

Survey on the Current Situation of Residents' Participation in Physical Exercise in Middle-sized and Small Cities

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Abstract

The Middle-sized and small cities are the cities where the number of residents accounts for a relatively high proportion in China, the pace of life is relatively slow, sports needs are diversified and easily met, the support points that are usually met are time and ideas, therefore, this paper takes the residents of Middle-sized and small cities as research objects, uses literature data method, questionnaire method, interview survey method, mathematical statistics method for study, understands the current situation of community residents of s Middle-sized and small cities for investigation and study. In this way, targeted advices are provided to better meet the sports needs of residents.

Keywords

Middle-sized and Small Cities; Resident; Physical Exercise.

1. Introduction

Sports are closely related to people's physical health, entertainment, and social harmony; therefore, sports involve thousands of households. The economic level of our country is growing rapidly, the public has more leisure time to do physical exercises relative to the past, they gradually turned their attention to their own health from the concern on material in the past, and they are more concerned about the correct exercise methods. As residents' demand for sports continues to increase, the various supporting facilities and management of city are also urgent need for the government to perfect and improve, from entering our country to the rise, sports have change from a simple definition to the scholars' deep exploration of its definition. Sports is a free or low-cost sports service which provided for the public in the jurisdiction of the community, it is to achieve the purpose of physical exercise, enrich the daily life of residents, and have high-quality quality of life, moreover, it also has the importance of promoting emotional exchanges among residents and promoting the harmonious development of the community.

2. Survey Results of Residents' Physical Exercise Needs in Middle-sized and Small Cities

34.3% of respondents choose "desperately need" for the physical exercise need level, 30.8% of respondents choose "relatively need", 29.9% of respondents choose "general", 4.6% of respondents choose "no need", and 0.4% of respondents choose "no need at all", in total, urban community residents have a higher need for participating in physical exercise, the total proportion is 95.0%, this is due to the impact of rapid economic growth and the country's emphasis on sports (as shown in Table.1).

Table 1. Residents' need condition for physical exercise (%)

	desperately need	relatively need	general	no need	no need at all	total
need	34.3	30.8	29.9	4.6	0.4	100

2.1. The Impact of Gender on Residents' Need Level for Physical Exercise

The gender has no significant difference for the need level of residents' participation in physical exercise ($X^2=8.086, P=0.088>0.05$). 37.3% of men choose "desperately need", which is slightly higher than 32.0% of women who choose "desperately need", the proportion of men who choose "no need" and "not need at all" is 7.0%, it is higher than the proportion of women who choose "no need" and "no need at all", the proportion is 3.3%, then the proportion of men who choose "no need" is higher than that of women (as shown in Table.2).

Table 2. Differences in the need level for physical exercise of residents with different genders (%)

		need level					X2 P	deduction
		desperately need	relatively need	general	no need	no need at all		
gender	male	37.3	30.2	25.5	6.1	0.9	X2=8.086 P=0.088>0.05	insignificant difference
	female	32.0	31.2	33.5	3.3	0.0		

2.2. The Impact of Age on the Residents' Need Level for Physical Exercise

Residents with different ages have significant differences in the level choice of participation in physical exercise ($X^2=93.876, P=0.000<0.05$). The ratios of residents aged 56-65 and over 65 who choose "desperately need" are 63.6% and 44.4%, respectively, the sum of ratios who choose "desperately need" and "relatively need" are 100%, we understand from field interviews that with the increase of age, residents have more free time, their scope of daily activities is basically in and around the community, and their needs for physical exercise rise. The highest ratio of people who choose "no need" are those under the age of 18, most of these people are high school students, with heavy learning tasks, spent a lot of time on preparing for the college entrance examination, most of the time spent in school, therefore, high school students have low need for sports. The ratio of residents over 46 who choose "no need" and "no need at all" is 0.0%, it suggests that residents' need for physical exercise is gradually increasing as their age increases. The residents aged 19-25 who choose "general" are the most, since residents of this age group are in the best health conditions, most of them maintain neutral choice (as shown in Table.3).

