

# GUIDELINES FOR WOODBALL RECREATION ACTIVITY MANAGEMENT IN PHNOM PENH, CAMBODIA

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## Abstract

The purposes of this research were to 1) study the recreation activity of Woodball and publicize it to the personnel of the National Institute of Physical Education and Sport (NIPES) in Phnom Penh, Cambodia, 2) study the personnel's opinions of National Institute of Physical Education and Sport (NIPES), in Phnom Penh, Cambodia towards the Woodball recreation activity management in Phnom Penh, Cambodia, and 3) to propose guidelines for Woodball recreation activity management in Phnom Penh, Cambodia. This research was carried out by Mixed Methods; qualitative research and quantitative research. The size of the sample group was determined by using the Table AutoFormat of Krejcie & Morgen. From the population of 300 Cambodian people, 170 samples were selected, including 3 key informants were selected by using the Accidental Sampling Method with Purposive Sampling. The instruments used were Participant Observation and Semi-Structured Interview, questionnaire, content analysis in Cambodia version pursuing the System Theory. The quantitative data were analyzed by the Package Program, using basic statistics to find out the Percentage, Mean ( $\bar{x}$ ), and Standard Deviation (S.D.).

The research result revealed as follows: Woodball can be managed as a recreation activity. According to the Woodball demonstration, it was found that the personnel were interested in and felt enjoyable with this activity. As an overall image of the personnel's opinions towards the Woodball recreation activity management in Phnom Penh, the Mean was 4.66 the highest level. As each aspect, which included, personal and recreation organization, and recreation management, had an equal Mean of 4.75 at the highest level.

The guidelines of Woodball recreation activity management in Phnom Penh, Cambodia can be concluded as follows: (1) the Input, it comprises of 1) Place aspect, or places for recreation activity management such as stadium, educational institute, and public park, 2) and People aspect or personnel and recreation organization, (2) Process aspect; it comprises of Recreation Management Aspect, it has the organizations which takes crucial roles, which are, government and private sectors, to support the budgets pursuing to the development plan of Woodball recreation activity leading to all competition levels, and (3) Output, it comprises of Woodball recreation activity management in various crucial occasions, including family day, or nation relationship creation.

**Keywords:** Guidelines, recreation activity, Woodball

## Introduction

Woodball is a recreation sport which can be played by all genders and ages, even the elderly. The Taiwanese inventor named Mr. WENG MINGHUI invented it in early 2533 called Ho Hyuan Woodball. This sport is enjoyable and uses several skills. The playing method is similar to golf which uses only the wood for hitting the ball and a goal. It can be played on any grass field. Today, Woodball is being more popular and widespread because it is easy to play and suitable for all ages and genders. Furthermore, it practices stable concentration and good eyesight for expecting to hit the ball precisely. In addition, it helps strengthen the physical body. Woodball is a kind of self - competition sport without any attack. It is obtained in the elderly sport and National Youth Games (International Woodball Federation, 2014).

Phnom Penh is the capital of Cambodia. After 2000, when the conflicts were reduced, it caused Cambodia to reach peaceful and people had a better life, therefore Cambodian people specifically in Phnom Penh started to take care of their health and were interested to exercise and participate in other recreational activities such as at the public parks, etc. Phnom Penh uses the exercising services increasingly such as jogging, aerobic, and other recreations. However, today Cambodia still lacks Woodball recreation activity for people to play especially the area in the National Institute of Physical Education and Sport (NIPES), Cambodia. Therefore, it is considered as a suitable place to manage this recreation activity for the youth and the elderly to get exercise, create a good relationship in the society, to promote and support the youth and elderly group to exercise for their health suitable according to their ages. In the future, Woodball will become an interesting sport for people to play all over the country and it will be managed the match at all levels such as within the country and international countries. (Britannica.com, 2000).

According to the reasons mention above, the researcher is interested in studying the guidelines for Woodball recreation activity management in Phnom Penh, Cambodia, including studying the opinions of students, authorities, and lecturers towards the Woodball recreation activity management in Phnom Penh, Cambodia, together with proposing the guidelines for Woodball recreation activity management in Phnom Penh, Cambodia.

## Research purposes

1. To study the Woodball recreation activity and publicize it to the personnel of the National Institute of Physical Education and Sport (NIPES) in Phnom Penh, Cambodia.
2. To study the personnel' opinions of the National Institute of Physical Education and Sport (NIPES) towards the Woodball recreation activity management in Phnom Penh, Cambodia;
3. To propose the guidelines for Woodball recreation activity management in Phnom Penh, Cambodia.

## **Materials and methods**

### **1. Qualitative Research**

For the population and sample group used in this qualitative research, the researcher selected the targeted place and sample group as the key informants by the Purposive Sampling Method. The National Institute of Physical Education and Sport (NIPES), Cambodia was the targeted place for selecting the group of key informants because it is an organization that provides support and knowledge in terms of sport and recreation. Moreover, it is the main organization on sport and education in Phnom Penh and has had potential and knowledgeable administrators on sports for at least 5 years, or has experienced experts on sports and recreation activity management, etc. Hence, the key informants in this research included 3 administrators of the National Institute of Physical Education and Sport (NIPES), Cambodia; 1) Chancellor, 2) Vice President for Academic Affairs, and 3) Vice President for Administration. The research method used the Semi-Structured Interview towards the key informants about woodball recreation activity management in Phnom Penh, Cambodia.

#### **Research Instruments**

1. Participant Observation; this used in the procedure of training and personnel demonstration. The observed issues were in accordance with the concept of recreational resources components on 5 aspects; 1) Place Aspect or places for recreation activity management, 2) Equipment and Recreation Materials Aspect, 3) Personnel and Recreation Organization Aspect, 4) Recreation Activity Aspect and 5) Recreation Management Aspect.

2. Semi-Structured Interview; this used the procedure of interview in Cambodia language on the key informants' group to find out the information for proposing the guidelines of Woodball recreation activity management in Phnom Penh, Cambodia. Concerning the instruments investigation used in the qualitative research as the content validity, the researcher took all of the created instruments to consult with 2 sports experts and 3 recreational experts, a total of 5 Cambodian people then such instruments were examined by the advisor before collecting data. (how about reliability?)

#### **Data Collection**

1. The researcher studied a lot of information from textbooks, documents, articles, concepts, and theories involved with the Woodball recreation activity management to perceive all knowledge on the Woodball recreation activity management.

2. The researcher used the participant observation to observe the personnel of National Institute of Physical Education and Sport (NIPES), Cambodia and record the data according to each issue;

3. The researcher coordinated 3 samples from the key informants' group used in the Semi-Structured Interview, which included, 1) Chancellor, 2) Vice President for Academic Affairs, and 3) Vice President for Administration of National Institute of Physical Education and Sport (NIPES), Cambodia.

4. The researcher wrote the letter to ask for doing the Semi - Structured Interview to find out the information and propose the guidelines for Woodball recreation activity management in Phnom Penh, Cambodia.

5. The researcher collected the data from the Semi-Structured Interviews by recording the data with the data recording machine.

6. The researcher concluded the report of Semi - Structured Interview from the data recorded by data recording machine and note taking then proposed it composition form to be the guidelines for the Woodball recreation activity management in Phnom Penh, Cambodia.

The qualitative data got from this research were the results from participant observation and Semi-Structured Interview. The researcher classified the data according to the guidelines for the Woodball recreation activity management, and investigated the completeness of the contents, including synthesized according the determined issues, after that investigated the correctness of the data whether they were concordant to one another or not by the Triangulation Method, which investigated about the data resources, which were, time, place, and person (Supang Chantavanich, 1997)

### **Data Analysis**

Regarding the qualitative research, it used the content analysis, which is the descriptive data analysis by identifying the specific characteristics of the statements or substances systematically at the framework and theories then determined them as new knowledge base or guidelines, and used the data analysis or findings from the research or technology information to create the new knowledge base or guidelines by using the System theory Based, which included Input, Process, Output. Then, used the Grouping, Integration, Information, and concluded them as the conceptualization to determine the guidelines for the Woodball recreation activity management in Phnom Penh, Cambodia.

## **2. Quantitative research**

Population was the personnel of the National Institute of Physical Education and Sport (NIPES), Cambodia, which included students, authorities, and lecturers of the National Institute of Physical Education and Sport (NIPES), Cambodia, 2019 Academic Year, a total of 300 Cambodian people (National Institute of Physical Education and Sport (NIPES), Cambodia. 2019).

