

A Study Of Problems In The Implementation Of A Workshop Project To Promote Ideas For Life Development Through Movement

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Abstract. This study analyzes conditions and problems associated with organizing workshops, promoting ideas, and improving life through movement amongst 38 attendees at a promote ideas for life development through movement workshop. Data was collected using a questionnaire. Data analysis includes frequency, percentage, mean, standard deviation, and hypothesis testing such as the t-test and ANOVA at the statistically significant level of 0.05. Participants were 50% male and 50% female. The largest age group was 31 to 40, which accounted for 39.5% of the participants. 44.7% of respondents held a bachelor's degree or higher, 36.8% worked as physical education teachers, and 44.7% had under five years of work experience. The results revealed that the five main factors were speakers, location, services, perceptions, and utilization. Mean scores for each factor had greater than 4.5. In addition, participants' age and work experience positively correlated with cognition and utilization factors.

Keywords: Condition and problem Training projects, movements, and promotion of ideas

1 Introduction

National Strategy (2018-2033) of Thailand 4.0 and the 12th National Economic and Social Development Plan, recommend that people exercise to maintain good health within 3 strategy [1]. According to strategy 1 Promoting physical activity for all age groups will be successful, people must be well versed in physical activity through the actions of local and central

authorities and have the behavior adjusted to have physical activity in their daily lives [1]. Strategy 2: creating surrounding environment that promotes physical activity in community's areas for all age groups [1]. Moreover, Strategy 3: Development of support systems for promoting physical activity, including knowledge creation and research of physical activity, campaign communication and policies to promote physical activity through knowledge transfer process. The workshop project to promote ideas for life development through movement is a project to promote knowledge for participants in the training on physical movement including fundamental movement skills, non-locomotor, locomotor, manipulative, and stretching programs, that effective for children [2].

It encourages knowledge of the right movements and recognizes the systematic stimulation of body parts to function more than normal, according to gender, age, and physical condition. The individual Participants will be able to apply their knowledge to teach and expand further [3]. For example, research on the development of occupational movement therapy to promote balance abilities in the elderly uses movement therapy to help promote balance abilities in the elderly. The results showed that older adults had improved their ability to balance after participating in statistically significant movements of 0.01 [4].

A study of problems in the implementation of a workshop project to promote ideas for life development through movement is important research. This is information that indicates whether the project being implemented is meeting the intended objectives or is it worth deciding whether to implement. This study includes the investigation of how problematic projects need to be improved, changed, or addressed, and how valuable the project is to plan ways to solve and improve the project effectively.

2 Objective

1. To study conditions and problems, organize workshops, promote ideas, develop life through movement.
2. To study guidelines for developing workshop projects for the next implementation.

3 Method

This study is quantitative research using a questionnaire-based data collection method as a tool to collect data from samples for analysis and display.

3.1 Headings, tables and figures

Population and sample was trainees of the training program Total 38 People By defining the criteria for selection are trainees with a training phase at least 80 percent.

3.2 Research tools

The tools used in this research use questionnaires as a tool to collect data from the sample, which is divided into 3 parts:

Part 1 Closed-Ended Questions Personal information for samples classified by gender, age, level of education, occupation and income.

Part 2: The questionnaire is a rating scale using 5 levels of measurement, including 5 levels of data on measuring the satisfaction level of participants/projects, workshops to promote ideas, improve life through movement, 3 aspects, speakers, locations and service delivery.

Divide the criteria. Satisfaction ratings are available on five levels: most, very, medium, few, and least in each text. as follows

Satisfaction level 5 = most satisfaction

Satisfaction level 4 = extreme satisfaction

Satisfaction level 3 = moderate satisfaction

Satisfaction level 2 = less satisfaction

Satisfaction level 1 = least satisfaction

Once the data is collected and the frequency breakdown is used, the average score of the sample is used to determine the level of opinion, which has a consideration criteria by which the satisfaction level is measured, there is an automorphism that can be calculated as follows:

$$\begin{aligned}\text{Floor width} &= (\text{highest-lowest score})/\text{number of floors} \\ &= (5-1)/5 \\ &= 0.8\end{aligned}$$

This can interpret the rating level of a comment. as follows

An average score of 4.21 – 5.00 means that the highest level of satisfaction is achieved.

An average score of 3.41 – 4.20 means that there is a high level of satisfaction.

An average score of 2.61 – 3.40 means that there is a moderate level of satisfaction.

An average score of 1.81 – 2.60 means that there is a low level of satisfaction.

An average score of 1.00 – 1.80 means that there is the least satisfaction level.

Part 3 Open-Ended Questions to express opinions and suggestions in various fields

3.3 Statistical analysis

Index of item objective congruence (IOC) was tested to measure the reliability of questionnaire which had value greater than 0.50[5]. The researcher led the questionnaire which was revised according to the recommendations of experts. It was then used to try out with a group of 30 people [5]. The reliability of the questionnaire was analyzed by Cronbach's Alpha Coefficient. The validity of the questionnaire was greater than 0.70 for the questionnaire to be used [5]. Data analysis included frequency, percentage, mean and standard deviation. To analysis the cognitive aspects and implementation aspects classified by gender, age, level of education, job status, and work experience.was calculated by t-test, f-test anova analysis with statistical significance at 0.05. moreover, post hoc test with LSD was used to analysis after found the signifiacaance.

4. Results

4.1 The analysis of personal factor

A total of 38 participants were divided into 19 males or 50% and females of 19 persons or 50%. The percentages of age can be divided into the following age range between 21 and 30 years old, accounting for 34.2%, and age range between 31 and 40 years old, or 39.5%. The age range between 41 and 50 years old is 13.2% and the age range between 51 and 60 years old is 13.2%. The level of education is divided into 17 undergraduates representing 44.7 percent, master's degrees representing 44.7 percent, and doctoral degrees of 4 students representing 10.5 percent. Regarding to work experience, 44.7% of respondent who have 5-10 years of work experience following 11- 20 years of work experience (21.1%), and 5 persons with work experience 21 years or older, representing 13.2%.

4.2 The analysis of conditions and problems, organize workshops, promote ideas, develop life through movement.

Table 1 average and standard deviation of of conditions and problems, organize workshops, promote ideas, develop life through movement

Factor	Mean	Standardize
Speakers	4.947*	0.222
Location	4.638	0.521
Services	4.816	0.411
Perceptions	4.711	0.448
Utilization	4.795	0.405
Total	4.805	0.486

Speakers factor

Participants were the most satisfied in terms of providing opportunities for participants to participate in activities and express their opinions with an average of 4.973. The satisfaction was very high in three areas: the speaker's knowledge transfer, the ability to explain the content clearly and to the point, and the speaker's answers to questions with an average of 4.947 participants. There was high satisfaction in the field of sequencing the stages of activity with an average of 4.921.

Location factor

Participants were most satisfied, consisting of the suitability of the venue for the event and the suitability of food and drink with an average of 4.684 participants. There was a very high satisfaction. The suitability of audiovisual equipment with an averaged 4.631 in terms of the appropriateness of the duration of the training. It has an average of 4.552.

Service

Participants were the most satisfied with the organizing side. There is politeness, friendliness and sociability. with an average of 4.921. There was a very high satisfaction in term of hospitality and facilitation, and the appropriateness of materials and documentation for the event with an average of 4.842. Moreover, participants were highly satisfied in terms of their suitability to register through google form, with an average of 4.815. It has an average of 4.789 in public relations and event notification.

Cognitive aspects

Participants were the most satisfied on the cognitive aspects. There are guidelines for the development of movement activities with an average of 4.763. The satisfaction consisted of having an understanding of the basic principles of movement and an understanding of the process of organizing movement activities with an average of 4.710. On the side, there are guidelines for managing learning about movement activities. It has an average of 4.657.

