Investigation and Analysis on the Current Situation of College Students' Sports Lifestyle in Jiangxi Province

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Abstract. This article uses the literature material method, interview method, questionnaire survey method, mathematical statistics and other research methods, on six ordinary institutions of higher learning in the Nanchang city in Jiangxi province, Jiangxi normal University, Nanchang University, Jiangxi normal University of science and technology, east China Jiaotong University, Nanchang institute of technology, Nanchang institute of technology, 300 college students of sports lifestyle in the investigation and analysis, from college students' interest in sports, sports consumption, sports, health consciousness, such as Angle analysis, and aimed at college students' sports life style these existing problems, and puts forward related suggestions.

Introduction

Education has always been the foundation of a country. The importance of a country, the prosperity of a country and the revitalization of a nation depend on talents. The cultivation of talents also lies in education. Therefore, colleges and universities all over the country train a large number of talents with all-round development of morality, intelligence, physique and beauty for the country. College education is an important part of higher education. While receiving higher education, we should also pay attention to our physical health and good sports lifestyle. At the same time, in order to promote the development of physical education and health education in colleges and universities in Nanchang, it has become the problem and work of higher education to study the sports life style of college students.

Research Object

In this study, six universities in Nanchang, Jiangxi province (Jiangxi normal University, Nanchang University, Jiangxi normal University of science and technology, east China Jiaotong University, Nanchang science and technology, Nanchang institute of technology) were selected as the research objects.

Research Methods

Literature Method

According to the needs of this study, through the search of the key word "college students' sports life style" on CNKI, 22 related literatures about college students' sports life style in the recent 10 years were reviewed, and through careful reading, the college students' sports life style was deeply discussed and studied. It has laid a solid theoretical foundation for the writing of this paper.

Interview Method

Through interviews with college students from 6 schools in Nanchang city, Jiangxi province, this paper learned about the current college students' sports lifestyle and their concept of sports, and provided reliable data for the follow-up study on sports lifestyle.
Questionnaire Survey

According to the needs of the study, I conducted a questionnaire survey on college students in six universities in Nanchang by means of random sampling, mainly distributing questionnaires to college students in grade 1, 2, 3 and 4. There were 280 valid questionnaires, with an effective rate of 93.3%. (The ratio of male to female distribution is 50-50.)

Mathematical Statistics

After sorting out the collected questionnaires, SPSS17.0 software was used for statistical sorting, statistical analysis and analysis to obtain the required research data.

Results and Analysis

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Attitude of College Students to Sports Activities in Jiangxi Province. The attitudes of college students in Jiangxi province to sports are as follows: very like, like, general, dislike and dislike. As can be seen from the survey results, 21.4% of male students chose "like," 46.4% chose "like," 28.6% chose "average," 2.1% chose "dislike" and 1.5% chose "dislike." The female students chose "very like" attitude, "like" attitude, "47.1%," dislike "attitude," 7.2%., and 2.8%. On the whole, men and women have different attitudes towards sports. More men like sports than women. Therefore, it is necessary to strengthen physical education for female students in colleges and universities.

Investigation on Sports Motivation of College Students in Jiangxi Province. Sports motivation is people's objective demand for sports reflection. In its own conscious or unconscious, but the tendency of action is possible and is a good incentive and pushing people achieve the intrinsic motivation of the purpose of action, which demand motive is in large part by the person's subjective consciousness, the sports motivation is to promote a personal activity to participate in the power, this also is a person's subjective reason, lead the people to exercise.

Through the questionnaire survey found that 20.7% of college students choose to "rich life" for the sports participation motivation, 17.9% of college students choose to "sports entertainment," 16.4% college students choose to "enhanced physique," 16.2% college students choose to "engage," 8% students choose "requirements" exam, 7.2% students choose "fit" form, choice of 5.5% of college students "skills," choice of 4.4% of college students personality development. Through the above analysis of college students' choice of sports motivation, it is understood that college students have a deeper understanding of sports. Sports is not only a course, not only used in class, but also reflected everywhere in life. Therefore, the motivation of college students to participate in sports is mainly applied in life.

Survey on Sports Consumption of College Students in Jiangxi Province. An external manifestation of sports lifestyle is sports consumption. According to the questionnaire survey, 43.2% of college students in Jiangxi province spent more than 100 yuan on sports, 37.9% spent between 50 and 100 yuan, and 18.9% spent less than 50 yuan. The analysis can be concluded that college students have a low level of consumption of sports, and girls who still have a relatively low level of consumption of sports have greater restrictions than boys on the abundance of sports. With the improvement of contemporary living standards, college students should improve their awareness of sports and sports consumption in order to adapt to healthy values and modern sports lifestyle.

Investigation on Sports Participation of College Students in Jiangxi Province. As can be seen from the questionnaire survey, college students' choices of sports activities are mostly interesting and entertaining, and the difference in gender leads to different results of college students' choices. Those with strong competitiveness and large load tend to be male students, which can demonstrate speed and power. Such as basketball, football, etc. The movement is lightsome, has the rhythm sex, the movement intensity is not big, then leans toward the lady, like: the aerobics, the table tennis and so on. From the perspective of college students' preference for sports, the sports selected by male and female students are easy to be carried out in universities and popularized in universities.
Analysis of Related Factors Influencing College Students' Sports Lifestyle in Jiangxi Province

Many factors influencing the sports lifestyle, from the areas now hit by sports lifestyle factors include: education, entertainment, health, fashion, sports consumption, leisure sports, family sports, said the surface movement lifestyle covers a very wide, exhibition functional integration of sports and the diversity of life style, and sports life style also have individual character, it has to do with people's sports values, sports interest, sports habits, sports environment, sports education guidance, and other relevant factors affect each other. Among the many influencing factors, the subjective and objective factors that affect sports lifestyle are mainly analyzed.

Analysis of Subjective Factors Influencing College Students' Sports Lifestyle in Jiangxi Province. Sports values is a collection of multi-level concept, college students have their own consumer consciousness, their own sports values, for the sports lifestyle is a positive effect, improve the level of material life, their leisure time increase, strengthening propaganda of sports, make sports into the line of sight of people, combining their leisure time with fitness concepts, awareness of sports consumption will increase, make sports consumption part of daily life, with a certain sports consciousness, naturally a part of life of the sports life style.

Through the questionnaire survey found that the factors influencing the Jiangxi province University sports lifestyle reasons is more, most of the college students because no time which neglected the physical training, attaches great importance to the intellectual and professional knowledge of learning, only health is often not taken seriously by the university students, these factors reflect the basic problems of college students in physical life, and no obvious difference between men and women. The influencing factors were: lack of space, lack of time, lack of interest, lack of guidance, others, lack of technology, and financial difficulties. Among the above factors, lack of time and inadequate facilities are the most prominent. Nowadays, due to the relaxation of the conditions of higher education, more and more college students are studying, while the lack of sports venues increases, resulting in the situation that there are no available venues for some favorite sports programs of college students. Such as: tennis, badminton and other events, the tension of the venue is more prominent.

Analysis of Objective Factors Influencing College Students' Sports Lifestyle in Jiangxi Province. Another relevant factor in the sports lifestyle category is the physical activity condition. In real life, individual sports activities are realized under the restriction of external objective conditions. When people have their own sports consciousness, in active sports activities, they will have their own sports tendency, are interested in all sports, will consciously want to use good sports equipment, equipment, venues. These external conditions, will let the people who are interested in sports, in sports activities more Nanchang dripping. As can be seen from the questionnaire survey, the places where students participate in physical exercise are mainly concentrated in the playground and public sports facilities, while the small proportion of school sports facilities, such as sports venues, and health clubs is due to the fact that the school's annual investment in large sports funds cannot meet the increasing demand of teaching subjects. At the same time, some of the school venues have not been utilized, often waste sports facilities resources, no one to use. The main reason is that the service and management of stadiums and gymnasiuums are too backward. In colleges and universities, stadiums and gymnasiuums are generally managed by logistics personnel or temporary workers of physical education teaching units. As there is no specialized knowledge about the management of stadiums and gymnasiuums, this kind of lag is caused. Many colleges and universities have no uniform regulations on the opening hours, service contents and management methods of venues, and the chaotic state exists in the management of colleges and universities. This situation also leads to the unscientific management and operation mode of school sports venues, and sports consumption in the society is difficult to attract, resulting in the phenomenon of stadium idling and waste. Physical exercise environment has a significant impact on people's sports activities, in clean, comfortable and spacious sports venues can be more pleasant. At the same time, surrounding students, friends and family are interested in sports activities, can actively improve the quality of sports lifestyle.
Conclusion and Suggestion

Conclusion

(1) The motivation of college students in Jiangxi province to choose sports lifestyle is relatively reasonable, but their awareness of sports participation is not enough. The overall sports atmosphere in colleges and universities in Jiangxi province is not enough, and the sports lifestyle is not at a high level.

(2) The selection of sports items for college students is gradually diversified, but most of the sports items are only carried out in school, and college students in Jiangxi province still lack the awareness of independent physical exercise.

(3) Due to the expansion of college enrollment, the number of college students has increased, but the construction of school sports facilities has not kept up, leading to the embarrassing situation that students want to exercise but have no space, which seriously affects the enthusiasm of college students for physical exercise.

(4) There are significant differences between men and women in the choice of sports, and the selection of sports activities between men and women is unbalanced. The main activities of male students are selection rate, competitive and antagonistic ball games, while female students prefer female students' light movements, rhythmic nature, and low-intensity fitness.

(5) The healthy development of sports has a high impact on the sports lifestyle. Without a healthy body, how to carry out sports, college students should still actively participate in sports for a healthy sports lifestyle.

Suggestion

(1) Leaders of colleges and universities in Jiangxi province should attach importance to physical education infrastructure in colleges and universities, so as to protect the exercise environment and provide facilities for students' physical exercise. In the form of expanding the enrollment of college students and increasing the facilities, the leaders of colleges and universities should allocate sports venues, facilities and equipment in strict accordance with the standards stipulated by the administrative department of education under the state council, so as to ensure the normal development of college students' sports activities.

(2) Colleges and universities should correctly guide college students to establish a correct and healthy concept of sports consumption, so that college students can consciously participate in sports activities, sports consumption.

(3) Colleges and universities should strengthen the publicity of sports, strengthen the sports values of college students, form a correct sports awareness, pay attention to the interest and enthusiasm of students to participate in sports, consciously enhance physical exercise, and strive to actively develop a good sports lifestyle.

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