

Effectiveness of the Workshop Project for Developing Cognitive Skills and Improving Daily Life Through Movement

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Abstract. The purpose of this research is to study the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement. In this research, 38 subjects were assessed. The research data was collected from the day of the workshop for a span of two weeks. Three tools were used to collect the data from the subjects, namely, 1) a satisfaction assessment, 2) an effectiveness assessment, and 3) a daily life application assessment. Descriptive statistics and mean differentiation were used to analyze and evaluate the data. The research mainly shows four significant results. First, from the satisfaction assessment, the subjects responded with the highest level of satisfaction after the workshop. Second, from the effectiveness assessment, the mean value and the standard deviation of the effectiveness after the workshop were 5.25 ± 1.72 , resulting in a moderate level. Third, when comparing the pre-test and the post-test of the effectiveness assessment, the mean effectiveness rating was 0.81 higher in the post-test than the pre-test. Lastly, regarding the daily life application assessment, the subjects responded that the workshop was highly applicable. This research is a subsection of the effectiveness of the workshop in developing cognitive skills and improving daily life through movement for the educational officer.

Keywords: Satisfaction, effectiveness, The assessment of knowledge utilization

1 Introduction

Thai society has undergone social and cultural changes all the time from the past to the present.

As a result, the structure of society and the way of life or human culture in each society change accordingly. No society truly stands still. When we refer to “society” the mechanisms of social interaction or collective social and cultural action are often discussed in a systematic manner and that social system. There will always be social changes all the time. Which the present world society has evolved over time and has evolved into a more civil society. [5]

Human Resource Development (HRD) is the key to change Human beings need to be developed all the time in order for them to be initiative and innovate. Human Resource Development is the introduction of potential, knowledge and abilities of each person to work for maximum benefit.

Moreover HRD make good attitude for each other included self-awareness. It aims to develop and increase knowledge, skills and work effective competences. The Human Resource Development can be many ways or processes from training, education through teaching or observational study to the transfer of experiences between them once developed, it can be benefit itself and the next agency.

Organizing a workshop project encourage thinking and improving life through movement.

That workshop That project that needs to develop teachers, lecturer and those involved in the development of children's learning. Which the development during childhood, the young is important for learning well. (Knowledge Management and Development) [6] In the development, empathy, promotion, including laying an important foundation for children, it is inevitable that parents, family members, including teachers must take care of them. As well as to manage the learning process of children according to their age and will pass on the basics of living in the future. In the implementation of the project it is necessary to achieve the desired or expected objectives are knowledge and understanding of the content of movement activities to develop thinking and decision processes. Including attending the training course to apply the knowledge gained from the training to be applied in real practice.

From the implementation of the project to encourage trainees to gain knowledge and experiences that can be applied and integrate in instruction. Then it is expected that the trainees can apply their knowledge in teaching and actually training athletes. This training helps to develop learners and athletes to develop motor skills and develop correct thinking and decision making processes.

Therefore, stakeholders should have knowledge and understanding to support operations in the right direction, benefit and effectiveness. Consequently, the researcher is interested and would like to conduct a research study on the evaluation of the effectiveness of organizing a workshop project for developing cognitive skills and improving daily life through movement. as a guideline for the development and planning of the implementation of various projects to be of further quality

2 Objective

To study the effectiveness of a workshop project for developing cognitive skills and improving daily life through movement.

3 Methodology

3.1 Population

The population group used in this research was 38 persons who participated in the workshop project for developing cognitive skills and improving daily life through movement.

3.2 Research Instrument

1. Project Activity Satisfaction Assessment Form "Workshop project for developing cognitive skills and improving daily life through movement". created by the researcher. Verify the authenticity of the content. by 6 experts. The content validity was .93 and the reliability was .98. Consists of 3 parts:

1.1 General information

1.2 The satisfaction assessment form of the participants in the Activities / Project "Workshop project for developing cognitive skills and improving daily life through movement". The assessment is a 5-level estimation: 100 means the most to 0 means the least. The mean results are interpreted using the following criteria :

80 - 100 means the most 60 - 79 means means a lot 40 - 59 means moderate

20-39 means less

0 - 19 means the least

1.3 Other suggestions

2. The project effectiveness assessment form "Workshop project for developing cognitive skills and improving daily life through movement". with a content validity is .88 and a reliability is .72.