The sample group was got from the determination of the sample size by using the Table Auto Format of Krejcie & Morgen (1970, cited in Boonchom Srisa-ard, 2002, p. 45) from the population of 300 people. The samples were 169 Cambodian people at the reliability of 95%. The researcher determined the size of the samples as the integral number for facilitating the data collection. The samples were 170 Cambodian people then the researcher selected the Accidental Sampling Method by collecting the data from personnel, which included students, authorities, and lecturers participating willingly in the Woodball recreation training course.

### Research Instruments

Cambodian version Questionnaire: To study the personnel's opinion of the National Institute of Physical Education and Sport (NIPES) in Phnom Penh, Cambodia, comprised of 3 stages as the following:

Stage 1; the questionnaire is about general information of the questionnaire respondents; the questions were close - ended form; gender, age, educational level, and career. The questionnaire was in a Check List form;

Stage 2: Questionnaire about the opinions of the personnel; students, authorities, and lecturers, towards the Woodball recreation activity management in Phnom Penh, Cambodia, by using the Rating Scale of Likert scale, which divided the opinions into 5 levels for the scores criteria:

|             |             |            |
|-------------|-------------|------------|
| 4.50 – 5.00 | means agree | the most   |
| 3.50 – 4.49 | means agree | much       |
| 2.50 – 3.49 | means agree | moderately |
| 1.50 – 2.49 | means agree | a little   |
| 1.00 – 1.49 | means agree | the least  |

**Stage 3:** the questionnaire of other recommendations about the guidelines for woodball recreation activity management in Phnom Penh, Cambodia was in the open-ended form.

### Finding Out Research Instrument Quality

1. Brought the adjusted questionnaires to propose 5 experts to consider and investigated the validity of the contents by finding out the IOC Discrimination Value, Index of item objective Congruence, which got the validity equal to 0.86. Hence, it indicated that the question items were in accordance with the objectives and considered that the questionnaire had the content validity and was able to be used for collecting data;

2. Brought the adjusted questionnaire to get the thesis advisor to examine again before the trial;

3. Brought the adjusted questionnaire to try out with other samples, not this research samples, a total of 30 Cambodian people, to find out the reliability of the questionnaire by finding out the Cronbach's alpha coefficient (Cronbach, 1970, p. 161) which got the alpha coefficient of 0.87, which was more than 0.75, thus it was considered that this questionnaire was reliable to use;

4. Brought the questionnaire got to propose the thesis advisor to examine again for adjusting and improving until it became an effective instrument;

5. Brought the completed questionnaire to use with 170 samples.

### Data Collection

1. The researcher collected the data and kept the questionnaire by giving it out to the respondents after they had read and answered the questionnaire already;

2. Brought the questionnaire got to investigate the completeness of the response, decoded data, and brought the data to analyze the results.

### Data Analysis

The data were analyzed by the package computer program, using the basic statistics, which included Frequency and Percentage, to see the data distribution, and to describe general characteristics of population, Mean ( $\bar{x}$ ), and standard deviation (S.D.), to analyze the data of questionnaire about the opinions of personnel, which included the students, authorities, and lecturers, towards the Woodball recreation activity management in Phnom Penh, Cambodia.

## Results

### 1. Analysis results of personnel's opinions

**Table 1** Mean and Standard Deviation of the personnel's opinions towards the Woodball recreation activity management in Phnom Penh, Cambodia as overall image and each aspect

| Components of recreation resources                        | Opinions Level |             |                 |
|---|----------------|-------------|-----------------|
|   | $\bar{x}$      | S.D.        | Interpretation  |
| Place aspect or places for recreation activity management | 4.58           | 0.32        | the most        |
| Equipment and recreational materials                      | 4.65           | 0.39        | the most        |
| Equipment and recreational materials                      | 4.75           | 0.32        | the most        |
| Recreational Activity                                     | 4.57           | 0.42        | the most        |
| Recreation Management Aspect                              | 4.75           | 0.35        | the most        |
| <b>Total</b>  | <b>4.66</b>    | <b>0.27</b> | <b>the most</b> |

According to the Table 1, it revealed that the personnel's opinions towards the woodball recreation activity management in Phnom Penh, Cambodia as a whole image, the Mean was at 4.66 (S.D. = 0.27) considered as the most level. When considering each aspect arranged in order from greatest to least for 3 levels, the 1<sup>st</sup> level had two aspects; Equipment and Recreational Materials, the Mean was 4.75 (S.D. = 0.32) which was at the most level, and the Recreation Management Aspect, the Mean was 4 4.75 (S.D. = 0.35) at the most level as well. Secondly was the Equipment and Recreational Materials, the Mean was 4.65 (S.D. = 0.39) which was at the most level, and the 3<sup>rd</sup> level was Place Aspect or Resources of Recreation Activity Management, the Mean was 4.58 (S.D. = 0.32) which was at the most level, respectively.

### 2. Conclusion of guidelines for Woodball recreation activity management in Phnom Penh, Cambodia consisted of 3 parts as follows:

According to the Grouping of technology information on Woodball recreation activity management in Phnom Penh, Cambodia proposed above, it would be synthesized for processing as knowledge base to create the guidelines according to the research objectives



by using the Content Analysis technique, by integrating information and technology information received from the research using the System Theory operated in process as follows:

**1. Input;** the factor of Woodball recreation activity management consisted of:

1.1 Place Aspect or places for recreation activity management such as 1) stadium, 2) educational institute, and 3) public park;

1.2 Personal aspect and recreation organization, by allowing the trainees, recreational leaders, and referees to participate in developing the techniques of Woodball playing, organizing the training program of Woodball sport in various clubs all over the country, and organizing the referees to join the Woodball umpiring in all levels both domestic and international countries;

**2. Process;** the process of Woodball recreation activity management consisted of:

1. Recreation Management Aspect

1.1 Government; it should be managed on recreation by doing the development plan for Woodball recreation activity, supporting the development factors such as people, budget, equipment, and methods to enter into the Woodball match in all levels;

1.2 Private sector: to support the budgets according to the development plan of Woodball recreation activity to the match in all levels.

**3. Output:** the characteristics of Woodball recreation activity management consisted of:

The Woodball recreation activity management should be organized into various national occasions such as 1) important days in Phnom Penh, which was Songkran Day, and 2) Family Day or nation relationship creation.

## Discussion

According to the study result, Woodball could be managed as the recreation activity. As for the Woodball demonstration, the personnel were interested to play and felt enjoyable to joy the activity. Furthermore, the personnel of the National Institute of Physical Education and Sport (NIPES), Cambodia has never known this Woodball game before. When the researcher organized the training and demonstrating the Woodball recreation activity to the personnel of this institute, it became the new and strange thing which made them feel excited and interested in and they participated in the activity willingly. This is in accordance with the values and benefits of the recreation in terms of encouraging and developing the happy emotion. Hence, it can be concluded that the recreation is really crucial for individual, community, and country. It helps enhance private happiness to the participants, and helps create peace and harmony among people in the community, helps reduce all problems, as well as enhancing good things to the society. (Sombat Kamjanakij, 2014, pp. 50 - 52). The personnel's opinions towards Woodball recreation activity management in Phnom Penh, Cambodia as a whole had an average of 4.66 which was the most level. When considering the result, the opinions of students, authorities, and lecturers, they focused on the stadium the first. This might be because the stadium was built to let the youth and people use it for exercising and rehearsing. Moreover, it gives the opportunity

