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上海体育学院

博士学位论文

越南在东南亚运动会竞技实力发展的研究

Research on Vietnam Strength of Competitive Sports in Southeast Asia Games

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摘要

本研究通过对越南在东南亚运动会竞技实力发展的演变及对比分析，发现越南在东南亚运动会发展中存在问题。因此，寻找一种适合越南竞技体育实力的发展方案，为快速提高越南竞技体育实力的发展，提供参考依据与实用价值，促进越南在东南亚运动会竞技体育的快速发展。通过对越南在东南亚竞技体育实力发展的历史文献回顾与整理，梳理越南竞技体育发展的历史沿革和变迁，从而完善和丰富越南竞技体育实力理论体系。通过对越南竞技体育实力现实发展状况的调查，了解影响越南竞技体育实力发展的主要因素，为越南体育政府部门实施相关策略提借参考依据。提高运动员的竞技成绩为证明国家竞技体育实力。通过剖析目前越南竞技体育实力发展的关系，提出符合越南在东南亚运动会竞技体育实力发展特点的相应对策与建议，从而为越南竞技体育的水平提高，以及越南体育事业发展水平的整体提高提供一些参考。本研究采用文献资料法、访谈法、调查法、比较法、数理统计法等研究方法。针对越南在东南亚运动会竞技实力运动发展的情况、越南在东南亚运动会竞技实力的存在问题、影响越南竞技实力运动发展的主要因素等方面研究。本研究的主要结论与建议如下：

1. 结论：

1:越南在东南亚运动会竞技实力发展趋向为一般和相对较慢。由于影响越南竞技实力发展的主要原因及障碍较多，因此有必要加强促进寻找越南在东南亚运动会竞技实力发展新的突破口。

2:近年来，越南竞技体育成绩在各届东南亚体育大会中有所进步。效率波动从1.64%到13.80%。与区域内的其他国家相比，越南运动员参加各届东南亚运动会的数量排名仅次于泰国、印度尼西亚和马来西亚。

3:在竞技体育发展工作中，越南还存在诸多缺陷，在东南亚运动会参加培训和比赛时，越南也遇到了诸多限制，上述缺陷使越南的体育成绩与潜力尚未匹配，缺乏稳定性，尤其是在奥运会的体育项目上。高质量运动员的数量较少，某些阶段的某些项目出现缺乏后备力量的情况。在洲陆和世界级竞技场的成绩相对靠后而且不稳定。因此，本论文已提出18个对策，同时已检验了可实行，满足了统计学的要求，以使越南在东南亚运动会竞技实力发展越来越好。

4:通过因子分析，确定了影响越南在各届东南亚运动会竞技实力的10个主要因素中的41个子因素。经过一届届东南亚运动会，这些因素的影响力都非常大，但是调整力度不够明显，以及如何提高越南在竞技实力结构方面的弱点缺陷及不利影响的措施、对策的建立仍然不完善，不够剧烈。因此，越南在东南亚地区的竞技实力未有突破性，未能向亚洲和世界延伸。

2. 建议：

越南体育总局每年需要对国家的竞技体育实力进行全面评估，并对东南亚各国的竞技实力每年进行一次准确的比较，为参加国际体育赛事尤其是东南亚运动会及亚洲运动会、奥运会取得优异成绩打下坚实的基础。越南体育总局应颁布决定，将越南在东南亚运动会竞技实力发展对策的应用任务交给越南竞技体育司及国家体育训练基地，本论文已研究了这些对策并对每一个对策进行了效果的评估。

竞技体育的管理人员以及直接参加东南亚运动会的国家代表队的教练员应克服影响团队竞技实力发展的不利因素。在国家体育训练基地接受训练的国家运动员需要清楚地评估自己在东南亚运动会的竞技实力和局限性。从此，努力保持已有的比赛能力及状态，以便能够在比赛中获得好成绩。

