscles stronger When playing football, you usually try to be fast. Football mobilizes and stretches the muscles of both the upper and lower body, increasing flexibility and toning the body, pushing back the belly. Soccer helps you look more and more like your favorite star players and keeps you younger for longer.
Badminton	Practicing badminton for a long time helps keep the heart healthy, lung function improves. At the same time, playing badminton is also beneficial for those who want to lose fat. When you are playing badminton, your arms, biceps, legs, waist area do not stop working. So it will help you burn a significant amount of calories. After a while, your muscles will be much firmer.
Biking, Motor racing	Helps to lose fat. Why is the prevalence of obesity increasing day by day? Kill fat, Toned muscles, Increase heart health, Strong bones, Disease prevention, Increase endurance and flexibility, Prevention of diabetes, Increase visibility.
Nutrition, food and drinks	The first meal of the day plays an important role in our nutrition. Maintaining a regular breakfast routine is effective in reducing the risk of obesity, diabetes and heart disease. Starting the day with a healthy breakfast can help fuel your muscles and brain to function at their best. A breakfast rich in fiber and protein will help you stay hungry longer and give you the energy you need to keep exercising. Some basic principles for a healthy breakfast: Instead of eating high-sugar cereals made from refined grains, try using oats, oat bran or other whole grains that are high in fiber. Then add some protein like milk, yogurt. If you're baking, replace some all-purpose flours with whole grains. Add some cheese to the dough and stir well. If you like toast, opt for whole grain bread. Add to that an egg, peanut butter or another source of protein.

Students can Play Sports Outdoors



Figure 1.

Students participate in sports outside

(Source: internet)

Motorsport game is a kind of sport need speed and represent groups of competitive speed sports which used motorized vehicles.

Motor racing and biking will not only help the youth to enhance flexibility, senses but also good health.



Figure 2.

Motor racing

(Source: Internet)

Physical Exercises and Sport Training for the Youth in a Concept of Digital Transformation in Covid 19 Pandemic

The development of a sports training program plays an important role. That is the basic framework for implementing future teaching scenarios. Therefore, it is necessary to develop a sports training program suitable to practical conditions, with technological interactions. The program must be responsive to and throughout the training process. That program must list all the contents, from the stage of enrollment, formation of teaching staff, training and conditions to meet the qualifications of teachers, coaches, facilities, training ground

exercise tool. All of that must be evident in the training facilities of the clubs, sports centers or arenas.

Besides, although until now, we do not have scientific evidence to say that the COVID-19 pandemic causes psychological changes. But in fact, many people because of limited social communication have led to mental illnesses, affecting human psychology. But it can be said that it is precisely because people have to practice social distancing and limit communication that have become factors that put heavy psychological pressure on many parts of society, including children. It can be said that children are one of the sensitive subjects, easily affected by the COVID-19 epidemic. Therefore, in order to prevent COVID-19 and limit the stress and pressure caused to children, minimize the impact of psychological pressure on learners; lives, activities and social interactions, especially children, need to increase activities at home.

Measures are needed to proactively overcome the impacts of COVID-19. Students should normalize anxiety by increasing conversations with loved ones, participating in sports and recreational activities. The practice and practice of sports will create physical strength, help develop, prevent and restore bodily functions. This can be applied to all age groups. Especially in the current era, there are many problems of overweight and posture disorders in children, it is necessary to apply specialized sports such as swimming, badminton, running. These sports will help increase the training of body strength. That exercise will help increase bone density, helping to treat osteoporosis effectively. Besides, other exercises such as weight training also help prevent and reduce the risk of injury in other sports activities.



Figure 3.

Play volley ball - favorite sport for young generation

(Source: internet)

Ho Chi Minh Ideologies for Educating Young Generation

President Ho Chi Minh pointed out that: "Under democracy, Sports and Physical Education must become common activities of the masses, aiming to enhance the people's health. If the people are healthy, everything can be done well."

