

The Impact of Physical Activities on the Personality Development and Soft Skills of Cadets Military Engineering University

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Abstract

The study was conducted to determine the impact of physical activity on the personality development and soft skills of cadets at the Military Engineering Academy (Ngo Quyen University). The survey results from 230 cadets show that physical activity not only contributes to physical fitness but also enhances discipline, willpower to overcome difficulties, cooperation, and communication skills. Through statistical analysis using SPSS software, the article demonstrates a positive relationship between the level of participation in physical activities and comprehensive development factors.

Keywords: physical activity, personality, soft skills, cadets, military.

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INTRODUCTION

In a military environment, personality and soft skills play an essential role alongside expertise and physical fitness. Enhancing the quality of officer training requires a balanced development of both physical and personal attributes. In the context of modernizing the military, the demands on engineering officers go beyond professional knowledge and combat capability to include comprehensive development of personality and soft skills. In this regard, physical activities are crucial not only for physical training but also for fostering core personality values such as discipline, teamwork, perseverance, and self-discipline – all of which are particularly important in a military setting. However, in-depth research on the relationship between physical activities and the development of personality and soft skills among cadets at the Military Engineering

Academy (Ngo Quyen University) is still limited. Therefore, the study "*The Impact of Physical Activities on the Development of Personality and Soft Skills of Cadets Military Engineering University*" aims to clarify this relationship based on scientific and practical grounds.

RESEARCH METHOD

The study uses a questionnaire with a Likert scale (5 levels), collecting data from 230 cadets. The data is processed using SPSS, with descriptive statistics and Pearson correlation analysis.

RESEARCH RESULTS

Most cadets participate regularly or occasionally, indicating that physical activity is a constant part of cadets' lives.

Table 1: Rate of cadets participating in physical activities

Participation Level	Number (n)	Percentage (%)
Regularly	105	45.7%
Occasionally	90	39.1%
Rarely/Never	35	15.2%

Impact on personality development

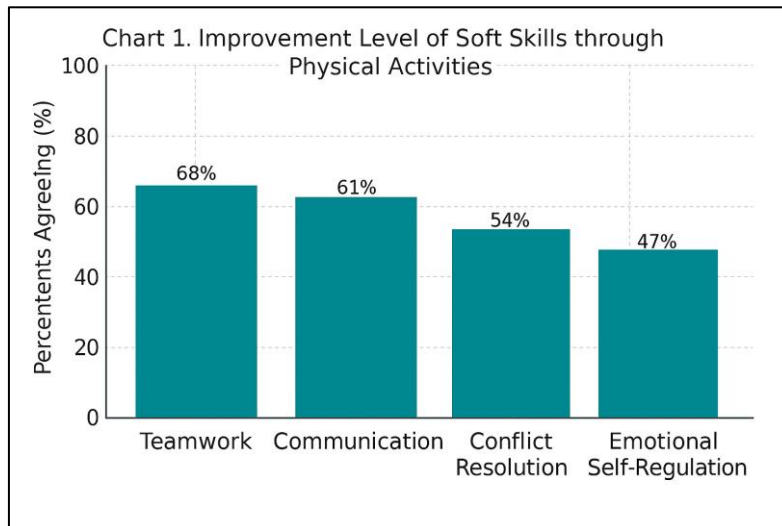
- 85% of cadets believe that physical activity helps them cultivate discipline and the will to overcome difficulties.
- 72% clearly feel the development of self-discipline and responsibility after regularly participating in physical activities.

Impact on soft skills

- 68% of cadets report that physical activity enhances their teamwork and collaboration skills.
- 61% believe they improve their communication and conflict resolution skills through sports competitions and group activities.

Differences by gender and year of study

- Final-year cadets have a higher awareness of the role of physical activity compared to second-year students.
- There is no significant difference between male and female cadets regarding the perceived impact of physical activity on personality.

**Chart 1: Level of improvement in soft skills thanks to physical activities**

Statistical analysis shows that physical activity has a clear positive impact on personality traits such as

responsibility, discipline, and soft skills like communication and teamwork.

Table 2: Pearson correlation analysis between frequency of physical activity participation and personality/soft skill indicators

Variable	r (correlation coefficient)	p-value
Personal discipline	0.621	< 0.001
Sense of responsibility	0.582	< 0.001
Teamwork	0.549	< 0.001
Communication	0.508	< 0.001

There is a positive correlation, statistically significant, between the level of participation in physical activities and expressions of personality/soft skills. The higher the frequency, the more pronounced the positive expressions.

CONCLUSION AND RECOMMENDATIONS

The research clearly demonstrates that physical activity not only serves to improve physical fitness but also contributes to the enhancement of character and soft skills, supporting officer trainees in their comprehensive development within the military environment. Recommendations: a plan is needed

- Develop a physical education program that integrates the goals of character development and soft skills.
- Expand group physical activity models and combat sports competitions.

- Train physical education instructors to incorporate soft skills into their teaching activities.

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