Implementation aspects

Participants were the most satisfied within getting the knowledge/benefits of participating in the event to be able to apply it with an average of 4.868. There was a very high satisfaction. On the side of you gain knowledge, ideas. Skills and experience from this activity with an average of 4.815. There was a high satisfaction, consisting of the ability to apply what they gained from this activity to the teaching/performance arrangements. Moreover, getting from this activity meets your expectations and using your knowledge to disseminate it to others with an average of 4.763.

4.3 The factor affecting conditions and problems, organize workshops, promote ideas, develop life through movement

Table 2 the results of cognitive aspects and implementation aspects classified by gender, age, level of education, job status, and work experience.

	cognitive aspects		implementation aspects	
	t-test/f-test	Sig.	t-test/f-test	Sig.
gender	-0.953	0.347	1.051	0.300
age	0.489	0.692	2.481	0.078
level of education	0.370	0.694	1.084	0.349
job status	1.500	0.229	0.005	0.946
work experience	5.120*	0.005	4.482*	0.037

Table 2 presented cognitive satisfaction and utilization analysis were classified by gender, age, level of education, job status, and work experience, gender, age, level of education, work experience. It does not affect cognitive satisfaction and utilization. While work experience affected cognitive satisfaction and utilization within statistically significant at 0.05. When significant differences were found, the LSD Post hoc test was analyzed in Table 2 showed that the sample had work experience 21 years or more, the average value of cognitive satisfaction and utilization was greater than the sample with work experience lower 5 years, 5-10 years, and 11-20 years.

Table 3 Post Hoc testing with LSD method, cognitive aspects and implementation aspects classified by work experience

Dependent Variable			Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
cognitive aspects	lower years	5 5 – 10 years	-0.09375**	0.18751	0.020	-0.2873	0.4748
		11- 20 years	-0.03571**	0.19656	0.007	-0.3637	0.4352
		Over 21 years	-0.10000**	0.22308	0.047	-0.3533	0.5533
implementation aspects	lower years	5 5 – 10 years	0.10833**	0.14176	0.450	-0.1798	0.3964
		11- 20 years	-0.10952**	0.14860	0.006	-0.4115	0.1925

21 years	-0.27333**	0.16865	0.014	-0.0694	0.6161
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**significant level 0.01

5. Discussion

Findings from research, the results can be summarized and discussed in 2 areas as follows: knowledge to transfer of speakers and the ability to explain the content clearly is the most important factors. Moreover, answering the speaker's questions is as comprehensive as possible in line with the research of Swang Choochuay [6] stated that it has developed occupational movement therapy to promote balance abilities in the elderly, which uses movement therapy to help promote it and balance ability in older adults. The results showed that older people had better balance after participating in the activity. Movement therapy statistically significant at 0.01. Furthermore Jiravadee Rattanatanyong [7] had studied the Evaluation of the Project, "EQ. at Work" Training Program. it was found that participants were desirable to enter the project if the project was held again, including having an ongoing curriculum, most participants agreed that the duration of the project should be increased. Because they want to gain knowledge both theoretically and practically while being able to apply the knowledge from the speakers, lecture and practice to the profession [8]. In accordance with Kachakorn Paksuwan [9] have organized training to promote knowledge about the correct movements and to know how to systematically stimulate parts of the body to function more than normal, according to gender. Age and physical condition of the individual participants will be able to apply their knowledge to teach and build on it.

6. Recommendation

Participants are desirable to enter the program if the project is held in a manner that is re-organized, including continuing courses. Most of the participants agreed that the project should be more date. Because they want to gain knowledge both theoretically and practically while being able to apply the knowledge from the speakers, lectures, and practice to the profession also, they wanted enough time to rest, don't get too tired. Some participants wanted more speakers to be present. It has a variety of tones and has more conversations with participants. Moreover, photos of the day-to-day activities should be updated to day-to-day participants.

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