He emphasized that in order to do well in the Party's work, there must be a core force of young people. To build the Party, it must pay attention to educating the young generation, union members and youth; After the victory of the resistance war, to build the country in new conditions, the entire Party and people must definitely invest and take care of this core force. The writer wrote: "Our union members and youth are generally good, volunteering in everything, not afraid of difficulties, and have the will to advance. The Party needs to take care of educating them in revolutionary morality, training them to be heirs to building socialism that is both "pink" and "specialist". He emphasized: "Training the revolutionary generation for the next generation is a very important and very necessary thing". It is not only the concern and care for the revolutionary cause, cultivating the roots so that the cause of the previous generations is always preserved and developed, but also the profound vision of President Ho Chi Minh. For the present and sustainable future of the country.

Moral education for union members and young people is the unifying content throughout Ho Chi Minh's thought. President Ho Chi Minh clearly recognized the great role and strength of young people in the nation's revolutionary cause. From a very early age, President Ho Chi Minh highly appreciated the role of the young generation - those who carry with them enthusiasm, vitality, creative capacity... in the longevity of the country. He emphasized that young people must participate in government affairs, fight for independence, and train themselves from now on to take on important matters in the future.

According to Ho Chi Minh's concept, youth is the spring of society and the nation. Ho Chi Minh pointed out that youth is not only the successor of previous generations, but also the future of the country and the nation. He compared youth to spring, the beginning of a year. In Ho Chi Minh Thought, young people play a particularly important role in the development of society.

Educating and fostering the young generation about revolutionary morality. In revolutionary moral education, according to him, there should be specific contents such as loyalty to the Fatherland, the Party, and filial piety to the

people. The word middle and filial piety according to Uncle Ho must have a broad nature. Revolutionary ethics means: Must practice humility, simplicity, need, thrift, integrity, righteousness, justice and impartiality; Believe in the leadership of the Party, strictly abide by the lines and policies of the Party and the laws of the State; Devote yourself to the cause of national construction and defense.

Last but not least, education and fostering for the young generation with cultural, scientific - technical and professional qualifications. Ho Chi Minh has thoroughly understood with the young generation: the world is always innovating, science and technology is always innovating, technology is getting more and more sophisticated, the people are getting more and more advanced, so the young generation must regularly study in order to keep up with the people, to raise their cultural level, and to grasp new scientific and technical knowledge. What he is particularly interested in is practicality in learning. According to Ho Chi Minh, learning is to improve knowledge, understanding is to apply to work, learning without doing is useless. With the spirit of Ho Chi Minh's point of view above, fostering and improving the scientific - technical level, foreign language proficiency, grasping and well applying new and advanced technology for today's young generation has great meaning.

Conclusion

Ho Chi Minh explained, learning is to "be a person, work, serve the Fatherland, serve the people to make the people rich and the country strong"; Studying is to get the real thing, to acquire knowledge, to apply it to real life, not to have a degree that "flickers" others. The purpose of learning is to practice, to develop, to live. Practice is a condition for consolidating and improving acquired knowledge, training skills and forming necessary qualities of new employees. According to him, learning and practicing are two stages of the cognitive process that are closely linked. Practice is not only applying what you have learned, but also a source of new knowledge, a method to train people comprehensively.

After all, we figure out that educating and training young generation is a hard mission for those who in charge. We need to educate not only ethics, moral values, revolution traditional values, but also knowledge, technology and physical health and sport training, etc.



Figure 4.

Student play sport outside

(Source: internet)

In effects of Covid 19, many people have to do physical exercise for health at home. Nowadays because of advances in technology, many instruments for doing physical exercises at home has been produced and purchased by the public, the old and the young, female and male.

Last but not least, Sophie Li (2021) said that Education is important because it offers the opportunity to gain knowledge and skills. Moreover, the process itself and the environment it creates facilitates young generations to gain perspectives of looking at life, to be competent in the global workforce, and to find ways to resolve conflicts and problems in the world.

Research Limitation

We can expand further analysis on health physical exercise and each sport training for young generation.

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