Study on the Current Situation and Countermeasures of Community Sports Development in Xinjian District of Nanchang City

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Abstract. This paper takes 8 communities in Xinjian district of Nanchang city who participate in morning and evening physical exercise as the research object. The research methods mainly include literature, questionnaire, field survey and statistical analysis. The age, gender, location and items of the people who often take part in physical exercise in the community in Xinjian district of Nanchang city were investigated and analyzed. Conclusions: (1) There is a lack of sports equipment and venues for people to exercise in the newly-built communities in Nanchang. People who often participate in exercise mainly choose public welfare venues for exercise, while fewer people choose fee-paying venues for exercise. (2) People who often participate in physical exercise in Xinjian district of Nanchang city mainly take morning exercise and evening exercise in their choice of exercise time. More women than men participate in physical exercise regularly. At the same time, the elderly people mainly participate in physical exercise, followed by children and young people, and the middle-aged people participate in physical exercise least.

Research Object

In this study, 10 communities in Xinjian district of Nanchang city who participated in morning and evening physical exercise were selected as the research objects.

Research Methods

Literature Method

Through the library of Jiangxi vocational and technical college of industry and trade, literature search was conducted on CNKI with "community sports" as the key word. Through careful reading to understand the current situation and existing problems of the development of community sports in China, this paper has laid a solid theoretical foundation.

Questionnaire Survey

I went to 10 large communities in Xinjian district of Nanchang city to conduct a questionnaire survey on the community exercise population. A total of 432 questionnaires were issued, of which 425 were valid, with an effective rate of 98.38%. The contents of sample survey include: the age, gender, location and items of people who participate in community exercise.

Field Investigation Method

I personally visited 10 communities in Xinjian district, Nanchang. In addition, the sports venues, sports facilities, main exercise programs and levels of people participating in community exercise in these 10 communities were recorded and counted.

Statistical Analysis

I sorted out and classified the data recorded in the questionnaires and field visits. SPSS17.0 software was used to collect and analyze the data.
Discussion and Analysis

Status of Community Sports Venues in Xinjian District, Nanchang City

A visit to 10 communities in Xinjian district of Nanchang city shows that there are relatively few physical exercise facilities for people in these 10 communities, mainly some basic fitness equipment, and only 3 communities have basketball courts, badminton courts and so on. These communities have been built in recent years. At the same time, there is no large stadium facilities around Nanchang Xinjian district. Therefore, there is a lack of physical exercise equipment in Xinjian district of Nanchang, which is difficult to meet the needs of different groups of people.

Age Groups of People Who often Participate in Community Physical Exercise in Xinjian District, Nanchang

In this paper, people who participate in physical exercise are divided into four age groups, including children, young people, middle-aged people and elderly people. The specific age is defined as: young people (6-14 years old), young people (15-35 years old), middle-aged people (36-59 years old) and elderly people (over 60 years old). Through the questionnaire survey, it was found that the elderly and children were the main participants in the community sports in Xinjian district of Nanchang. There are fewer young and middle-aged people. Among them, 209 elderly people often participate in physical exercise, accounting for 49.18% of the respondents. 97 children often participate in physical exercise, accounting for 22.82% of the investigated; 75 young people often participate in community physical exercise, accounting for 17.65% of the respondents; Forty-four middle-aged people often participated in community physical exercise, accounting for 10.35% of the respondents.

Through the above data, it was found that in Xinjian district of Nanchang, the elderly are the majority of people who often participate in community physical exercise, while the second and third middle-aged groups of children and teenagers are the least. Analyze the main reasons, community sports exercise site of limiting the population's exercise, general community site is relatively simple, only some of the common sports equipment, especially against the class by children or adolescents and young adults like sports, such as basketball, football, etc., in the community have no ground, so the conditions of constraints reduce some children participate in community physical exercise. Second, the older population of community participation in physical exercise is mainly for retired people, exercise time is relatively abundant, and the elderly to participate in physical exercise field requirements is low, general as long as there is space can meet the needs of the elderly, at the same time, the investigation of elderly who participate in community sports community sports exercise for the purpose of the prolong life and eliminate loneliness. As a result, community physical activity accounts for about half of the elderly population, without limited exercise space and sufficient time to prolong life and eliminate loneliness. Third, the middle-aged people who take the least part in the community physical exercise, mainly because of work and family reasons, the middle-aged people are busy with work, at the same time after work to take care of the family, so the middle-aged people take the least part in the community physical exercise.

Gender of People who often participate in Community Physical Exercise in Xinjian District of Nanchang

Through sorting out the questionnaire, it is found that more women than men in Xinjian district of Nanchang often participate in community physical exercise. The number of women who regularly participated in community physical exercise was 230, accounting for 54.12% of the total. The number of men who regularly participated in community physical exercise was 195, accounting for 45.88% of the total. After further classification, it was found that 143 elderly women often participated in community physical exercise, accounting for 62.17% of the women who often participated in community physical exercise. Fifty-two women of other age groups frequently participated in physical exercise, accounting for 37.83% of the women who regularly participated in community physical exercise. The number of elderly men who often participated in community physical exercise was 66, accounting for 33.85% of the number of men who often participated in
community physical exercise. 129 men of other ages regularly participated in physical exercise, accounting for 66.15% of men who regularly participated in community physical exercise. Analyze the causes. First, elderly women are the majority of the people who participate in physical exercise, especially the popular square dancing project, which is particularly popular with elderly women and not limited by the site, so the development is relatively good. Second, male participation in physical exercise is restricted by the field factors, especially some ball games. As a result, fewer men than women participate in community physical activity.