The assessment form is a 5-level estimation, divided into 10 means the most to 0 means the least. The average result is interpreted using the following criteria.

9 - 10 means the most

7 - 8 means a lot

5 - 6 means moderate

3-4 means less

0 - 2 means the least

3. Knowledge application survey, Project "Workshop project for developing cognitive skills and improving daily life through movement". created by the researcher. Verification of the content validity by 6 experts with a content validity is 1.0, consisting of 3 parts:

1.1 General information

1.2 A survey about the application of knowledge from the workshop project for developing cognitive skills and improving daily life through movement for work practice.

1.3 Other suggestions

3.3 Data collection

Phase 1 During the training project

1. The researcher has made a request for assistance in using the location for data collection to the Faculty of Education and Development Sciences Kasetsart University Kamphaeng Saen Campus.
2. The researcher self-collected data from the population on the day of the project.
3. The researcher used the data collected for further statistical analysis.

Phase 2 After the project

1. The researcher contacted the population in the project line application.
2. The researcher conducted a follow-up to collect data through online system 2 weeks after the project was organized.
3. The researcher used the data to analyze the statistical data. and qualitatively

3.4 Analysis of research data

In this research, the researcher is analyzed the data using a computer program. As follows:

1. Describe the general data analysis of the workshop project for developing cognitive skills and improving daily life through movement by using descriptive statistics.
2. Describe the data on analyzing the satisfaction of organizing a workshop project for developing cognitive skills and improving daily life through movement by using descriptive statistics.
3. Compare the evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement. before the seminar and after the seminar of the population by using descriptive statistics and mean difference.
4. Describe the data for the analysis of knowledge application of the workshop project for developing cognitive skills and improving daily life through movement by using descriptive statistics and qualitative lectures.

4 Results

Table 1 General data analysis of respondents

General status	Number (person)	Percentage
Gender		
Male	19	50.00
Female	19	50.00
Total	38	100
Age		
21-30 years	13	34.21
31-40 years	15	39.47
41-50 years	5	13.16

51-60 years	5	13.16
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General status	Number (person)	Percentage
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Total	38	100
Education		
Bachelor's degree	19	50.00
Master's degree	16	42.11
Doctoral degree	3	7.89
Total	38	100
Occupation		
Teacher	10	26.32
Professor	15	39.47
Other	13	34.21
Total	38	100
Work Experience		
Less than 5 years	12	31.57
5-10 years	12	31.57
11-20 years	8	21.05
More than 21 years	6	15.78
Total	38	100

From Table 1, there were 38 respondents. Divided into male respondents representing 50.00%, female respondents 50.00%. Most of the respondents' age range is 21-30 years old, accounting for 34.21%. Age 31-40 years 39.47%. 41-50 years old and 51-60 years old accounted for 13.16%.

Educational qualification can be divided into bachelor's degree most 50.00% Master's degree 42.11 percent and doctoral degree 7.89%. The most occupation were lecturers 39.47 percent, teachers 26.32 percent, and other occupations 34.21 percent. Work experience of respondents less than 5 years and 5-10 years, there are the same number of respondents 31.57%, 11-20 years equals 21.05%, and 21 years equals 15.78 percent, respectively.

Table 2 Assessment of satisfaction of the workshop project for developing cognitive skills and improving daily life through movement

List	The level of satisfaction in participating in the training program N = 38		
	Percentage	levels	criterion
Expert			
1. Knowledge transfer of speakers	99.00	The most	80-100
2. Able to explain content clearly and to the point	99.00	The most	80-100
3. Order of activities	98.40	The most	80-100
4. Answering the speakers' questions	99.00	The most	80-100
5. Giving the participants an opportunity to participate in activities and express their opinions	99.40	The most	80-100
Together	99.00	The most	80-100