Table 3. Differences in the need level for physical exercise in residents with different ages (%)

		need level					X2,P	deduction
		desperately need	relatively need	general	no need	no need at all		
age	18	0.0	46.7	20.0	33.3	0.0	X2=93.876 P=0.000	significant difference
	19-25	24.4	22.8	48.8	2.4	1.6		
	26-35	39.6	29.1	26.4	4.9	0.0		
	36-45	34.3	32.8	25.4	7.5	0.0		
	46-55	36.8	35.1	28.1	0.0	0.0		
	56-65	63.6	36.4	0.0	0.0	0.0		
	over 65	44.4	55.6	0.0	0.0	0.0		

2.3. The Impact of Different Education Levels on Residents' Need Level for Physical Exercise

Residents with different education levels have no significant differences in the need level of physical exercise ($X^2=30.61$, $P=0.061>0.05$), the proportion of residents with postgraduate qualification who choose "desperately need" is 100%, followed by the ratio from high to low, university is 36.7%, junior high school is 30.6%, elementary school is 29.7% for, special secondary school is 29.3% (including high school), and illiterate is 18.8%, it can be seen that the education level above university has the highest demand for physical exercise. Residents with elementary education level choose "no need" account for 29.7%, with the highest proportion, according to Table.4, it is not difficult to see that the education level will affect the choice of residents' need choice for physical exercise. Since the country pays more attention to mass sports, the sports facilities around the place to live are gradually improved, according to the field survey, the communities where the people live have basic sports and fitness facilities, and some communities even have basketball courts, table tennis tables, etc., with the all-around construction of sports public services, residents with lower education levels have been infected and realized the importance of physical exercise, therefore, there is no significant difference in the need level for participating in physical exercise in residents with different education levels (as shown in Table 4).

Table 4. Differences in the need level for participating in physical exercise in residents with different education levels (%)

		need level					X2,P	deduction
		desperately need	relatively need	general	no need	no need at all		
education level	postgraduate	100.0	0.0	0.0	0.0	0.0	X2=30.612 P=0.061	insignificant difference
	university	36.7	29.0	29.5	3.8	1.0		
	special secondary school	29.3	32.8	35.3	2.6	0.0		
	junior high school	30.6	32.7	30.6	6.1	0.0		
	elementary school	29.7	13.5	21.6	29.7	5.5		
	illiteracy	18.8	62.5	18.7	0.0	0.0		

2.4. The Impact of Different Household Monthly Income on Residents' Need Level for Physical Exercise

Residents with different household monthly incomes have significant differences in their choice of physical exercise need level ($X^2=80.25$, $P=0.000<0.05$), residents with monthly household income of less than 1000 yuan choose "desperately need" account for the lowest ratio, which is 14.6%; residents with income of more than 10,000 yuan who choose "desperately need" account for the highest ratio, which is 50.0%. Choosing "no need" and "no need at all" is defined as "no need physical exercise", the sum of the ratio of choosing "no need physical exercise" under 1000 yuan is 23.2%, and the sum of the ratio of 1000-2000 yuan is 18.1%, the sum of the ratio of 2001-3000 yuan is 10.7%, it shows that residents with monthly household income of less than 3,000 yuan have low need for physical exercise, with the increase of economic income, residents' need for physical exercise is increasing. The "desperately need", "relatively needed", and "general" are defined as "need physical exercise", 76.8% of people who choose "need

physical exercise” is under 1000 yuan, 81.9% of people who choose “need physical exercise” is between 1000 yuan and 2000 yuan, 89.3% of people who choose “need physical exercise” is under 2001-3000, 95.9% of people who choose “need physical exercise” is between 3001 yuan and 5000 yuan, 100% of people who choose “need physical exercise” is between 5000 yuan and 8000 yuan, it can be seen that the increase in income will partly affect the residents' need level for physical exercise (as shown in Table.5).

Table 5. Difference in the need level for physical exercise in residents with different monthly incomes (%)

	need level						X2, P	test deduction
		desperately need	relatively need	general	no need	no need at all		
household income	below 1000 yuan	14.6	20.0	42.2	20.0	3.2	X2=80.25 P=0.000	significant difference
	1000-2000 yuan	16.4	31.1	34.4	14.8	3.3		
	2001-3000 yuan	22.3	36.4	30.6	10.7	0.0		
	3001-5000 yuan	30.6	25.2	40.1	4.1	0.0		
	5001-8000 yuan	46.8	25.4	27.8	0.0	0.0		
	8001-10000 yuan	33.3	14.8	44.5	7.4	0.0		
	above 10000 yuan	50.0	27.8	22.2	0.0	0.0		
	no	15.2	16.5	56.2	10.1	2.0		

2.5. The Impact of Health Awareness on Residents' Need Level for Physical Exercise

Residents with different health awareness have significant differences in their demand levels for physical exercise ($X^2=75.047$, $P=0.000<0.05$), residents who are very concerned about their health state, their need for physical exercise $P=0.000<0.05$), the ratio of residents who are very concerned about their health state, their need for physical exercise is 45.5%, 36.5% are more concerned, 18.5% are generally concerned, 13.3% are not concerned, and those who are not concerned at all are 0.0%. The ratio of residents with different health awareness choosing "no need" and "no need at all" for physical exercise needs is: 40.0% do not care at all, 13.3% do not care, 13.9% is general, 3.7% are more concerned, and 1.6% do not pay attention. Generally speaking, as residents pay more attention to their own health state, the ratio of residents who "desperately need" physical exercise services is also increasing, on the contrary, with the increase of attention, the proportion of residents who do not need physical exercise services is decreasing. It can be seen that the residents' health awareness will have a certain impact on the need level for physical exercise in the community, and it is very necessary to raise the residents' awareness of their own health state.

Table 6. Differences in the need level for physical exercise services in residents with different health awareness (%)

		need level					X2, P	test deduction
		desperately need	relatively need	general	no need	no need at all		
health concern	concern not at all	0.0	0.0	60.0	35.8	4.2	X2=75.05 P=0.000	significant difference
	no concern	13.3	26.7	46.7	10.0	3.3		
	general	18.5	22.5	45.1	11.6	2.3		
	more concern	36.5	31.7	28.1	3.7	0.0		
	seriously concern	45.5	33.1	19.8	1.6	0.0		

3. Conclusion

According to the results of the questionnaire and interview record, we can see that residents in medium-sized and small cities have high need for physical exercise, they are willing to participate in physical exercise, however, the interview results show that less than 30% of residents can persist in physical exercise for a long time. It is concluded that there is no obvious difference between male and female residents in participating in physical exercise through the data analysis, there is no obvious difference between residents with different education levels in participating in physical exercise; the obvious difference is that residents with different age groups have more differences in participating in physical exercise, residents with different incomes have big differences in participating in physical exercise, whether residents have health awareness or not, this has a big difference participating in physical exercise. In summary, enhancing the participation of residents in medium-sized and small cities in physical exercise, there are the following suggestions:

- (1) Carrying out monitoring services of national physical fitness: in order to understand the health conditions and change law of Chinese residents, physical fitness monitoring services are the most direct method, in order to realize the dream of sports power, our country develops national physical fitness monitoring every five years, residents can do targeted exercises only after they understand their own health conditions, and residents will actively participate in exercises;
- (2) Strengthening sports health publicity: in the publicity column of the community, vigorously propagate the benefits of physical exercise to physical health, improve the health awareness of residents, effectively promote residents to participate in physical exercise, and develop the habit of insisting on participating in physical exercise.
- (3) Regularly organizing sports events in the community, such as tug-of-war, fun games, Tai Ji competitions, and square dance performances, let residents experience firsthand that physical exercise can promote physical health, add fun to life, promote emotional exchanges, there are many benefits, both they and their family can enjoy sports on their free time.
- (4) Teaching professional physical training skills, only by mastering the correct training methods can people exercise better and experience the health and happiness that sports bring.

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