**Participation of Community Physical Exercise Population in Sports Projects in Xinjian District, Nanchang City**

Through the questionnaire survey, it was found that square dancing was the most frequently participated in physical exercise, with 182 people, accounting for 42.82% of the total number who often participated in physical exercise. Through further analysis of the questionnaire, it was found that all 182 of them were women. The number of people who often participated in walking exercise was 107, accounting for 25.18% of the total number who often participated in physical exercise. Through further analysis of the questionnaire, it was found that the people who often participated in walking exercise were mainly elderly men and middle-aged people. The number of people who participated in jogging regularly was 73, accounting for 17.18% of the total. Through further analysis of the questionnaire, it was found that most of the 73 people were children and teenagers. The number of people who regularly participated in ball games was 51, accounting for 12% of the total. Through further analysis of the questionnaire, it was found that among the 51 people, the majority were male. The number of people who chose to participate in other physical exercise programs was 12, accounting for 2.82% of the total number who often participated in physical exercise. Integrated the above data show that Nanchang new area community sports exercise group to participate in the project are mainly composed of no space requirements of the exercise program, so that Nanchang new area community sports equipment and provide the necessary training site is less, the consistent with my observation of the current situation of community sports, side reflects a lack of Nanchang city new district community sports venues equipment.

**The Selection of Physical Exercise Places by People Who often Participate in Community Physical Exercise in Xinjian District of Nanchang**

According to the questionnaire survey, 342 people who often participate in community physical exercise in Xinjian district of Nanchang choose free public welfare sports places for exercise, accounting for 80.47% of the total survey population. Among them, 135 people chose the open space in the community for exercise, accounting for 41.52% of those who chose the free public welfare sports venues for exercise. 88 people chose parks or squares near their communities for exercise, accounting for 25.73% of those who chose free public welfare sports venues for exercise. Eighty-four people chose roads and streets around their communities for exercise, accounting for 24.56% of those who chose free public welfare sports venues for exercise. Twenty-eight people chose to exercise in the nearby units of their communities, accounting for 8.19% of those who chose to exercise in free and public welfare sports places. 0 people choose the public welfare stadium near the community for exercise.

According to the questionnaire survey, 83 people who often participate in community physical exercise in Xinjian district of Nanchang choose fee-paying sports venues for exercise, accounting for 19.53% of the total number of respondents. The fee-based venues selected are mainly fitness clubs and fitness clubs around the community.

To sum up, the people who often participate in physical exercise in Xinjian district of Nanchang mainly choose public welfare sports venues. From the side also reflects the lack of space and equipment for the community residents in the newly built area of Nanchang city to exercise, unable to meet the needs of the community residents for physical exercise. At the same time, there are relatively few fitness clubs around the community with high fees, which limits the enthusiasm of some people to participate in physical exercise.
Exercise Time of People who often Participate in Community Physical Exercise in Xinjian District of Nanchang

Through sorting out the questionnaire, it was found that 174 people chose to take physical exercise in the morning, accounting for 40.94% of the total number of people taking exercise in the survey. The number of people who chose to take physical exercise in the afternoon was 56, accounting for 13.18% of the total number of people who took exercise in the survey. The number of people who chose to exercise mainly in the evening was 195, accounting for 45.88% of the total number of people who exercised in the survey. Therefore, people who often participate in community physical exercise in Xinjian district of Nanchang city mainly take morning exercise and evening exercise. This is mainly because the free time that community residents can use for physical exercise is basically concentrated in the morning and evening. Especially because the work crowd is busy. Exercise only in the morning and evening.

Conclusions and Recommendations

Conclusions

(1) Lack of sports equipment and venues for exercise in Xinjian district community of Nanchang. People who often participate in exercise mainly choose public welfare venues for exercise, while fewer people choose fee-paying venues for exercise.

(2) People who often participate in physical exercise in Xinjian district of Nanchang city mainly take morning exercise and evening exercise in their choice of exercise time. More women than men participate in physical exercise regularly. At the same time, the elderly people mainly participate in physical exercise, followed by children and young people, and the middle-aged people participate in physical exercise least.

Recommendations

(1) The newly built district government of Nanchang city shall increase the construction of public welfare sports venues around the community, and coordinate and open the sports facilities of primary and secondary schools around the community to meet the needs of the majority of the population.

(2) The newly-built district of Nanchang supports and encourages social forces to participate in sports investment through tax reduction and exemption, so as to alleviate the demand of some people for physical exercise.

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