Location / Duration / Food			
1. Suitability of event venue	93.60	The most	80-100
2. Suitability of audiovisual equipment	92.60	The most	80-100
3. Suitability of the training period	91.00	The most	80-100
4. Suitability of food and beverages	93.6.	The most	80-100
Together	92.80	The most	80-100
List	Percentage	levels	criterion
Service			
1. Public relations and event information	94.80	The most	80-100
2. Contact	95.20	The most	80-100
3. Welcome and convenience	96.80	The most	80-100
4. Suitability for registration form on google form	96.40	The most	80-100
5. The organizer can provide information or answer questions.	95.80	The most	80-100
6. The organizers are courteous and friendly.	98.40	The most	80-100
7. Suitability of materials and documents for organizing activities	96.80	The most	80-100
Together	96.40	The most	80-100
Cognitive			
1. After the training, you will have an understanding of the basic principles of movement.	94.80	The most	80-100
2. After the training, you have an understanding of the movement activities process.	94.	The most	80-100
3. After the training, you have guidelines for developing movement activities.	95.20	The most	80-100
4. After the training, you have guidelines for learning management about movement activities.	93.20	The most	80-100
Together	94.60	The most	80-100
Total	95.70	The most	80-100

From Table 2 shows that assessment of the satisfaction of the workshop project for developing cognitive skills and improving daily life through movement of the population. Divided into the percentage of speaker satisfaction is the highest level (99.00%). Location, duration and food were at the highest level (92.80%). The service aspect was at the highest level (96.40%). and the cognitive aspect was at the highest level (94.60%) overall in all aspects was at the highest level (95.70%).

Table 3 Evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement after the seminar

Group	N	μ	σ	After the seminar Level	Criterion
P					

Population group	38	5.25	1.72	moderate	5-6
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From Table 3 The results showed that the workshop project for developing cognitive skills and improving daily life through movement after the seminar of the population The mean and standard deviation (5.25 ± 1.72) were mod

Table 4 Evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement before the seminar and after the seminar

Group	N	Before the seminar				After the seminar				Mean difference
		μ	σ	Level	Criterion	μ	σ	Level	Criterion	
Population group	38	4.44	1.68	little	3-4	5.25	1.72	moderate	5-6	.81

From Table 4 The results showed that the workshop project for developing cognitive skills and improving daily life through movement. Before the seminar, that the results have the mean and standard deviation (4.44 ± 1.68) were at a low level. And after the seminar, the mean and standard deviation (5.25 ± 1.72) were moderate of the population. They were a mean difference is .81%.

Table 5 An analysis of the application of knowledge gained from attending workshop project for developing cognitive skills and improving daily life through movement

list	Assessment item	Percentage	level of application of knowledge	Criterion
1	Basic principles of movement	97.40	The most	80-100
2	Designing movement activities for brain development	98.40	The most	80-100
3	Sequence of movement activities for brain development	97.40	The most	80-100
4	Learning Management about movement activities for brain development.	96.80	The most	80-100
5	Applying the knowledge gained can be disseminated to others.	96.80	The most	80-100
	Total	97.40	The most	The most

From Table 5 The results showed that the assessment of knowledge application of the workshop project for developing cognitive skills and improving daily life through movement of the population, it was found that the percentage of trainees had the level of knowledge applied at the highest level in all aspects (97.40%) as follows: Fundamentals of movement (97.40%), Designing movement activities for brain development (98.40%), Sequence of movement activities for brain development (97.40%). Learning Management about movement activities for brain development. (96.80%) and applying the knowledge gained can be disseminated to others. (96.80%)

Applying the knowledge gained from the workshop project for developing cognitive skills and improving daily life through movement.

From the follow-up of the trainees after the training, it was found that The participants applied the knowledge gained from the workshop project for developing cognitive skills and improving daily life through movement. Fundamental principles of movement, designing, sequence of activities and learning management about movement activities for brain development. That activities can integration in teaching and learning management in primary, secondary, and higher education. Then applying the knowledge to training athletes in schools, athletes in universities. Athletes in various sports centers as well as disseminating the knowledge gained to teachers in the health education and physical education subject groups of their own schools. And teachers from different schools distribute to a university teacher in the field of physical education. Publish to trainers and assistant coaches on the same sports team. In addition to being used in teaching and disseminating knowledge, then the instructors in charge of physical education courses in higher education. And take the contents of the basic movement entered into the framework of the national qualification standards for higher education. To promote the teaching of basic movement skills to practice teacher in major of physical education. To promote and develop the basic of the movement to be used in the next work.