研究人员应继续研究并实证性评估越南在东南亚运动会竞技实力发展，以改善这些对策，使其越来越符合实际的需要。

关键词：越南；东南亚运动会；竞技实力

ABSTRACT

In this study, through the evolution and comparative analysis of the development of Vietnam's competitive strength in the Southeast Asian Games, it was found that Vietnam has problems in the development of the Southeast Asian Games. Therefore, to find a development plan that is suitable for the strength of competitive sports in Vietnam, to provide a reference and practical value for the rapid development of competitive sports in Vietnam, and to promote the rapid development of Vietnam in the Southeast Asian Games. Through reviewing and sorting out the historical literature on the development of Vietnam's competitive strength in Southeast Asia, the historical evolution and changes in the development of competitive sports in Vietnam have been sorted out to improve and enrich the theoretical system of competitive sports strength in Vietnam. Through the investigation of the actual development status of competitive sports strength in Vietnam, we will understand the main factors affecting the development of competitive sports strength in Vietnam and provide references for Vietnam's sports government departments to implement relevant strategies. Improve athletes' athletic performance to prove the strength of national competitive sports. By analyzing the current development of competitive sports strength in Vietnam, we put forward corresponding countermeasures and suggestions in accordance with the development characteristics of Vietnam's competitive strength in the Southeast Asian Games, thus providing some references for the improvement of the level of competitive sports in Vietnam and the overall improvement of the development level of Vietnam's sports undertakings.

This study uses literature research methods, interview methods, survey methods, comparative methods, and mathematical statistics methods. The study focused on Vietnam's development of the Southeast Asian Games' athletic strength movement, the existence of Vietnam's competitive strength in the Southeast Asian Games, and the main factors affecting the development of the competitive sports movement in Vietnam. The main conclusions and recommendations of this study are as follows:

1. Conclusion:

Firstly, From 1959 to 2017, the Southeast Asian Games will be held in 29 sessions every two years. After the first session, the number of sporting events has become more diversified than in the first session. The number of sports events from the first to the 26th session increased to 44. There are also more and more countries participating in the Games. The number of athletes has also increased from 518 in the first Games to 5,336 in the 23rd. The total number of national medals: the highest is Thailand, the total number of medals is 5765; the second is Indonesia, the total number of medals is 4852; the third is Malaysia, the total number of medals is 3762; Vietnam ranks sixth, received 2340 medals in total. Vietnam's competitive strength in the Southeast Asian Games has grown to an

average and relatively slow pace. As there are many main reasons and obstacles that affect the development of competitive strength in Vietnam, it is necessary to strengthen the search for a new breakthrough for the development of Vietnam's competitive strength in the Southeast Asian Games. The competitive strength is reflected in the three indicators of the results of the competition, the number of participating athletes and the number of participating projects. After the initial Southeast Asian Games, to the 15th and even the 20th Games, Vietnam's performance has been at a relatively low level and ranked low. However, in recent years Vietnam's performance and rankings have ranked in the top three countries in Southeast Asia. By participating in the successive Southeast Asian Games, the number of participating athletes and participating projects in Vietnam has increased. The performance of the competition has basically tended to be the top three in Southeast Asia in recent years.

Secondly, In recent years, the achievements of competitive sports in Vietnam have progressed in the Southeast Asian Games. Among the 11 participating countries in Southeast Asia, Vietnam ranks between 1st and 3rd. In each session of the Southeast Asian Games, the number of participating projects in Vietnam ranges from 8 to 37. The efficiency fluctuates from 33.33% to 100.00%. The number of participating projects is second only to Thailand, Indonesia, and Malaysia; the number of athletes ranges from 46 to 690. The efficiency fluctuates from 1.64% to 13.80%. Compared with other countries in the region, the number of Vietnamese athletes participating in the Southeast Asian Games is second only to Thailand, Indonesia and Malaysia.

Thirdly, In the development of competitive sports, there are still many shortcomings in Vietnam. When the Southeast Asian Games participated in training and competitions, Vietnam also encountered many limitations. The above-mentioned deficiencies have made Vietnam's sports achievements and potential not yet matched, and they lack stability. Especially in the sports of the Olympic Games. The number of high-quality athletes is small, and some projects in certain stages have a lack of reserve forces. The continent's and world-class arenas are relatively backward and unstable. Therefore, this paper has put forward 18 countermeasures, which have been tested and implemented to meet the requirements of statistics, so that Vietnam's competitive strength in the Southeast Asian Games will develop better and better.

Fourthly, Through factor analysis, 41 sub-factors affecting Vietnam's 10 major factors affecting the competitiveness of the Southeast Asian Games were identified. After a session of the Southeast Asian Games, the influence of these factors is very large, but the adjustment is not obvious enough, and how to improve the weaknesses and adverse effects of Vietnam's competitive strength structure, and the establishment of countermeasures is still not perfect, not drastic enough. Therefore, Vietnam's competitive strength in the Southeast Asian region has not been groundbreaking and has failed to extend to Asia and the world.

2. Suggestions: