

Influencing factors of Chinese female college students sports participation: a case study

TANG YAO^{1*}

¹ Faculty of Psychology and Education, Universiti Malaysia Sabah, MALAYSIA

¹ Guiyang Institute of Humanities and Technology, CHINA

*Corresponding author: tangyaogege@126.com

Abstract: The physical quality of adolescents is related to the future of the country and the nation. A healthy body cannot be separated from long-term physical exercise. Chinese government has begun to pay attention to the phenomenon of poor physical fitness and lack of physical exercise among young people, then has begun to strengthen the construction of school sports. However, The sports participation rate of Chinese college students is still not high, especially the sports participation rate of girls is much lower than that of boys. This study hopes to understand the factors that affect Chinese female college students sports participation. For this reason, the researchers conducted this study by observing and interviewing female college students who avoided exercise. The results showed that the sports participation behavior of female college students is not only based on their willingness to participate in sports, but also The school's sports environment plays a positive role in promoting female college students sports participation.

Keywords: *sports participation; campus sports; college students exercise; female college students*

I.INTRODUCTION

1.1 Background

In recent years, the Chinese government has become more and more aware of the fact that teenagers have poor physical fitness and lack of physical exercise, and The Chinese government has issued a series of documents to encourage youth to participate in physical exercise. These documents all point out that schools should strengthen the guidance of students to participate in physical exercise, and ensure that students have no less than one hour of physical activity every day by creating a fitness atmosphere(The Central Committee of the Communist Party of China & the State Council,2014). Schools must strictly enforce the requirements for the establishment of physical education courses, gradually increase the class hours of physical education courses and enrich the content of physical education courses, and will further improve the school physical education system(The General Office of the CPC Central Committee and the State Council,2020). Chinese Ministry of Education requires first- and second-year college students to offer no less than 90 minutes of physical education a week. Physical education electives are offered for other grades and graduate students.

The university should arrange more than 3 extracurricular sports activities per week to ensure that students have 1 hour of sports activities every day (Ministry of Education, 2017). In order to strengthen the physical quality of college students and encourage them to better participate in physical exercise, the physical fitness level of students is even considered as a condition for students to graduate from college (Ministry of Education, 2014).

1.2 Statement of the Problem

The physical quality of Chinese college students is declining year by year. Almost every year, there are reports of college students fainting or even dying suddenly in sports. College physical education teachers were even afraid to ask students participate in sports such as middle-distance running in physical education classes. The results of the 2014 National Physical Fitness Monitoring Bulletin showed that the physical fitness of Chinese college students Continuing to show a downward trend (Zhang Yang & He Ling, 2016), the "Development History of Physical Fitness Monitoring of Chinese Students" released in 2017 also shows that the physical fitness of Chinese college students is still showing a downward trend, and the obesity rate continues to rise, increasing by 2% to 3% every 5 years. By 2020, the number of people with myopia in China will reach about 50%. The health status of Chinese teenagers is not optimistic. School physical education is still a weak link in Chinese school education, and students' physical health is still an obvious shortcoming of students' quality (Guangming Daily, 2017). Most of Chinese college students are reluctant to take part in physical exercise. Except for the compulsory exercise in physical education class at the request of teachers, other students who do physical exercise independently in their spare time account for a small number of students in school. This is obviously not a normal phenomenon. One hand, the state has introduced a series of policies to urge students to participate in physical exercise, the other hand, many students are reluctant to actively participate in sports. This study aimed to understand which factors influence female college students' participation in sports.

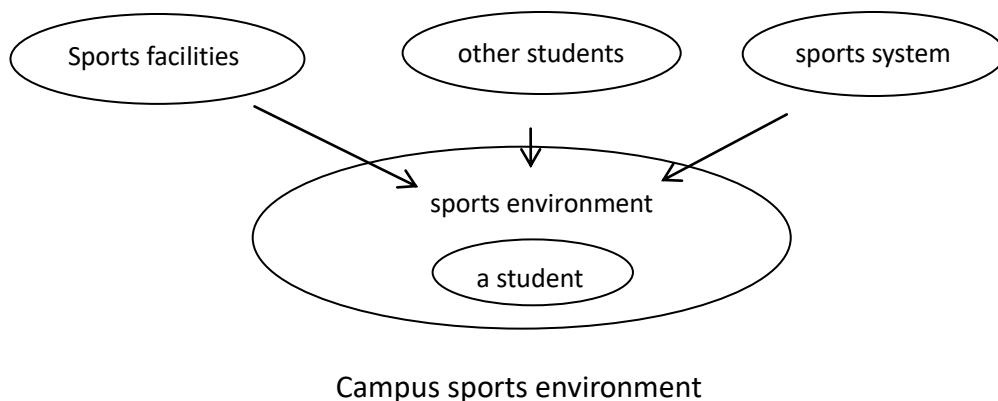
1.3 Significance

Sports can prevent diseases, promote physical and mental health, make people better integrate into society, improve interpersonal relationships, and improve learning and work efficiency. College students' sports participation directly affects their physical and mental health, however, female college students' sports participation has received limited attention in the research literature. There are physical and psychological differences between male and female students, and there are certain differences in physical exercise behavior and sports participation methods. When studying the sports participation of college students, it is necessary to separate male and female students. Internationally, the sports participation rate of female college students in many countries is low, and the activity level is lower than that of male college students at the same level (FAGARAS S P et al., 2015). This phenomenon is also very prominent in China, where most

female college students do not regularly participate in sports. Therefore, it is necessary to understand the real reasons why Chinese female college students are reluctant to participate in physical exercise. In this research, I intend to understand the real factors that influence their participation in sports, and if the school can improve these factors, it can promote their sports participation.

II.METHODS

According to the field theory(Kurt Lewin,1936) , we know that all human behaviors are affected by the surrounding environment. In short, the individual is always affected by the interaction between the surrounding overall environment and the individual. These effects are positive and negative. Environmental factors include all social and natural conditions and human-to-human interaction. College students are in the campus environment, they interact with the surrounding environment at any time, and all the factors around them may affect their sports participation behavior. This study explores the influencing factors of female college students sports behavior through observation and interview methods. The purpose is to try to analyze what factors will affect the sports participation of Chinese female college students through the analysis of cases. Due to the impact of the covid19 epidemic, In order to carry out my research, I chose the university where I am a teacher as the research object, which is a university located in the western province of China.



2.1 Observation

The observation is the first method used in this study. First of all, through my physical education classroom observation, if I find a student who is walking away alone when other classmates are participating in sports, I will talk to her. If it wasn't for physical reasons, I would have spoken to her further.

2.2 Interview

When I'm sure the student I've observed is not physically unwell, I'll talk to her further to find out why, and if I find out that she's willing to share her reason, I'll try to tell her what factors I'm researching affect

female college students participating Sports, I'll tell her in detail, in this study she just had to answer my questions about what factors influenced her participation in sports. In the end, I gained the trust of several students.

III.RESULTS

3.1 Other students will affect the sports participation of female college students

All human behavior is affected by the surrounding environment(Kurt Lewin,1936). College students and their classmates live together in the same campus environment. At the same time, they interact and influence each other, and they are each other's environmental factors. In summer, the roommate wears a beautiful dress; the roommate keeps running every day; the friend went to the gym again today; the good friend said she lost weight again, etc. Any small detail will become a factor that promotes college students to participate in physical exercise.

Participant A mentioned: Summer is here, Summer is here, my roommate is wearing a nice dress, and she has a great figure, and I want to have a good figure like her, so I start going to the playground every night to run.

For female college students, there are more factors that affect their sports participation. Emotions, physiology, weather, sports atmosphere and even partners who lack physical exercise will become the main factors affecting their sports participation.

Participant B stated: Sometimes, I want to exercise, but I don't have a partner to go with me, so I have to give up.

3.2 Sports facilities affect students' interest in exercise

Various sports facilities on the university campus, including gymnasiums, sports equipment, sports sculptures, etc., These make up the sports environment of the school, which is also the material condition for college students to participate in exercise. The degree of satisfaction of college students with the physical equipment of school shows a high positive correlation with their sports participation behavior.

Participant C stated: The school has built a newly gymnasium, which has a badminton court. A few days ago, I went there to play with a few classmates. Playing badminton in the gym is much better than playing badminton outside. There is no wind in the gym. not bad.

Chinese university campuses hold various sports competitions on a regular or irregular basis. Through sports competitions, the campus sports atmosphere can be better created, especially the competitions of collective sports such as basketball and football, which generally attract many students to watch. College students can arouse their enthusiasm for participation while enjoying the exciting sports games.

Participant D stated: Recently, Our university held a basketball game. Once I passed by the court and was attracted to watch it for a while. The game was very exciting. I think playing basketball is a very cool. Therefore, I started to ask friends to be free time to play basketball in the afternoon.

3.3 The school's sports system affects students sports participation behavior

The school's physical education system is a mandatory and effective means to promote students' physical exercise. Although some students do not participate in exercise voluntarily, they can at least achieve better results. These systems include: physical education classes once or twice a week; Physical tasks that the school requires students to complete. In order to get the necessary credits to graduate successfully, college students will at least complete the physical exercise tasks required by the school requirements.

Participant E stated: Our university stipulates that we must complete 150 km of running each semester and upload it to the student system in order to obtain the required credits, so I have to take my mobile phone to run in the afternoon and upload my running data.

Participant F mentioned: In fact,I reluctantly to participate in sports, but we have a physical education class once a week. In order to get credits and successfully obtain a diploma, I have to study and practice some sports skills learned in the class in order to pass smoothly Exams, get credits.

IV.DISCUSSION

The physical quality of adolescents is related to the future of the country and the nation, and is a key factor for the continuation and development of a country (Sun Shuangming, Liu Bo, Sun Yan, Chen Po, Guo Zhen,2019). The healthy physique of college students is inseparable from long-term persistent exercise. Adolescent individuals enter a very important turning point in the process of socialization, and college students' participation in campus sports is particularly important. However, the current physical condition and sports participation of Chinese college students are worrying (Duan Tingshang,2019). The proportion of myopia among Chinese college students exceeds 90% (Wang Yingwu & Tong Shimin,2022). The proportion of males and females participating in sports among Chinese college students is far greater than that of males (Mo Yuxing,2019). Physical exercise of college students is closely related to their physical health. Xie Gang and Fang Yueping (2019) status of Chinese college students has obvious grade differences, and the physical

status of second-year college students is the best. Relatedly, for juniors and seniors, the school is no longer mandatory for students to participate in morning exercises, and physical education is no longer a compulsory credit course. The motivation of sports participation is to guide people who are the main body of sports to engage in physical activities, and to maintain the subjective reasons and psychological states of this physical activity (Zhang Yuanyuan,2014). The motivation of Chinese college students to participate in physical exercise shows a big difference between boys and girls. Sex, the main purpose of most boys participating in physical exercise is to exercise the body and the will, while more than half of the girls participate in physical exercise mainly to build a perfect body and relieve bad emotions (Wang Hao & Yang Keying,2021) . At the same time, boys and girls have different preferences for sports. The sports that male college students prefer are mainly competitive, intense and vigorous sports, basketball, football and other sports. Popular with male college students. Female college students prefer sports with less physical confrontation and lower exercise intensity, such as badminton, table tennis, running, etc., which are related to the personality characteristics and physical fitness of male and female students (Xia Kangning,2019).

College students live in college campuses. According to Kurt Lewin's theory, the surrounding environment will have an impact on their sports behavior. Various sports facilities on the university campus, including gymnasiums, sports equipment, sports sculptures, etc., together form the physical physical environment of the school, which is also the material condition for college students to participate in physical exercise. The satisfaction degree of college students with the physical equipment of school sports shows a high positive correlation with their sports participation behavior. Sports clubs also play a role in the process of college students' sports participation. Students who have participated in school sports clubs have significantly increased the frequency of physical activities. Students who have participated in sports clubs generally exercise more frequently than those who have not participated in sports clubs. Clubs have a significant effect on the physical health of students. (Qiu Jingyue & Ye Xinming,2021). Zhang Biyao and Wang Yang (2019) proposed that the sports behavior of college students' parents will also have an impact on college students' sports participation. College students' sports participation and parents' sports behavior are consistent; the length and frequency of parents' sports participation directly affect college students' sports participation. The duration and frequency of parents sports programs showed a significant positive correlation with the choice of college students' sports programs. Ye Yingying et al. (2019) took the students of the college physical education basketball teaching class as the research object. Through the research data of the experimental group and the control group, they found that the teaching evaluation mode of basketball class had an impact on the physical exercise behavior of students. Under the teaching evaluation-driven mode It is more conducive to students' basketball learning. On the basis of mastering sports skills, students can consciously devote themselves to daily sports activities, develop good basketball exercise habits, face difficulties and setbacks, and be able to exercise through basketball. Improve social skills. For female college students' sports participation, there are more influencing factors. Emotions, physiology, weather,

sports atmosphere, and even partners who lack physical exercise will become the main factors affecting their sports participation behavior (Wang Hao & Yang Kying,2021).

V.CONCLUSION

For some students, physical exercise is just their habitual behavior; however, for other students, physical exercise behavior may be the result of many factors. Many factors on the university campus may inadvertently lead to the formation of college students participation in physical exercise: the newly built sports facilities in the school, the sports competitions held on campus, friends who like sports, the sports credits required by the school, and so on. It can play a positive role in promoting the physical exercise of college students. If the university wants more students to go out of the dormitory and into the sports field, it may improve from these aspects, formulate a more reasonable school sports system, build more perfect sports facilities, and play the active role of sports clubs to organize more exciting sports competitions. Create a better school sports environment to attract more students to love sports and participate in physical exercise.

REFERENCES

- [1] The Central Committee of the Communist Party of China & the State Council(2014) .Several Opinions on Accelerating the Development of the Sports Industry and Promoting Sports Consumption, http://www.gov.cn/xinwen/2014-10/20/content_2767791.htm.
- [2] The General Office of the CPC Central Committee and the State Council(2020)."Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era" ,http://www.xinhuanet.com/mrdx/2020-10/16/c_139445097.htm.
- [3] Ministry of Education(2017) ."School Sports Work Regulations" Revised, http://www.gov.cn/gongbao/content/2017/content_5219126.htm.
- [4] Ministry of Education(2014). "Basic Standards for Physical Education in Colleges and Universities" Jiaotiyi [2014] No. 4, <https://www.chu.edu.cn/tyx/2019/0927/c1150a90672/page.htm>.
- [5] Zhang Yang & He Ling(2016). Dynamic Analysis of the Physical Health Status of Chinese Adolescents——Based on Four National Physical Health Monitoring Data in 2014. China Youth Research, (06): 5-12.
- [6] Guangming Daily(2017). Healthy life, what youth should look like, Guangming Daily, https://news.gmw.cn/2017-09/18/content_26207843.htm.
- [7] FAGARAS S P, RADU L E, VANVU G(2015).The level of physical activi- ty of university students,Procedia Social and Behavioral Sci- ences, (197): 1454 - 1457.
- [8] Kurt Lewin(1936).Translated by Zhu Peiliang.Principles of topological psychology,Zhejiang Education Press, 1997.
- [9] Sun Shuangming, Liu Bo, Sun Yan, Chen Po, Guo Zhen(2019). An empirical study on the relationship between youth sports participation and social adaptation. Journal of Beijing Sport University, 42(02): 76-85.
- [10] Duan Tingshang(2019). Investigation on the Status Quo of College Students' Sports Participation: Taking some

- college students in Henan as an example. *Sports Science and Technology Literature Bulletin*, 27(10): 163-164.
- [11] Wang Yingwu & Tong Shimin(2022). Research on the correlation between sports participation and visual health of college students. *Youth Sports*, (02): 48-49+43.
- [12] Mo Yuxing(2019). Changes in the sports lifestyle of college students in the new era. *Sports Science and Technology Literature Bulletin*, 27(3): 53-55.
- [13] Xie Gang & Fang Yueping(2019). Research on Physical Health and Physical Exercise of College Students. *Journal of Huaihai Institute of Technology (Humanities and Social Sciences Edition)*, 17(10): 122-125.
- [14] Zhang Yuanyuan(2014). Investigation and Analysis of College Students' Participation in Extracurricular Sports Activities. *Neijiang Science and Technology*, (6): 114-115.
- [15] Wang Hao & Yang Keying(2021). Exploration on the current situation and influencing factors of female college students' participation in extracurricular physical exercise. *Journal of Huizhou University*, 41(3): 83-89.
- [16] Xia Kangning(2019). Research on the motivation of ordinary college students' sports participation in Guangxi Normal University. *Contemporary Sports Science and Technology*, 9(23): 158-159.
- [17] Qiu Jingyue & Ye Xinming(2021). The impact of sports club participation on college students' physical health: Taking Huidong University of Technology as an example. *Sports Science and Technology Literature Bulletin*, 29(5): 139-142.
- [18] Zhang Biyao & Wang Yang(2019). Research on the Influence of Parents' Sports Behavior on College Students' Sports Participation, *Journal of Shangrao Normal University*, 39(3): 116-120.
- [19] Ye Yingying, Zou Shuchun, Li Shujia(2019). Research on the impact of basketball teaching on college students' sports participation under the evaluation-driven theory model. *Sports World (Academic Edition)*, 3: 53.
- [20] Wang Hao & Yang Keying(2021). Exploration on the current situation and influencing factors of female college students' participation in extracurricular physical exercise. *Journal of Huizhou University*, 41(3): 83-89.