for them to access the service of sport and recreation equally and thoroughly. This is in accordance with the result of Kritkanya Kotcharin (2016) who studied the guidelines of recreation management for people around district the stadium, which found that the management of the place, facilities, and equipment for recreation purpose was important for recreation activity management. The management had to be done by considering the beauty, good atmosphere, fresh, and had areas to be able to do the activities safely. Furthermore, the result emphasized the significance of enhancing to bring Woodall equipment to distribute in the sport shop at first level. This might be because the sport shop is considered as a center of import on various types of sport or import only certain sports. This is a channel for products distribution to increase convenience to people and let them get recommendations and be able to select and buy what they need. Besides, it is a center of repairing service for sports equipment. This is in accordance with the research of Morakot Sombatsilp (2016) which studied the needs of recreational activity, exercise, and sport for the health of the service users in the sport field of Bangkok found that the needs of recreational activity and sport for the health of the questionnaire respondents in terms of equipment were at the most level every issue. The service users of the sports field mostly wanted the responsible people to take care of and repair the old and rusty equipment, and increase the equipment used for sport paly and exercise because when there were many users, it had to wait for a long time. Moreover, it focused on the training of trainers, coaches, and recreational leaders, including the Woodall referees. This might be because Woodall recreation activity is an activity which helps people use their leisure time usefully, enhance and develop emotions, society, arts and cultures, and love, and helps prevent the criminal and naughty children. However, it still lacks coaches, recreational leaders, and Woodall referees. This is in accordance with Kritkanya Kotcharin (2016), who studied the guidelines of recreation management for people around the district stadium, found that the recreational leaders were important to the project management or recreation management. It had to consider the leaders in terms of numbers, competence, knowledge, personality, experience, and determined the duties clearly, organize the meeting and training consistently to exchange opinions and experiences because the leaders who are knowledgeable, competent, good personality, active, clever, friendly, humble, have morality can be the crucial mechanism to create the enjoyable atmosphere to the members for doing the activity. The satisfaction of members is regarded as the success of recreation activity management to achieve goals. Furthermore, it emphasized the Woodball recreation activity which helped concentrate, enhance good emotions. This is because Woodball is a sport that helps create concepts for planning. The player has to make a plan and expect the conditions of the fields. If that field is not smooth, it is challenging for the players to play by how many weights a person will be able to hit the Woodall. Moreover, it is an activity that makes the player have an opportunity to talk to each other which causes the exchange of ideas, attitudes, and values. This is in accordance with Teerin Poramawes (2012) who studied the states and needs of recreation activity management of the personnel in Nation Multi - Media Group Company (Public Limited), found that the employees needed the company to have the policy



of enhancing the recreation activity management to let the employees relax and enhance health, enhance the recreation activity management appropriate to the employers consistently, emphasized good mental health, had desired characteristics, be able to adjust for work with others, knowledgeable and competent, skillful in the work team, be able to apply the benefits to daily life until it became happy in the livelihood of society. Besides, it focused on managing the national Woodall association. This might be because the national Woodall association could enhance, support, supervise, control, take care of, develop, publicize, and operate the Woodall activity within the country and international countries. This is in accordance with Morakot Sombatsilp (2016) who studied the needs of recreational activities, and sport for the health of the service users in the sport field of Bangkok, found that the users mostly knew about the management data, policy and performance result whether it was developed or which parts should be additionally provided by the responsible authorities. This is in accordance with Tveit et al (2014) who studied the management of the potential of outdoor recreation activity, revealed that there was an increase of health on the public related to outdoor recreation activity and more knowledge on the health of the public in the last decade. The improvement of health, plan, and determination of policy aimed at creating good access to the basic recreation leading to the facilitation of outdoor recreation activity. This is in accordance with Korpeta et al (2014) who studied the analysis on the median between natural basic of outdoor recreational activity and emotional happiness, found that there was evidence combining the significance of the physical activity, including the experiences recovery and social interaction like a median between natural appearance and wellness combined. This research, it explained the relationship between the average value used for the basic nature of the recreation and wellness which is the median, through the experience recovery, as well as social combination and time perception. This is in accordance with Onishi et al. (2006) who studied the recreational activity satisfied by the elderly living in the community. The purpose was to find out the clarity of the recreation activity liked by the elderly to join with and to survey the relationship between those activities and life quality using the questionnaire sent to the elderly age 65 years up living in the rural areas of Japan to collect the data about general information, satisfaction for various activities and life quality of them

For the guideline of Woodall recreation activity management in Phnom Penh, Cambodia can be concluded as follows: (1) Input, it consisted of 1) Place Aspect or places for recreation activity management such as stadium, educational institute, and public park, 2) Personal aspect and recreation organization, (2) Process, consisted of Recreation Management Aspect, which had the organization taking an important role, government and private sectors, to support the budget pursuing to the development plan of Woodall recreation activity leading to all of the competitive levels, and (3) Output: consisted of Woodall recreation activity management in crucial occasions and family days of relationship creation among the people of the nation.

## Conclusion

### Research Recommendations

According to the research result of the opinions got from students, authorities, lecturers, and administrators, they agreed to bring the guidelines of wood ball recreation activity management to use in Phnom Penh, Cambodia. However, it has to use much time for management. Therefore, it should be tried out with the National Institute of Physical Education and Sport (NIPES) in Phnom Penh, Cambodia first to design the form of Woodball recreation activity management in Phnom Penh, Cambodia further.

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