5 Discussion

1. The results of the satisfaction assessment of the workshop project for developing cognitive skills and improving daily life through movement found that Percentage of speaker satisfaction at the highest level (99.00%), Location, duration and food were at the highest level (92.80%). The service aspect was at the highest level (96.40%). Then the cognitive aspect was at the highest level (94.60%). Overall, all aspects were at the highest level (95.70%). Moreover, due to the willingness of the participants in the training, the satisfaction assessment of the workshop project for developing cognitive skills and improving daily life through movement was consistent with [4] conducted a study on the satisfaction of the trainees towards the course service. Good civil servants, a case study of the Ministry of Natural Resources and Environment found that the training participants had overall satisfaction at a high level. They were most satisfied with the lecturers and teaching methods. This may be because the trainees have a preference and satisfaction in the person who is the speaker. And in accordance with [3], training satisfaction had a statistically significant effect on the motivation for training and development of commercial bank employees in the Ratchadaphisek road zone at 0.05 level.

2. Assessment of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement After the seminar, it was found that the scores of the

workshop project for developing cognitive skills and improving daily life through movement After the seminar Of the population group With average and standard deviation (5.25 ± 1.72) at a moderate level The participants have more knowledge after receiving knowledge and evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement. After the seminar, it can be seen that it is consistent with [8-10, 11, 13,]. these research will be discussed. Trainee Which has a lot of capabilities, there is a chance to access knowledge and maintain knowledge As well as being able to bring knowledge Can be applied in a lot of work Confidence that I myself have the ability (Self-EFFICACY), the more he can apply the knowledge from training in work.

3. The results of the evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement before the seminar and after the seminar, it was found that result of the score of organizing a workshop project for developing cognitive skills and improving daily life through movement before the seminar The mean and standard deviation (4.44 ± 1.68) were at a low level. And after the seminar, the mean and standard deviation (5.25 ± 1.72) were moderate of the population. There was an average difference is .81%. The participants having some interest prior to receiving the training with some background. The evaluation of the effectiveness of the workshop project for developing cognitive skills and improving daily life through movement was not much different, consistent with [2]. The studied research on Effectiveness of Volunteer Training Program for Family Elderly at King Mongkut's College of Nursing, Phetchaburi Province found that after the training, the elderly care volunteers had higher knowledge and skills about caring for the elderly than before the training. statistically significant ($Z = 4.635, 4.357; p < .01$).

4. The results of the analysis of knowledge application obtained from participating in the workshop project for developing cognitive skills and improving daily life through movement found that From the assessment of knowledge application of the workshop project for developing cognitive skills and improving daily life through movement of the population, it was found that from the assessment of knowledge application of the workshop project for developing cognitive skills and improving daily life through movement of the population, it was found that the percentage of trainees had the level of knowledge applied at the highest level in all aspects (97.40%) as follows: Fundamentals of movement (97.40%), Designing movement activities for brain development (98.40%), Sequence of movement activities for brain development (97.40%). Organize learning about motor activity for brain development (96.80%) and how to share the knowledge gained with others (96.80%). There was a result of applying the knowledge gained from participating in the workshop to promote ideas for life development through movement to practice in school. The results of the retrospective follow-up were consistent with [1] to study application of the knowledge gained from the training: a case study of the metropolitan waterworks authority development programme. The results of the research showed that trainers are able to apply the knowledge from the training to work that best meets their responsibilities. Followed by able to apply knowledge in tasks that have a level of difficulty similar to the work being done that change in behavior. The results showed that supervisors perceive behavior changes. The trainees are able to work and have better job achievements. They can bring more knowledge to integrate and have the courage to decide included into have higher leadership factors affecting knowledge transfer. The results showed that the competence and motivation factors of the trainees had the greatest effect on knowledge transfer. And consistent with the research [7] to study in Malaysia found that the knowledge that is applied to work is low. It is

estimated that the knowledge gained from the training Less than 20 percent of the trainees are usable, and in accordance with [12] studied how effective the outcomes of investments in human development are: Requires very important knowledge especially in terms of application of knowledge gained from training (generalization) and maintaining knowledge and skills for use in work or problem solving (maintenance).

6 Recommendation

The implementation assessment should be periodically assessed. For example, 2 weeks, 1 month and 2 months.

Suggestions for the next research

1. In organizing the project, efficiency and effectiveness should be assessed at the same time.
2. There should be further training in the future. and an experimental model was used in the study. or that relevant variables have been defined, such as finding urgent needs. necessity needs and the project should develop features that are lacking
3. Project management should have a PDCA process to work in each system.
4. The efficiency and effectiveness calculation program should be applied in each systematic step.

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